

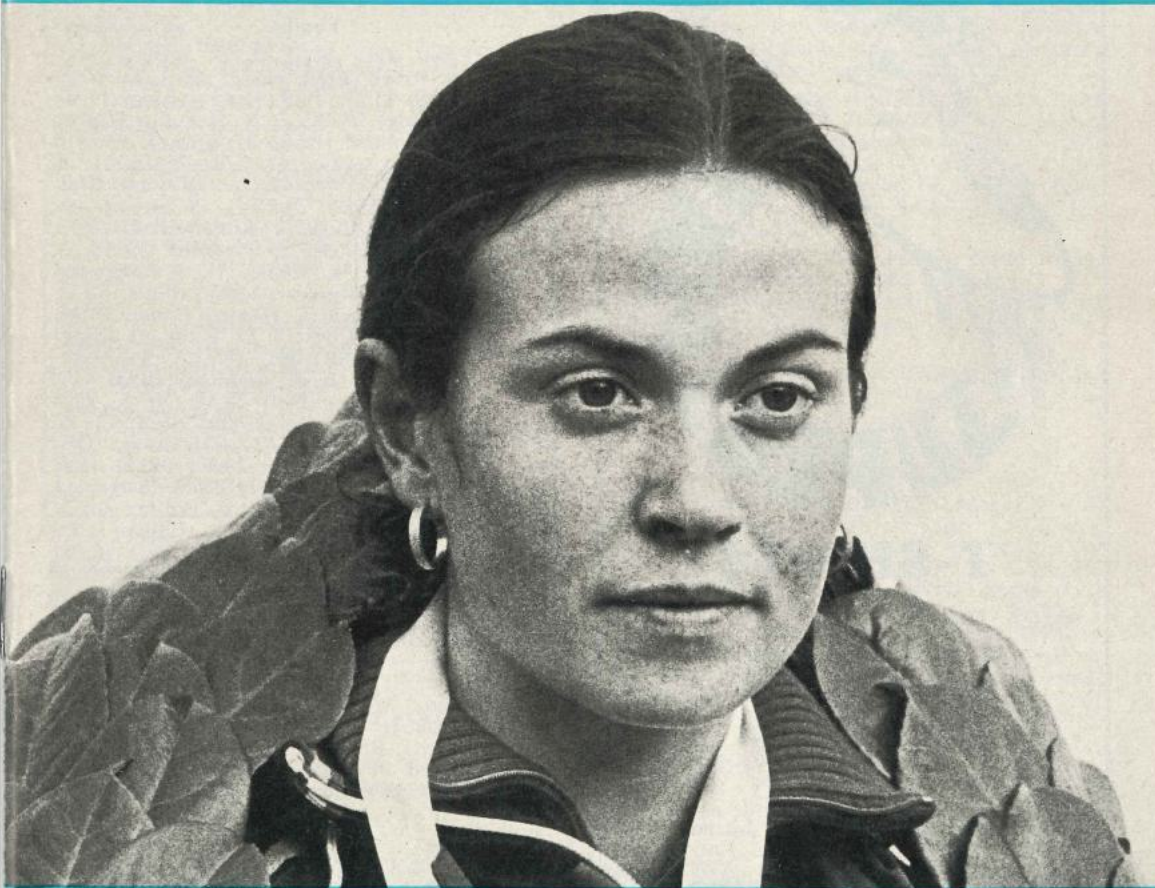
# **a** **weekly**

INCORPORATING  
WOMEN'S ATHLETICS  
MODERN ATHLETICS  
& WORLD ATHLETICS

# *athletics*

## **INSIDE**

- \* Leap of a Lifetime  
—by Peter Lovesey
- \* Hungary's Dark Horse  
—by Ivan Berenyi
- \* Who's Who Features  
Bill & Peter Tancred
- \* Overseas News  
and Results



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## HALIFAX & DISTRICT CC CHAMPS

February 21st

1, A. Dewhurst (Airedale & Spen Valley) 38:51  
2, A. Spence (Bingley) 40:15  
3, J. Fox (Airedale & Spen Valley) 40:37  
4, J. Temperton (A&SV) 40:47; 5, W. Padgett (Bing) 40:48; 6, A. White (Long) 41:08; 7, D. Ford (Holm) 41:18; 8, J. Waterhouse (Bing) 41:23; 9, C. Taylor (A&SV) 41:29; 10, J. Crafer (Bing) 41:34; 11, P. Moon (Bing) 42:02; 12, R. Harbisher (Long) 42:05; 13, I. Roberts (Holm) 42:07; 14, P. Bennett (A&SV) 42:36; 15, K. Midgley (Hal) 42:53. **Teams:** 1, Airedale & Spen V 31; 2, Bingley 36; 3, Holmfirth 78; 4, Longwood 87. **(Juniors):** 1, C. Holland (A&SV) 28:46; 2, M. O'Connell (Long) 29:05; 3, A. Howden (Hal) 29:19; 4, P. Cadman (Hal) 29:38; 5, C. Hollingworth (Holm) 30:18; 6, A. Ulrick (Holm) 31:20. **Teams:** 1, Halifax 28; 2, Holmfirth 32.

## Youths

1, C. Prestt (QE) 24:35; 2, D. Sykes (Holm) 24:52; 3, A. Klenk (Brad GS) 25:23; 4, D. Whitlam (Brad GS) 25:37; 5, P. Denby (Bing) 25:40; 6, S. Hall (Long) 25:48; 7, P. Stenulius (Holm) 25:51; 8, G. Holland (P&B) 25:56; 9, J. Garnett (Hal) 25:59; 10, A. Cooper (QE) 26:02; 11, S. Matthews (Holm) 26:04; 12, A. Spilsbury (Hal) 26:05; 13, C. Miller (A&SV) 26:20; 14, A. Marsh (Holm) 26:28; 15, A. Brown (Tod) 26:32. **Teams:** 1, Holmfirth 34; 2, Bradford GS 55; 3, Queen Elizabeth 64; 4, Bingley 71; 5, Longwood 72. **(Boys):** 1, G. Higgins (A&SV) 19:03; 2, C. Moore (Bing) 19:04; 3, T. Hobson (Long) 19:40; 4, R. Wayte (Bing) 19:41; 5, D. Wallbank (Bing) 19:47; 6, M. Danaille (QE) 19:51; 7, A. Cordingley (Hal) 19:55; 8, A. Suddards (Brad GS) 20:08; 9, M. Jennings (Hal) 20:16; 10, C. Gill (Hal) 20:19; 11, A. Sugden (Holm) 20:23; 12, A. North (Holm) 20:29; 13, R. McGrath (QE) 20:38; 14, P. Mitchell (Bing) 20:42; 15, K. Hall (Long) 20:44. **Teams:** 1, Bingley 25; 2, Longwood 60; 3, Queen Elizabeth GS 64; 4, Halifax 66; 5, Bradford GS 84; 6, Holmfirth 88. **(Colts):** 1, D. Topham (Royds H) 12:56; 2, M. Crewe (Gils) 13:18; 3, M. Welburn (Long) 13:23; 4, N. Hartley (Hal) 13:31; 5, J. Wallis (Spen) 13:46; 6, J. Shaw (Gil) 13:48; 7, P. Smith (A&SV) 13:50; 8, S. Taylor (Brad GS) 13:53; 9, M. Almond (Long) 14:02; 10, R. Nerurkar (Brad GS) 14:15; 11, C. Hutchinson (QE) 14:17; 12, A. Leary (Bing) 14:22; 13, A. Medley (A&SV) 14:25; 14, C. Francis (Royds H) 14:27; 15, A. Flint (Brad GS) 14:32. **Teams:** 1, Bradford GS 49; 2, Royds Hall 54; 3, Gilstead MS 77; 4, Bradford GS 96; 5, Longwood 104; 6, Queen Elizabeth 111.

## "NATIONAL" TRAIN

It did at one time seem as though there would be insufficient numbers for a special train to Leicester, but Les Cohen had a large number of latecomers and a special will leave St Pancras at 10.18, arriving 11.45.

# ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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## FEATURED THIS WEEK

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## BEDFORD'S RETURN TO RACING

Dave Bedford finished second for Shaftesbury in the Turner Cup cross-country at Parliament Hill on February 28th, clocking 25:09 behind clubmate Roy Steven (24:48).

## THE WEEK AHEAD

**Saturday, March 13th:** English National CC Champs, Leicester; SCAAA v RAF v Oxford University v Loughborough Colleges v Birmingham University (Indoors), RAF Cosford; LOAC Women's CC Races, Cranford Park; Ilford AC Women's Relays, Wanstead; Teviotdale H Open Races, Hawick; Dumbartonshire AAA 12½M Road Race (Balloch-Clydebank); Rossendale Shield Races, Rawtenstall; Scottish YMCA Champs; Irish Schools CC Champs, Munster; Greystriars WC Open Junior Walks.

**Sunday, March 14th:** Renfrewshire AAA 10M Road Race; Blackheath H Winter T&F Meeting, Crystal Palace; Sale H Open Meeting, Stretford; Cannock Chase AC CC Relays, Penkridge; Crawley Women's Relays; Liverpool H Open Meeting, Kirkby; Bristol AC/Avon SAA Winter T&F Meeting, Whitchurch.

**Wednesday, March 17th:** Pelican Road Relay, RAF Little Rissington; Midland Police CC League, Leek Wootton, Warwick; 10M Open Road Race, Strabane; Highgate Open Meeting, Parliament Hill.

**Friday, March 19th:** AAA U/20 & WAAA Intermediate & Junior Indoor Champs, RAF Cosford (1st day).

## RESULTS ROUND-UP

**25.2. Stellenbosch (SA).** 1500: Malan 3:36.8, Smit 3:37.3; women's 800: de Jager 2:02.8. **6.3. Long Beach (USA).** Women's JT: Schmidt 65.68/215'6". **6.3. Leningrad.** (i) USSR 76, USA 64; women—USSR 75, USA 53. 60mH: Shipp (US) 7.69, Myasnikov 7.75; HJ: Senyukov 2.24/7'4½"; SP: Yarosh 20:18/66'2½"; 5000W: Yevsyukov 20:21.8 (world best); women's 3000: Bondarchuk 9:05.0 (Eur best); SP: Chizhova (start of comeback) 20.56/67'5½". **7.3. San Vittore Olona (Ita).** Five Mills CC: Bayi (Tan) 29:55.6, Fava 30:21.2, Ortis 30:32.0, Nyambui (Tan) 30:45.0, BREN-DAN FOSTER 30:48.4, Zarccone 30:48.8, Garderud (Swe) 30:51.0, DAVE MOORCROFT 30:55.0 ... 15, RICKY WILDE 31:55.8. **7.3. Hannut (Bel).** CC: Van Mullen 28:13, Lismont 28:19, Schoofs 28:24, Polleunis 28:35, De Beck 28:41, STEVE KENYON 29:00, Musa Madhi (Sudan) 29:03, ANDY HOLDEN 29:29 ... 13, KEITH PENNY.

Cover photo by George Herringshaw

# LEAGUE RACES

## BIRMINGHAM & DIST CC LEAGUE 50th ANNIVERSARY RACE

At West Bromwich, February 21st

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1, J. King (Small Heath) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 30:49 |
| 2, A. Rushmer (Tipton) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 31:06 |
| 3, P. Stewart (Birchfield) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 31:15 |
| 4, T. Jefferies (W&B) 31:25; 5, M. Densley (B'field) 31:29; 6, M. Deegan (B'ham Un) 31:39; 7, J. Wright (Tip) 31:40; 8, B. Cole (Tip) 31:43; 9, K. Rollason (Tip) 31:46; 10, S. McHale (Glos) 31:47; 11, J. Cadman (Cov) 31:50; 12, D. Fownes (Tip) 31:54; 13, K. Bartlett (Cov) 31:56; 14, M. Phillips (B'field) 31:57; 15, N. Deakin (Stoke) 31:58; 16, C. O'Carroll (Tip) 32:00; 17, S. Walton (WMC) 32:07; 18, C. Kirkham (Cov) 32:09; 19, J. Wheway (W&B) 32:11; 20, J. Harvey (Tip) 32:13; 21, I. Gilmour (B'ham Un) 32:15; 22, M. Hill (Glos) 32:17; 23, M. Pickering (B'field) 32:19; 24, A. Richards (Tip) 32:24; 25, P. Allen (Tip) 32:28; 26, J. Eley (W&B) 32:32; 27, R. Cytla (Glos) 32:37; 28, A. Dean (Stoke) 32:46; 29, P. Miller (Cov) 32:51; 30, S. Lynch (Cov) 32:53; 31, P. Nash (S Heath) 32:54; 32, B. Baldero (Tip) 32:57; 33, D. Ashe (Stoke) 32:59; 34, N. Jinks (Worcs) 33:03; 35, T. O'Reilly (S Heath) 33:04; 36, M. Orton (Tip) 33:07; 37, P. Lynch (Rug) 33:11; 38, M. Mountford (Staff) 33:14; 39, J. Tingle (Worc) 33:17; 40, I. Wilton-Jones (Sol) |       |

33:23; 41, E. Kelly (Cov) 33:25; 42, J. Smith (Glos) 33:27; 43, M. Lane (B&R) 33:28; 44, R. Morris (Shrew) 33:30; 45, R. Morris (Leam) 33:39; 46, R. Panter (B'field) 33:42; 47, P. Hoddy (Glos) 33:47; 48, M. Evans (Tip) 33:49; 49, K. Whyte (Glos) 33:50; 50, R. Tilling (B'field) 33:56. **Teams:** 1, Tipton 54; 2, Birchfield 141; 3, Coventry 142; 4, Gloucester 197; 5, Wolverhampton & B 259; 6, Small Heath 280; 7, Birmingham University 315; 8, City of Stoke 392; 9, Leamington 404; 10, West Midland College 440; 11, Worcester 459; 12, Sparkhill 529; 13, Lozells 571; 14, Stafford 600; 15, Cheltenham 638; 16, Rugby 657; 17, Solihull 821; 18, Halesowen 829; 19, Newcastle 876; 20, Bromsgrove & R 881; 21, Nuneaton 1030; 22, Shrewsbury 1034; 23, Warley 1257; 24, West Bromwich 1472.

## Youths

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1, T. Milosorov (Tipton) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 21:17 |
| 2, M. Roberts (Stoke) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 22:11 |
| 3, C. Perkins (Tipton) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 22:19 |
| 4, S. Willimott (Cann) 22:28; 5, R. Osbourne (Rug) 22:30; 6, J. Garlston (Tip) 22:37; 7, R. Bentley (Tip) 22:54; 8, C. Szwed (Cov) 23:12; 9, P. Hemmings (Stoke) 23:13; 10, N. Price (B&R) 23:15; 11, P. Winduss (Tip) 23:17; 12, G. Price (Tip) 23:24; 13, S. Vaughan (B'field) 23:31; 14, C. Smith (New) 23:43; 15, A. Holding (War) 23:44; 16, A. Jackson (Stoke) 23:44; 17, P. Sutton (Glos) 23:45; 18, J. Reid (Cann) 23:48; 19, S. Round (Tip) 23:48; 20, K. Arkel (Cann) 24:00. <b>Teams:</b> 1, Tipton 10; 2, Stoke 27; 3, Cannock 42; |       |

## SCOTTISH CROSS-COUNTRY CHAMPIONS—Photos by Ben Bickerton



ANDY McKEAN (Senior)



NAT MUIR (Junior)

4, Coventry 61; 5, Newcastle 82; 6, Leamington 86; 7, Bromsgrove & R 94; 8, Nuneaton 115; 9, Gloucester 123; 10, Cheltenham 124; 11, Halesowen 157.

### COURAGES CC LEAGUE

At Cheltenham, February 14th

1, P. Baker (Bristol University) ..... 27:10  
2, T. Collins (Bath University) ..... 27:15  
3, R. Allinson (Imperial College) ..... 27:30  
4, T. Jones (Bris Un) 27:47; 5, A. Chedburn (Ox Un) 27:55; 6, D. Butts (Read) 28:04; 7, A. Kennedy (Exet Un) 28:08; 8, A. Harrold (Bris Un) 28:21; 9, N. Bettles (Bris Un) 28:27; 10, G. Gurr (Bath Un) 28:30; 11, T. Booth (Brun) 28:40; 12, C. Wayte (Bris Un) 28:44; 13, I. Ellis (Imp C) 28:48; 14, M. Levery (Bath Un) 28:50; 15, P. Clarke (Imp C) 28:55; 16, J. Carswell (Bris P) 28:58; 17, J. MacKenzie (Ox Un) 29:03; 18, A. Reed (Sy) 29:05; 19, S. Ingall (Bris Un) 29:10; 20, D. James (Bath Un) 29:26; 21, B. Hutchinson (Bris P) 29:27; 22, C. Swann (Bath Un) 29:28; 23, E. Hayward (Exet Un) 29:29; 24, J. McMahon (Brun) 29:32; 25, N. Sirs (Exet Un) 29:36. **Teams:** 1, Bristol Univ 553; 2, Bath Univ 508; 3, Imperial Coll 434; 4, St Pauls Coll 370; 5, Exeter Univ 351; 6, Bristol Poly 349; 7, Brunel Univ 325; 8, Oxford Univ 298; 9, Reading Univ 279; 10, Surrey Univ 225.

### KENT CC LEAGUE

At Canterbury, February 21st

1, R. Sliney (Tonbridge) ..... 22:55  
2, M. Brameld (Invicta) ..... 23:30  
3, J. Baldwin (Blackheath) ..... 23:43  
4, P. Brenchley (Inv) 24:01; 5, N. Brawn (Inv) 24:14; 6, N. Fairbrass (Kt) 24:21; 7, R. Hayman (Med) 24:27; 8, D. Fleming (Inv) 24:33; 9, A. Frankish (B'heath) 24:42; 10, I. MacMillan (Inv) 24:59; 11, M. Martin (Med) 25:03; 12, G. Coe (Kt) 25:03; 13, S. Russell (Med) 25:11; 14, R. Harding (Inv) 25:14; 15, E. Broad (Inv) 25:21; 16, J. Barnes (Camb H) 25:24; 17, P. Horwood (B'heath) 25:27; 18, M. Hamlin (Ton) 25:30; 19, A. Jones (Camb H) 25:34; 20, I. Wilson (B'heath)

25:38; 21, L. Danks (Inv) 25:47; 22, S. Farley (Inv) 25:58; 23, C. Wood (EK) 26:00; 24, J. Paton (Non) 26:10; 25, N. Heron (Ton) 26:15; 26, M. Blackley (Kt) 26:15; 27, B. Nash (Dart) 26:17; 28, I. Jolliffe (Inv) 26:19; 29, S. Alexander (Kt) 26:22; 30, B. Middleton (Camb H) 26:23. **Teams:** 1, Invicta 19; 2, Blackheath 49; 3, Medway 65; 4, Tonbridge 81; 5, Kent 94; 6, Cambridge H 96; 7, Invicta 'B' 97; 8, Dartford 160; 9, Kent 'B' 170; 10, Kent Police 198.

**Final League Positions:** 1, Invicta 192; 2, Medway 176; 3, Tonbridge 162; 4, Kent 147; 5, Cambridge H 147; 6, Invicta 'B' 132; 7, Elliott Reed 126; 8, Blackheath 124; 9, Dartford 111; 10, Invicta 'C' 87.

### Youths

1, G. McCall (Inv) 13:08; 2, J. Adams (Folk) 13:19; 3, T. Race (Folk) 13:20; 4, N. Snowdon (Inv) 13:27; 5, B. Flannery (Folk) 13:33; 6, D. Bryson (Inv) 13:35; 7, S. Talbot (ER) 13:38; 8, S. Piddock (Folk) 13:42; 9, S. Groom (Med) 13:43; 10, R. Wright (B'heath) 13:55; 11, D. Oliver (Kt) 13:55; 12, G. Huckwell (Dart) 14:02; 13, N. Wise (B'heath) 14:05; 14, G. Wightman (Dart) 14:07; 15, M. Roffey (B'heath) 14:07. **Teams:** 1, Folkestone 18; 2, Invicta 33; 3, Elliott Reed 58; 4, Blackheath 59; 5, Medway 76; 6, Dartford 91. **(Final League positions):** 1, Folkestone 79; 2, Blackheath 68; 3, Medway 54; 4, Elliott Reed 42; 5, Invicta 42; 6, Dartford 33; 7, Tonbridge 32; 8, Kent 24; 9, Blackheath 'B' 12; 10, Cambridge H 9.

### ICKNIELD WOMEN'S CC LEAGUE

At Huntingdon, February 15th

1, J. Saunders (Steve) 22:39; 2, M. Martin (Steve) 22:48; 3, A. Sullivan (Bed) 23:00; 4, M. Brayley (C&C) 23:16; 5, E. Anderson (Bed) 23:37; 6, A. Gough (Bed) 24:05. **Teams:** 1, Bedford 36; 2, C&C 32; 3, Stevenage 31. **(Juniors):** 1, B. Tierney (Stev) 16:12; 2, C. Embury (C&C) 16:30; 3, J. Vernon (Stev) 16:51; 4, L. Emerson (C&C) 17:12; 5, A. Langley (Bed) 17:27; 6, J. Ferguson (Bed)

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17:42. **Teams:** 1, Stevenage 55; 2, Bedford 50; 3, C&C 34; 4, Melbourn 30; 5, Luton 11. **(Girls):** 1, C. Summerton (C&C) 11:48; 2, A. Alford (Stev) 11:59; 3, D. Cutts (Stev) 12:19; 4, S. Gough (Bed) 12:32; 5, S. Robinson (Bed) 12:32; 6, C. Swaine (Bed) 12:34. **Teams:** 1, Bedford 97; 2, Stevenage 93; 3, Melbourn 65; 4, Cambridge & C 52; 5, Luton 45.

### SOUTH EAST POLICE CC LEAGUE

At Oxford, February 11th

1, Young (Hants) 31:56; 2, Brady (Herts) 31:57; 3, Newman (Thames V) 31:58; 4, Collins (Thames V) 32:25; 5, Butler (Ex) 32:31; 6, Kitson (Thames V) 33:00; 7, Gough (Hants) 33:20; 8, Bidmead (Sx) 33:32; 9, Evans (Kt) 33:50; 10, Richardson (CoL) 34:21; 11, Mullender (Ex) 34:32; 12, Vowles (Ex) 34:39; 13, Lettin (City) 34:42; 14, Worship (Hants) 34:56; 15, Chapman (Kt) 35:00. **Teams:** 1, Thames Valley 285; 2, Essex 277; 3, Kent 241; 4, Hants 191; 5, City of London 178; 6, Sussex 150. **(Women):** 1, Marshall (Ex) 22:52; 2, McAuley (Ex) 23:13; 3, Harding (City) 23:27; 4, Aldous (Ex) 23:59; 5, J. Smith (Ex) 24:03; 6, Hyder (Kt) 24:07. **Teams:** 1, Essex 232; 2, Kent 198; 3, City of London 191; 4, Surrey 137; 5, Thames Valley 94.

**Final League Positions:** 1, Essex 1113; 2, Thames Valley 1071; 3, Kent 1018; 4, Hants 913; 5, City of London 616; 6, Sussex 570; 7, Herts 520; 8, Bedford 341; 9, Surrey 333. **(Individuals):** 1, Bidmead 233; 2, Newman 232; 3, Young 231. **(Senior Women):** 1, Essex 919; 2, Kent 807; 3, City of London 760; 4, Surrey 530; 5, Bedford 457; 6, Thames Valley 344. **(Individuals):** 1, McAuley 237; 2, Hyder 232; 3, Aldous 232.

### NORTHERN WOMEN'S CC LEAGUE

At Derby, February 21st

1, A-M. Robinson (Sale) ..... 17:17  
2, J. Haigh (Longwood) ..... 17:35  
3, K. Colebrook (Scunthorpe) ..... 17:42  
4, K. Binns (Sale) 17:54; 5, C. Hanson (Dby) 18:00; 6, M. Belk (A&SV) 18:30; 7, S. Endersley (DHTC) 18:33; 8, S. Holdsworth (Long) 18:39; 9, M. Handley (Bolt) 18:41; 10, J. Aspinall (Ross) 18:52. **Teams:** 1, Sale 33; 2, Longwood 45; 3, Derby 64; 4, Bolton 74. **(Final League Results):**

1, Sale 3; 2, Longwood 8; 3, Bolton 18. **(Individuals):** 1, Robinson 5; 2, Haigh 9; 3, Colebrook 13.

### Juniors

1, P. Clarke (Sale) 8:38; 2, S. Arthurton (Leeds) 8:40; 3, S. Richardson (Sale) 8:45; 4, J. Moody (Cty Hull) 8:46; 5, D. Watson (Dby) 8:46; 6, D. Heckinbottom (B'burn) 8:53; 7, S. Little (Bolt) 8:56; 8, F. Janowski (Sale) 8:58; 9, E. Horsfield (Sale) 9:02; 10, J. Salt (Bury) 9:03; 11, J. Stocks (Ind) 9:07; 12, C. Wood (Leeds) 9:08; 13, D. McIntyre (Ross) 9:11; 14, K. Rankin (Sale) 9:15; 15, T. Louth (Cty Hull) 9:18; 16, S. Holder (Sale) 9:19; 17, J. Dawson (Leeds) 9:20; 18, G. Telford (Dby) 9:20; 19, P. Gough (Sale) 9:22; 20, S. Gent (Leeds) 9:22. **Teams:** 1, Sale 21; 2, Leeds 51; 3, Bolton 102; 4, Derby 103; 5, Bury 117; 6, City of Hull 127; 7, A&SV 136; 8, Longwood 143; 9, Rossendale 172; 10, Hull Spartan 187. **(Final League positions):** 1, Sale 3; 2, Leeds 6; 3, A&SV 16; 4, Derby 16; 5, Bury 19; 6, Longwood 21. **(Individuals):** 1, Clarke 3; 2, Arthurton 8; 3, Moody 11; 4, Janowski 15; 5, Watson 19; 6, Richardson 23.

### NORTH-EASTERN WOMEN'S CROSS-COUNTRY LEAGUE

At South Shields, February 15th

1, M. Fawkes (NSP) 15:35; 2, A. Burke (Gates) 16:30; 3, G. Merritt (Hough) 17:48. **Team:** South Shields. **(Inters):** 1, S. Blair (West) 11:04; 2, J. Schusler (Gates) 11:15; 3, K. Moody (S Shields) 11:24; 4, K. Reavey (S Shields) 11:41; 5, C. Baxter (Blay) 11:55; 6, J. Bell (Jarr) 12:00. **Teams:** 1, South Shields 23; 2, Jarrow 28. **(Juniors):** 1, N. Burnell (Gates) 10:08; 2, D. Kitchen (Jarr) 10:13; 3, S. Bannister (Hough) 10:24; 4, L. Malcolm (Morp) 10:27; 5, G. Hawyes (Jarr) 10:29; 6, A. Snaith (Durh) 10:33. **Teams:** 1, Jarrow 15; 2, Gateshead 21. **(Girls):** 1, D. Hillen (Blay) 9:44; 2, L. Hesforth (Jarr) 10:03; 3, P. Clough (Durh) 10:07; 4, C. Wilkinson (West) 10:14; 5, C. Bonser (West) 10:14; 6, A. Piggford (Gates) 10:24. **Teams:** 1, Blaydon 23; 2, Gateshead 25; 3, Jarrow 25.

**Final Positions:** (Senior) Fawkes; (Inters) Blair; (Juniors) S. Kirkwood (Blay); (Girls) Hillen. **Team:** Jarrow & Hebburn.

### FELTHAM ATHLETIC CLUB

present their

### 20th EASTER MONDAY ROAD RACES

ON APRIL 19th, 1976

(Under A.A.A. & W.A.A.A. Laws)

All starts at Feltham Arena, Shakespeare Avenue, Feltham, Middlesex

Prize value over £300, to first six in Senior events, first three in others, including first three under 16 in Y.A. race. Prizes for first three teams in Senior events, medals in all others—four per Team, three to score.

**Senior Men 5 Miles** ..... 3.30 p.m.  
**Young Athletes 2½ Miles** ..... 2.30 p.m.  
(14 and under 18 on day of race)

**Senior Ladies 2½ Miles** ..... 3.00 p.m.  
**Inter. Ladies 2½ Miles** ..... 1.55 p.m.  
**Junior Ladies 1½ Miles** ..... 1.30 p.m.  
**Girls 1½ Miles** ..... 4.20 p.m.

**Entries:** 25p per person to David Billington, 10 Richmond Avenue, Bedford, Middx. (Tel: 01-890 0995).  
**CLOSING DATE: MARCH 29th, 1976**

PLEASE SEND S.A.E.

**CHINGFORD & DISTRICT LEAGUE**

(3½ miles road)

**At Walthamstow, February 24th**

1, P. Norell (Haringey & Southgate) ..... 16:03  
 2, J. Goldring (Walthamstow) ..... 16:11  
 3, D. Roberts (Borough of Enfield) ..... 16:15  
 4, M. Broyd (BoE) 16:25; 5, N. Fisher (Har) 16:27; 6, K. Spencer (Har) 16:32; 7, C. Ridley (W'stow) 16:36; 8, A. Rich (W'stow) 16:39; 9, M. Madders (W'stow) 16:42; 10, D. Hurlock (W'stow) 16:43; 11, J. Street (Barn) 16:47; 12, P. McCracken (N Lon) 16:49; 13, G. Harrold (BoE) 16:53; 14, D. Hardstaff (N Lon) 17:00; 15, J. Madden (Lough) 17:07; 16, N. Saunders (H&S) 17:13; 17, J. Anstey (Vic P) 17:17; 18, R. Howe (W'stow) 17:21; 19, S. Allen (Barn) 17:25; 20, J. Arger (BoE) 17:27; 21, M. Phillipson (BoE) 17:28; 22, P. Hatto (W'stow) 17:31; 23, B. Hercock (BoE) 17:32; 24, K. Finnegan (BoE) 17:33; 25, D. Wood (Barn) 17:36. **Teams:** 1, Walthamstow 54; 2, Enfield 84; 3, Haringey & S 193; 4, North London 197; 5, Barnet 201; 6, Victoria Park 230; 7, Eton Manor 255; 8, Loughton 327; 9, Harlow 421. **(Final League positions):** 1, Walthamstow 60; 2, Borough of Enfield 58; 3, Haringey & Southgate 43; 4, Barnet 41; 5, Victoria Park 32; 6, North London 30; 7, Loughton 23; 8, Eton Manor 15; 9, Harlow 11.

**Boys 1½ miles**

1, S. Lamb (W'stow) 8:22; 2, E. Emms (W'stow) 8:32; 3, T. Best (W'stow) 8:42; 4, J. Kearsey (Eton) 8:50; 5, M. Gonzalez (Vic P) 9:09; 6, Q. Meek (W'stow) 9:23; 7, A. Palmer (Eton) 9:33; 8, A. King (Eton) 9:35; 9, P. Capes (Eton) 9:36; 10, D. Ritchie (Barn) 9:38. **Teams:** 1, Walthamstow 12; 2, Eton Manor 28; 3, Barnet & Dist 50; 4, Loughton 84; 5, Victoria Park 87. **(Final League positions):** 1, Walthamstow 43; 2, Barnet 38; 3, Eton Manor 34; 4, Victoria Park 26; 5, Loughton 24; 6, Harlow 11; 7, Haringey & S 9; 8, North London 7.

**CHILTERN LEAGUE MOB MATCH****At Aylesbury, February 21st**

1, R. Piotrowski (Reading) ..... 27:29  
 2, R. McAndrew (Reading) ..... 27:35  
 3, G. Stevens (Reading) ..... 27:41  
 4, G. Dwelly (Brack) 27:44; 5, M. Bromilow (Wolv) 27:55; 6, D. Latter (Brack) 28:12; 7, P. O'Brien (Old G) 28:23; 8, J. Wise (Brack) 28:27; 9, J. Arnold (Wat) 28:30; 10, G. Anderson (Brack) 28:31; 11, M. Green (Old G) 28:32; 12, M. Moody (M'head) 28:36; 13, R. Kraushaar (Old G) 28:44; 14, J. Convery (Brack) 28:51; 15, N. Pritchard (Ox C) 28:58; 16, D. Heasleywood (WS&E) 29:00; 17, D. Casey (QPH) 29:09; 18, C. Gray (QPH) 29:16; 19, G. Sillitoe (Old G) 29:23; 20, A. Smith (Read) 29:30; 21, J. Hoy (Wyc P) 29:33; 22, P. Weedon (Ox C) 29:49; 23, R. Ellington (VoA) 29:50; 24, J. Adley (Read) 29:54; 25, H. Robinson (Wolv) 29:56; 26, R. Smith (WS&E) 30:01; 27, C. Rutland (Banb) 30:05; 28, B. Jamieson (Read) 30:06; 29, P. Tarr (Read) 30:10; 30, R. Smith (WS&E) 30:14. **Teams:** 1, Reading 748; 2, Bracknell 609; 3, Windsor, S&E

524; 4, Old Gaytonians 471; 5, Watford 435; 6, Oxford 377; 7, QPH 329; 8, Vale of Aylesbury 250; 9, Milton Keynes 240; 10, Maidenhead 220.

**Youths/Boys**

1, S. Fox (Ox) 9:44; 2, C. Goddard (Brack) 9:46; 3, H. Wells (Ox) 9:49; 4, C. Ewart (Ox) 9:55; 5, G. Quinn (VoA) 10:02; 6, A. Morley (Ox) 10:05; 7, M. Croney (Brack) 10:12; 8, B. Wood (M'head) 10:19; 9, M. Yarnall (Ox) 10:19; 10, F. Phillips (Wyc) 10:26; 11, D. Werner (M'head) 10:30; 12, C. Devlin (Brack) 10:31; 13, D. Shepherd (WS&E) 10:31; 14, S. Pearce (WS&E) 10:31; 15, J. Cunningham (M'head) 10:35. **Teams:** 1, Oxford City 526; 2, Maidenhead 166; 3, WS&E 135; 4, Bracknell 120; 5, Vale of Aylesbury 111; 6, Wycombe Phoenix 60. **(Colts):** 1, P. Hardy (Read) 7:14; 2, E. Reep (Wat) 7:20; 3, J. James (VoA) 7:33; 4, A. Pettigreen (M'head) 7:44; 5, A. Dowzell (Wyc) 7:44; 6, R. Morgan (Ox) 7:56.

**MANCHESTER AC CC RELAY****At Heaton Park, February 28th**

1, Salford (B. Aspdon 14:50, C. Leigh 15:09; F. Briscoe 14:40; S. Curren 15:01) 50:40;  
 2, Manchester & Dist (G. Entwistle 14:47, D. Blakeley 15:01, P. Raval 14:55, W. Cooper 15:08) 59:51;  
 3, Manchester AC (D. Allen 14:37, P. Kilbey 16:09, M. Oldham 15:35, D. Gee 14:53) 61:14;  
 4, Bolton United (A. Byrne 15:06, N. Ward 15:10, K. Darlow 15:22, G. Bennison 15:57) 61:35;  
 5, East Cheshire (P. Bailey 15:51, H. Kelly 15:50, P. Berry 14:51, H. McGann 16:01) 62:33;  
 6, Manchester & Dist 'B' (S. Keech 15:55, F. Pendlebury 14:58, G. Lawson 15:58, D. Farwell 15:47) 62:38;  
**Fastest:** Allen 14:37, Briscoe 14:40, Entwistle 14:47.

**NOTTINGHAM UNIVERSITY ROAD RELAY****February 28th**

1, Liverpool H (R. Harrison 13:35, P. G. Carey 13:49, A. Gerrard 13:58, J. Woods 13:58, F. Davies 13:42) 69:34;  
 2, Liverpool H 'B' (P. Waddington 13:33, A. Farrell 14:39, P. Burton 14:10, K. Burrell 14:17, P. B. Carey 14:22) 71:01;  
 3, Notts AC (R. Milne 13:48, B. Lee 14:25, P. Bourne 14:35, G. Thompson 14:52, C. Perry 14:15) 71:55;  
 4, Cambridge University (C. Monk 14:24, M. Wilson 14:22, B. McNeil 14:14, D. McArthur 15:34; G. Sellens 14:24) 71:58;  
 5, Leicester Coritanian 72:42; 6, Small Heath 72:53; 7, Charnwood 73:04; 8, Sheffield 73:06; 9, Birmingham Univ 73:12; 10, Leeds Univ 73:14; 11, Manchester Univ 73:19; 12, Grimsby 73:39.  
**Fastest:** Waddington 13:33, Harrison 13:35, G. Taylor (S Heath) 13:36, R. Coles (New) 13:41, Davies 13:42, M. Longthorn (B'ham Un) 13:44.

# Young Athletes' Results

## CATHOLIC SCHOOLS CC CHAMPIONSHIPS

At Liverpool, February 21st

1, S. Caldwell (St Cuthberts Man) ..... 24:58  
 2, D. Calvert (West Park GS) ..... 25:16  
 3, E. Walsh (St Bedes GS) ..... 25:25  
 4, P. Kemp (B Ward) 25:51; 5, J. Verity (St B) 25:57; 6, K. Irvine (Up C) 25:58; 7, S. Butler (St FX) 26:05; 8, J. Crowley (St B) 26:21; 9, C. Shaugnessy (Card N) 26:27; 10, A. Leonard (St A/S) 26:27; 11, P. Fitzhenry (W Pk) 26:37; 12, C. Fennell (St Ed) 26:40; 13, S. Lynch (St FX) 26:50; 14, A. McGauley (W Pk) 27:02; 15, R. Rogers (St B) 27:09. **Teams:** 1, St Bedes, Bradford 31; 2, West Park 50; 3, St Francis Xavier 78; 4, St Marys 104; 5, Stoneyhurst Coll 107; 6, St Edwards Coll 128. **(Inters):** 1, P. Condon (St TA) 19:15; 2, J. Sharp (St B) 19:20; 3, S. Morris (St J/H) 19:27; 4, D. Arnell (St M/S) 19:33; 5, P. Dwyer (Mar) 19:43; 6, C. Coan (W Pk) 19:47; 7, M. Thompson (Gunn) 19:49; 8, A. O'Hagan (St B/B) 19:49; 9, Berrett (Camp) 19:53; 10, M. Baylis (St A) 19:55; 11, D. Everett (St FX) 19:59; 12, R. Gallagher (Pres CC) 20:02; 13, T. Conlon (Bish TG) 20:04; 14, G. O'Connor (SLD) 20:05; 15, K. Hondricken (W Pk) 20:06. **Teams:** 1, West Park 55; 2, St Joseph's, Hebburn 94; 3, St Anselms 98; 4, St Bedes, Bradford 105; 5, St Mary's, Crosby 139; 6, St Leonards 153. **(Juniors):** 1, S. Donnelly (St M) 13:10; 2, M. Conway (St J) 13:30; 3, C. McGeorge (Aust F) 13:31; 4, P. Toward (St C/N) 13:32; 5, G. Jackson (St RS) 13:36; 6, P. Griffiths (St A) 13:38; 7, B. Shields (Camp) 13:39; 8, C. Baylis (St A) 13:50; 9, Rushworth (Thorn) 13:57; 10, M. Thompson (St A) 13:59; 11, A. Ross (St Col) 14:01; 12, E. Arrowsmith (Camp) 14:02; 13, P. O'Neill (St FX) 14:02; 14, J. Kelly (W Pk) 14:02; 15, C. Barry (St Ed) 14:03. **Teams:** 1, St Anselms 75; 2, St Aidans 79; 3, St Cuthberts 83; 4, St Columbas 97; 5, St Marys 99; 6, West Park 141.

**Aggregate Trophy Result:** 1, West Park 246; 2, St Marys, Crosby 342; 3, St Cuthberts, Newcastle 426; 4, St Edwards 491; 5, St Josephs, Hebburn 526; 6, St Bedes, Bradford 529.

## WEST MIDLANDS & BIRMINGHAM SCHOOLS

### RACE WALKING MEETING

At Tudor Grange, February 1st

(0/14): 1, M. Miley (BHM) 15:59; 2, E. Mason (B Vesey) 16:14; 3, B. Parker (Bold) 16:14. Team: Bishop Vesey. (U/14): 1, L. Allford (J Will) 11:47; 2, A. Tyrie (B Walsh) 11:48; 3, W. Nock (H Grange) 12:02. Team: Archbishop Masterson. (U/12): 1, N. Bartlam (B Middle) 9:39; 2, R. Allford (W'house) 9:49; 3, N. Harris (BM) 10:06. Team: Boldmere Middle. (Girls O/14): 1, S. Wish (Sol T) 15:56; 2, E. Smith (BCF) 16:30; 3, E. Cox (Swan) 16:34. Team: Dudley. (U/14): 1, K. Eden (Ald) 10:42; 2, S. Smith (Sh C) 11:09; 3, K. Griffin (St P) 11:11. Team: Alderbrook. (U/12): 1, Y. Eden (Shir) 9:18; 2, T. Fenoughty (St P) 9:58; 3, J. Mullins (Ard) 10:00. Team: Boldmere Middle.

## CORNWALL SCHOOLS CC CHAMPS

At Treswithian, January 29th

1, J. Clements (Tol) 24:33; 2, A. Smith (Falm) 26:40; 3, T. Flach (Laun) 27:28. **(Inters):** 1, M. Plint (Red) 19:43; 2, M. Martin (Laun) 20:41; 3, K. Ferrell (St I) 20:54. **(Juniors):** 1, K. Heather (Tol) 15:42; 2, R. Clements (Tol) 16:40; 3, J. Knowles (Tol) 16:45. **(Senior Girls):** 1, E. Burley (Tru) 16:52; 2, V. Lee (Tru) 16:52; 3, M. Poynton (St I) 17:03. **(Inters):** 1, D. Meredith (Tres) 13:56; 2, C. Walpole (Tres) 14:00; 3, L. Arnold (Lis) 14:35. **(Juniors):** 1, K. Talbot (Polt) 12:15; 2, S. Cockerill (Tru) 12:55; 3, S. Russell (St I) 12:55.

## CHESHIRE v CUMBRIA SCHOOLS

At Winsford, February 7th

1, A. Houghton (Ches); 2, Rooney (Cumb); 3, S. Martin (Ches). Teams: 1, Cumbria 59; 2, Cheshire 79. **(Inters):** 1, P. Northrop (Ches); 2, S. Berridge (Cumb); 3, N. Hargreaves (Cumb). Teams: 1, Cheshire 61; 2, Cumbria 75. **(Juniors):** 1, C. Robinson (Ches); 2, R. Price (Ches); 3, I. Jones (Cumb). Teams: 1, Cheshire 59; 2, Cumbria 77. **(Int Girls):** 1, S. Parker (Ches); 2, J. Winder (Cumb); 3, T. Travis (Ches). Teams: 1, Cheshire 56; 2, Cumbria 80. **(Juniors):** 1, K. Stocks (Ches); 2, T. Finnigan (Ches); 3, Hand (Cumb). Teams: 1, Cheshire 48; 2, Cumbria 107.

## DERBYSHIRE SCHOOLS CC CHAMPS

At Frieland, February 7th

1, N. Lees (Dby E); 2, R. Woodruff (S Peak); 3, I. Whitt (Long E); 4, P. Whittney (S Peak); 5, P. Charlesworth (Long E); 6, A. Bauhum (S Peak). Team: South Peak. **(Inters):** 1, A. Kirkland (Chest); 2, J. Noon (South P); 3, K. Frith (Dby W); 4, C. Maddocks (NE); 5, C. Gardner (Dby W); 6, M. Laughton (South). Team: Derby West. **(Juniors):** 1, S. Bunting (Dby W); 2, G. Jackson (Dby W); 3, E. Finney (Dby W); 4, M. Mantock (Dby W); 5, P. Bird (Dby); 6, P. Leverton (Chest). Team: Derby West. **(Senior Girls):** 1, C. Avey (South P); 2, R. Hann (South P); 3, J. Telford (Dby W); 4, J. Fox (South); 5, P. Holland (Ilk); 6, C. Davenport (NW). Team: South Peak. **(Inters):** 1, F. Oldershaw (Long E); 2, L. Dunne (Dby E); 3, Y. Rowe (South P); 4, G. Telford (Dby W); 5, A. Gainey (Ilk); 6, R. Phelan (Mid). Team: Derby East. **(Juniors):** 1, D. Watson (Ilk); 2, J. Pennells (Dby W); 3, A. Rhodes (Ilk); 4, D. Baker (Ilk); 5, A. Warren (Dby E); 6, H. Chambers (NE). Team: Ilkeston & H.

## NORFOLK SCHOOLS CC CHAMPS

(U/20): 1, S. Payne (Yarm); 2, G. Marshall (N); 3, N. Arnold (Nor). Team: North. (U/17): 1, R. Pells (N); 2, K. Pywell (Yarm); 3, C. Moss (Nor). Team: North. (U/15): 1, G. Deans (Nor); 2, J. Christie (Nor); 3, P. Collins (S). Team: Norwich. (U/13): 1, L. Tenby (W); 2, R. Malle (W); 3, C. Savoury (Nor). Team: Norwich. **(Girls U/20):** 1, S. Humphreys (W); 2, M. Harwood (Nor); 3, D. Desborough (Yar). No team. (U/17): 1, C. Monaghan (Nor); 2, P. Jack (Nor); 3, P. Bignall (Gt Yar). Team: North. (U/15): 1, D. Balls (S); 2, M. Hunter (Yar); 3, S. King (Nor). Team: East. (U/13): 1, A. McKim (S); 2, S. Connochie (S); 3, S. Points (S). Team: South.

# **SOUTH GLAMORGAN YOUNG ATHLETES CROSS-COUNTRY CHAMPIONSHIPS**

## **At Cardiff**

(Youths): 1, G. Roach (How); 2, S. Lawrence (Barry); 3, W. Torrence (Barry); 4, J. Alder (Card); 5, I. King (Card); 6, G. James (St C). Team: Cardiff. (Boys): 1, A. Martin (Card) 15:56; 2, N. Morgan (Card) 15:57; 3, D. Lane (Card) 16:09; 4, A. West (Card) 16:20; 5, M. Pritchard (Card) 16:32; 6, K. Price (St C) 16:36. Teams: 1, Cardiff 10; 2, Cardiff 'B' 30; 3, Howdian HS 53. (Colts): 1, M. Thomas (Card) 11:26; 2, S. Kinchin (How) 11:48; 3, K. Tannetta (Card) 12:05; 4, M. Jones (St I) 12:11; 5, P. Curran (St I) 12:24; 6, J. Fenner (Cant) 12:44. Teams: 1, Cardiff 16; 2, Cathedral Sch 44; 3, Bish Hannon 49. (U/11): 1, C. Gunning (Glan) 8:57; 2, E. Signot (Card) 8:59; 3, D. Basley (Card) 9:05; 4, J. Witts (Card) 9:10; 5, B. Gotts (Card) 9:16; 6, G. Price (St H) 9:21. Teams: 1, Cardiff 14; 2, Cantonian HS 58; 3, Glantaf HS 64.

## **Intermediate Girls**

1, A. Hartley (Barry) 12:37; 2, B. Wilson (Card) 14:35; 3, M. Cunliffe (Lady M) 15:08. Team: Cardiff. (Juniors): 1, D. Lewis (Card) 8:43; 2, S. Horwood (Card) 8:49; 3, S. Hooper (St C) 9:00; 4, A. Blythe (Barry) 9:08; 5, G. Reece (Card) 9:09; 6, L. Deabreau (Lady M) 9:24. Team: Cardiff. (Girls): 1, C. Yardley (Card) 8:13; 2, C. Sutton (Card) 8:15; 3, C. Pennington (Bish H) 8:16; 4, C. Blake (Card) 8:26; 5, M. Williams (Cath) 8:29; 6, B. Harding (Card) 8:31. Teams: 1, Cardiff 13; 2, Cardiff 'B' 38; 3, Bishop Hannon 62.

# **HARINGEY & SOUTHGATE CC RACES**

At Enfield, February 21st

## **Boys 4 x 1½ Miles**

1, Woodford Green 37:00; 2, Wood Green Sch 37:41; 3, Leyton SHS 38:01; 4, London Irish 38:25; 5, Haringey & S 38:48; 6, William Morris SH 39:05; **Fastest:** C. Barley (W Gn) 8:45, L. Cockett (W Gn) 8:46, S. Johnson (W Gn) 8:55. (Colts): 1, H. Lee (H&S) 9:30; 2, J. Ojelade (Stat) 9:32; 3, A. Wakefield (Lut) 9:34; 4, V. Hobbins (Lut) 9:34; 5, M. Nicol (H&S) 9:34; 6, A. Mason (Barn) 9:34; 7, P. Sheehan (Can P) 9:47; 8, A. Righetto (W Gn) 9:49; 9, J. Freary (Stat) 9:51; 10, M. Barns (Barn) 9:53. **Teams:** 1, Haringey & S 17; 2, Luton 26; 3, Barnet 31. (U/11): 1, M. Slowikowski (HW) 6:09; 2, R. Ede (Barn) 6:22; 3, A. Soper (Stop) 6:28; 4, R. Palmer (Tiv) 6:30; 5, K. Moreby (Linc W) —; 6, P. Gilling (Hill) 6:39; 7, A. Clifford (Coll) 6:39; 8, M. Poyser (Hill) 6:41; 9, K. Cannell (W Gn) 6:41; 10, M. Fagan (Lon I) 6:42. **Teams:** 1, Collingwood 28; 2, Hillingdon 32; 3, Barnet 45.

Haringey AC officers: President, S. N. Edwards; chairman, G. Dalby; general secretary, J. W. Naylor, 34 Newmarket Way, Hornchurch, Essex (Tel: Hornchurch 40216); treasurer, S. Berrett; fixture sec, R. Ilott, 21 Tudor Gardens, Gidea Park, Romford, Essex; CC & road sec, P. Bryan, 'Kensing', Bournbridge Lane, Stapleford Abbots, Essex; women's sec & team manager, C. Mustoo, 10 Dee Close, Upminster, Essex (Tel: Upminster 22938); men's team manager, C. Burton.

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## More Sponsorship Schemes

ONE of the country's largest insurance companies, the Guardian Royal Exchange Assurance Group, is to sponsor—through the BAAB—both the middle/long distance and long/triple jump Olympic squads, plus two major meetings to be held at Crystal Palace this summer, to the tune of £23,000. Welcoming this new support package, BAAB secretary Arthur Gold said: "It both insures and assures our whole match programme for the season and extends the funds available for squad preparation overseas".

The BAAB is to spend £20,000 of the money on the UK v Poland match on July 3rd/4th and the British International Games on August 30th, while the remaining £3000 will be divided equally between the two Olympic squads, which have been designated the GREATS (Guardian Royal Exchange Athletic Training Squads). The money will be spent both on the groups as a whole (eg training camps) and individually (eg travel expenses, equipment, etc). The squads have been designed to help the up-and-coming athletes of the future as well as the established 'stars'.

★ Employees of IIT Consumer Products at Hastings and Kearsley (Lancs) are expecting to raise over £3000—by means of weekly contributions of 10p per week until July—to help the members of the IAC's SUPERSPIKE THROWERS SQUAD, numbering ten men and women, in special training projects before the Olympics. Money raised in this novel manner

will be used to send Bill Tancred to California to train with world record holder John Powell, while others (including Geoff Capes, Charles Clover and Tessa Sanderson) will be making for France or Italy.

"I believe this sponsorship could set a remarkable precedent in British industry", remarked IAC chairman Derek Johnson. "The sponsorship is for special projects and does not cut across existing funds provided for more general training. It is a wonderful opportunity for the athletes, and the employees of the company will know that they are making a tremendous contribution to helping them to get to Montreal in the best possible form".

★ Britain's NATIONAL HURDLES SQUAD will next month complete the full training programme they have embarked upon since October last year in preparation for the Olympics. The programme has consisted of a series of weekend meetings held at Crystal Palace and other regional locations in Scotland, Wales and the Midlands, to allow all squad members the opportunity to train together and fully prepare themselves for Montreal.

The final weekend training session at Crystal Palace is to be held from March 19th-21st. In addition, the Olympic hurdling 'probables' will be training at Vincennes, Paris, from March 11th-15th and at Formia (Italy) from April 8th-22nd. The cost of the full training programme is being met by Britain's largest container operator, Overseas Containers Limited.

## WARRINGTON ATHLETIC CLUB 1976 PROMOTIONS

(Under A.A.A. and W.A.A.A. Laws & E.C.C.U. & W.C.C. & R.W.A. Rules)

14th ANNUAL

### PARKLAND RELAYS

Sponsored by

BURTONWOOD BREWERY CO

ON SUNDAY, 4th APRIL, 1.30 pm

At Victoria Park, Warrington, Cheshire

GIRLS (O/11 4/4/76, U/13 31/8/75) 3 x 1¼M.

JUN. LADIES (13 & 14 on 31/8/75) 3 x 1¼M.

INT. LADIES (15 & 16 on 31/8/75) 3 x 1¼M.

YOUNG COLTS (9 & 10 on 1/9/75) 1¼M Team

COLTS (11 & 12 on 1/9/75) 3 x 1¼M.

BOYS (13 & 14) on 1/9/75) 3 x 1¼M.

YOUTHS (15 & 16 on 1/9/75) 3 x 1¼M.

Plaques first 3 Teams & Fastest Lap; Medals 1st. Unplaced 'B' Team in Relays; also Perpetual Team Trophies each Relay.

Entries: 40p per team, Young Colts 10p per name.

Entries to Mr N. Jones, 75 West Avenue, Warrington, Cheshire, WA2 8BE.

ENTRIES CLOSE TUES. 23rd MARCH

16th ANNUAL

### CHRIS VOSE ROAD RACE

10 MILES

ON SATURDAY, 10th APRIL, at 3 pm

From Padgate College, Fearnhead,

Warrington (nr. M6 and M62 Motorways)

Awards: Prizes first 4 Teams, first Vets Team, first 4 Inds., first U/19, U/18, O/40 & O/50. Also first 4 Inds. not in previous awards, & Perpetual Team Trophy.

Entries: All competitors to enter as individuals 20p, teams 40p (3 to score, any number can be entered).

Entries to Mr G. T. Edwards, Honister Avenue, Warrington, Cheshire, WA2 9NG.

ENTRIES CLOSE TUES. 30th MARCH

## Obituary

### BERT SMITH

It was a great shock to all who knew Bert Smith of the Veterans AC and formerly of Belgrave H when he suddenly passed away on February 14th. Bert was a great chap who did everything possible to help in the interests of athletics; he did much for the KLG Sports Club. What hit me most was that the night before he died he visited me in hospital where I am recovering from a broken ankle. Bert will be sadly missed by all who knew him. Our deepest sympathy goes out to Mrs Smith and family.

A. E. Welling,  
Hon Sec, Veterans AC

### DAVID CORBET

David Corbet was a young man when he died. He was 86, but like others who have spent a lifetime in athletics he retained an almost boyish enthusiasm for the sport which produced a permanently vigorous and youthful personality. A sprinter of note before the First World War, he was still actively engaged in athletic affairs until his recent short, sudden illness.

A former president of Bellahouston Harriers, he was a member of the Glasgow club for 65 years. He was an Olympic Games official and a timekeeper for the Commonwealth Games marathon in Edinburgh, but he will be remembered most by thousands of athletes in Scotland as the red-blazered, red-capped starter at sports meetings up and down the country for many years. He was an official SAAA starter.

David was the sort of bloke . . . who turned up at road-relays with flasks of soup or tea and sandwiches for the runners and a blanket to throw over your shoulders when you finished your 'leg' . . . who would take a young, talented athlete short of cash to some distant race in his

car—all expenses paid . . . who would quietly help his club in a financial tight spot.

In short, he was the sort of bloke some of you will instantly recognise from experience in your own clubs. He was one of the best of our kind.

Gavin Bell

### JIM HENNESSY

Kent County AAA lost one of its stalwarts when Jim Hennessy passed away after a heart attack on 3rd March at the age of 79. He was elected to the County Committee in 1948 when a schoolmaster at Sutton Valence and he continued to have the interest of school athletics at heart when attending County Committee meetings regularly until the time of his death.

He became a Vice President of the County Association in 1949, was Treasurer from 1961 to 1965, served as Officials Secretary for a number of years and was a Trustee of the Association. He was President of Kent County AAA for the year 1971 and also in 1972 when Vic Wood died in office.

Jim's fatherly advice will be sadly missed at the many events in the County at which he officiated as referee or field events judge, and we offer our sincere sympathy to his widow.

H. C. Rogers

### WRONG!

Ian Stewart did not compete in the American Indoor Championships, as erroneously stated in some newspapers and 'AW'. He pulled out of the New York trip because of a blistered heel.

Wales did not finish in front of Scotland in the International CC for the first time since 1904. Malcolm Warburton points out that Wales were ahead also on several later occasions, the most recent being 1958.

30th in the Girls Inter-Counties CC Champs at Redditch on January 17th was P. Doherty of Lancashire and not as printed.

Aston Moore is the 1975 winner of the NCR Trophy, awarded annually to Britain's most outstanding international junior athlete. He is seen here with (from left) Mr C. E. Reynolds (NCR Vice-President for Europe), Mary Tupholme, Marea Hartman, Arthur Gold and Harold Abrahams.



# Who's Who In British Athletics

## BILL TANCRED

Full name: William Raymond Tancred. Born at Quetta (India), 6.8.1942; Height: 1.93/6'4"; Weight: 113kg/250lb; Pulse rate at rest: 68; Club: Wolverhampton & Bilston AC. Occupation: Senior Lecturer in Physical Education. Married (wife's name: Angela) with three daughters, Nicola (4), Andrea (2) and Joanna (6 months). Lives in Loughborough. Interest outside of athletics: "Family life!" Coaches: Adrian Tancred (1957-1966), John Le Masurier (1966-1968), Geoff Tancred (1974 to present day) — "advice also from Wilf Paish and Adrian Tancred".

Became interested in athletics after "being press-ganged by my father when I was about 11 years old. He was a good all-round athlete in his day". Began with the javelin. Joined Felixstowe AC in 1956—"but the climbing-up of the athletic ladder was due to Ipswich H" whom he joined in 1957. Competed twice in the English Schools Championships, finishing 6th in the Junior Boys shot and 4th in the Intermediate javelin. Inspired in early days by Bob Mathias, Milt Campbell and Rafer Johnson — "all great decathletes". Athletes he particularly respects and admires today are Jay Silvester and Ludvik Danek — "athletes who have given 'service' to athletics and who have persevered till success was achieved; also both have superb techniques". Realised he could make international level "in 1963 when I was included in the UK Top 10 list for the first time in the discus event". Favourite event now is discus.

Personal bests: 100y—10.3 (1965), shot—19.43/63'9" (1974), discus—64.94/213'1" (1974), hammer—57.10/187'4" (1968), javelin—63.06/206'10" (1962), decathlon—6015 (1965). Holder UK discus record. UK international since 1964. Bronze medallist 1970 Commonwealth discus, silver medallist 1974 Commonwealth discus (& 4th in shot). Annual progression with senior discus:

|      |               |      |               |
|------|---------------|------|---------------|
| 1961 | 42.48/139'5"  | 1969 | 57.76/189'6"  |
| 1962 | 42.22/138'6"  | 1970 | 56.68/185'11" |
| 1963 | 47.88/157'1"  | 1971 | 58.00/190'3"  |
| 1964 | 52.08/170'10" | 1972 | 61.94/203'2"  |
| 1965 | 51.82/170'0"  | 1973 | 63.98/209'11" |
| 1966 | 55.72/182'10" | 1974 | 64.94/213'1"  |
| 1967 | 54.96/180'4"  | 1975 | 62.42/204'9"  |
| 1968 | 57.26/187'10" |      |               |

Most pleasing performances were "breaking 200ft for the first time and breaking UK records". Greatest disappointments were "1974 Commonwealth Games—beaten by Tait of New Zealand, and the 1974 European Championships—failing to qualify for final". Major target for 1976 is "to make the Olympic team and do well in Montreal". All-time goal is "to throw the hammer

over 64 metres (210ft)". Does not know how long he intends competing, but after retirement will stay in the sport "in my career as a lecturer". What he most likes about athletics is the "self achievement and the chance to see the world a second time!" Dislikes "sponsorship for the few, noisy hotels at night, and flying". County representative at basketball, soccer and boxing. Brothers Peter and Geoff, UK senior discus/shot international and former England junior hammer international respectively.

Advice to a youngster taking up the sport: "(1) Find a good, understanding coach. (2) Find a job which will give you the time and energy needed for your training. (3) Find a club which will give you good facilities. (4) Above all, enjoy the sport and train sensibly".

Comment: "(1) Younger people should serve on the administration side of athletics with the knowledge of what's happening today and not 20 or 30 years ago. (2) The amateur rules have been broken on so many occasions by top class athletes that athletics should go open. (3) Selection should be on MERIT and not personality. A good example here being that Peter Tancred's recent 17.49m over Bob Dale's 17.13m in the AAA Indoor Championship meant that Bob got selected in preference to Peter! Surely this is most unfair and it certainly makes an athlete



**BILL TANCRED**

George Herringshaw

feel hostile towards the selectors. I am of course not blaming Bob, but the selection process. (4) The preparation for the majority of athletes is no better than the 1968 Olympic preparations, yet athletic standards have soared since then. (5) Athletes in events that cannot be performed indoors, eg hammer, discus and javelin, should have the opportunity to go abroad to train (especially as this is supposed to be an Olympic year) in a warmer climate, so that technical problems could be sorted out. I must confess it's fairly hard trying to throw the discus with my hands so cold that I cannot feel the discus. I have even tried gloves! Seriously though, I think this is very important if we are to challenge the rest of the world".

### Training

Trains seven days a week in winter and six days per week in summer—after 6.00pm for two hours. Usually trains at Loughborough Colleges "where the facilities are good". Coaching was "essential in early career". Sees coach once a fortnight. Training he most enjoys is "athletic type training, eg running, mobility, jumping and throwing (all kinds of implements), light weightlifting". Dislikes "heavy squats and bulking-up".

**Training cycle:** **Winter** — Heavy weights four days a week, throwing two days a week and mobility one day a week. **Summer** — Heavy weights two days a week, throwing three days a week, speed work one day a week and one day rest.

**Typical week's training in winter:** **Sunday** —

Throwing shot/discus, jumps/weight throwing; **Monday**—Heavy weights (including bench press, snatch and  $\frac{1}{2}$  squats); **Tuesday**—Heavy weights (including bench press, cleans and push presses); **Wednesday** — Technique work/mobility/sprints; **Thursday**—Jumps/mobility/dumb-bell work; **Friday**—Heavy weights; **Saturday**—Throwing shot/discus. **Comments:** "This year I have tried to gain more strength as opposed to bulking-up. Concept of getting stronger and FASTER!"

**Typical week's training in summer:** **Sunday**—Easy throwing, working on technical faults of Saturday's competition; **Monday**—Heavy weights; **Tuesday**—Throwing discus (1½ hours), striding; **Wednesday** — Throwing, working for form; **Thursday**—Heavy weights; **Friday**—Rest; **Saturday** — Competition. **Comments:** "I will try to maintain my strength on two heavy weightlifting workouts. Summer session more technical consideration for discus".

Present training not really different from last year "but in view of it being Olympic year I am more motivated, therefore a chance of getting stronger and perhaps throwing further?" No major changes planned in training for the future. Likes to compete "at least once a week" with one day rest before a major competition.

### PETER TANCRED

Full name: Peter Tancred. Born at Quetta (India), 20.10.1949; Height: 1.89/6'2½"; Weight: 111kg/245lb. Club: Wolverhampton & Bilston AC. Occupation: Teacher. Single. Lives in

# ENGLISH CROSS COUNTRY UNION

AN APPEAL to all those clubs who are to compete in the Championships

AT WESTERN PARK, LEICESTER,

on

SATURDAY, 13th MARCH

Please support the Union by taking a supply of Grand National draw tickets.  
Clubs retain 50% on all sales. Books of 5 tickets at 5p each ticket.

Obtainable from Jack Davies, Hon. Treasurer, 67 Princess Street,  
Manchester, M2 4EG.

Eltham (SE London). Hobbies and interests outside of athletics: "Westerns, music (Neil Diamond), dining out". Coaches: "For the past two years I have been self-coached although I am indebted to my father whose conceptual knowledge of the throwing events is excellent (1964-69); Otto Feldmanis, who still advises me and who has done a splendid job here in the South (1971-73). I am also glad to seek the advice of Wilf Paish whom I am only privileged to see at periodic times".

Became interested in athletics though "a persistent father who literally press-ganged me. Wishing to adhere to family conformity I reluctantly took up athletics. At first, I detested the idea as I could not understand the logic of training in all weathers and slinging lumps of metal around. However, I am glad to say, I succumbed to the 'obsessional bug' of athletics and have since not looked back". Started at javelin and cross-country. Joined Ipswich Harriers, "which was primarily a running club, in 1964. Competed in the 1964 English Schools Championships at Hendon, finishing 3rd in the javelin—"which in fact persuaded me to change events!" Inspired by anyone in early days? "Idolisation is a weakness as hero worship shows lack of confidence in one's ability and as long as one adopts such an attitude one will never surpass the standards achieved by him. What I do believe in, however, is a gentle respect and admiration for people. The athletes I most respect and admire are Jay Silvester (in my opinion the uncrowned king of discus throwing, he was world record holder in 1961—never won a gold medal and at the age of 38 still throws 63 metres) and the greatest of all — Muhammad Ali". Realised he could make international level "mentally, as soon as I picked up the implement; realistically, during the winter of 1967 when I began to make rapid improvement. Such as ambition was fulfilled in 1968 in the match against Switzerland (Berne)". Favourite events now: "Discus, hammer, shot—in that order".

Personal bests: 100m—11.5 (1970), 400m: 57.1 (1975), TJ—13.59/44'7" (1969), SP—18.35/60'2½" (1974), DT — 60.16/197'4" (1974), HT — 53.50/175'6" (1969), JT—61.36/201'4" (1968). UK in-

ternational since 1968. Annual progression with senior discus:

|      |               |      |               |
|------|---------------|------|---------------|
| 1966 | 44.54/146'2"  | 1971 | 51.94/170'5"  |
| 1967 | 45.84/150'5"  | 1972 | 56.44/185'2"  |
| 1968 | 53.62/175'11" | 1973 | 58.04/190'5"  |
| 1969 | 57.56/188'10" | 1974 | 60.16/197'4"  |
| 1970 | 54.02/177'3"  | 1975 | 57.88/189'11" |

Most pleasing performance "is yet to come". Greatest disappointment: "Having been in athletics for 15 years, like many other athletes have encountered many. However, the main disappointments that affected me and which in fact retarded my progress was after coming 2nd in the 1970 Commonwealth Games Trial. For some reason I was excluded from the team. This caused my temporary retirement for two years. Only when I commenced my training at Borough Road College (September 1971) was my flair for the event rejuvenated. The second exclusion was after having attained the European qualifying distance (1974) I was yet again omitted from the team. My last (to date) was my omission from the recent match against the GDR after having all six puts in excess of the next competitor at the AAA Indoor Championship."

Major target for 1976 is to be "the second British athlete to throw the discus over 200ft (61.00)—the first being elder brother Bill". All-time goal is "to throw over 63m (206'8") next year". How long does he intend competing? "I only want short term goals and quick results for at present I can only prepare and plan my athletics year by year and I therefore cannot look further than 1976. I am probably more disillusioned with the sport than most but one does not realise the many sacrifices one makes for athletics. Apart from the many obvious social attractions that we turn our back upon there is also our abundant energies that we plough into our training which could be utilised in an occupation that appreciates hard work (eg doing piece work) which would therefore be more financially rewarding and satisfying. In this respect athletics is not a practical sport. OK, you may say, you don't have to do athletics—such would be a fair comment. Except for the fact that WE originally do athletics for the love of the sport and when you have trained solidly and consis-

## CHESTER & ELLESMERE PORT A.C.

### LADIES

### CROSS COUNTRY RACES

(Under W.A.A.A., N.W.C.C. & R.W.A. Rules)

EASTER SATURDAY, APRIL 17th, 1.30 p.m.

### WHITBY PARK, ELLESMERE PORT

Girls (11 & U13) 1.5 Miles—Fee 15p

Juniors (13 & U15) 1.75 Miles—Fee 20p

Inters. (15 & U17) 2 Miles—Fee 25p

Seniors (17 & Over) 3 Miles—Fee 25p

Trophies or Prizes to first 3 Individuals and first 3 Teams (3 to score). No Team fee. Entries to T. Prescott, 2 Oulton Avenue, Chester, CH2 1QY.

ENTRIES CLOSE MARCH 31st

## HARINGEY & SOUTHGATE A.C.

### CROSS COUNTRY RACES

Girls, Juniors & Inters.—Club & Schools  
(Under W.A.A.A., W.C.C. & R.W.A. Rules)

SATURDAY, MARCH 27th, at 2.30 p.m.

### HILLYFIELDS, ENFIELD

Girls Team & Individual Race 1 Mile

Junior Ladies Team & Individual Race 1½ Miles

Inter. Ladies Team & Individual Race 1½ Miles

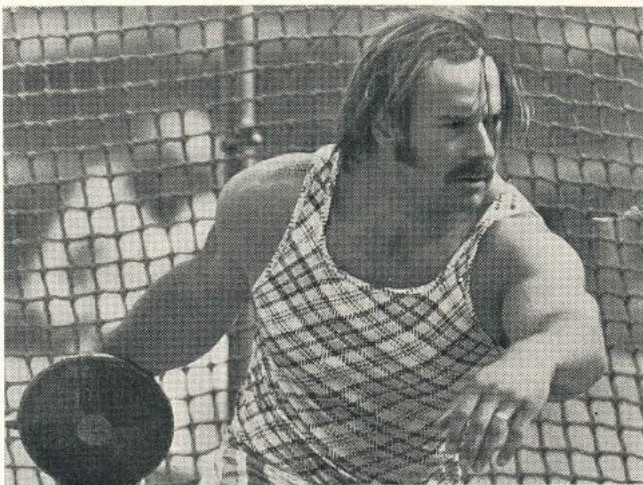
Awards: Team and Individual medals will be awarded.

Fees: 50p first Team, 30p additional Teams, 10p Individual.

Entries (giving dates of birth): to F. Adams, 9 Beaulieu Gardens, Winchmore Hill, London, N.21 (Tel: 01-360 1554) by 24th March.

(All 6 to run, 3 to score)

**Peter Tancred, a British international at shot and discus, averages 2½ hours training every day throughout the year.**



Mike Street

tently and then achieved the ultimate for your country—gaining international honours (if that's what being an international is)—all you have to show for it after many confrontations with the Board to merit your 'non-selection' from this match and that match is a large overdraft, several life-long injuries to wrists, shoulder, back and knees. It provokes one to be slightly disillusioned".

Would "dearly love" to stay in athletics after retirement, "but not necessarily coaching the throwing events". What he most likes about athletics is "that atmosphere, winning and setting personal bests". Dislikes "training in bad weather and in isolation". Represented Suffolk in football and finished 10th in the Suffolk Schools Cross-Country Championships. Brother Bill is UK discus record holder, brother Geoff was a junior hammer international and turned down an offer to play for Ipswich Town when at school, although he passed the trial. Father was an Olympic representative for India in 1948.

Advice to a youngster taking up the sport: "Being the third oldest—not in terms of age—international in the throwing events I believe I have some useful advice to offer. Firstly be philosophical about your life and athletics and get both into perspective. Athletics is not your livelihood, just a dedicated hobby. My father once told me "be good to people when you go up the ladder because you'll meet them when you come down"—forget it. Treat people as they treat you. Listen to all advice but beware of 'armchair critics' and 'touch-line internationals'; pay lip service to them so as not to offend but ignore their phoney advice. Train hard, listen to your coach, but take all things in moderation. You do not have to lead a monastic life to be an Olympic champion as previously believed".

#### Training

Usually trains "seven days per week irrespective of season". Trains "in the evening from

6.30 onwards. My typical session lasts for about 2½ hours. Throwing sessions take longer". In terms of training facilities "I consider myself fortunate to reside in the south of England whereby most things are central, such as competitions and training. I currently train at the Crystal Palace (6 miles from home) where the facilities are excellent". Considers coaching "is all important to the athlete. There are many people disguised as coaches, in other words they may know the theory (from a book), but very few possess the innate ability to relate what they are trying to impart so the athlete can apply these points into physical terms. For example, many coaches try to exemplify points in terms of many MINOR points (aspects). As opposed to expressing these points in fragments, they should try to convey points of importance in terms of concepts, if you like, which encompass MAJOR points. In this way these 'capsules of thought' could be easily registered and applied. One usually believes that A runs faster than B or A throws further than B because he is physically better equipped. This may not necessarily be so. The differences are usually due to the fact that the better athlete has a greater 'mental blueprint' of the event that can easily be mentally and physically translated. The person who I know possesses such a quality is Mike Winch". Training he most enjoys is "throwing in sunshine (preferably with a strong wind conducive for long throws)". Dislikes "failing my lifts".

**Training cycle:** October-November: Conditioning exercises—6 x 10 repetitions of everything. November-December: Strengthening exercises—6 x 6 of all my weights—include more throwing and pyramids. December onwards: Specific exercises — applicable exercises which simulate my event.

**Typical week's training** ("winter and summer the same"): Sunday—Throwing, flexibility work;

*continued on page 28*

## JANOS ZEMEN — HUNGARY'S DARK HORSE

**N**OT many people will have heard about Janos Zemen outside his native Hungary. Statistics show him as a modest 1500m trackman, with a 3:38.9 run to his name in 1975 which does not even take him into the company of Europe's ten best for the distance last year. He fell short of that distinction by 0.1 second—the same margin that kept Istvan Rozsavolgyi's 15-year-old Hungarian record intact.

Yet they will tell you in Budapest athletic circles that his 1975 training results proved conclusively that 3:36.5 was well within his capabilities during most of the past season and that only a lack of invitations to competitions that counted prevented his clocking such a time. Largely unheard of, he was ignored.

### By IVAN BERENYI

They will also tell you—and 'they' include such notables and wily old foxes of the world of track as Rozsavolgyi himself, Jozsef Kovacs and other heroes of yesteryear—that Janos Zemen is the man of the future, and the not-so-distant future at that, who may in this Olympic year pick up the thread of Hungary's long-dormant middle-distance tradition and make the world sit up. They say that if he doesn't do it in 1976 he will certainly do it by 1978 at the latest, and emerge as Europe's best. Can such experienced old-timers be totally off the mark? Probably not.

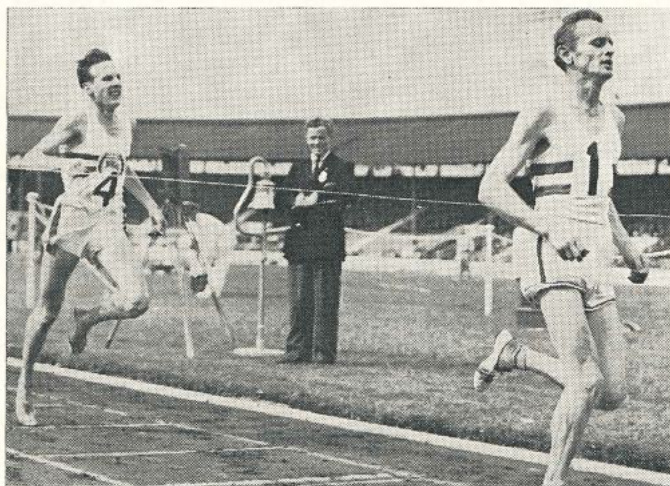
It is a matter of record, of course, that the Hungarians have for long been awaiting the arrival of a middle-distance Messiah, and thus wishful thinking may tarnish their judgment. In the early 1950s, Hungarian athletics boasted a cluster of world-class middle and long-distance runners, spearheaded by the Iharos-Tabori-Rozsavolgyi troyka. Only Rozsavolgyi lasted into the sixties, for a short time, and then there was only the durable Lajos Mecser to show the flag.

So decline followed the halcyon days, and not a single trackman of international acclaim emerged, though there were a few false alarms.

What has Janos Zemen achieved so far, apart from impressive training results, to justify the heavy local betting on his prowess? He improved eight full seconds within two years, ran 3:38.9 in the Kusocinski Memorial meeting in Warsaw last June, beat the Australian record holder Graeme Crouch in Bratislava, and the West German Thomas Wessinghage (Europe's fastest in 1975 and third on the world list with 3:36.4) in Turin, in the European Cup semis. On the whole, not too much.

Perhaps predictably, he is not without an explanation though. He participated in 41 competitions last year, roughly half of which were in the main season, including 17 races at 1500m. "I simply did not get enough chances to compete against athletes of note," he says ruefully. "I did well enough in the June internationals, but after that I was in peak form for nothing. The opposition was amiss. There were long pauses between better races in July and August. I was waiting for invitations from abroad, but this was in vain. When Walker and Dixon came over from New Zealand to Europe, to compete virtually every three days, European runners were chalking up a whole string of good results in their wake. I was without any competition for 37 days in the two months. In July, I knew I had 3:37 easily in me. But then slowly I'd gone stale. I was not tired physically. But psychologically I passed the peak. There was no real challenge ahead, so gradually I found it hard to keep to my original training schedule in earnest, and to keep my form."

Coach Laszlo Hires is disappointed, too. "To get the best out of an athlete, he has to be able to compete against the best," he says. "One or two chances are not enough. He needs a decent season, with plenty of strong competition. But how do you



Istvan Rozsavolgyi, the Hungarian middle-distance ace whose national 1500m record Janos Zemen is chasing, is seen here at the White City in 1961 defeating Bruce Tulloh over 5000m.

Ed Lacey

get the invitations without having the good results first? You don't. It's a bit of a vicious circle, when an athlete has no real domestic opposition."

And that Zemen has not got, much to his and especially his trainer's chagrin. When he made his comeback to the track in 1974, after a two-year lay-off (due to serious ankle injury) the then 24-year-old Janos won the Hungarian Cup with the modest time of 3:44.1—the first time that he dominated the domestic scene. Next, he took the title in the Budapest Championships, and ran the winning time of 3:42.6 in the domestic Nepszava Cup—a time he was to repeat in beating steady 3:38/3:39 performers in the Italy-France-Hungary meet in Florence. He was already best at home, but close behind him came two other Ujpest Dozsa athletes, Szanto and Nemeth. Coach Hires was hoping that the three would galvanise each other into at least a semblance of European prominence. But this was not to be, his clubmates could not keep up with Zemen.

Nor could the rest of the domestic field, and thus Janos closed the 1975 season as No. 1 at both 1500 and 800m (1:48.1), though he only competes at the shorter distance for lack of something better to do, and only incidentally to improve his finishing power, which is fairly potent in any case (in Turin he ran 52.8 over the last lap of the 1500).

By now, coach Hires has given up his dream of emulating Mihaly Igloi's one-time success, and is ready for divine intervention. But, true enough, Igloi had a whole spate of talent at hand, and if one wants to compare the early careers of Zemen and Istvan Rozsavolgyi, whose 1960 record of 3:38.8 Janos will surely eclipse in the coming season, this is where the main difference lies.

Rozsavolgyi was 21 when he drifted into athletics. A professional soldier, he was persuaded by his commanding officer to take part in an army cross-country event in 1950. The same year he won a 1500 race, and 20 minutes later a 5000 competition. His rhythm was noted by Igloi, who started giving him advice. By 1952 he was a regular visitor to the training sessions of Honved, the Army's club, but was only registered by them in 1953, at age 22.

In August of that year he was selected to run for Hungary in the 1500 against the Norwegians, and in the autumn of 1953 he had his first world record in the bag in the 4 x 1500m relay. Being

near to the greats of the day had a magic effect on him, and although 1954 was a year of bad reverses while he managed to adapt himself to the punishing training schedule and intense rivalry that characterised coach Igloi's camp, by 1955 he was 'on course'. He went on to break the world record for 1000, 1500 and 2000, was a member of Honved's 4 x 1500 world record team twice more, won a bronze medal in the Rome Olympics of 1960, and was champion of Hungary on more than 20 occasions in individual and team events.

By comparison, Zemen's career took off in 1966, at age 15, also with a cross-country race. Sensing talent in him, his PE teacher persuaded him to follow in the footsteps of his father, himself a renowned miler, and try for middle-distance honours. In 1969 he joined Ujpest Dozsa, the club of the police, and came under the hand of Laszlo Hires. He won two junior titles by the time he made his senior debut in 1972.

That year he was runner-up in the senior 1500 championship and became a member of the national track and field squad, though his best time was an unimpressive 3:46-plus. He did not have the type of rivals to fire him into action that Rozsavolgyi (now the Honved coach) had, nor did he have an outstanding coach like Igloi. Furthermore, persistent achilles tendon and ankle troubles started to mar his progress, resulting in the lay-off.

He was 24—the same age as Rozsavolgyi—when he seriously threw himself into the welter of middle-distance running on his comeback, and the lack of any domestic rivalry to speak of must be one of the prime reasons for his major failings. These are: that he is inclined to start too slowly, banking on his fast finish to catch up with the opposition; and—again a strategic mistake—that he is still unsure of how to position himself in vital moments, allows himself to be boxed in, and then tries for risky break-outs.

But Janos Zemen's tactical sense is bound to improve with increased competition in the Olympic year, and, since 3:38.9 is chicken-feed for a 1500 runner who could do 2:54 for 1200 in training in the spring of 1975, same goes for his results.

To what extent? That remains to be seen, and is perhaps somewhat dependent on whether he manages to catch the eye of organisers of events early on in the season—at least as far as his Olympic performance is concerned.

## OCS SPORTS SCHOLARSHIP AT THE UNIVERSITY OF BATH

Applicants are invited for the OCS Sports Scholarship tenable at the University of Bath. The scholarship may be awarded to either an undergraduate or postgraduate student who is already a member of the University or is qualified for admission to it in 1976. It will allow the scholar to extend his or her academic course in the University by one year so that he or she will be able to devote time to achieving excellence in athletics or other sport. Applicants must be of a high academic calibre and be of international standard in their event, or be able to produce evidence (e.g. from a national coach) that they are likely to achieve that standard if awarded the scholarship.

For further details apply to The Secretary of the Sports Committee, A.W. (key 3), The University, Claverton Down, Bath BA2 7AY.

# IAAF CROSS-COUNTRY CHAMPIONSHIPS

At Chepstow (Wales), February 28th



The effort shows as Tony Simmons races towards second place, leading England to team victory, in the International Championship.

Ed Lacey



The runaway winner, though, was the Portuguese revelation Carlos Lopes. His best track marks range from 3:44.9 for 1500 to over 20km in the hour.

Mike Street



To the fore at the start of the women's race are Tatyana Kazankina (84) of the USSR, Mary Stewart (62) of Scotland (with winner Carmen Valero just behind her) and Aila Virkberg (29) of Finland.

Mike Street

For the third year running, Americans dominated the junior championship. Here Eric Hulst (106) and Tom Hunt, who finished first and second respectively, pull away on an uphill section of Chepstow Race-course.



Ed Lacey

## Photos by Ed Lacey and Mike Street



After a titanic struggle along the finishing straight, England's Bernie Ford got the better of former European marathon champion Karel Lis-mont (Belgium) for third place.

Ed Lacey



Emergence of a new star: Carmen Valero of Spain wins the women's title by a 20-second margin. She ran 4:11.6 for 1500m two years ago.

Ed Lacey

# THE LEAP OF A LIFETIME

Exactly a century ago a man high jumped six feet for the first time. Award winning novelist and athletics historian, PETER LOVESEY, recalls the man—Marshall Jones Brooks—and the occasion at Oxford in March 1876.



OXFORD has had more than its share of 'firsts' in athletics history, which is remarkable when you consider the weather it invariably produces for them. Remember the near-despair of Roger Bannister at the conditions on May 6th, 1954, expressed in his book, *First Four Minutes*? "A wind of gale force was blowing which would slow me up by a second a lap. In order to succeed I must run not merely a four minute mile, but the equivalent of a 3:56 mile in calm weather." The elements were no friendlier a century ago on March 17th, when Marshall Jones Brooks became the first man in history to high jump six feet. Hail, a snow-storm and a wind described by the press as 'a perfect hurricane' delayed the start of the meeting until after 4 pm. Undeterred by the conditions, a very large crowd had trekked the mile out of the city to inhospitable Marston, for 'Minnie' Brooks was known to be in good form, and had done a widely publicised practice jump of 5'11½" a fortnight before, better than his own world record.

Brooks was not a man to be bothered by records. He had first become interested in jumping when the gymnasium was built at Rugby School in 1873. He won both jumps in the school sports with 5'3" and 20'3", but he caused a bigger sensation by clearing 'Butler's Leap', a fence with a twelve foot drop and a fifteen foot stretch of water behind it. As a freshman at Brasenose College that autumn, he took up rugby and was selected for the University twenty (fifteens emerged only at the end of 1875) as one of the three full-backs. He played with such distinction that he was selected for England against Scotland in February, 1874. There was still time for athletics. In November, he had cleared a promising 5'7". He was chosen to represent Oxford in the Inter-Varsity sports of 1874. He broke the match record in winning at 5'10" and three days later, on March 30th, he became English

## CAMBERLEY YOUNG ATHLETES MEETING

(Under A.A.A. & W.A.A.A. Laws)

**Sunday, May 23rd, 1976**

**At The Bracknell Sports Stadium**

Featuring The Lillian Board Intermediate Ladies' 800m Challenge Trophy.

First Event 10.30 a.m.

EVENTS FOR: COLTS: BOYS: YOUTHS: MINORS: JUNIORS: INTER. LADIES  
(Medal and Trophies for all events)

Details from Hon. Sec. E. A. Lewis, 11 Gilbert Road, Frimley Park, Camberley, Surrey.

**ENTRIES CLOSE APRIL 24th, 1976**

**SAE PLEASE**

champion, defeating the world record holder, Irishman Tom Davin, with a new world record of 5'11". He was still only 18-years-old.

His style was unlike anything practised a century later. It had to take account of a landing as hard as the take-off; there were no foam-rubber cushions in those Spartan days. He approached the bar at a pace little more than a walk, and sprang with his legs tucked in front of him so that his body pivoted back. Momentarily it would seem as if his back must hit the bar, but he would jerk forward as he crossed, and land on his toes. If he displaced the bar, it was never with his feet, always his elbows or back. Tom McNab, in his new book, *Olympic Games 1976*, makes the justifiable observation that Brooks used a Fosbury Flop in reverse, 'a much more difficult method.'

During the 1875 season, Brooks was subdued by a leg injury. He competed for Oxford in the match with Cambridge, but could manage only 5'7", and finished two inches behind his team-mate, Michael Glazebrook. Worse, Glazebrook went on to win the English championship with 5'11", equalling the record, despite thumping the bar so heavily that it bounced on the pegs.

As President of Oxford University AC for 1875-6, Brooks took his duties seriously, introducing a standards meeting, and arranging the handicapping for the fifteen college sports meetings which took their turn at Marston from November onwards. The cinder track, used by the University since 1867, was notorious for its bad siting in low-lying, swampy meadows. The Iffley Road site, where Strode-Jackson, Hampson, Lovelock and Bannister were destined to run, had already been earmarked by the shrewd Senior Treasurer of OUAC, Clement Jackson, a Hertford College don. Good attendances at the sports, scheduled over three days, would considerably help to meet the cost of construction. The reports in the local and national press that Brooks had cleared 5'11½" in training suggest that someone at Oxford had a sharp sense of publicity.

So they trekked in hundreds along the Marston Road on Friday, March 17th, braving the snowstorm in hopes of seeing a six foot high jump. Some, like the representative of *The Field*, were reckless enough to take a short cut: "Anyone who has ever taken the short route through Mesopotamia to the running ground in wet weather has probably a lively recollection of the quagmire nature of the fields. Nobody that I ever met at Marston thought it necessary to pay it the slightest justice; generosity was far out of the line of their unwilling faith. As a path it has few superiors; as a locality for wind and weather it is simply vile, like all the outskirts of Oxford."

It was impossible to start until after 4 pm. By then, the numerous dogs brought by the undergraduates and tied to railings at the gate on the insistence of Savage, the groundsman, were mostly reduced to whimpering. The high jump was staged on cinders and was closely contested up to 5'8", when Lucas of Balliol, Brooks' last rival, was eliminated. The light was failing as the bar was raised to 5'10". Brooks nudged off the bar at his first attempt, but got over on his second.

The bar was raised to the coveted six feet. Twice he

The Hon. Marshall Jones Brooks was born on May 30th, 1855, the second son of Thomas Brooks, High Sheriff of Lancashire, created Baron Crawshaw in 1892. Height: 1.83/6'0"; weight: 72kg/159lb. Annual performances:

|      |            |             |
|------|------------|-------------|
| 1873 | 1.70/5'7"  | 6.17/20'3"  |
| 1874 | 1.80/5'11" |             |
| 1875 | 1.74/5'8½" |             |
| 1876 | 1.89/6'2½" | 6.68/21'11" |

He played rugby for England against Scotland on February 23rd, 1874. He was married in 1889 and had two sons and two daughters. He died at his home in Tarporley, Cheshire, on January 5th, 1944.

brought it down with his elbow, and it seemed that the record must survive. But with his third jump he sailed over.

Pandemonium followed. Jackson flung his top hat into the air and it landed in a deep puddle. Six feet! Brooks had cleared his own height. To be precise, one-eighth of an inch more, for they measured the bar at the centre with a carpenter's rule . . . 6'0½".

When Brooks brought Oxford to Lillie Bridge in London on April 7th for the annual match with Cambridge, there assembled the largest crowd ever seen at an athletics meeting, 15,000 or more. "There was scarcely a foot of standing room," wrote Montague Shearman, winner of the 100 yards. Over £1,100 was taken. Oxford's share of this made certain that the Iffley Road track would open the following season.

The jumping took place on the turf in the centre of the arena. In the warmth of spring sunshine Brooks soared beyond everyone's expectations, jumping alone after the last Cambridge man had gone at 5'9½". Runners pounded round the track, but all eyes were on the slim figure in the middle, raising himself inch by inch into history. With no public address, the heights were buzzed round the perimeter by word of mouth. What now? 6'2½"? It would have seemed incredible if it were not obvious to everyone that the officials were positioning the bar at the level of their top hats. Silence. He trotted forward, sprang with his feet well clear and was over 'in good style'. To a great roar from the terraces, he landed on his toes, flexed into a small second jump, turned and walked back under the bar. For good measure, he won the long jump as well, with 21'8½", and Oxford won by 6 events to 3.

In the English championships on the same ground three days later, a series of hastily cancelled entries left Brooks as the only challenger for the high jump title. To avoid disappointing the crowd, he again attempted six feet. This time there was a downpour before the event, and the grass take-off was spongy, but he cleared the magic height once more. Experts rated it as fine a jump as the record. There is an engaging story that he made this jump wearing his top hat, but I am afraid it is probably apocryphal. Brooks' elder son, the late Lt.-Col. T. M. Brooks, MC, TD, wrote to me in 1967, stating, "Although I have heard the story of the top hat, I never heard my father mention it."

Brooks never competed again, but his 6'2½" survived as the Inter-Varsity record for 72 years; when he died at the age of 88 in 1944, it was still unbeaten. In 1948,

# OVERSEAS NEWS AND RESULTS

## EUROPEAN INDOOR RESULTS

**11.1. Karlovac (Yug).** Women's 300m: Pavlicic 37.5. **23.1. Paris (Fra).** 60m: Mayer 6.5. **24.1. Jablonec (Cze).** Women's HJ: Bradacova 1.87/6'1½". **24.1. Turku (Fin).** Women's 400: Salin 53.4. **24.1. Vierumaki (Fin).** Women's HJ: Sundqvist 1.84/6'0½". **24/25.1. Berlin (GDR)** Champs; track over 200m long) 100m: Ray 10.27 ht; (Aut): Arnold 46.8 ht; women's 400: Morig 53.4 ht. **24/25.1. Sofia (Bul).** Women's 400: Tomova 53.88; 800: Shtereva 2:01.1. (**world best**), Bonova 2:03.5; 1500: Shtereva 4:15.0; 60mH: Gusheva 8.1; HJ: Blagoeva 1.84/6'0½". Mracnova (Cze) 1.84. **25.1. Grenoble (Fra).** Women's HJ: MOIRA WALLS 1.76/5'9½". **28/29.1. Budapest (Hun).** 800: Savic (Yug) 1:48.6, Zsinka 1:49.7; women's 60m: Hannemann (GDR) 7.1 (**eq world best**), Hareter (Aut) 7.3; 1500: Andrei (Rum) 4:17.6. **31.1. Otaniemi (Fin).** PV: Kalliomaki 5.30/17'4½". **31.1./1.2. Bucharest (Rum).** 60m: Suselescu 6.5, Nowosz (Pol) 6.5; LJ: Iordache 7.85/25'9½"; TJ: Corbu 16.45/53'11½", Sontag (Pol) 16.40/53'9½"; women's 60mH: Schalluck (WG) 8.1; LJ: Spinu 6.43/21'1½". **31.1./1.2. Sofia.** 800: Karsky (Cze) 1:49.9; women's 60m: Meyer (GDR) 7.33; 400: Pavlicic (Yug) 53.76; 1500: Shtereva 4:10.4 (**world best**), Chavdarova 4:12.6, Jazinska 4:13.8, Pekhlivanova 4:15.3; SP: Stoyanova 19.40/63'7½". **1/2.2. Moscow (USSR)** LJ: Podluzhny 7.89/25'10½", Pereverzev 7.80/25'7½"; women's 3000: Bondarchuk 9:09.2; SP: Krachevskaya 19.89/65'3½", Taranda 19.69/64'7½". **3.2. Budapest.** 1500: Ghipu (Rum) 3:43.3. **6-8.2. Berlin (GDR)**

Youth Champs) HJ: Huth (16) 2.17/7'1½"; 6kg HT: Steuk (16) 70.24/230'5" (& 66.42/217'11" with men's); women's HJ: Berg 1.83/6'0", Planitzer 1.83. **7/8.2. Budapest.** 800: Zsinka 1:49.2; HJ: Kelemen 2.21/7'3"; women's HJ: Rudolf 1.86/6'1½"; LJ: Szabo 6.60/21'8", Milassin 6.37/20'10½", Bruzsenyak 6.36/20'10½" (& 8.2 60mH). **7/8.2. Kosice (Cze).** 50mH: Nadenicek 6.5, Cerovsky 6.5; women's HJ: Mracnova 1.85/6'0½". **7/8. 2. Bucharest.** 60m: Petrescu 6.5, Vasile 6.5; 60mH: Perteu 7.7, Petcu 7.7; (B) Mandellos (Gre) 7.7; LJ: Lazarescu 7.87/25'10"; TJ: Corbu 16.40/53'9½"; women's 60mH: Rot (Isr) 8.0. **8.2. Warsaw (Pol).** 400: Madry 47.9, Szlendak 48.2 (47.5 ht); HJ: Wszola 2.18/7'1½"; PV: 4, Reinhardt (GDR) 5.30/17'4½"; TJ: 2, Dreherl (GDR) 16.29/53'5½"; women's 60mH: Nowakowska 8.00; LJ: Panayotova (Bul) 6.18/20'3½"; SUE REEVE 6.14/20'1½".

**10/11.2. Milan (Ita).** 400: Di Guida 47.89; LJ: Albero 7.84/25'8½"; women's 800: Shtereva (Bul) 2:03.8 (2:01.4 ht), Tomova (Bul) 2:07.6 (2:02.3 ht); SP: Stoyanova (Bul) 19.41/63'8½". **11.2. Prague (Cze).** HJ: Brokken (Bel) 2.21/7'3", Beilschmidt (GDR) 2.21, Nyman (Swe) 2.18/7'1½", Almen (Swe) 2.18; women's HJ: Ackermann (GDR) 1.92/6'3½", Karbanova 1.86/6'1½", Bradacova 1.86. **7. Kirst (GDR)** 1.80/5'10½". **13.2. Trinec (Cze).** HJ: Grigoryev (USSR) 2.21/7'3", Brokken (Bel) & Beilschmidt (GDR) 2.18/7'1½"; women's HJ: Ackermann (GDR) 1.91/6'3½", Bradacova 1.88/6'2", Kirst (GDR) 1.88, Popa (Rum) 1.84/6'0½". **14.2. Munich.** Women's 60mH: Lebedyeva (not Kononova, as previously reported) (USSR) 7.9 (**eq world best**). **15.2. Berlin (GDR).** HJ: Lauterbach (18) 2.20/7'2½". **27.2. Mainz (WG).** 10,000 walk. Kannenberg 43:03, Weidner 44:30.

## CANADIAN INDOOR RESULTS

**17.1. Montreal.** HJ: Ferragne 2.21/7'3" (2.23/7'3½" on Nov 29th); women's HJ: Fillion 1.81/5'11½". **17.1. Toronto.** 3000: TONY SETTLE 8:11.0. **31.1. Toronto.** 3M: 4, Bob Moore (ex-UK) 13:40.0. **7.2. Toronto.** Women's 800: Saunders 2:08.0. (first race for 8 months after back injury). **13.2. Toronto.** 600y: Vinson (US) 1:10.3, Sowerby (Ant) 1:10.8, Newhouse (US) 1:11.6; 1000y: Wohluter (US) 2:08.1, Dyce (Jam) 2:08.9; Mile: Coghlan (RoI) 3:59.3, Dixon (NZ) 3:59.4, Waldrop (US) 4:00.1, Wessinghage (WG) 4:01.6; 3M: Ngeno (Ken) 13:19.4, Lindsay (US) 13:21.4, PAUL BANNON 13:28.0, Tuttle (US) 13:30.0, Sharp 13:31.8, Yifter (Eth) 13:32.0; women's 50y: Loverock 5.7, Annum (Gha) 5.8; 300m: Bailey 39.5, Bryant (US) 39.6; 1500: Lutz (US) 4:18.5, Merrill (US) 4:20.9; 50yH: Bradley 6.6, LaPlante (US) 6.6, Oshikoya (Nig) 6.7; HJ: White 1.86/6'1". **14.2. Toronto.** Women's HJ: Maggie Woods (16; 1.58/5'2" tall) 1.75/5'8½" (!) **14.2. Winnipeg.** 600m: Mann (US) 1:20.1, Gittens 1:20.1; 3000: RON MARTIN 8:02.0, Kimeto (Ken) 8:11.0; PV: Pullard (US)

## MARSHALL BROOKS continued

the year it finally went, it was the end of an era at Oxford. That same year, Roger Bannister, the new President of OUAC, arranged for the bulldozers to move in on the old three laps to the mile track at Iffley Road which Brooks' achievements had helped to build.

But Marshall Brooks, like Bannister, needs no monument. "To have been 'the first that ever burst' into the realms of the incredible brings its just reward," wrote *The Times* in a leading article after his death. "Brooks will be faithfully and freshly remembered as the prototype of all jumpers."

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### NEW ZEALAND

**14.2. Auckland.** 1500: Shaw (18) 3:44.1 (jnr rec), Banks 3:44.3; 10,000 Quax 27:55.2 (67.0, 67.5 67.3, 67.2, 66.0, 68.0, 67.5, 67.0, 67.3, 66.7, 67.0, 67.5, 67.5, 67.5, 69.0, 67.0, 67.5, 68.0, 67.0, 68.0, 67.5, 67.0, 67.0, 65.0, 61.2), Ballinger 28:43.8, Jones 28:50.6; women's 1500: Garrett 4:14.9. **15.2. Auckland.** Women's Pent: Beable 4343. **21.2. Auckland.** 5000: Quax 13:32.6, Jones 13:52.6; 110H: Pownall 13.9w; HT: Cheater 69.46/227'11"; women's 800: Garrett 2:05.1, Haden 2:05.9, SHIRLEY SOMERVELL 2:08.5. **21.2. Hamilton.** 5000: Foster 14:21.0. **21.2. Christchurch.** Women's 400: Hunt 53.0 (rec).

### SOUTH AFRICA

**5.12. Johannesburg.** HJ: Schiel 2.19/7'2¼". **26.12. Paarl.** HT: Barnard 71.54/234'8".

### URUGUAY

Result of San Fernando road race, held a few days after the Sao Paulo round-the-houses: Mora (Col) 24:06.2, Fava (Ita) 24:10.6, Uhlemann (WG) 24:20.0, Romao Silva (Bra) 24:45.2.

### USA

**27.2. New York.** (AAU Indoor Champs) 60y: Williams 6.0, Crawford (Tri) 6.1, McFarland 6.2, Crockett 6.2; 600y: Sowerby (Ant) 1:09.8, Vinson 1:10.2, Newhouse 1:11.0; 1000y: Wohlthut 2:09.3, Dyce (Jam) 2:10.1; Mile: Bayi (Tan) 3:56.1 (57.9, 1:58.0, 2:58.8), Cummings 3:58.4, Popejoy 4:02.5; 3M: Nyambui (Tan) 13:15.0, Fredericks 13:15.0, Castaneda 13:15.6, Shorter 13:16.4, RON MARTIN 13:19.8; 60yH: Drut (Fra) 7.0, Hill 7.0, Davenport 7.0, Shipp 7.1. ... Foster (7.0 ht) dnf; HJ: Forget (Can) 2.21/7'3", Knoedel 2.21, Ferragne (Can) 2.18/7'2", Livers 2.18; PV: Carter 5.50/18'0¼", Kozakiewicz (Pol) 5.50, Takanezawa (Jap) 5.38/17'8", Pullard 5.28/17'4", Simpson (Can) 5.28; LJ: Myricks 8.09/26'6¼", Robinson 7.88/25'10¼", Lanier 7.76/25'5¼"; TJ: Haynes 16.90/55'5¼" (US rec), Livers 16.66/54'8", Rahman 16.46/54'0", Craft 16.34/53'7¼"; SP: Albritton 19.96/65'6", Anderson 19.71/64'8"; 35lb WT: Hart 20.66/67'9¼"; 2M walk: Laird 13:37.0; women's 60y: Hopkins 6.7, Annum (Gha) 6.8; 220y: Jiles 24.0, Bryant 24.0 (23.5 sf, US rec); 440y: Forde (Bar) 54.6; 880y: Forman 2:07.9; Mile: Merrill 4:38.5, Brown 4:38.5; 2M: Merrill 9:59.6; 60yH: LaPlante 7.7; HJ: White (Can) 1.85/6'1", Spencer 1.83/6'0", Huntley 1.83, Gervin 1.83; LJ: Watson 6.34/20'9¼"; SP: Turbyne 15.68/51'5¼"; Mile walk: Brodock 7:12.7.

# ESSEX LAC WOMEN'S 'PARENTS' TROPHY CROSS-COUNTRY MEETING

At Chingford, February 21st

1, V. Rowe (London Olympiades AC) ..... 12:35  
2, R. Cox (Borough of Enfield) ..... 13:03  
3, D. Taylor (Barnet) ..... 13:12  
4, C. McLoughlin (Hill) 13:17; 5, J. Caffal (Hill) 13:18; 6, P. Naylor (Hav) 13:19; 7, A. James (LOAC) 13:19; 8, C. Rodgers (High) 13:28; 9, C. Clitter (LOAC) 13:36; 10, B. Stone (Thurr) 13:39; 11, P. Broughton (Har) 13:53; 12, C. Brannon (Hav) 13:56; 13, L. Watson (LOAC) 13:58; 14, B. Nelson (Barn) 14:00; 15, C. Butler (BoE) 14:10.  
**Teams:** 1, LOAC 17; 2, Hillingdon 25; 3, Havering 42; 4, Highgate 49; 5, Barnet 49; 6, Verlea 74; 7, Cambridge H 75. **(Intermediates):** 1, C. Brace (Ver) 9:21; 2, K. Trunley (Ilf) 9:27; 3, L. Day (Ver) 10:05; 4, S. Nockall (Ver) 10:12; 5, D. Wilkins (Uxb) 10:22; 6, L. Brynen (Camb H) 10:30. **Teams:** 1, Verlea 8; 2, Ilford 25; 3, Havering 38.

## Junior Relay

1, Highgate (S. Kalimeraki 7:38; L. Mosen 8:17; C. Muntzer 7:20) 23:15; 2, Uxbridge (A. Watkins 8:12; K. Jacobs 7:49; L. Payne 7:17) 23:18; 3, Verlea (J. Elliott 7:40; A. Wilshire 8:10; A. Rowe 7:43) 23:33; 4, Thurrock 23:48; 5, Cambridge H 24:01; 6, Hertford 24:15; 7, Cambridge 24:46; 8, Havering 24:51; 9, Essex 25:16; 10, Harlow 25:23. **Fastest:** K. Nicholls (Hav) 7:13; Payne 7:17; H. Smith (Thurr) 7:18. **(Girls):** 1, Uxbridge (T. Birch 7:46; S. Spinks 7:45; D. Hilton 7:32) 23:03; 2, Thurrock (S. Merchant 8:04; D. Buckle 7:35; K. Timpson 7:38) 23:17; 3, Cambridge H (B. Evans 8:03; F. Rider 7:59; D. Russell 7:24) 23:26; 4, Havering 23:44; 5, Essex 23:58; 6, Harlow 24:12; 7, Ilford 24:35; 8, Verlea 24:50; 9, Thurrock 24:57; 10, Mitcham 25:10. **Fastest:** Russell 7:24; N. De-Jesus (Ex) 7:28; Hilton 7:32. **Trophy Result:** 1, Verlea 101; 2, Havering 99; 3, Cambridge H 88.

Luton United AC officers: Chairman, G. Woodham; general secretary, A. W. Thorpe, 19 Hollybush Lane, Harpenden, Herts (Tel: Harpenden 61403); treasurer, C. Parker; CC (men) sec, N. Fox, 224 Turnpike Drive, Luton (Tel: 31291—business); CC (YA-boys) sec, J. Dyer, 6 Rogate Road, Luton (Tel: 24808); CC (women & YA-girls) sec, R. Coles, 56 Willow Way, Luton (Tel: 51138); road runners sec, R. Churm, 158 Gramplan Way, Sundon Park, Luton (Tel: 53064); T&F (men) sec, J. R. Smith, 1 Westbury Gardens, Luton (Tel: 32480); T&F (YA) sec, J. Howard, 19 Staveley Road, Luton (Tel: 592775); membership sec, Mrs J. M. O'Shea, 2 Gresham Close, Luton (Tel: 20299).

Mrs J. Peck, 137 Woodcote Road, Wallington, Surrey, has information sheets and entry forms for all Southern Counties WAAA Championships available on receipt of S.A.E. The SCWAAA Senior Pentathlon will be held at Crystal Palace on April 25th; Junior and Intermediate Pentathlons at Crystal Palace on June 27th; SCWAAA Championships at Crystal Palace on July 17th/18th; and SCWAAA Inter-Counties at Cophthall on September 11th.

## WIGAN & DISTRICT H. & A.C.

in conjunction with

## WIGAN LEISURE DEPARTMENT

present

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(under AAA laws)

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(1975 Individual Winner—R. Wilde,  
Team—SALE)

**ENTRIES CLOSE APRIL 19th**

# WELSH YOUNG ATHLETES CC CHAMPIONSHIPS

**B**RIDGEND YMCA AC efficiently dealt with the six Welsh 'Young Athletes' Championship events entrusted to their care by the Welsh CCA at Newbridge Fields on February 21st, despite weather conditions that were dismal to say the least. The drizzle had made the ploughed part of the course into a sea of mud and this proved a real test for everyone.

Disappointingly, it was probably the conditions, coupled with a foot injury sustained while finishing 5th in the previous week's Inter-Counties, that caused the favourite for the Youths' title, Tony Blackwell, to drop out. He was leading with Alan Cummings, whom he had narrowly beaten in the Inter-Counties, at the half-way mark. But a few strides later he dropped out, leaving Cummings (brother Mike held the UK high jump best for a 15-year-old a few years back) to win by 45sec from Ian Williams. Had Blackwell continued, he would have needed to pull out all the stops to contain Cummings whose short strides seemed to be more suited to the conditions than those of the elegantly striding Blackwell, whose 14:53.6 5000m at Stretford recently gives some indication of his track potential.

Colin Clarkson, as expected, simply outclassed the rest of the competitors in the Boys' race, winning by a clear minute. Winner of all four Gwent League races, the Mike Sully, Gateshead and Cardiff 1900 open Boys' events, and the Inter-Counties Boys' title, he is currently running 50 miles a week in training. His only defeat this season was in the IAC Boys' race when he finished 2nd to Paul Rolland by 3sec. However, he avenged this defeat in the Inter-Counties when he won by 29sec from Rolland.

The Newport pair of Paul Keeble and Nigel Stops took an early lead in the Colts' event, and went on to finish in that order, with the favourite Marcus Thomas, feeling the effects of 'flu, only managing 3rd. Keeble's brother, Gary, won the same title three years ago, and although the record books will show that Newport took the team race it could just as easily have been Chepstow Comprehensive School. All three scorers are pupils of Gwent County AAA secretary John Townsend at the school.

Jane Clement predictably won the Intermediate women's race after leading most of the way, while Debbie Lewis took her third Welsh CC title in four years in winning the Junior race. She won the Minor Girls titles in 1973 and 1974, and for good measure she finished second in last year's Junior race.

The most surprising winner of the day was Carmarthen's Gillian Irvine in the Minor Girls' race, as she was running in only her second race of the season, having finished 8th in the Gwent League at Blaize Castle a few weeks back. She led from start to finish to beat favourite Carol Bevans by 9sec.

Cardiff took four of the team titles at stake, finishing second in the other two. Carmarthen, who took the Intermediate race, and Newport, the

Colts' winners, were the clubs to stop the clean sweep.

**Clive Williams**

## Youths

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1, A. Cummings (Cardiff) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 24:42 |
| 2, I. Williams (Wrexham) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 25:27 |
| 3, K. Gallivan (Bishop Gore) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 25:59 |
| 4, G. Proctor (Bris) 26:07; 5, K. Glastonbury (Card) 26:39; 6, G. Booker (Swan) 26:46; 7, M. Richards (New) 26:54; 8, W. Torrence (Barry) 27:09; 9, T. Careless (New) 27:23; 10, S. Lawrence (Barry) 27:49. <b>Teams:</b> 1, Cardiff 25; 2, Bishop Gore 31; 3, Barry 36; 4, Pontypool 42; 5, Ynysawdre 54. <b>(Boys):</b> 1, C. Clarkson (Swan) 17:14; 2, M. Jones (Yny) 18:14; 3, S. Axon (Swan) 18:20; 4, M. Pritchard (Card) 18:37; 5, M. Bounds (Rhon) 18:50; 6, G. Davies (Rhon) 19:00; 7, A. Martin (Card) 19:03; 8, H. Parcell (Bish G) 19:04; 9, K. Price (Barry) 19:19; 10, A. West (Card) 19:22. <b>Teams:</b> 1, Cardiff 17; 2, Swansea 19; 3, Ynysawdre 38; 4, Bishop Gore 40; 5, Cardiff 'B' 56; 6, Newport 61. <b>(Colts):</b> 1, P. Keeble (New) 13:18; 2, N. Stops (New) 13:21; 3, M. Thomas (Card) 13:45; 4, R. Toms (Card) 14:00; 5, N. Davies (Card) 14:02; 6, D. Dobson (New) 14:04; 7, K. Tannetta (Card) 14:05; 8, A. Morgan (Swan) 14:13; 9, S. Watkins (Pont) 14:18; 10, W. Dewar (Card) 14:22. <b>Teams:</b> 1, Newport 9; 2, Cardiff 14; 3, Cardiff 'B' 30; 4, Gowerton 44; 5, Swansea 44; 6, Carmarthen 64. |       |

## Intermediate Women

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1, J. Clement (Swansea) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 14:36 |
| 2, S. Taylor (Cardiff) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 14:58 |
| 3, A. Hartley (Barry) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 15:12 |
| 4, A. Lewis (Cwm) 15:16; 5, C. Morgan (Cled) 15:25; 6, A. Pennington (Carm) 16:04. <b>Teams:</b> 1, Carmarthen 9; 2, Cardiff 13; 3, Bridgend 20. <b>(Juniors):</b> 1, D. Lewis (Card) 9:55; 2, — 10:04; 3, A. Day (Pont) 10:07; 4, C. Francis (King H) 10:09; 5, C. Davies (Pont) 10:30; 6, G. Reece (Card) 10:32; 7, S. Horwood (Card) 10:38; 8, S. Hooper (Card) 10:41; 9, G. Williams (Swan) 10:43; 10, K. McDermott (Brec) 10:44. <b>Teams:</b> 1, Cardiff 12; 2, Brecon 30; 3, Pontypool 30; 4, Swansea 36; 5, King Henry VIII 52; 6, Cwmbran 59. <b>(Girls):</b> 1, G. Irvine (Carm) 7:54; 2, C. Bevans (Abert) 8:03; 3, C. Yardley (Card) 8:09; 4, K. Blake (Card) 8:13; 5, C. Pennington (Card) 8:15; 6, S. Egan (KH VIII) 8:15; 7, C. Deveraux (Brec) 8:15; 8, B. Harding (Card) 8:15; 9, D. Lewis (Brid) 8:15. <b>Teams:</b> 1, Cardiff 6; 2, Cardiff 'B' 26; 3, Brecon 45; 4, King Henry VIII 48; 5, Cardiff 'D' 56; 6, Cardiff 'C' 56. |       |

## SCOTTISH SERVICES CC LEAGUE

### At Faslane, February 11th

|                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1, R. Tinlin (Glen) 23:43; 2, T. O'Brien (Kin) 23:49; 3, A. Ratcliffe (Cal) 24:36; 4, B. Austin (Glen) 25:38; 5, D. Tanner (Glen) 25:38; 6, I. Johnston (Kin) 25:50; 7, B. McKenzie (Loss) 25:51; 8, D. Deacon (Buch) 26:09; 9, R. Annear (Cal) 26:54; 10, D. McKelly (Loss) 27:14. <b>Teams:</b> 1, RAF Kinloss 371; 2, Glencorse 366; 3, HMS Caledonia 359. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# Only Five British Winners In Montreal

**M**ALCOLM EDWARDS (18), deputising for the injured Phil Lewis, made a splendid senior international debut by winning the 800 in the indoor match against Canada in the Montreal Forum on March 5th. The tricky 133m track held no terrors for him, though it did slow the time down to 1:54.9. Eric Chapman just got the better of Pete Browne in a close finish for second.

Four of the five British winners were Midland athletes. Edwards' Wolverhampton clubmate Sonia Lannaman followed up her excellent run in Munich with victory over the redoubtable Marg Bailey in the 50y, her time of 5.6 (a tenth outside the world best) being very little slower than Les Piggot's clocking in the men's event. There was a double for Birchfield: Ray Smedley had the easiest victory of the night, taking the 3000 with 100m to spare over Phil Pyatt in a fast 8:03.4 as Chris Stewart (surely there was a better qualified replacement for Ian Stewart available) trailed in well over a lap behind; while Mary Stewart (who will make her 3000 debut shortly at Cosford) chalked up her third sub-4:20 timing of the winter. The other British success came in the women's 3000 where Ann Ford who, like Mary had competed with distinction at Chepstow the previous weekend, set a UK indoor best of 9:27.8.

The best race of the match was the women's 800, in which Yvonne Saunders (whose Commonwealth 800 record of 2:00.1 was beaten last week by Australia's Charlene Rendina with 1:59.0) had her hands full in beating Liz Barnes. There was only a tenth between them at the tape. Another close finish occurred in the 50y hurdles, with Alan Cronin sharing George Neeland's winning time of 6.2.

Leg injuries prevented Ainsley Bennett (3rd in 400) and Milton Palmer (4th in HJ) doing themselves full justice, but in any case Canada were easy winners of the match, 109-69 (men 69-36, women 40-33).

A crowd of over 10,000 were particularly cheered by such Canadian exploits as a 5.2 50y by Claude Montminy, a 5.25/17'24" vault by Bruce Simpson (who is expected to top 18ft any time now) and a 1.85/6'04" high jump by young Julie White. Best of all, for those who stayed until 2.30am (!) to watch it all, was the result of the men's high jump. Dwight Stones, competing as a guest, could go no higher than 2.21/7'3"—and was relegated on the countback to third place behind Claude Ferragne and Robert Forget.

## Results

**50y:** 1, C. Montminy 5.2; 2, M. Nash 5.4; 3, BRIAN GREEN 5.4; 4, LES PIGGOT 5.5. **400m:** 1, B. Saunders 49.5; 2, I. Seale 50.0; 3, AINSLEY BENNETT 50.2; 4, STEVEN SCUTT 50.6. **800:** 1, MALCOLM EDWARDS 1:54.9; 2, E. Chapman 1:55.1; 3, PETE BROWNE 1:55.2; 4, T. Griffin 1:56.1. **1500:** 1, P. Richardson 3:46.0; 2,

J. Sax 3:46.3; 3, BARRY SMITH 3:46.6; 4, GLEN GRANT 3:47.4. **3000:** 1, RAY SMEDLEY 8:03.4; 2, P. Pyatt 8:19.6; 3, B. Stride 8:22.6; 4, CHRIS STEWART 8:33.2. **50yH:** G. Neeland 6.2; 2, ALAN CRONIN 6.2; 3, H. Gretzinger 6.4; BOB DANVILLE dnf. **HJ:** C. Ferragne 2.21/7'3"; 2, R. Forget 2.21; 3, D. Stones (USA) 2.21; 4, MIKE BUTTERFIELD 2:05/6'84"; 5, MILTON PALMER 2.00/6'64". **PV:** 1, B. Simpson 5.25/17'24"; 2, A. Kane 5.00/16'44"; 3, BRIAN HOOPER 4.90/16'04"; 4, MIKE BULL 4.70/15'5". **SP:** 1, Dolegiewicz 19.81/65'0"; 2, B. Pirnie 19.47/63'104"; 3, BILL TANCRED 17.89/58'84"; 4, PETER TANCRED 17.50/57'5". **10 lap relay:** 1, Canada (H. Fraser, Seale, D. Domansky, Saunders) 2:46.1; 2, UK (GREEN, DALEY THOMPSON, BENNETT, COLIN O'NEILL) 2:46.4.

## Women

**50y:** 1, SONIA LANNAMAN 5.6; 2, M. Bailey 5.7; 3, SHARON COLYEAR 5.7; 4, P. Loverock 5.8. **400m:** 1, M. McGowan-Stride 55.8; 2, J. Yakubowich 57.0; 3, PAULA LLOYD 57.3; 4, ANN ROBERTSON 57.9. **800:** 1, Y. Saunders 2:07.7; 2, LIZ BARNES 2:07.8; 3, R. Angeloni 2:09.0; 4, KATRINA COLEBROOK 2:09.3. **1500:** 1, MARY STEWART 4:19.2; 2, S. Curry 4:24.1; 3, NORINE BRAITHWAITE 4:27.9; 4, D. Mitchell 4:28.7. **3000:** 1, ANN FORD 9:27.8 (UK best); 2, R. McMin 9:31.4; 3, CHRISTINE HASKETT 9:45.2; 4, A-M. Davis 9:47.8. **HJ:** 1, J. White 1.85/6'04"; 2, B. Bittner 1.82/5'114"; 3, DENISE COOPER 1.73/5'8"; 4, GILLIAN HITCHEN 1.70/5'7". **10 lap relay:** 1, Canada (Bailey, J. McTaggart, McGowan, Saunders) 3:03.6; 2, UK (WENDY CLARKE, LANNAMAN, BARNES, STEWART) 3:07.7.

**Match result:** Canada 109, UK 69.

## NEAR THING IN THURROCK RELAYS

An over-zealous Crystal Palace warden nearly wrecked the Thurrock H Relays last Sunday. Despite the fact that these relays have been run over the same course for a good many years, the warden insisted on locking the gates which cut across the course at two separate points after two of the six races, which had attracted record entries from as far afield as Yeovil and Liverpool, had been run. Fortunately, quick thinking and re-routing of parts of the course affected by the Thurrock officials enabled the remainder of the events to be run off successfully. The results will be published when available.

David Denton, who will be commenting at the National Cross-Country Championships this Saturday, has a complete collection of Athletics Weekly (1965-1975) for disposal. He will give them to the first person on request, at the announcers tower on Saturday at Leicester.

## MONTREAL PROGRESS REPORT

James Coote of the 'Daily Telegraph', the only British journalist to travel to Montreal for last weekend's match, is optimistic about the construction of the main stadium after visiting the site. "By careful perusal of work already completed, and detailed examination of the critical path plans used by the engineers, it is possible to see that everything seems on schedule for the opening ceremony on July 17th". Work is going on around the clock, with 3500 men on duty by day and 1500 by night, weekends included.

The Montreal organising committee has announced that as at March 5th, the semi-transparent weather cover between 11 of the gaps separating the 34 reinforced concrete cantilevered panels has been completed. Metallic roofing, stairs, escalators, lift cages and ramps are all in place.

## SUPERSPIKE DISCO PLANS ANNOUNCED

'The Greatest Disco Ever', as it is modestly titled, in aid of the IAC's Superspike campaign, is to be held at the enormous Empire Pool, Wembley, on Tuesday, April 6th (6-11pm). The organisers believe the event will be the biggest of its kind ever staged in Europe and a specially constructed dance floor is being installed for the night. Several top DJ's, including Rosko, Greg Edwards and Roger Scott, have been booked and in addition to records there will be live appearances by such stars as Tina Charles and Pan's People. Famous athletes will be invited and a special feature of the disco will be the competitions, carrying such prizes as holidays abroad and colour TV sets. For further details, see the ad in next week's issue.

## NORTHERN COUNTIES AA NEWS

NCAA Championship dates and venues announced for 1976: **April 3rd** — 12 Stage Road Relay, Gateshead; **April 11th** — 20 Miles Road, East Hull; **May 1st/2nd** — Senior/Junior Decathlon, Kirkby; **May 8th** — Marathon (in conjunction with AAA Champs), Rotherham; **June 19th** — Senior T&F Champs, Gateshead; **July 17th** — U/20 T&F Champs, Kirkby; **October 2nd** — 6 Stage Road Relay, Derby; **October 16th** — AAA 6 Stage Road Relay, Southport. Further details, entry forms and schedules from G. Wright (hon championship sec), 30 St Johns Road, Humberston, Grimsby (Tel: 0472 812028).

Correction to the UK Fixture List: June 19th, Rex Foulkes Road Race (The Egg Race).

Interview with

**DONNA MURRAY**

—in next week's issue

## HUGE ENTRY FOR 'NATIONAL'

With the International Championships already behind us, today's 'National' (sponsored by Provincial Co Ltd) at Western Park, Leicester, has been robbed of some of its usual significance; however, it will still be the climax of the cross-country season for the vast majority of competitors. If all teams and individuals start, there could be 730 runners in the Youths race (2pm), 776 in the Junior (2.30) and 1753 in the Senior (3.15)!

How to get there: (road) leave M1 at Junction 22 (A50) and follow RAC signs towards Leicester; (rail) for buses from London Road station—turn right outside station, right again at first traffic lights into Charles Street; 16 bus stop on left. Ask for New Parks Schools, Glenfield Road (for changing rooms). Return buses are routes 62 & 63.

See next week's 'AW' for the COMPLETE results.

## YA LEAGUE VACANCY

A vacancy has occurred for a club in the Young Athletes League (Colts, Boys, Youths) in the Kent, Surrey, Sussex area. Any club secretary interested please phone Ron Sales at South Ockendon 2178.

Arthur E. Welling, Hon Sec of the Veterans AC, tends his grateful thanks to all the people who have sent him 'get well' cards whilst he is recovering in hospital from a broken ankle.

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# Parbold Hill Winner At First Attempt

At Bispham, February 14th

A COLD sunny afternoon made for ideal conditions in the 6th annual Parbold Hill Race, one of the few authentic cross-country events still in existence. The winner was Pete Waddington of Liverpool Harriers, making his initial traverse of the gruelling six mile course in a time of 34:44. This was 12 sec faster than last year's winner Frank Briscoe took to gain second place, but was 22 sec outside Ron Hill's 1973 record.

On the second hill climb, up a steep country lane, the leading bunch split up as Waddington and Briscoe broke away from Norman Ward and Jeff Norman. At the top of the hill—about the halfway mark—where the course once more reverts to upland fields and tracks, Waddington put in a brave burst which carried him clear of Briscoe, and the Salford runner was unable to catch him over the remaining three miles. Waddington, a good all-round athlete now resident in Liverpool, is no stranger to hill-running, having been raised among the Pennine foothills of Barnoldswick, with outstanding performances over fast, smooth fell courses like the Weets, Pendle, Three Towers and Three Peaks to his credit.

Salford were the team prize-winners, packing five runners into the first 20, three of them (Briscoe, Cyril Leigh and Stan Curran) in the first nine. The fastest Vet in the 40-45 group was Maurice Morrell (Wirral) who also was making his debut in this race and finished 38th with a time of 39:00, while the fastest over-45 was Reg Kernighan (Liverpool Pembroke) who was placed 103rd in 40:32. There were 223 finishers out of a record 245 starters (and this on the same day as the Inter-Counties), suggesting that there is a need for more cross-country events of this type. The race was organised by Liverpool Boundary Harriers and sponsored by Burtonwood Breweries, who once more provided free ale at the finish.

W. R. Smith

- |                                |       |
|--------------------------------|-------|
| 1, P. Waddington (Liverpool H) | 34:44 |
| 2, F. Briscoe (Salford)        | 34:56 |
| 3, N. Ward (Bolton)            | 35:03 |
| 4, J. Norman (Alt)             | 35:09 |
| 5, R. Hill (Bolt)              | 35:14 |
| 6, C. Smith (S'port)           | 35:24 |
| 7, J. Crafer (Bing)            | 35:27 |
| 8, C. Leigh (Salf)             | 35:35 |
| 9, S. Curran (Salf)            | 35:37 |
| 10, G. Entwistle (M&D)         | 35:42 |
| 11, W. Cooper (M&D)            | 35:45 |
| 12, G. Lee (Wig)               | 35:48 |
| 13, M. Short (Hor)             | 35:52 |
| 14, P. Burton (Liv H)          | 35:53 |
| 15, D. Brown (Salf)            | 35:57 |
| 16, W. Paggett (Bing)          | 36:00 |
| 17, T. Moore (Liv H)           | 36:09 |
| 18, P. Ravalid (M&D)           | 36:11 |
| 19, H. Walker (B'burn)         | 36:13 |
| 20, S. Bullen (Salf)           | 36:14 |
| 21, K. Mayor (Bolt)            | 36:15 |
| 22, R. Chaisty (Bury)          | 36:22 |
| 23, E. Ranicar (Bolt)          | 36:23 |
| 24, B. Pickersgill (Ind)       | 36:24 |
| 25, A. Byrne (Bolt)            | 36:38 |
| 26, D. Barnes (Wig)            | 36:50 |
| 27, G. Gemson (L&M)            | 36:54 |
| 28, J. Partington (Ross)       | 36:56 |
| 29, G. Lawson (M&D)            | 36:58 |
| 30, S. Breckell (B'burn)       | 36:59 |
| 31, B. Bennett (A&SV)          | 37:10 |
| 32, H. Johnson (Sutt)          | 37:14 |
| 33, B. Aspden (Salf)           | 37:22 |
| 34, B.                         |       |

Thompson (Warr) 37:25; 35, M. Murphy (Salf) 37:27; 36, B. Atwell (Alt) 37:29; 37, C. Pooley (L&M) 37:33; 38, M. Morrell (Wirr) 37:39; 39, K. Irvine (Wig) 37:42; 40, J. Prescott (Leigh) 37:50; 41, A. Key (Alt) 37:54; 42, A. Kean (L&M) 37:57; 43, T. Quinn (Liv P) 37:58; 44, M. Sinkinson (Salf) 37:59; 45, K. Duckworth (A&SV) 38:00; 46, J. Clarkson (Roch) 38:07; 47, P. Howard (Wirr) 38:11; 48, L. Hutchinson (B'burn) 38:12; 49, Waddington (Clay) 38:26; 50, S. Clegg (Salf) 38:27. **Teams:** 1, Salford 19; 2, Bolton 29; 3, Liverpool H 32; 4, Manchester & Dist 39. **(Vets):** Morrell (O/45); R. Kernighan (Liv P) 40:32. Team: Clayton-le-Moors.

## HIGHGATE OPEN MEETING

At Parliament Hill, February 18th

200: 1, A. Bell (Wake) 22.8; 2, N. Dutt (Ver) 23.0. 800: 1, N. Leach (Craw) 1:56.4; 2, J. Dryden (Shaft) 1:56.4. 5000: G. Ogden (High) 15:02.0. 4000 Paarlauf: 1, Roberts & Phillipson (BoE) 10:23.0; 2, Trew & Barley (BoE) 10:24.2. SP: B. Lynn (Met P) 46'10". **(Women)** 200: 1, R. Asiedua (LOAC) 25.6; 2, S. Ratcliffe (Kt) 25.7; 3, B. Gauntlett (BoE) 25.8. 800: 1, S. Bunyan (BoE) 2:20.2; 2, J. Kimber (Med) 2:23.1

## PETER TANCRED contd. from page 15

**Monday**—Heavy weights; **Tuesday**—Throwing for form; **Wednesday**—Heavy weights; **Thursday**—Throwing for distance; **Friday**—Heavy weights; **Saturday**—Throwing, flexibility work.

Present training differs from last year in that "each year is an experience. I am now trying to incorporate more flexibility exercises together with making substantial technical changes which I hope will prove to be beneficial." No major changes planned for the future. Likes to compete once a week with one day rest before a major competition "unless I feel I am stiff or stale".

## INVICTA ATHLETIC CLUB

### CANTERBURY '6'

Six Mile Road Race (Under A.A.A. Laws)

For the Kentish Gazette Trophy

ALSO 3 MILE U/18 RACE

**SATURDAY, APRIL 10th, at 3 p.m.**

Senior, Youth, Boy, Individual and Team awards. **Teams:** 4 to score—declared on day. **Entries:** 25p Ind., to N. Brawn, 61 Sussex Avenue, Canterbury, Kent, by April 6th

## UXBRIDGE & DIST. LADIES A.C.

### Garland Trophy Ladies' Road Relays

Course: Brunel Univ. Changing & Refreshments: Greenway School, The Greenway, Uxbridge, Middx.

**SUNDAY, 28th MARCH, 2 p.m.**

Girls & Juniors 3 x 1500m, Inters 3 x 2400m, Seniors 3 x 3000m. (Under W.A.A.A. Laws)

**Entries** (45p team of 3) to C. Jerome, 177 Ash Grove, Harefield, Middx., by 16th March.

**ARMY CC CHAMPIONSHIPS****At Pirbright, February 19th**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1, W. Venus (21 Signal Regt) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 35:01 |
| 2, T. Davies (7th Para Regt) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 35:36 |
| 3, E. Turner (1st Trg Regt) .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 36:06 |
| 4, S. Harrison (Trg Bn) 36:37; 5, K. Jacklin (3rd Bn) 36:37; 6, K. Spacie (Para Rgt) 36:42; 7, C. Campbell (AAC) 36:54; 8, E. Bojtler (29th CL) 36:56; 9, L. McCash (16th P) 37:04; 10, M. Holden (8th S) 37:09; 11, P. Dring (21 S) 37:10; 12, J. Mudie (95 F) 37:11; 13, J. Broad (HP&CC) 37:12; 14, B. Desmond (29th CL) 37:18; 15, W. Tinlin (Scot) 37:24; 16, R. Shields (RMCS) 37:49; 17, G. Groenendaal (29th CL) 37:56; 18, P. Hall (SEE/A) 38:03; 19, A. Bradley (12th P) 38:09; 20, B. Kennan (70 FW) 38:12; 21, D. Harper (RMA/S) 38:15; 22, A. Brisco (21 S) 38:15; 23, G. Hegarty (21 S) 38:21; 24, B. Johnson (LG) 38:22; 25, P. MacMillan (AAC/H) 38:23; 26, A. Meekin (29 CL) 38:24; 27, R. Harding (7th P) 38:30; 28, F. Howell (4th G) 38:41; 29, V. Phillips (16th P) 38:45; 30, M. Stocks (21 S) 38:50. <b>Teams</b> (Major Units): 1, 21st Signal 192; 2, 29th Cdo 396; 3, 7th Para 408; 4, 7th Signal 500; 5, 3rd Bn Para 633; 6, Trg Regm 692. (Minor): 1, 16th Para 281; 2, 16th Para (Hy) 398; 3, 4th Gds 498. |       |

**Juniors**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1, A. Robertson (21 S) 36:49; 2, N. Wilson (1st Bn) 38:20; 3, R. Wise (29th C) 38:24; 4, J. Holman (3rd Bn) 38:29; 5, S. Lancashire (8th S) 39:21; 6, A. Bain (7th S) 39:41. <b>Teams</b> (Major): 1, AAC Harrogate 63; 2, Infantry JLB 94; 3, AAC Chepstow 166. (Minor): Junior Para 143. <b>(Youths)</b> : 1, D. Carr (JSS/11) 20:30; 2, J. Boyes (AAC/H) 21:04; 3, J. Rimmington (AAC/C) 21:12; 4, B. Hair (AAC/H) 21:25; 5, S. Little (AAC/H) 21:46; 6, Trezise (JSC) 21:54. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**ROYAL AIR FORCE CC CHAMPIONSHIPS****At Halton, February 20th**

|                                |       |
|--------------------------------|-------|
| 1, J. Goater (Cranwell) .....  | 29:37 |
| 2, R. Crabb (Individual) ..... | 30:09 |
| 3, M. Hurd (Wattisham) .....   | 30:26 |

**R.R.C. (WALES) PRESENT THE ANNUAL  
PENCOED ROAD RACES**

(Under A.A.A. &amp; W.A.A.A. Laws)

**Easter Monday, 19th April, 1976****At Pencoed, near Bridgend**

**100 Yards:** Boys, Girls, Women, Men. **1 Mile:** Boys and Women. **4 Miles:** Men. **Fees:** B & G 15p, M & W 25p to B. Baldwin, 9 Campbell Terrace, Mountain Ash, Glam. (Tel: 2365) by 12th April. The most substantial prize list yet.

**Essex Ladies A.C. promote  
DAVE McJANNET RELAYS  
At Ashton Playing Fields, Woodford  
SATURDAY, 17th APRIL, 1976**

**Juniors** 4 x 100m, 4 x 200m, 3 x 800m  
**Inters.** 4 x 100m, 4 x 200m  
**Seniors** 4 x 100m, 4 x 200m, 4 x 400m, 3 x 800m  
 Only 2 Teams per event, each club. **Entry** 50p per Team. **Entries** to Mrs O. Megit, 41 Elmsdale Road, E17 6PN. **Entries close** 2nd April.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4, Jones (Lyne) 30:33; 5, Best (Inns) 31:29; 6, Edgington (Bram) 31:40; 7, Hurt (Ind) 31:46; 8, Rust (Bram) 32:00; 9, Vooght (Inns) 32:05; 10, McBrine (Kin) 32:06; 11, Daykin (Lyne) 32:07; 12, Balls (Inns) 32:09; 13, Appleton (Cos) 32:15; 14, Parsons (BN) 32:17; 15, Wise (Ind) 32:18; 16, Fretwell (Scamp) 32:19; 17, Pratt (Kin) 32:19; 18, Biggin (St A) 32:21; 19, Williams (Lyne) 32:24; 20, Moor (Ind) 32:27; 21, Woodward (Leem) 32:34; 22, Hawkes (St A) 32:36; 23, Law (Cos) 32:39; 24, Harrison (Ind) 32:42; 25, Todd (Ben) 32:44; 26, Fleming (Cos) 32:51; 27, McKay (Ind) 32:56; 28, Baines (Ind) 33:01; 29, Wallace (Lyne) 33:12; 30, Wyatt (Neat) 33:16. <b>Teams:</b> 1, Lyneham 130; 2, Brize Norton 276; 3, Kinloss 313; 4, Innsworth 313; 5, Cosford 317; 6, Wattisham 441; 7, Leeming 496; 8, St Nawgan 560; 9, St Athan —; 10, Lossiemouth 617. <b>(Inter-Command):</b> 1, Strike 57; 2, Training 74; 3, Support 132. |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**ROYAL NAVY CC CHAMPIONSHIPS****At HMS Cambridge, February 20th**

|                                                         |       |
|---------------------------------------------------------|-------|
| 1, B. Heath (Royal Marines) .....                       | 34:02 |
| 2, J. Clare (Air Command) .....                         | 34:11 |
| 3, K. Deathridge (Plymouth) .....                       | 34:14 |
| 4, J. Mudie (RM) 34:21; 5, D. Carthy (AC) 34:44;        | 34:44 |
| 6, D. Sanford (AC) 35:06; 7, F. Allen (RM) 35:17;       | 35:17 |
| 8, C. Crawley (AC) 35:21; 9, J. Robson (Med)            | 35:23 |
| 35:23; 10, Harvey (RM) 35:28; 11, A. Ratcliffe          | 35:32 |
| (Scot) 35:32; 12, P. Winton (Ply) 35:41; 13, D.         | 35:41 |
| Jarman (RM) 35:45; 14, R. Chapman (RM)                  | 35:47 |
| 35:47; 15, A. Cullen (AC) 35:52; 16, W. Mc-             | 35:52 |
| Clenaghan (Port) 36:25; 17, P. Bell (Ply) 36:35;        | 36:35 |
| 18, Parker (RM) 36:37; 19, M. Ellis (AC) 36:53;         | 36:53 |
| 20, N. Parry (Ply) 37:00; 21, B. Double (Port)          | 37:03 |
| 37:03; 22, D. O'Neil (AC) 37:19; 23, K. Steel           | 37:19 |
| (Ply) 37:43; 24, B. Jeffrey (Scot) 37:58; 25, V.        | 37:58 |
| Tarrant (Port) 38:17; 26, D. McFadzean (AC)             | 38:17 |
| 38:26; 27, A. Williams (RM) 38:37; 28, Novak            | 38:26 |
| (Port) 38:45; 29, J. Harman (Scot) 39:01; 30, R.        | 38:45 |
| Ankin (Ply) 39:03. <b>Teams:</b> 1, Royal Marines 49;   | 39:01 |
| 2, Air Command 55; 3, Plymouth 105; 4, Ports-           | 49    |
| mouth 157; 5, Scotland 165; 6, Medway 227.              | 105   |
| <b>(Juniors):</b> 1, Harvey (RM) 35:28; 2, Winton (Ply) | 157   |
| 35:41; 3, Durant (RM) 37:05; 4, Rees (RM)               | 227   |
| 38:06; 5, Novak (Port) 38:45; 6, Gill (AC) 39:19.       | 35:28 |
| <b>Teams:</b> 1, Plymouth 53; 2, Portsmouth 100; 3,     | 35:41 |
| Naval Air Command 116; 4, Scotland 128.                 | 37:05 |

**TVH OPEN MEETING****At West London, February 4th**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 200: 1, A. Bell (Wake) 22.5; 2, R. Milne (G&G) 22.9. 3000: C. Sly (Felt) 8:46.8. <b>(Senior Women)</b> 600: 1, M. Coomber (BMC) 1:33.4; 2, M. Barrett (BMC) 1:34.1; 3, H. Page (BMC) 1:35.1; 4, S. Harvey (LOAC) 1:35.7; 5, C. Ward (LOAC) 1:38.9; 6, B. Clement (BMC) 1:41.6; 7, J. Low (BMC) 1:42.6; 8, C. McLoughlin (Hill) 1:43.2. <b>(B):</b> 1, L. Ledger (BMC) 1:40.8; 2, M. Eisenberg (BMC) 1:41.2; 3, J. Farr (BMC) 1:41.2. 3000: 1, P. Yeoman (Felt) 9:49.8; 2, B. Price (BMC) 10:15.4; 3, D. Miles (BMC) 10:37.6; 4, A. James (LOAC) 10:40.8; 5, B. Samms (BMC) 11:01.0. |
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## WALKING NEWS

A sub-49:00 track 10km for Scammell as he double laps the field at Battersea Park, February 18th. 1. M. Scammell (New) 48:52; 2. M. Morris (Met P) 53:37; 3. S. Bennett (Bel) 53:37; 4. J. Bromley (Bel) 53:41.

**Bournemouth seafront 6M gets more support.** This popular south coast event, due to be held on March 13th on the seafront between the piers of Bournemouth and Boscombe, has attracted some London entries this year. Carl Lawton, heading a Belgrave squad, will obviously be formidable opposition for record holder Dave Stevens, Bill Wright and ever improving Stuart Elms.

**Newham AC tour Benelux at end of March.** A party of a dozen or so, containing the enthusiastic Newham team, aim to race in Belgium, Holland and Luxemburg during a hectic long weekend at the end of March. The distances of the three or four races will vary between 5 and 15km which should suit performers such as Dave Sheppard (Essex Police), Richard Tanner (Belgrave) and Mike Scammell (Newham) all of whom should benefit enormously from the experience.

**Roy Thorpe prepares for another international 50km season.** Already selected to compete in the 50km at Naumberg (GDR) on April 16th, providing the usual invitation is received, Roy Thorpe can then look forward to the West German match in early June. With the selection for the first World's 50km Championship being based on our National Championship it is certain that the wiry Yorkshireman will be a hard man to beat over the proposed tough circuit at Sutton Park, Birmingham. Though suffering from the effects of 'flu, Roy finished second in the Yorkshire 10M Championship behind clubmate and current 50km National Champion, John Warhurst.

### LADIES' TONBRIDGE "10"

To be held  
**SATURDAY, MAY 1st**  
over the Men's course

Further details and entries: Miss Adele Briggall, 25 Goldsmid Road, Tonbridge, Kent.

### STRETFORD A.C. WINTER TRACK MEETING

(Under AAA & WAAA Laws)

**TARTAN TRACK, LONGFORD PARK  
STRETFORD**

Commencing 11.30 a.m.

**SUNDAY, 28th MARCH, 1976**

**Entry Fee:** 20p per athlete on the day.  
Programme details from W. Murphy, 30  
Gaydon Road, Sale, Trafford (s.a.e. please).

### TOM KENT

I am very sorry to announce that this immensely popular stalwart of race walking passed away on February 24th. Officiating and coaching right up to his death, Tom was for several decades a consistent, top class distance performer for Woodford Green and the Met Police. He won the police 'classic', the Barking-Southend, and I clearly remember watching Tom battling it out in Essex and National Championships, the 'Brighton', and many other now sadly defunct place to place events with clubmates Tom Richardson, Jim Holding, Alf Cotton and police colleagues such as Jack Bidgood, Hugh McGreechan and 'Tender' Mann at the time when Bob Goodall and Huw Neilson were at their peak. Tom was always backing up, ensuring many fine team victories. After his racing retirement Tom turned to judging and coaching and was instrumental in establishing the current enthusiastic Newham squad. A big man with an equally big heart, all who met Tom will long remember his humour, sincerity and enthusiasm. RIP.

Colin Young

**South Western & Hampshire 10 Miles Championship, at Salisbury, February 28th.** Bill Wright led home the field to win the Hampshire title closely pursued by Charlie Fogg, who won the South Western title. The latter was first home for Dawlish and South Devon RWC, who took the team award in the South Western Championship with the minimum number of points possible. Second was Ted Shillabeer and third Bill Jones, the latter winning his first South Western medal. In the Dorset Championship, Dennis Jones beat his father Ron by over 4 min, thus reversing their positions in the 6M championship held a fortnight previously. (South Western Champs): 1. C. Fogg (Daw) 75:59; 2. E. Shillabeer (Daw) 79:00; 3. W. Jones (Daw) 80:04; 4. C. Maddocks (Yeo) 81:30; 5. J. Turner (Trow) 83:10; 6. A. Bainborough (Daw) 84:22; 7. S. Maidment (Yeo) 85:52; 8. P. Owen (Trow) 86:00; 9. F. Turner (Daw) 86:17; 10. W. Pickett (Trow) 86:40. Teams: 1. Dawlish 6; 2. Trowbridge 18; 3. Dawlish 'B' 20; 4. Weymouth St Pauls 36. (Devon): 1. Fogg; 2. Shillabeer; 3. Maddocks. (Wilts): 1. Turner; 2. Owen; 3. Pickett. (Dorset): 1. D. Jones (Wey) 89:57; 2. R. Jones (Wey) 94:02; 3. N. Parkins (B'mouth) 97:37. (Hants): 1. W. Wright (S&E) 75:28; 2. P. Giblett (S&E) 85:51; 3. C. Ball (S&E) 87:40. (Thorn Trophy): 1. South West 14; 2. Hampshire 22.

John Powell

**Sussex 20km Championship, at Southwick, February 28th.** Slashing a remarkable 3 min off his previous best, Dave Stevens was an impressive winner from teenage clubmate Graham Morris, who clocked an excellent time and is looking much more consistent this year. Stevens, who becomes a Veteran in April, led at 5km in 23:09 from Stuart Elms who had beaten Stevens by 3 min in the county 10M last month. Elms had been unwell in the previous week and soon after passing 10km in 47:28 to Stevens' 46:47 he

## COLOGNE UNIVERSITY WIN HYDE PARK RELAY

FOR the first time in the long history of the Imperial College Road Relay, the winning medals went to an overseas entrant, Cologne University (West Germany). The fact that Birmingham University, the favourites, were a late withdrawal left the race—at Hyde Park on February 21st—wide open.

After a mile of the first leg, Ivan Naessens (19), the European Junior 3000m champion, took his team Antwerp RUCA into the lead by some 30m but turned left instead of right at the big tree near the Serpentine and lost that advantage. He came back on the course and soon built up a lead that he managed to hold to the finish in 13:41, ahead of Malcolm Firth of Cardiff (13:48), Simonsen of Berlin (13:55), Paul Kenney of Dundee (13:59) and Cologne's Michael Spottel (14:01). On lap 2 Kevin Steere took Borough Road from 24th to first with a fast 13:25; Glasgow's Willie Sheridan ran second in 14:03 with Cologne's Peter Fliegen third.

retired saying his legs felt like jelly. Meanwhile 18-year-old Morris, with 23:50 and 47:52, was an isolated third. Perhaps seeing Elms on the roadside spurred him on, because he closed 17 sec on Stevens in the next 5km with times of 70:45 and 71:33. The gap was to stretch again on the last 5km as both men finished in their best performances to date. Alan Buchanan had the stronger finish to win a race-long duel with Dave Boxall for third place. The team title fell to Steyning over a very much below strength Brighton & Hove. 1, D. Stevens (Stey) 95:28; 2, G. Morris (Stey) 96:38; 3, A. Buchanan (B&H) 100:39; 4, D. Boxall (B&H) 100:47; 5, A. Geal (Stey) 101:42; 6, R. Emsley (Stey) 103:09; 7, D. Rowland (Stey) 108:59; 8, R. Penfold (Stey) 110:50. Teams: 1, Steyning 14; 2, Brighton & H 26.

**Sussex League 10M at Steyning, February 14th.** With Stuart Elms suffering a stomach upset and some enforced stops, the way was clear for a most impressive victory by 18-year-old Graham Morris who has come to form much later this year than he did last season when he disappointed in the summer after a brilliant winter and spring. In the Youths race over three miles, Domenic O'Shea was at his best form in beating English Schools champion, Colin Pope. 1, G. Morris (Stey) 77:23; 2, D. Johnson (B&H) 80:49; 3, S. Elms (B&H) 83:00; 4, D. Rowland (Stey) 83:33; 5, A. Geal (Stey) 85:36; 6, R. Penfold (Stey) 86:05; 7, D. Boxall (B&H) 87:17; 8, K. Dale (B&H) 88:09. (Youths & Boys 3M): 1, D. O'Shea (B&H) 24:02; 2, C. Pope (Stey) 24:21; 3, D. Buchanan (B&H) 26:11; 4, P. Sayers (Stey) 26:31; 5, N. Perry (B&H) 27:23; (Senior Women's 3M): 1, B. Francis (B&H) 26:32; 2, S. Martin (B&H) 30:49.

Alan Buchanan

It was on lap 3 that Axel Meyer put Cologne ahead with Bristol's Dave Francis next in 13:52; while Glasgow, Ghent and Loughborough were just behind and in with a chance. Three 'big guns' were out in lap 4; Wolf-Dieter Poschmann (Cologne) led all the way in a solid 13:35, but despite that Dave Moorcroft of Loughborough came up to finish in a record equalling 13:21, with Jim Brown bringing Borough Road in third (13:37). On lap 5 Loughborough's Paul Lee went ahead with 14:11 with Cologne's Heine Debbe close behind. Jodien Schirmer (Cologne) caught Terry Colton (Loughborough) on the final stage and the two battled it out shoulder to shoulder along the banks of the Serpentine. Only in the last  $\frac{1}{2}$  mile did the German drop his rival with a 14:13 clocking. Laurie Reilly's 13:29 was good enough to send Manchester University into an unexpected third place in front of Borough Road who won the small colleges cup yet again.

Alastair Aitken

1, Cologne Univ 85:23; 2, Loughborough C 85:36; 3, Manchester Univ 86:59; 4, Borough Road C 87:37; 5, Durham Univ 88:38; 6, Loughborough 'B' 89:18. **Fastest:** D. Moorcroft (Lough) 13:21, K. Steere (BRC) 13:25, L. Reilly (Man) 13:29, Poschmann (Col) 13:35, J. Brown (BRC) 13:37, Y. Naessens (Ant) 13:41, M. Firth (UC/ Card) 13:48, D. Francis (Bris) 13:52, Simonsen (Berl) 13:55, P. Kenney (Dund) 13:59, Spottel (Col) 14:01, F. Upcott (Cran) 14:03, W. Sheridan (Glas) 14:03, H. Jones (Liv) 14:07, J. Todd (Lough) 14:10, P. Lee (Lough) 14:11, G. Pringuer (Barn) 14:11, J. Burns (Strath) 14:12.

### 32nd ANNUAL T.V.H. ROAD RELAY

(Under A.A.A. Laws)

5 x  $3\frac{1}{2}$  Miles, Vets 3 x  $3\frac{1}{2}$ M. (approx)

From the Memorial Hall, Cranford High Street  
Saturday, March 27th, 1976 at 3 p.m.

Fees: 100p per team, 40p per Vets team.  
Entries close Wednesday, 17th March to R. F. Hopcroft, 138 Cadbury Road, Sunbury-on-Thames, Middx. (Tel: Sunbury 86200).

### EAST HULL HARRIERS & A.C. OPEN 20 MILE ROAD RACE

(Under A.A.A. Laws)

Incorporating Northern Counties &  
Humber-side County 20 Mile Championship  
SUNDAY, 11th APRIL, 1976, at 2 p.m.

Changing: Salthouse J. H. Sch., Salthouse Rd., Hull. **GOOD PRIZES:** First 6 Ind., first Vet O/40, O/45 and first 3 Teams (3 to score).  
Entries: 25p per Ind., plus 50p per Team to: P. Dearing, 1 Collyns Close, The Parkway, Willerby, Hull. (Office Tel: 0482 25796).

**CLOSING DATE FRIDAY, 2nd APRIL**  
Overnight Accommodation Available

# LETTERS

## OLYMPIC MARATHON TRIAL

Dear Sir,

I would like to answer the points made by John Symonds in his letter February 14th re the Isle of Wight Marathon and the choice of venue for the AAA and Olympic Trial Race at Rotherham in May.

I gain the impression from his letter that Mr Symonds believes that AAA Championships are handed out on a plate. We applied last June for permission to stage the Trial, along with a number of other towns who were equally interested. Then with the backing of the Rotherham Borough Council, David Haywood (our organising secretary) along with members of the club fought a long six-month campaign to persuade the AAA that Rotherham had the facilities and organisation which are ideally suitable for the Trial, particularly in the course to be used and in the town's ease of access for those travelling from the North or South.

I know that the other towns fought just as tenaciously for this honour and I sympathise that their efforts were not rewarded, but I can equally assure them that they will receive a warm welcome when they visit Rotherham. At least they have the satisfaction of knowing that they tried.

Mr Symonds also appears to be concerned with fixture clashes and states "the selectors surely must be aware of existing races, and by ensuring that none of these is made use of . . . have rendered a definite disservice . . .". Let me point out to Mr Symonds that the primitive tribes to the North of Watford Gap do hold athletic events, and that the Rotherham Marathon has been an established event for the past six years.

We usually hold our race at the end of September, but with the Trial being held in May we have brought the fixture forward, whilst Longwood Harriers have rearranged the Huddersfield Marathon from its normal place in the calendar in April to September. So there is no "unnecessary disruption of the long-distance running calendar".

Finally, may I take this opportunity to publicly thank the AAA for providing us with this honour of which we are justifiably proud. We intend to make the event a memorable occasion and with an extensive prize list we hope to offer something for more than just the contenders fighting for a trip to Montreal.

**M. R. Hague,**  
Chairman, Organising Committee,  
Rotherham H & AC

## PRACTICAL EXPERIENCE IN COACHING

Dear Sir,

I cannot agree with A. C. Stone who considers it essential for a coach to have had

practical experience, though I count myself fortunate in meeting his requirements.

At a time when our sport would appear to be on the up-swing we need all the helpers we can get, be they officials or would-be coaches. Any adult willing to give up leisure-time to take a bunch of "raw recruits" in hand, calling himself a coach, has my blessing and more if he can instill inspiration, dedication and the striving for improvement by his athletes in their individual personal performances. Surely the BAAB Instructional Booklets are written basically for those without first-hand practical experience.

Nor can I agree with his further remark about such coaches "gaining the confidence of what they recognise as natural top-class performers and subsequently are credited with their achievements". I can spot potential in a would-be athlete but I have no way of knowing for some time whether he or she will be a top-class performer and should the athlete turn out to be so I could never take personal credit for HIS or HER performances.

My intentions are entirely genuine and I am happy to remain a mere Club Coach content in the belief that I am helping to lead the youth of the moment using athletics as the vehicle for character building through physical and mental effort coupled with a sense of purpose.

Often people do the same thing for different reasons.

**Don Robinson,**  
BAAB Club Coach,  
Bury, Lancs

## TAKE PRECAUTIONS

Dear Sir,

As the race secretary for a recent promotion of this club I would like to draw the attention of competitors and promoters alike to the way in which both club secretaries and individual runners make life easy for thieves. All cheques and postal orders sent by post should be made out to the promoting club and not to individuals, blank postal orders should not be sent (incidentally cheques are far cheaper), and cash should never be sent except by registered post. Because these simple precautions were not taken, when a delivery of race entries was stolen from my home over £7 in entry fees was lost to the club even though we managed to have the only cheques we were aware of stopped.

**Trevor Prescott,**  
Chester & Ellesmere Port AC

## DISCRIMINATION AGAINST WALKERS

Dear Sir,

The following letter has been sent to all IAAF members as part of our new campaign to try and get Race Walking back in the Olympics . . .

Rule 3 (2) of the IAAF states that one of its objects is:—"To strive to ensure that no racial, religious, political or other kind of discrimination be allowed in athletics and to take all necessary measures to stop such discrimination".

These are fine words but at present discrimina-

tion is being practised within the Federation itself; in the decision that race walkers shall be the only athletes, after Montreal, who shall not be able to compete in the Olympic Games. Like all athletes under the control of the IAAF, race walkers train extremely hard for the honour of representing their country in the Greatest Show on Earth. Now they are being cast aside. This is discrimination of the worst kind; discrimination by the Federation against athletes it exists to protect.

It was the International Olympic Committee who requested the IAAF to drop an athletic event from the Olympics. But should the IAAF have agreed? We say "No". Athletics is the corner stone of the Olympics, and yet here is an athletic event being dropped. Can this be right?

Before casting your country's vote for any Council Members please ask them whether they stand by Rule 3 (2) of the Federation. Whether, indeed, they will vote to keep Race Walking in the Olympics and thereby ensure that discrimination against one whole section of athletics is ended.

**Peter Marlow,**  
Hon General Secretary,  
Race Walking Association

### COLORADO SPRINGS

Dear Sir,

Some time ago I heard rumours that there would be a very heavy pollen count in Colorado Springs about the time of the visit of the British team going there for altitude training. As a result I wrote to the Commanding Officer of the US Air Force Academy and I have just received a very reassuring reply. He states:—"During the months of June-July the pollen count for grasses, molds and weeds should be low. Further, the type of pollens present at the Air Force Academy should not be a hazard to someone coming into the area for a short period as it requires several weeks to develop a sensitivity to them". If any athlete has a specific allergy, the USAF Academy Hospital is prepared to give further advice.

**Denis Watts,**  
Principal National Coach, BAAB

### AAA RULES

Dear Sir,

Having read 'Changes to AAA Rules for Competition' ('AW', January 24th), Rule 1 (1) leaves me with the conclusion that the AAA General Committee are hell bent on reducing youthful participation in sport—or they are trying to compel many future athletes to be liars in order to bid for representative honours.

Fortunately I am a regular reader of 'AW', and consequently can now ensure the amateur status of my two-year-old son by banning him from the toddlers race at our local 'kiddies field day' where the organisers will be offering a money prize of 10 pence. Regrettably, the mass of parents do not subscribe regularly to this, the only piece of newsprint where the AAA dictatorial rules are made public, and consequently

many parents this summer will be watching, ignorantly, their young children tossing away any hopes of international representation.

There are hundreds of annual events up and down the country where money prizes are given, even at school sports. If any of the participants ever grow up to be serious athletes, they must now be compelled to lie in order to compete. Perhaps the people responsible for amending this rule think that declaring 'a few bob' is stretching the point a bit too far, in which case they have short memories. It is only just over 12 months since we were reading in 'AW' the moving story of the life of John Tarrant, who in his own words was 'condemned for life' for declaring a sum which amounted to not much more.

I thought that John Tarrant's unfortunate situation would at least have served a purpose, by providing the cue to the AAA committee to raise the age which permits a sportsman to retain his amateur status to perhaps 21. By the time he reached that age he would have a better understanding of the maze of inconsistent rules which surround his sport. Instead, the AAA committee have done an about turn, and set the trap to net more sportsmen born with John Tarrant's honesty.

**Roger Ingham,**  
Skipton, Yorks

Dear Sir,

Just what is the AAA trying to do to our sport? The attention drawn to Rule 33 (6) whereby no club or other body may allow any event to be televised without applying at least three months beforehand to the AAA for permission seems utterly ridiculous. Such a rule may be OK for a major track meeting, but it means that one of the regional TV companies who often cover a road or cross-country race briefly, and at short notice, particularly if other sport is cancelled because of the weather, must now be refused permission. How ridiculous can you get?

I don't see how anyone can stop the televising of a road or cross-country race as a sporting news item. Anglia TV do this frequently and it is all good publicity for the sport. Such events should be excluded from this rule, for it is doubtful whether it could ever be enforced.

**Lester Cole**

### COMPULSORY REGISTRATION

Dear Sir,

Athletes in the area covered by the jurisdiction of the MCAA should note that an attempt is being made by that body to impose compulsory registration on all competitors. This move was of course defeated nationally some years ago and it would now appear that the Midland authorities are endeavouring to circumvent the decision at AAA level by applying their own registration rules.

It behoves all club secretaries therefore to see that their delegates to MCAA general committee are fully aware of the implications of these proposals which in my opinion and those of many of my colleagues have few advantages

for either clubs or individual athletes, its main effect being to increase the bureaucratic control of area officials and add to the burdens of already overworked officials.

**Colin Simpson,**  
Assistant Secretary,  
Small Heath Harriers

### TRUE CROSS-COUNTRY

Dear Sir,

Having competed in the Inter-County CC Championships at Allestree Park, Derby, I feel I have to acknowledge the efficient organisation and invigorating initiative of Derbyshire AAA as the organising body.

The course, described as "undulating but very true cross-country" in the programme, was a refreshing change to the tedious sprint-like courses that we are so frequently asked to compete on under the very dubious title of cross-country running. I should not like to count the number of times this season that I have been asked to compete on courses around flat playing fields or flat parklands that are totally unimaginative, boring and basically only an extension through the winter for our numerous middle-distance track fanatics. While I appreciate that organisation and facilities are not always easy to come by there is no real excuse for this persistent attitude that turns its back on the true cross-country runners.

**Peter A. Woods,**  
Captain & Secretary, Aberdare Valley AC

### NORTHERN LEAGUE SURVEY

Dear Sir,

Last autumn, Lincoln City & Colleges AC carried out a survey on male league competition in the Northern area and I would be grateful if you would allow me to publish a summary of the results through your columns.

All clubs known to be active in the Northern Men's League and the Northern Youths & Boys League were circulated and were asked to answer 'yes' or 'no' to the following question: "Are you in favour of the general principle of an 'all age-group Northern League'?"

Number of clubs circulated . . . 48. Yes . . . 7. No . . . 21. No reply . . . 19. Returned undelivered . . . 1. Of the clubs who voted no, nine thought the principle sound but impractical.

I would like to thank all the clubs who replied and would add that all comments (however rude!) were noted with interest.

**Chris Hurley,**  
Hon Treasurer, Lincoln City  
& Colleges AC

### MIND-BOGGLING FELL RUNNERS

Dear Sir,

May I say how delighted I was to see that under-appreciated section of athletics get some well-deserved publicity in the 'Runners of the Fells' review by W. R. Smith.

Having had the pleasure of watching some of

these 'non-glory' events I was amazed to see a breakdown of the Fell Runners' calendar. The mileage and altitude they cover week-in week-out, in times which boggle the mind.

Also I would like to say well done to the Race Walking Association on the ads they have run regarding the abominable decision to shelve walking from the Olympic Games. I hope that all those affiliated in any way to the furtherance of sport throughout the world will join with the RWA in its fight for the retention of walking in all major Games. We don't need false sympathy, just the full backing of the BAAB and some action.

Finally, my thanks to 'AW' for providing such a value for money magazine.

**Stephen King,**  
Ilford AC

### INCENTIVE TO LESSER ATHLETES

Dear Sir,

I would like to endorse E. Bamford's comments (January 24th issue) on the team aspects of races, the encouraging of the average and regular club athlete who always makes up the team. I can speak from experience, being a proud member of the QPH team that won the 12-to-score team medals at this year's Middlesex Cross-Country Championships, an additional event which has been held for many years by the county—much to their credit.

We have found since this race that members have been returning to the club and attendance at our training nights at our new clubroom has been averaging around 20 a session this winter, which has been more than pleasing when you consider a year ago we were within one vote of extinction at our AGM.

By all means encourage more to score. We set an example many years ago in our annual Liddiard Trophy when we made it eight-to-score to give incentive to lesser members.

**G. Betts,**  
Queens Park Harriers

### PINT ON OFFER

Dear Sir,

I would like to thank the person who returned my diary to me after I had lost it at the National Vets CC at Parliament Hill. Unfortunately I could not read his signature and he did not write his address so I could not respond to his suggestion of a 'pint'. I am extremely grateful for the return of my diary and would gladly organise the 'pint' if opportunity is provided.

**R. W. Smith,**  
2 Clifton Road, London N8 8HY  
(Tel: 01-340 0816)

Holbeach AC officers: President, Mrs M. Wells; chairman, J. Cooper; treasurer, G. Fowler; secretary, R. Clay, 82 Spalding Road, Holbeach, Lincs (Tel: 0406 23316). Promotion dates: July 18th — Trophy match, August 1st — Spalding Relays, August 7th—Holbeach '10'.

## Welsh Notes

THE loss of my address book is proving very difficult for me, as is the loss of seven or eight stop-watches during the past year. May I appeal to anyone who can throw light on the subject to write to me at 9 Campbell Terrace, Mountain Ash, Mid-Glamorgan. In addition, a red coloured Japanese-made loud-hailer has been lent to someone and not returned; neither can I trace the trophies (which are intended to be held annually) for the Men's Mile, 4M and Women's Mile in the last Nos Galan—December 31st, 1973.

Due to much enterprise by certain individuals in Welsh athletics circles, more than 30,000 Golden Wonder "Go for Gold" bags have been collected for that firm's fund-raiser for the Olympic Games. Money collections at all athletics meetings in Wales this season will be shared between the BOA (Wales) and the Welsh AAA. BOA (Wales) have been granted permission by the Welsh FA to make a collection at the Wales v England soccer international at Ninian Park, Cardiff on May 8th. With plenty of collectors and good organisation the Welsh Branch could reap a harvest. They have so far raised £2,000 toward their target of £10,000.

Bernard Baldwin

### GOLDEN VALE AC ELTHORNE '6'

At Hanwell, February 14th

- 1, R. Gevers (South London H) ..... 31:59  
 2, M. Newport (South London H) ..... 32:21  
 3, S. Barr (Thurrock H) ..... 32:21  
 4, P. Cheate (Ex B) 33:01; 5, D. Stokes (Thurr) 33:17; 6, J. Davies (Rown) 33:18; 7, P. Williams (SLH) 33:23; 8, R. Thurston (Hav) 33:24; 9, R. Coyle (Lon I) 33:28; 10, F. Upcott (SLH) 33:35; 11, P. O'Brien (Old G) 33:41; 12, P. Bryan (Hav) 33:47; 13, J. Batchelor (Ilf) 33:52; 14, P. Chivers (E&S) 33:57; 15, M. Barratt (E&S-V) 34:27; 16, P. Leitch (Bas) 34:35; 17, J. Lusty (E&S-V) 34:46; 18, L. Parrott (Hav-V) 34:52; 19, D. Horsup (Thurr) 35:11; 20, F. Shipman (Felt) 35:15. **Teams:** 1, SLH 10; 2, Thurrock 27; 3, Havering 38; 4, Ealing & Southall 60; 5, London Irish 65; 6, Old Gaytonians 70; 7, Ilford 100; 8, Basingstoke 120; 9, Eton Manor 129; 10, Victoria Park 129. **(Vets):** 1, Barratt 34:27; 2, Lusty 34:46; 3, Parrott 34:52; 4, P. Wilks (Poly) 36:00; 5, J. Hyatt (E&S) 36:33; 6, T. Everitt (Eton M) 36:57.

### WEST MIDLANDS WEDNESDAY CC LEAGUE

At Cosford, February 11th

- 1, Michael (Cos) 27:24; 2, Law (Cos) 27:32; 3, Appleton (Cos) 28:46; 4, O'Hara (St P) 29:04; 5, Down (B'ham P) 29:08; 6, Watkins (B'ham P) 29:21; 7, Standing (B'ham P) 29:27; 8, Simpson (B'ham P) 29:46; 9, Fleming (Cos) 29:59; 10, Jones (Staff) 30:15. **Teams:** 1, Birmingham Poly 512; 2, Cosford 509; 3, St Peters Coll 419; 4, Prince of Wales Depot 407; 5eq, Warwick Police & West Midlands Police 401.

### HAVERING A.C.

### GOOD FRIDAY RELAYS

APRIL 16th

(Under AAA & ECCU Rules)

Cross Country course with some Road & Track

at Hornchurch Stadium, Bridge Ave.,  
Hornchurch

Minor Colts U/11      Colts U/13  
Boys U/15              Youths U/17

All ages as at 1st September, 1975.

All Races 4 x 2 Miles.

Perpetual Trophies all ages, medals first three Teams and fastest lap. 'B' Team medals if entries permit.

First Race starts at 2 p.m. prompt.

Entry fee: 60p per Team.

Entries to: Mr W. Lunny, 8 Victor Gardens, Hornchurch, Essex.

CLOSING DATE MON., APRIL 5th

### CLASSIFIED ADVERTISEMENTS

5p per word. Box No 20p extra. Trade 10p per word, 6 insertions of same copy 9p per word, 13 insertions 8p per word, 26 insertions 7p per word—prepaid.

**STOPWATCHES.** Latest electronic & mechanical models. Accusplit III, Cronus I & II. Omega, Heuer etc—Splits & Basics. Details from Dept. A.W. AUTOCHRON 70, 15 Westow St, Crystal Palace, SE19 3RY. Tel: 01-653 8214. Open 9—5.30 Mon—Sat (closed Weds). Callers welcome.

**ADIDAS 3 STRIPE 'T' SHIRTS—WHITE/NAVY — YELLOW/NAVY — SKY/NAVY — ORANGE/BLACK—RED/WHITE.** Sizes 26"/28"—30"/32" £2.00 each or £22.00 per dozen. Sizes 34"/36"—38"/40"—42"/44" £2.50 each or £27.50 per dozen. **POST FREE** from Capital Sports, 136 St. Albans Road, Watford. Telephone Watford 39307.

**TRACK & TRAINING SHOES** by: Adidas, Puma, Gola, Patrick, Tiger. Track & Rainsuits: Adidas, Speedo, Litesome, Europa, etc. Separates available. Many cut price lines. Club discounts. For current stocks ring 01-346-7778/9. "Sports-gear", 11 Station Road, Finchley, N3 2SB.

**OLYMPIC TICKETS:** To trade, two sets of five days. Required, last two days. Details, T. Colton, Loughborough College, Loughborough, Leics.

**TWO .38 STARTING PISTOLS** and 170 rounds of blank ammunition for sale. All for £50. Will sell separately. Firearms certificate required. Contact P. J. Knight, 64 Port Road East, Barry, Glamorgan.

**CLEARANCE SALE** SL 72 shoes. £10 pair plus 30p postage. No size 9. Berntone Gear, 68 Connaught Road, Roath, Cardiff. Tel: 395380.

**ATHLETICS WEEKLY'S** from 1960 to 1975. Offers. Colin Sloman, 124 Bedford Road, Clapham, London, SW4. 01-720 6269.

# ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1 per centimetre, per insertion, **prepaid** (minimum 2cms). Quarter-page £9; Half-page £15; Page £26, per insertion, **25 per cent discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—10 days before publication.

## HORWICH RMI HARRIERS & AC RIVINGTON PIKE FELL RACE

3½ Miles Under AAA Laws

Easter Saturday, April 17th at 3pm

**Awards:** Prizes valued 1st £5, 2nd £4, 3rd £3, 4th £2, 5th-10th £1. 1st Vet O/40 £1.

Changing at Lee Lane Cong. School, Horwich.

**Entries** (on AAA forms, all over 18 on 17th April, 1976, with fee 20p) to J. Prescott, 8 Travers St., Horwich, nr. Bolton, Lancs. BL6 6EQ by 3rd April.

## VICTORIA PARK HARRIERS 'GOLDEN JUBILEE YEAR'

### 5 MILES SENIOR ROAD RACE

For the A. Abrahams Trophy

Sponsored by Thompsons Hardware Stores

Increased Prize Value: first Team (3 to score), first 10, first declared Vet.

&

### BOYS 5 x 1½ MILE ROAD RELAY

(14 & 15 years on 1.4.76)

For the L. R. Williams Trophy

Medals: first 3 Teams, fastest lap.

ON SATURDAY, 3rd APRIL, 1976

AT VICTORIA PARK, EAST LONDON

**Entries:** Senior 25p (no Team fee), Boys 50p 'A' Team, 35p subsequent Teams.

To: Mr K. Lowe, 88 Lewis Building, Dalston Lane, London E.8.

**CLOSING DATE 27th MARCH**

(Under A.A.A. Laws)

## PENRITH A.C.

### CROSS-COUNTRY RACES

(Under ECCU & WCC & RWA Rules)

Sponsored by Con. Brogden

ON MARCH 28th at 1.30 pm

Boys & Girls U/11, U/13, U/15, U/17

**Entry Fee:** 10p each. **Entries** to Mr J. L. Gibson, 73 Raiselands Croft, Penrith, Cumbria, close 15th March.

## CLAYTON-LE-MOORS HARRIERS

21st Annual

### PENDLE FELL RACE

SATURDAY, APRIL 3rd, at 3 p.m.

Changing at Whitehouse Camp School, Barley

**Entries** (O/18 1.4.76) 25p (No Teams), to P. Livesey, Bona Vista, West Bradford Road, Clitheroe, Lancs. Under A.A.A. Laws.

**CLOSE MARCH 22nd**

50p Late Entries

## BIGGLESWADE ATHLETIC CLUB

### OPEN, INDIVIDUAL & TEAM

#### ROAD RACES

(Under A.A.A. Laws)

EASTER MONDAY, 19th APRIL, 2 p.m.

Seniors 6½ Miles Prizes £7, £3, £2

Vets £2, £1.50, £1

Youths 2½ Miles

Boys 2½ Miles

Boys (11 & 12 yrs) 2½ Miles

Boys (10 yrs) 2½ Miles

Boys (8 & 9 yrs) ¾ Mile

Plaques, Medallions, Medals, 1st, 2nd, 3rd Individual. Medallions, Medals 1st, 2nd, 3rd Teams except 8 & 9 yrs, first 6 Ind.

**Fee** 15p per Individual, no Team fee. **Entries** (with SAE) to Des Ball, Hon. Sec., 16 Saffron Road, Biggleswade, Beds SG18 8DJ.

**ENTRIES CLOSE 8th APRIL, 1976**

## MANCHESTER ATHLETIC CLUB PRESENTS

### THE M.A.C. CROSS COUNTRY RACES

(Under A.A.A., E.C.C.U. and W.C.C. & R.W.A. Rules)

SUNDAY, 11th APRIL, at 1.00 p.m. WOODBANK PARK, STOCKPORT, CHESHIRE

One of the finest cross country courses in the North of England, over parkland, woodland and heath

U/11 Young Colts

1½ Miles

U/13 Colts

2 Miles

U/15 Boys

3 Miles

U/17 Youths

4 Miles

Senior Men

6 Miles

U/11 Young Girls

1½ Miles

U/13 Girls

1½ Miles

U/15 Junior Ladies

2 Miles

U/17 Inter. Ladies

3 Miles

Senior Ladies

4 Miles

First class plaques and medals to 1st 3 Ind., 1st 3 Teams and 1st 'B' Team in each race. (4 to score). Also perennial Cups/Trophies/Shields in each race. **Entry fees:** 30p per Ind. Senior Men and Ladies, 20p all others. No Team fee. **Entries close 24th March** (late entries accepted at double fee). Changing accommodation at Goyt Bank School, The Fairway, Offerton, Stockport. Ample car parking. Children's play areas. Race commentary. Refreshments. **Entries** on AAA forms, and further details (SAE) to Mr B. Ware, 305 Stockport Road, Marple, Cheshire. Tel: 061-427 2651. Ages as at 1.9.75.