

athletics

weekly

SPECIAL "NATIONAL" RESULTS ISSUE

INCORPORATING
MODERN ATHLETICS
& WORLD ATHLETICS

★ Rosemary Stirling answers
the Questionnaire

★ European Indoor Games
Preview



1/6

PAM DAVIES (left)
and RITA LINCOLN
battle for supremacy in
the English Women's
Cross-Country
Championship.

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OVER A THOUSAND RAN IN SENIOR "NATIONAL"

★ The number of starters (1046) and finishers (901) in the senior race were both records, the previous highest being 944 and 856 last year. The largest field before the War was 429 in 1927, while during the 1950s the highest total was 717. So much for the sport being a contracting one.

★ Mike Tagg's winning margin of 40 seconds was the greatest since Gordon Pirie's 67 sec. victory in 1953.

★ Tipton Harriers (team winners), who were well beaten by Leicester CAT for the Midland title, last placed in the first three in 1946 when, with Jack Holden the individual winner, they filled third position. So overwhelming was Tipton's supremacy on this occasion that even if their seventh (61st) and eighth (62nd) men had been added to their six scorers the club would still have won comfortably!

★ England's team for the International is Mike Tagg, Dick Taylor, Trevor Wright, Mike Turner (capt.), Bob Richardson, Mike Baxter, Mike Freary, Tim Johnston and Andy Holden, with Gerry Stevens, Dave Atkin and Gerry North travelling reserves. The junior team is Dave Bedford, John Bednarski, Peter Standing, John Harrison and A. Moore.

★ Most improved runners in the first 20 were Tipton's Richards (19th), whose previous highest placing in the National was 292nd; Atkin, up from 228th to 9th (he won the Youth title in 1964 and 1965); Blinston, 130th to 20th; Roberts, 64th to 18th; Edwards, 57th to 17th; Stevens, 43rd to 8th; Beevor, 42nd to 12th; Trevor Wright, 39th to 3rd; Richardson, 32nd to 5th; and Baxter, 28th to 6th.

★ There were seven 4-min. milers in the field: Rushmer 14th, McKim 53rd, Whetton 60th, Wilkinson 172nd, Wiggs 183rd, Boulter 329th and Stan Taylor 497th. Olympic walker John Webb was 370th and John Davies placed 248th in the Junior.

INDOOR WORLD BESTS

George Young won the AAU indoor 3M title in a world's best of 13:09.8 at Philadelphia last Saturday. Nikolay Dudkin set new triple jump figures of 55'3½"/16.86 in Moscow on February 27th.

Further details of the East Berlin meet of February 23rd—800m: Fromm 1:49.7, ADAMS 1:50.6; 3000m: STEWART 8:02.8, Scholtz 8:07.4; 60yH: Bethge 6.9/7.0/7.2, PASCOE 7.2/7.0 (UK best)/7.2; SP: Briesenick 63'11½"/19.50; 2, Lochmann 63'6¼"/19.36; 3, Rothenburg 63'3"/19.28... 5, TEALE 58'8"/17.88; women's 60y: JAMES 7.0/6.9/6.9, Heinrich 7.2/7.0/7.0; 800m: Wieck 2:06.6, Hoffmeister 2:08.2, Schmidt 2:08.8, CAREY 2:09.7 (UK best), STIRLING 2:10.6; HJ: Blagoyeva (Bul) 5'10½"/1.79, Kozyr (USSR) 5'9¼"/1.76, INKPEN 1.76 (UK best). Linda Hedmark-Knowles also jumped 1.76 indoors, in Stockholm last Sunday—her first improvement for 6½ years.

Cover photo by Peter Tempest

ENGLISH CROSS-COUNTRY UNION

AN APPEAL FOR 1,000 HONORARY MEMBERS

The English Cross-Country Union needs your support. For 10/6d per year, or more if you like, you will become an Honorary Member. For this you will receive the Official Handbook, information of our activities, and the Union Tie at a small charge. But more than this, you will be personally supporting our Cross-Country runners who need your help.

Please send your subscriptions to:

Jack Davies
Honorary Treasurer,
English Cross-Country Union,
14 Neal Avenue, Heald Green,
Cheadle, Cheshire.

South African Girls Barred From International C.C.

THE South African girl cross-country runners at present in Britain will not be allowed to race in the International at Clydebank on March 22nd. A letter to the South African Cross Country Union from the Scottish CCU reads: "I placed your letter before my committee and I have been instructed to inform you that they are not prepared to accept an entry from South Africa for this event, either as a team or as individuals. The sponsorship and organisation of the Women's event was undertaken by the SCCU at the request of the Scottish Women's CCU. The first duty of my committee, however, is the organisation of the International CCU Championships. Several of the member countries of the ICCU have advised us that they will not compete should any South African Nationals be running at the same venue. My committee have decided, therefore, that they must uphold the wishes of the member countries of the ICCU." (E. S. Murray, Hon. Sec.)

The four South African girls, who together with team manager Mrs. Mavis Hutchinson will watch the racing at Clydebank, made a splendid start to their tour at Hendon last Saturday by defeating English club champions Barnet AC 14-23. Meryl Hancock (18) won in 14:08 from Annalie Gildenhuys (21), same time, with Barnet's Carol Gould (14:26) and Joyce Smith (14:29) 3rd and 4th. The other two visitors, Beverley Nieuwenhuizen (16) and Marie Koen (16), were 5th and 6th in 14:30 and 14:35.

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January 1st—December 31st, 1968

CONTENTS

National Cross-Country Championships ...	5
Spotlight on Youth ...	12
League Races ...	14
Clubs of the Year ...	16
Overseas News ...	18
Scottish C.C. Championships ...	20
Rosemary Stirling answers the Questionnaire ...	22
Irish News ...	23
Letters ...	25
European Indoor Games Preview ...	34
Walking News ...	35

THE WEEK AHEAD

Today, Saturday, March 8th, sees the resumption of a very full programme following a temporary lull on "National" week-end. Heading the list there is the European Indoor Games in Belgrade (previewed on page 34). Various cross country championship events include the Welsh (men at Swansea, women at Newport), Northern Ireland (senior and youths at Belfast), Scottish Schools at Callander and English YMCA at Worcester. Other races over the country: Junior & Youths Inter-Counties at Leicester, Loughborough Past v. Present at Loughborough, Women's Inter-League Races at Coventry (with South African and New Zealand teams "guesting"), Stretford AC Youths/Boys Relay, Andover AC Youths & Boys Relays and the Orion H. Invitation Schools Races. On the road: the Ipswich & Eastern Counties "10", Tonbridge "10", Windermere-Kendal Race, Balloch-Clydebank Race (Scotland), Devon League Road Race, Kings College Relay at Mitcham and Southend AC Women's Relays at Southend. Also, the Gosunder Trophy at Ruislip.

Sunday, March 9th: In Belgrade the European Indoor Games wind up and Brian Kilby runs in the Kyoto (Japan) Marathon, while at home we have the Southampton-Bournemouth Road Relay. Hints for the summer season before us may be gained at the Blackheath Winter Meeting (Ladywell Park) and Harlow Field Events Meeting.

Wednesday, March 12th: National Police Championships at Northallerton.

Thursday/Friday, March 13th/14th: USSR v. USA indoor match, Moscow.

In the Worcestershire Beacon race medals will be awarded to the first 3 teams (6 can run, 4 to score) and not as published previously.

ILFORD ATHLETIC CLUB LADIES' ROAD RELAYS

SATURDAY, MARCH 29th, 1969

Seniors 4x2 Miles (Fee 6/-)

Intermediates 4x1 3/8 Miles (Fee 5/-)

Juniors 4x1 Mile (Fee 5/-)

Entries to Mr. J. Hutton, 245 Clayhall Avenue, Ilford, Essex (01-550-1636).

Team Trophies ● Seniors—Prizes ● Intermediates & Juniors—Cups & Medals ● Fastest Lap Plaques ● Seniors—Handicap Team Prize.

CLOSING DATE: FRIDAY, MARCH 14th

HADLEIGH OLYMPIADS A.C. SATURDAY, 22nd MARCH, 1969

YOUTHS 4x2.4 MILES

BOYS 4x1.2 MILES

ROAD RELAYS

(Under A.A.A. Laws)

Cups for Winning Teams. Awards for first 3 Teams and Fastest Laps.

Entry Fees: 7/6 "A" Teams, 5/- others.

COLTS 2.4 MILES ROAD RACE. (Over 11, Under 14 on 1.9.68). No fees, no prizes.

Entries close 11th March to D. Callaghan, 154 Moreland Avenue, Benfleet, Essex.

JARROW ATHLETIC CLUB

present the

"William Hall" Open Road Races

Sponsored by Ladbroke's

JARROW'S ROAD RACE FESTIVAL

Prizes to the value of over £100

SATURDAY, APRIL 12th, 1969

EVENTS: — COLTS, BOYS, YOUTHS, SENIORS AND LADIES (All Team & Individual Races).

Entries close March 27th, 1969

Details from R. Charlton, 71 Hill Park Road, Jarrow, Co. Durham. (Phone: 898718).

THURROCK "10"

(Under A.A.A. Laws)

Incorporating Essex County 10 Miles Road Race Championship

SATURDAY, MAY 17th, 1969—Start 3 p.m.

At King George's Playing Field,
Blackshotts Lane, Grays, Essex

Open Race: Prizes first 3 individuals and first Vet. over 40. Plaques first 3 teams.

County Championship: "Mel Batty" Trophy to first Essex finisher; Medals 1st, 2nd, 3rd Individuals and 1st, 2nd, 3rd Teams.

Details from and entries to L. Brown, Thurrock Harriers, 57 Victoria Avenue, Grays, Essex. Entry fee 3/- per ind.

CLOSING DATE SAT., MAY 10th, 1969

HALLAMSHIRE HARRIERS & A.C.

10 MILES ROAD RACE

(Under A.A.A. Laws)

For the Ernest Harper Trophy

SUNDAY, APRIL 13th, at 2.15 p.m.

AT STANNINGTON, Nr. SHEFFIELD

Prizes: Ind. 1st valued £10, 2nd £6, 3rd £3.

Teams: 1st 3 at £3, 2nd 3 at £2, 3rd 3 at

30/-. Veterans: 1st £3, 2nd 30/-, 3rd £1.

Teams: 4 run, 3 count.

Entries (fees: ind. 2/6, teams 5/-) on A.A.A. forms with fees to Mr. J. K. Hobson, 3 Ashbourne Grove, Oughtibridge, Sheffield, S30 3FA, by March 25th.

All competitors to be over 18 on day of race

MAIDENHEAD A.C.

17th Open

10 MILES ROAD RACE

Under A.A.A. Laws

Inc. Berkshire 10M. Road Championship

EASTER MONDAY, APRIL 7th, at 3 p.m.

From Kidswells Park, Maidenhead

Awards — Winner holds "Aspro Cup" for year. Replica to winner and twelve individual prizes. Times certs. all finishers. Winning team hold Coronation Trophy for year. Plaques to 3 members winning team and medals to 3 members of 2nd and 3rd teams. Prize first Vets. over 40 and 45.

Entry Fees — Teams (of 4, 3 to score) 7/6 per team. All must enter as individuals 3/- Berks. 10M. Champ. 4/-. **Entries** on A.A.A. forms to D. Deane, 28 Clare Road, Maidenhead, Berks.

ENTRIES CLOSE WED., MARCH 26th

LONDON ATHLETIC CLUB'S SCHOOLS' CHALLENGE CUPS MEETING, 1969

will be held at the

CRYSTAL PALACE

NATIONAL RECREATION CENTRE
NORWOOD, LONDON, S.E.19

(Under A.A.A. Laws)

ON THE NEW TARTAN TRACK

ON FRIDAY, APRIL 18th, 1969
& SATURDAY, APRIL 19th, 1969

16 SENIOR & 8 JUNIOR EVENTS

(For Boys still at full time School only)

Saturday programme includes Southern Counties AAA 10,000 metres Track Championship and L.A.C. Victory Trophy 4x1 Mile Invitation Relay.

Full details and entry forms from L. C. Beaven, 25a Church Lane, Willesden, London, N.W.10.

ENTRIES CLOSE FRIDAY, 28th MARCH

National C.C. Championships**At Parliament Hill, March 1st****MIKE TAGG IN SUPREME FORM**

LITERALLY seconds after shrugging off the typical Parliament Hill conditions a joyous Mike Tagg was telling assembled Pressmen "It was easy. Most of the races I win are easy, it's only when I lose it's hard." Certainly it looked a good thing for the 22-year-old Norfolk Gazelle as he had the 82nd English Senior Cross-Country Championship won with barely half the nine mud-infested miles traversed.

After two miles a tremendous race was in prospect as a bunch of five headed the field. Mike Turner, Trevor Wright, Mike Tagg, Dick Taylor and Bob Richardson were all in there pitching. Fifteen yards later came an injury-wracked champion Ron Hill, Mike Freary, Alan Blinston and Mike Baxter. By $3\frac{1}{2}$ miles Tagg had opened up a three-yard gap ahead of Taylor, then Wright, Turner and Richardson passed, all running Indian file. Eighty yards back came Hill, Freary and Blinston. At the half-distance Tagg still made the pace a couple of yards in front of Taylor but 60 yards ahead of Wright. Thirty more yards saw Turner come past, another seventy Richardson, then Baxter, Hill and Gerry North duelling fiercely, Freary and Gerry Stevens.

Shortly afterwards Dick Taylor closed on Mike Tagg but barely had the Midlander gained the leader's shoulder before Tagg unleashed a fierce burst which saw him rocketing away from his rival. This perfectly timed effort subsequently evoked from Taylor the comment "He has had a good teacher. Mike, why don't you lend me your bike sometime?"

As much as it can be said about anything in athletics, there has been a certain inevitability about Mike Tagg's steady progression through the different age groups. As a Youth, at Parliament Hill in 1965, he finished second to Dave Atkin (an excellent ninth this time). In 1966 and 1967 Mike was a clear winner of the Junior "6" and last year he completed his first senior "National" in twelfth place. Such is Mike's ability and temperament that one never doubted he would eventually surface amidst the foremost rank of British distance runners—what does possibly surprise is that he achieved the feat so quickly and with such apparent ease. And it is the same clear-mindedness that makes one trust his judgment implicitly when he announces: "I don't think I'll be running the International—I've got too much work to do with my final exams at Reading in ten weeks time. It's not that I cannot find time to race but rather that I've got to ease down in training as I've got to study."

What would have happened if Tim Johnston (absent with bronchitis) and Roger Clark (who fell down a car repair pit and gashed his knee the previous week) had been present? "Nothing, I still would have won." An unusually confident statement for Mike to make but easily understand-

able in the elation and ebullience after a great victory. "The conditions were not the worst I have experienced but nine miles is the furthest I've run at Parliament Hill—the race is usually over by halfway in any case. I've been running 100 miles a week through the winter and have been planning the whole season for this race. This means much more to me than the International. Even if the Eastern had not been cancelled because of the snow, I still would not have run." Mike's future plans include winning the AAA 10,000 metres and the European event in Athens later in the summer. Subsequently, after finishing at Reading University, he hopes to gain a place at Loughborough to study for a teacher's degree.

The poor Juniors always have the worst of it. By the time their race begins a chill is settling in the air with the approaching evening, interest wanes with the senior race over and an aura of desolation is starting to fall on the "National" venue as spectators begin to straggle away. And, certainly not the least worry, innumerable feet have already encompassed the three-mile circuit four times and the going is really, really tough. After two miles, with Ian Stewart not defending his title, Andy Holden, Tony Simmons and Dave Bedford headed the field. Thirty yards behind came John Bednarski, then Malcolm Thomas with Don Faircloth sixth. By $3\frac{1}{2}$ miles Holden had a 40 yard lead on Bedford with Simmons now third and this was the order in which they came in although a revitalised Bedford was closing on Holden at the end. "You know how it is," he said afterwards, "you leave it to the next bend and then the next and finally it's too late. I must have gained twenty yards or so in the finishing straight." Dave Bedford, Youth champion last winter, is another athlete very much in the Tagg mould.

Andy Holden said after the race that he wasn't able to make as decisive a break as he had hoped because "it was so heavy that I couldn't get going". It had been a difficult decision to make, he said, whether to go for the senior race or the junior but he hoped the selectors might take into account his performances overall this winter and choose him for the International senior race (they did). Andy, who logged 114 miles training in a week early in the year, confirmed that he will concentrate on the steeplechase this year.

Malcolm Thomas, first at Reading, was only the third Southerner home on this occasion. "I didn't seem able to travel like the others over the soft going", he explained. He attributes his come-through this winter to having trained harder than ever before. Now running 70 miles per week, he didn't train much at school and has "just come on steadily." But, contrary to popular belief, "I don't work out very much with Andy Holden (a fellow student at Birmingham University) as we

are on different courses. He is studying dentistry and I'm doing civil engineering and we do not often have free time coinciding."

The only really surprising winner of the day was Youth champion Chris Garforth. A 4:23 miler last summer he is currently at Queens College, Cambridge and is doing a lot of his training with Mike Turner there. The winner of the Yorkshire Championship, he was ill at the time of the Northern and did not contest the event, and was thus dismissed from most lists of "possible" winners. He now runs between 60 and 70 miles each week, mainly over the country. Asked, after the race, if he had any rough patches, the 18-year-old Hull Harrier (born November 11th, 1950) replied: "Yes, right round. It was murder . . . pulling your shoes off all the way."

Martin Mills headed the field up the long starting hill but after about three-quarters of a mile, Tom Litherland was in the lead. Then, on completing the short mile-long first lap, Chris Garforth moved past and went further and further away from this point on. "I just haven't had the experience of big races and I just didn't dare think about it when I hit the front." His win was only the beginning of the Northern domination of the race as they went on to gain second, fourth and the team trophy thanks to Airedale & Spen Valley. With Southern champion Jack Lane a non-starter the first Southerner home was Martin Hore, an eye-opening performance from an athlete who could only gain fifth in his county championship.

John Lusardi

SENIORS—9 MILES

1. M. Tagg (Norfolk Gazelles)	47.47	26. R. Grove (Leicester Colleges)	50.37
2. R. Taylor (Coventry Godiva H.)	48.27	27. M. Barratt (Ealing & Southall)	50.49
3. T. Wright (Hallamshire H.)	48.46	28. J. Roberts (South London H.)	50.50
4. M. Turner (Liverpool H.)	48.58	29. C. Robinson (Rochdale H.)	50.57
5. R. Richardson (Blackheath H.)	49.12	30. J. Simmons (Derby & Cty. A.C.)	50.58
6. M. Baxter (Leeds City A.C.)	49.20	31. P. Stewart (Birchfield H.)	50.59
7. M. Freary (Bolton Utd. H.)	49.29	32. R. Barlow (Sutton H.)	51.00
8. G. Stevens (Reading A.C.)	49.30	33. D. Fownes (Tipton H.)	51.00
9. D. Atkin (Airedale & Spen V.A.C.)	49.37	34. M. Hyman (Portsmouth A.C.)	51.05
10. Gerry North (Belgrave H.)	49.45	35. J. Jackson (N. Staffs & Stone)	51.06
11. J. Wright (Tipton H.)	49.56	36. A. Fairclough (Belgrave H.)	51.10
12. M. Beevor (Hercules Wimbledon)	50.00	37. *F. Briscoe (Leeds University)	51.11
13. J. Alder (Morpeth H.)	50.04	38. J. Linaker (Liverpool H.)	51.12
14. A. Rushmer (Tipton H.)	50.13	39. J. Waterhouse (Bingley H.)	51.13
15. R. Hill (Bolton Utd. H.)	50.18	40. J. Valentine (Epsom & Ewell H.)	51.15
16. R. Holt (Hercules Wimbledon)	50.19	41. J. Hammond (Coventry Godiva H.)	51.16
17. M. Edwards (Thames Valley H.)	50.23	42. D. Holt (Hercules Wimbledon)	51.16
18. J. Roberts (Cambridge & Col.)	50.26	43. M. Fuller (Hercules Wimbledon)	51.17
19. A. Richards (Tipton H.)	50.27	44. K. Angus (Worcester Y.M.C.A.)	51.17
20. A. Blinston (Altrincham & Dist.)	50.33	45. K. Boyden (Tipton H.)	51.19
21. D. Francis (Westbury H.)	50.33	46. J. Eley (Derby & Cty. A.C.)	51.24
22. D. Lem (Leicester Colleges)	50.34	47. W. Drake (Wirral A.C.)	51.25
23. R. Gregory (Manchester & D.L.C.H.)	50.35	48. R. Matthews (Bournemouth A.C.)	51.26
24. R. Fowler (N. Staffs & Stone)	50.36	49. R. Ingleton (Portsmouth A.C.)	51.27
25. E. Haslam (Bolton Utd. H.)	50.36	50. P. Lancaster (Coventry Godiva H.)	51.28

* Individual

Team Placings:

1. **Tipton H.**—11, J. Wright; 14, A. Rushmer; 19, A. Richards; 33, D. Fownes; 45, K. Boyden; 53, W. McKim; **Pts. 175.** 61, M. Orton; 62, A. Hodges; 430, J. Bygott.
2. **Leicester Colleges A.T.A.C.**—22, D. Lem; 26, R. Grove; 55, J. Offord; 83, M. Knowles; 115, J. Caines; 130, R. Emberson; **Pts. 431.** 295, J. Mulligan; 243, P. Lem; 440, P. Leake.
3. **Bolton Utd. H.**—7, M. Freary; 15, R. Hill; 25, E. Haslam; 119, R. Swann; 138, K. Baum; 141, M. Chapman; **Pts. 445.** 278, N. Ward; 359, V. Reagan; 553, K. Mayor.
4. **North Staffs & Stone H.**—24, R. Fowler; 35, J. Jackson; 73, J. Godding; 76, G. Billington; 128, A. Walker; 142, P. Goodfellow; **Pts. 478.** 184, S. Hope; 195, P. Millman; 576, M. Gilman.
5. **Hercules Wimbledon A.C.**—12, M. Beevor; 16, R. Holt; 42, D. Holt; 43, M. Fuller; 174,

B. Collins; 203, G. Bradbury; **Pts. 490.** 218, R. Symons; 315, J. Geoghan.

6. **Reading A.C.**—8, G. Stevens; 67, K. Darlow; 70, D. Stevens; 100, P. Lightfoot; 123, P. Meredith; 126, R. Allden; **Pts. 494.** 152, R. McAndrew; 202, M. Duff; 336, A. Phillips.
7. **Belgrave H.**—10, Gerry North; 36, A. Fairclough; 81, P. O'Connor; 110, J. Bicourt; 133, G. Dance; 140, T. Hart; **Pts. 510.** 168, L. Mann; 185, R. Piotrowski.
8. **Portsmouth A.C.**—34, M. Hyman; 49, R. Ingleton; 58, C. Plumpton; 68, P. Baker; 137, W. Venus; 257, A. Cass; **Pts. 603.** 343, G. Gough; 399, D. Inns.
9. **Manchester & D.L.C.H.**—23, R. Gregory; 90, R. Wilde; 92, G. Entwistle; 121, N. Poole; 125, G. Lawson; 193, D. Blakeley; **Pts. 644.** 242, P. Morris; 352, S. Keech; 412, M. Smith.
10. **Derby & Cty. A.C.**—30, J. Simmons; 46, J. Eley; 84, E. Guilford; 106, H. Leeming; 147,

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*says Len Kilby,
Former British Olympic Masseuse*

Len Kilby is a man who believes in keeping fit himself as well as the men and women he trains. "If you want to be a successful sportsman—you've got to work at it" said Len. "You've got to be really tough with yourself. Amateur or professional—the same rules apply. Whether you're an athlete, footballer, cyclist, rugby player—you must train *all the week!*"

"Fighting talk" I said. "Well, it's the only way if you want to be really on form. This means daily strengthening exercises every morning before you start your job and I recommend a 20 minute run at night, too. I still do training most evenings—the only thing that keeps me indoors is fog—no good breathing in that stuff!" "I know it's tempting to lay off training—especially on a cold winter's night, but believe me once you've got going, you'll feel really good. And remember, all the time you're exercising, you're building up stamina, so that when Saturday comes, you're ready for action! One more tip: I'm a great believer in massage. It's especially valuable for the week-end sportsman. Give your muscles a good work-out with Ellimans Athletic Rub; I find it

the finest thing out for warding off stiffness; keeps your body supple too. What's more if you have any aches, pains or sprains after a big event, rub on Ellimans. I use it myself."

So that's it in a nutshell. Exercise—no slacking—and a nightly massage with Ellimans. Len Kilby should know!

Ellimans Athletic Rub 3/3 from chemists

**Ellimans used by
British Olympics Team
at Mexico City**

- M. Peake; 231, A. Walsh; **Pts. 644.** 276, K. Dakin; 407, K. Northard; 531, A. Domleo.
11. **Bingley H.**—39, J. Waterhouse; 80, P. Braithwaite; 91, G. McBride; 143, J. Irwin; 154, D. Anderson; 210, A. Spence; **Pts. 717.** 435, N. Donkin.
12. **Thames Valley H.**—17, M. Edwards; 87, G. Minty; 114, M. Davis; 127, M. Davies; 183, M. Wiggs; 192, J. Offley; **Pts. 720.** 219, G. Power; 230, D. Patterson; 304, B. Ellis.
13. **Coventry Godiva H.**—2, R. Taylor; 41, J. Hammond; 50, P. Lancaster; 97, R. Godfrey; 251, M. Neville; 320, G. Horne; **Pts. 761.** 321, M. Thorpe.
14. **Sutton H.**—32, R. Barlow; 79, S. James; 104, B. Renshall; 145, B. Woolford; 170, C. Johnson; 246, P. Roberts; **Pts. 776.** 414, B. Lloyd; 541, D. Costello; 778, T. Prescott.
15. **Worcester Y.M.C.A. H.**—44, K. Angus; 64, D. Walker; 89, R. Cooper; 122, E. Austin; 229, P. Crowe; 232, C. Brooks; **Pts. 780.** 340, A. Jenkins.
16. **Blackheath H.**—5, R. Richardson; 93, I. Wilson; 111, J. Baldwin; 181, P. Horwood; 207, C. Haines; 213, D. Wade; **Pts. 810.** 260, A. Davis; 297, C. Woodcock; 330, A. Mandeville.
17. **Windsor, Slough & Eton A.C.**—57, P. Yates; 131, N. Barton; 148, B. Allen; 151, R. Graham; 159, R. Melvern; 239, D. Sparks; **Pts. 885.** 861, A. Collins.
18. **Mitcham A.C.**—56, S. Badgery; 71, D. Biscoe; 72, D. Smallbone; 206, K. Wallace; 221, M. Gillett; 378, R. Mitchell; **Pts. 1004.** 390, M. Coventry.
19. **Cardiff A. A.C.**—94, B. Plain; 120, P. Darney; 162, R. Maplestone; 186, W. Stittfall; 188, B. Griffiths; 270, J. Kirby; **Pts. 1020.** 388, W. Pryce; 458, M. Beames; 522, J. Walsh.
20. **Westbury H.**—21, D. Francis; 77, P. Popel; 102, J. Price; 169, G. Blackburn; 209, P. Chivers; 455, J. Hall; **Pts. 1033.** 786, J. Canning.
21. **South London H.**—28, J. Roberts; 176, A. Avila; 189, N. Chanin; 236, A. Pryor; 237, R. Gevers; 249, F. Gilson; **Pts. 1115.**
22. **Longwood H.**—63, D. Quinlan; 172, W. Wilkinson; 201, J. McGrow; 228, A. White; 264, B. Quinlan; 314, B. Stacey; **Pts. 1242.** 349, R. Norton; 537, J. Taylor; 550, J. Beckett.
23. **Salford H.**—74, C. Leigh; 98, S. Clegg; 150, A. Walsham; 217, S. Curran; 284, P. Kerigan; 429, R. Standing; **Pts. 1252.**
24. **Sale H.**—88, S. Edmunds; 108, D. Farmer; 175, C. Leggatt; 234, N. Carrington; 268, T. Bitely; 459, H. Blenkinsop; **Pts. 1332.** 519, F. Starkie; 560, D. Wilcox.
25. **Hillingdon A.C.**—75, S. Buchanan; 107, J. Mouat; 182, P. Griffiths; 272, R. Cressy; 361, J. Ross; 403, D. Cobb; **Pts. 1400.** 484, G. Archer; 485, D. Beagley; 600, D. Milsom.
26. **Norfolk Gazelles**—1, M. Tagg; 225, L. Woolner; 248, R. Peel; 277, D. Palmer; 328, C. Burt; 332, W. Cameron; **Pts. 1411.** 446, J. Daniels; 664, K. Creamer.
27. **Notts A.C.**—99, P. Romaine; 179, B. Lee; 267, G. Astell; 296, J. Richardson; 303, W. Haines; 342, R. Moore; **Pts. 1486.** 348, M. Palmer.
28. **Middlesbrough & Cleveland H.**—167, A. Moore; 214, C. Vaux; 235, G. Bellord; 253, M. Hall; 269, C. Pickett; 329, G. Hall; **Pts. 1530.** 538, R. Tribick; 732, B. Parker.
29. **Birchfield H.**—31, P. Stewart; 171, R. Bartlett; 204, P. McCook; 287, N. Bardsley; 411, R. Davies; 442, L. Cullen; **Pts. 1546.** 472, L. Cullen; 535, C. Jackson.
30. **Cambridge H.**—118, G. Taylor; 158, F. Maillardet; 271, K. Harland; 310, D. Evans; 311, M. Anderson; 416, B. Middleton; **Pts. 1584.** 436, A. Leggatt; 480, D. Dellar; 507, F. Byrne.
31. **Hallamshire H.**—3, T. Wright; 65, A. Greenwood; 305, M. Grace; 323, A. Evans; 439, E. Chaffer; 498, D. Trickett; **Pts. 1633.** 869, M. Bromley.
32. **Liverpool H.**—4, M. Turner; 38, J. Linaker; 220, A. Farrell; 282, F. Davies; 536, B. Jones; 601, A. Gerrard; **Pts. 1681.** 607, A. Swindlehurst; 677, G. Streames; 678, A. Fleming.
33. **Ealing & Southall A.C.**—27, M. Barratt; 129, T. Bivens; 335, C. Canton; 358, I. McFarlane; 377, G. Pether; 466, A. Warren; **Pts. 1692.** 489, J. Kennedy.
34. **Thames Hare & Hounds**—54, H. Chadwick; 113, T. Jones; 135, H. Starkey; 422, I. Evans; 476, R. Thorn; 554, P. Honniball; **Pts. 1754.** 585, D. Dawes; 665, M. Bostlemann.
35. **Aldershot, Farnham & Dist. A.C.**—211, T. Davies; 238, C. Whitty; 316, D. Curwell; 350, B. Williams; 373, R. Stonehouse; 400, P. Fitzgerald; **Pts. 1888.** 457, M. Buckham; 506, A. Smith; 551, E. Richardson.
36. **Cambridge & Coleridge A.C.**—18, J. Roberts; 255, B. Jeffs; 341, D. Bucke; 374, C. Lee; 452, J. Moroney; 558, A. Roe; **Pts. 1998.** 690, G. Mould; 610, P. Chaplin.
37. **Bristol A.C.**—69, M. Price; 103, M. Hewer; 212, E. Strong; 327, A. Benn; 589, D. Ford; 727, S. Jackson; **Pts. 2027.**
38. **Medway A.C.**—52, T. Briault; 166, R. Hayman; 334, D. Edwards; 462, J. Mankelow; 504, E. Broad; 548, D. Wigley; **Pts. 2066.** 622, D. Foxley.
39. **Ranelagh H.**—222, J. Forrest; 274, J. Bull; 325, L. Duke; 367, M. Johns; 437, P. Fowler; 469, T. Little; **Pts. 2089.** 468, L. Carnaghan.
40. **Shaftesbury H.**—78, H. Richards; 265, P. Richardson; 355, D. Howe; 419, J. Donovan; 454, D. Green; 565, E. Nolan; **Pts. 2136.** 762, D. Watts; 787, R. Hewitt.
41. **Southgate H.**—197, R. Gomez; 215, G. Pringuer; 331, P. McIlwain; 434, M. Pringuer; 445, L. Gaskin; 542, D. Kidd; **Pts. 2164.** 768, D. Hunt; 790, D. Granger.
42. **Leamington C. & A.C.**—198, A. Rowling; 241, C. Woodward; 324, G. Phipps; 383, G. Pirie; 386, A. Carr; 650, F. Powers; **Pts. 2182.** 738, M. Turner; 775, T. Buckingham.
43. **Paignton A.C.**—205, D. Walton; 216, T. Honeychurch; 322, M. Paine; 337, M. Watts; 456, G. Chase; 728, P. Whitworth; **Pts. 2264.** 745, F. Howes.
44. **Verlea A.C.**—164, R. Davies; 194, J. Bieron;

- 280, P. Smith; 368, T. Slack; 563, P. Willans; 698, R. Bunnage; Pts. 2267. 708, H. Artiss; 808, E. Dodds.
45. **Pembroke A. & A.C.**—161, R. Brown; 286, K. O'Toole; 356, R. Williams; 366, S. Towndrow; 546, P. Jones; 571, P. Toal; Pts. 2286. 612, R. Johnson; 666, L. Nicholson.
46. **Brighton & Hove A.C.**—51, R. Roseman; 139, J. Stephenson; 483, M. Sharp; 521, K. Dale; 574, E. Ranicar; 635, A. Bray; Pts. 2403.
47. **Wycombe Phoenix H. & A.C.**—178, A. Watters; 291, J. Currell; 404, R. Palmer; 421, M. Casse; 501, A. Leeson; 614, D. Blythen; Pts. 2409. 766, C. Havercroft.
48. **Wolverhampton & Bilston A.C.**—144, S. Coomer; 224, C. Lisseman; 409, G. Lock; 517, B. Butler; 529, C. Hunt; 656, D. Prince; Pts. 2479. 731, J. Prince; 755, C. Kemball.
49. **Bournemouth A.C.**—48, R. Matthews; 345, K. Falla; 385, D. Mullen; 474, R. Holman; 533, R. Mattock; 694, C. White; Pts. 2479.
50. **Ipswich H.**—312, T. Smith; 346, T. Taylor; 463, R. Finch; 469, R. Double; 482, T. Gould; 516, J. Pearson; Pts. 2588. 520, R. Scrivener; 645, J. Mower.
51. **Borough of Enfield H.**—156, G. Harrold; 379, B. Hercock; 424, J. Mercer; 453, C. Cloke;
- 494, M. Frisby; 711, K. Barns; Pts. 2617.
52. **Herne Hill H.**—96, M. Gowan; 302, D. Card; 426, R. O'Donoghue; 564, J. Gowan; 577, S. Allen; 706, D. Evans; Pts. 2671. 748, B. Shave.
53. **Aldershot & Dist. A.C.**—20, A. Blinston; 134, J. Norman; 557, G. Moen; 659, H. Roberts; 693, R. Bond; 700, S. Scott; Pts. 2763. 743, A. Hardman.
54. **Metropolitan Police A.C.**—380, B. Hicks; 398, D. Prior; 408, W. Anderson; 441, G. Esson; 549, K. Foster; 647, B. Keenov; Pts. 2823. 691, R. Small; 840, J. Jeffery.
55. **Cheltenham & Cty H.**—227, J. Tull; 395, T. Joyce; 447, M. A'Bear; 449, A. Lyne; 667, L. Massey; 689, D. Hobby; Pts. 2874. 717, S. Colvin.
56. **Ilford A.C.**—208, D. Plater; 488, K. Winger; 515, D. Jones; 527, E. Barrett; 582, A. Tiffin; 584, S. Lloyd; Pts. 2904.
57. **Stafford A.C.**—112, J. Newcombe; 254, B. Pearson; 481, M. Whittaker; 595, F. Shipley; 718, J. McComisky; 753, D. Cowley; Pts. 2913. 845, E. Watson.
58. **Leeds City A.C.**—6, M. Baxter; 262, M. Cox; 530, J. McKenna; 662, B. Gomersall; 716, J. Lawton; 764, D. Wood; Pts. 2940.
59. **Kettering Town H.**—256, A. Toseland; 339, D. Blount; 471, R. Ball; 618, N. Reynolds; 661, G. Smith; 723, D. Smith; Pts. 3068. 777, D. Forrester; 798, T. Webb.
60. **Barnet & Dist. A.C.**—244, A. Reavley; 397, I. Nuckey; 475, J. Street; 624, D. Oakley; 655, P. Goodfellow; 688, J. Atkinson; Pts. 3083. 701, D. Kent; 709, A. Lockyer; 781, M. Gilbert.
61. **Woodford Green A.C.**—259, C. Moxsom; 372, R. Suffield; 539, J. Baker; 581, D. Prior; 583, D. Hardy; 752, B. Davis; Pts. 3086. 866, A. Bird.
62. **A.E.I. (Rugby) H.**—318, T. Smith; 410, C. Neville; 518, M. Childs; 580, V. Bridges; 648, R. Bridges; 704, A. Francis; Pts. 3178.
63. **Small Heath H.**—288, R. Calvert; 289, T. O'Reilly; 478, R. Froggatt; 646, K. Dare; 696, H. Quigley; 792, D. Kennedy; Pts. 3189. 856, A. Jones.
64. **Epsom & Ewell H.**—40, J. Valentine; 528, J. Cock; 593, R. Budd; 652, J. Dixon; 654, M. Hindle; 794, K. Kirby; Pts. 3261. 824, A. Duthie; 833, D. French.
65. **Shrewsbury A.C.**—293, E. Williams; 415, R. Arden; 525, D. Thomas; 594, R. Lambert; 641, C. Toolan; 802, P. Bryers; Pts. 3270. 804, E. Greaves; 818, K. Williams; 849, J. Burnett.
66. **Southampton A.A.C.**—190, D. Bowles; 351, S. Bulpitt; 547, A. Vanderplank; 621, R. Wilds; 806, G. Pribel; 897, W. Morrison; Pts. 3412.
67. **Dartford H.**—250, C. Ridley; 387, K. Marshall; 427, P. Buss; 628, J. Cassell; 844, B. Golightly; 879, A. Head; Pts. 3415.
68. **Swindon A.C.**—177, R. Townsend; 477, J. Townsend; 606, B. Lambert; 714, R. Sharland; 724, J. Curlev; 736, C. Grubb; Pts. 3434.
69. **Orion H.**—470, R. Munt; 526, M. Tomlins; 561, J. Butcher; 627, K. Jones; 632, J. Webb;



Happiness is Rita Lincoln as she comes up to win the English women's cross-country title at Aldershot.
Peter Tempest

- 660, P. Vetterlein; **Pts. 3476.** 682, R. Bond; 715, L. Durrant; 765, I. Thomson.
70. **Colchester A.C.**—199, R. Breese; 329, J. Boulter; 675, B. Hempstead; 710, J. Hyland; 760, C. Goodenough; 811, J. McEvoy; **Pts. 3484.**
71. **Peterborough A. & A.C.**—281, W. Yale; 425, M. Holt; 608, C. Wright; 750, K. Hall; 754, F. Wright; 771, E. Butcher; **Pts. 3589.** 842, R. Hughes; 864, R. Stead.
72. **Gloucester A.C.**—510, D. Pinkard; 555, K. Tayler; 596, T. Haines; 620, R. Pensom; 649, R. Phelps; 719, C. Ellis; **Pts. 3649.**
73. **Halesowen A. & C.C.**—376, K. Roberts; 389, A. Gribbon; 496, M. Peck; 713, M. McWhirter; 837, M. Shilvock; 876, K. Westley; **Pts. 3687.**
74. **Northampton & Cty. A.C.**—406, I. Love; 431, B. Walker; 597, R. Stamp; 625, P. Hart; 735, C. Ridge; 893, I. Canham; **Pts. 3687.**
75. **Newport H.**—173, M. Rowland; 540, P. Durrant; 642, I. Adams; 779, J. Lucas; 799, J. Flook; 820, T. Beese; **Pts. 3753.**
76. **Bracknell A.C.**—450, J. Shepherd; 514, S. Weller; 591, N. Fox; 681, P. Holland; 759, T. Taylor; 810, J. Gurney; **Pts. 3805.** 829, D. Fearn; 836, D. Rikly; 859, J. Lawrence.
77. **Maidenhead A.C.**—375, K. Scudamore; 492, M. Moody; 605, R. Ellis; 670, H. Morrison; 807, M. Hodgetts; 878, N. Pittams; **Pts. 3827.**
78. **Holmfirth H.**—490, J. Curry; 508, T. Ramsden; 570, R. Brook; 669, E. Crosland; 747, M. Booth; 855, B. Heywood; **Pts. 3839.**
79. **Tonbridge A.C.**—371, A. Hutton; 467, R. Schooling; 672, I. Rendell; 673, R. Curtis; 846, M. Redhead; 853, P. Kitching; **Pts. 3883.**
80. **Dudley & Stourbridge H.**—153, P. Butcher; 602, J. Willetts; 685, A. Ross; 800, D. Harns; 834, H. Boswell; 867, P. Greenaway; **Pts. 3941.** 895, E. Horwell.
81. **Walthamstow A.C.**—369, R. Howe; 495, P. Hatto; 705, A. Aishford; 757, D. Archer; 870, R. Pettit; 898, A. Poynter; **Pts. 4094.**
82. **Imperial College**—522, A. Deans; 598, D. Dallman; 702, M. Lidwell; 739, A. Carter; 740, P. Grace; 813, R. Jensen; **Pts. 4114.** 822, A. Keyse.
83. **Crawley A.C.**—362, G. Brown; 503, B. Concanon; 776, J. Shelton; 812, C. Bridgewater; 826, J. Bush; 852, G. Mooney; **Pts. 4131.**
84. **R.A.F. Coltishall**—438, D. Wyatt; 637, A. Watson; 725, C. Clements; 726, N. Dixon; 769, D. Blyth; 901, D. Wales; **Pts. 4196.**
85. **East Hull H.**—266, P. Moon; 671, E. Chambers; 722, R. Kemp; 880, D. McDonald; 888, P. Clarke; 900, R. Brommitt; **Pts. 4327.**
86. **Watford H.**—613, P. Lear; 697, P. Maffia; 772, C. Redman; 785, S. Chandler; 823, K. Dearing; 865, R. Sorrell; **Pts. 4555.**
87. **Maryhill H.**—699, K. Kyriacou; 703, I. Hamilton; 789, S. Watson; 858, D. Yuill; 872, D. Doherty; 889, D. Bruce; **Pts. 4810.**
88. **Huntingdon A.C.**—742, D. Gartside; 773, W. Ody; 816, I. Sprowle; 881, P. Gregory; 885, J. Britzman; 887, J. Turner; **Pts. 4984.** 890, K. Kemp.

The following did not finish a team:

Airedale & Spen Valley A.C.—9, D. Atkin; 223, R. Tristram; 290, J. Temperton; 299, K. Stewart; 674, M. Hainsworth.

Babcock & Wilcox A.A.C.—819, J. Murphy; 830, M. O'Neil; 841, J. Phelan; 871, D. Dodd; 874, J. Price.

Bromsgrove & Redditch A.C.—636, B. Clarke; 640, R. Huins; 788, J. Rideout; 850, P. Sorman; 868, J. Moran.

Bury & Radcliffe A.C.—523, J. Smith; 680, J. Foster; 761, W. Boland; 848, J. Gaffrey; 860, A. Collier.

Camden A.C.—393, F. Corr; 545, D. Blarkmore; 653, L. Bugge; 763, P. Kelly; 835, M. McCrossman.

Highgate H.—326, A. Sowden; 402, D. Clack; 592, R. Cox; 686, G. Poole; 746, A. Rockall.

Invicta A.C.—82, I. Macmillan; 443, G. Witt; 579, D. Townsend; 615, M. Templeman; 809, C. Morgan.

Luton United A.C.—381, H. Soper; 587, A. Layton; 609, R. Churm; 729, P. Hall; 847, N. Fox.

Morpeth H.—13, J. Alder; 226, D. Gray; 247, D. Hepple; 347, A. Matheson; 360, F. Innes.

Sheffield United H.—59, D. Barden; 117, D. Pratt; 301, H. Crossley; 394, A. Baggett; 534, L. Outwin.

Sutton-in-Ashfield H.—60, J. Whetton; 513, G. Towler; 623, J. Harrison; 737, G. Slack; 863, D. Lane.

Swansea H.—405, J. Collins; 493, D. Vaughan; 575, J. Griffiths; 791, G. Batty; 797, M. Kendrick.

Wakefield H.—240, B. Fletcher; 279, A. Child; 285, J. Newsome; 451, D. Hoare; 556, J. Berry.

Wirral A.C.—47, W. Drake; 109, L. Carroll; 149, N. Waterson; 420, G. Williams; 502, W. Bruce.

Allestree Woodlands A.C.—364, D. Dickinson; 418, P. Sarson; 651, D. Woodruff; 733, R. Moreton.

Basilidon A.A.C.—370, J. Webb; 479, B. Lester; 500, D. Minns; 805, A. Roberson.

Birmingham Univ. C.C.C.—396, J. Thompson; 590, T. Salway; 783, G. Hilder; 569, R. Nile.

City of Plymouth A.C.—283, A. Jackson; 363, R. Essery; 499, S. Robinson; 843, J. Hartland.

Croydon H.—160, F. Stebbings; 505, C. Richardson; 695, J. Hills; 817, D. Betts.

Elliott-Reed A.C.—413, E. Wilkins; 629, J. Joyce; 663, G. Windsor; 839, W. Booth.

Eton Manor A.C.—66, M. Absolom; 275, I. Lymath; 465, K. Hutchin; 486, M. Keough.

Hornsey A.C.—124, P. Vaughan; 245, A. Bennett; 292, R. Bennett; 509, R. Taylor.

Horsham Blue Star H.—95, J. Awcock; 191, P. Moore; 308, J. Luxford; 487, G. Gaskell.

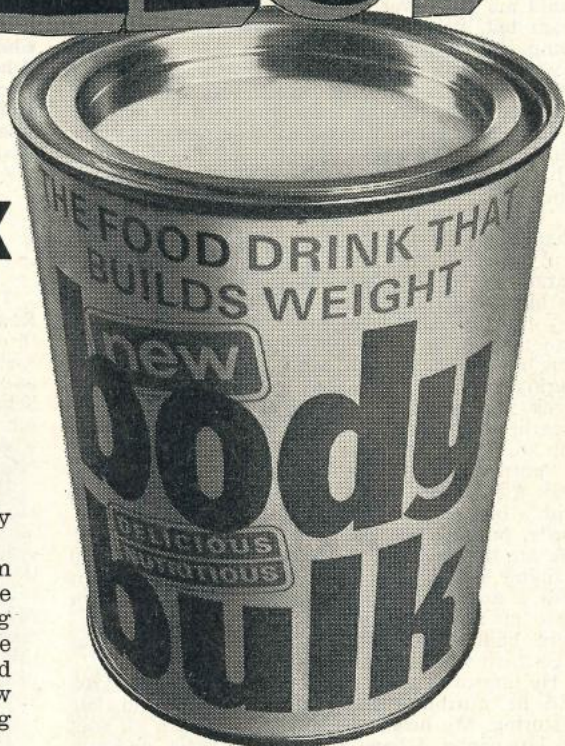
Manchester A.C.—261, P. Chambers; 497, S. Taylor; 687, C. Welton; 854, J. Loftus.

Nuneaton H.—313, R. Panter; 354, C. Routledge; 559, D. Warman; 831, E. Rowland.

Salisbury & Dist. A.C.—344, R. Jeans; 586, R. H. Jeffery; 643, G. Crossman; 712, R. P. Jeffery.

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BODY BULK — THE FOOD DRINK THAT BUILDS WEIGHT

Spotlight on Youth**by John Lusardi****From Cross-Country To Hammer Throw****Chris Black**

"WHEN I was 13 years old I was very small for my age and my brother Alex, then 16, dragged me along to the local athletics club to build me up. I was shoved into the cross country team but, proving useless, tried high jump, long jump and finally discus throwing in turn. Because I was so small my standing throws were not good but I found the same distances as bigger boys could be achieved by turning. Improving through practice, I discovered I could throw most implements without looking too awkward but I still did not know what a hammer was as the club did not possess one.

"One day in 1967 I saw the Scottish Junior shot champion, Jim Jamieson, twirling a ball and wire and decided I must have a go. Turning was fairly natural to me by then and I could throw as far as him even though Jim was 70 lbs heavier than my 160 lbs. After a month I was up to 128 feet and then, at an interclub match, I met Bob Watson, my present coach, who gave me a few tips during warm-up. He asked me to come up every week for coaching and, since we got on well together and understood each other perfectly, I felt this was the event for me."

Sporting ability runs through the Black family and Alex, now 22, is Scottish discus champion with a best of 152'5". "He has helped me tremendously, pushing me when I could not be bothered. We are the only people in the club who do weight training seriously so we stick together." Chris is also a great basketball-lover and has played for East of Scotland Juniors. "I hate seeing things done badly—and this reflects in my throwing as I get mad when not able to get things right."

He improved almost beyond recognition in 1968 and he attributes this "to my coach and late maturing. My height, weight and strength all shot up last winter. I have an excellent coach and you can't help improving when you are getting the best coaching three nights a week!" But, despite this, Chris twice lost to the king of young hammer throwers, Paul Dickenson. "I wanted to beat him but not badly enough. In the two meets (AAA Junior and G.B. v. West Germany Juniors) I was so nervous that I became 'rubbish'. This may have been lack of competitive experience or the knowledge that he has yet to be beaten by an athlete of his own age. This summer I want to beat his British Junior record of 173'3". Also to become a better competitor and look something like a hammer thrower. I hope to reach the mid-180s by the end of the year. Eventually I want to become a top class thrower and win an Olympic medal."

"Hammer facilities are generally poor, understandably as no one likes their turf chewed up, but I am quite well off for training circles. There are five places to throw in Edinburgh where one gets few complaints. What I do need is more

hammer contests in club meets. In 1967 I had two all season, the Scottish and AAA Junior Championships, which is not enough. But I'm managing so far."

Full Name: Christopher Francis Black**Birthplace & Date:** Edinburgh, January 1st, 1950**Club:** Edinburgh Southern H., Field Events Club**School:** St. Anthony's SS**Occupation:** Apprentice Mechanical Technician**Height & Weight:** 6'2", 192 lbs**Coach:** Bob Watson**Best Marks:**

1966: DT—165'4" (1Kg)

1967: HT—174'4" (12lb), 133'0" (16lb)

1968: HT—202'8" (12lb), 164'9" (16lb)

David Rogers

Two years younger than Chris Black, Dave Rogers was the country's leading Youth hammer thrower in 1968. "I took up the event because I wished to emulate Bruce Fraser, Chris Davison and Paul Dickenson who all won the All-England Schools title and who were all senior to me at school." This feat Dave accomplished last year when he won the Youth's hammer title for Northumberland, the county's fifth win in six years.

"I consider myself a hammer thrower first and an athlete second. Someday I may become an athlete because of my throwing. Although I enjoy playing rugby and other sports the hammer is the thing that has brought me most success and seems to offer the most opportunity therefore it is of prime importance. For the first two years I did not take the event at all seriously and some of the things Carlton Johnson told me did not sink in properly, but now I have a much more serious attitude and find his advice invaluable. I also get a lot of advice and help from Bruce Fraser."

"My performances were affected during 1967 by a serious back injury, sustained in June, which did not clear up until November—thus my season's best in December. At the beginning of 1968 training was disrupted by the departure of my coach to a different school and this may have been a factor in David's failing to attain his goal of 200 feet in competition, a mark he achieved in training fifteen months ago. Now his sights are set on the Junior hammer which he has already hurled 194 feet in practice (184'6" in competition). His best mark with the senior implement to date is 152 feet.

This summer David, who is currently anxiously awaiting notification of acceptance from Tyne-mouth Police Force, wants to better 200 feet in his first year as a Junior, crack Paul Dickenson's British age best with the 16-pounder (157'8") and gain a Junior International vest. Eventually he hopes to represent Britain in the Olympic Games.

Full Name: David Rogers**Birthplace:** North Shields, Northumberland.

Birthdate : March 11th, 1952

Club : North Shields Polytechnic

School : Tynemouth Grammar TS

Height & Weight : 6'1", 225lbs

Coach : Carlton Johnson

Best Marks :

1965 : HT—135'0" (8lb 13ozs)

1966 : HT—174'8" (8lb 13ozs)

1967 : HT—195'6" (10lbs)

1968 : HT—197'4" (10lbs)

John Turton

In the notoriously unsettled world of discus throwing, John Turton last year reigned twice-crowned king of the South division. First he positively sailed through the National Schools event with 184'10", winning by 9'10" and thrice throwing over 180 feet. Then, at the Southern Youths, he slipped to a margin of 7'5" (181'6"). The AAA Youths (won at 173 feet) was the only honour to slip from his grasp and this because "I forgot to send my entry in and, although I did ring up more than a week before the Championships, was not allowed to take part." All this as a first year Youth! In fact, John only missed the Boys age group by seventeen days and his best throw of



JOHN TURTON

"Reading Evening Post"

1968 (187'10") was achieved when he was still only fourteen!

Coming from a sporting family (his grandfather played soccer for West Ham in 1931) John's interest in sport began very young. "I have been running since about the age of seven then graduating to long jump and achieving 18'11". At twelve I entered a cricketball throwing competition at school and achieved 224'11". After that I took up the discus but never treated it seriously until now when, seeing that I've got a chance of getting somewhere, intend paying more attention to it." True to his word John now has a coach, John Lloyd, secretary of the highly competent Discus Circle organisation, and has started on his first weight training programme.

Despite his resounding successes last season John Turton was not entirely satisfied with his year. "I had expected to get over 200 feet in competition as I had achieved a best of 201'5" in training. But, after the English Schools, my style deteriorated as it always does when I've not got someone to tell me what I'm starting to do wrong." Comments his coach "he is not particularly strong but generates tremendous power—I reckon he could high jump 6 feet if he knew how. Already he has done a 9'9" standing jump and a 26½" sargeant jump! His speed in the circle is very good and he uses all of it to throw, unlike some youngsters of his age who rely on arm actions that makes them appear fast. His success in competition is due to his not having any repressions or inhibitions. He just steps into the circle and throws—doesn't worry about what others are throwing or doing."

The marvellously self-assured Turton is quite certain about his aims in the sport—he would like to compete in the Olympics eventually. The imminent season, he hopes, will bring a place in a Junior International team plus a throw of between 210 and 220 feet. The greatest distance ever achieved by an AAA Youth with the 1 kilo implement is 203'9"!

Full Name: John Martin Turton

Birthplace: Reading, Berkshire

Birthdate: August 14th, 1953

Club: Reading AC, Discus Circle

School: Stoneham GS

Height & Weight: 6'1½", 180lbs

Coach: John Lloyd

Best Marks:

1967: DT—96' (1kg)

1967: DT—143'8" (1kg)

1968: DT—187'10" (1kg)

VACANCIES

Watford H. have vacancies for clubs to compete in two mixed meetings at Watford: April 27th, relay meet; August 9th, inter-club meet. Contact C. C. Redman, 36 Blenheim Road, North Harrow, Middx.

There are two vacancies for the Carshalton Trophies Meeting on April 26th for both men's and ladies' team. Apply by phone to W. Payne (01-644 5308).

League Races

SOUTH EAST ESSEX LEAGUE

At Basildon, February 15th

1, R. Young (Havering)	28.28
2, R. Palmer (Basildon)	29.26
3, G. Knight (Essex Beagles)	29.31
4, J. Drake (Bas) 30.33; 5, M. Theobald (Hav) 30.43; 6, A. Lee (EB) 30.50; 7, R. Stinton (Col) 30.58; 8, W. Stone (Hav) 31.01; 9, D. Rowlands (HO) 31.02; 10, I. Pearce (Hav) 31.17; 11, P. Bryan (Hav) 31.25; 12, T. Smith (Ips) 31.41; 13, D. Smith (HO) 31.43; 14, R. Double (Ips) 31.46; 15, C. Powell (HO) 31.51; 16, R. Campbell (EB) 31.57; 17, D. Watts (EB) 32.01; 18, P. Cheatle (EB) 32.04; 19, B. Lester (Bas) 32.24; 20, K. Webster (HO) 32.28.	

Teams: 1, Havering 35; 2, Essex Beagles 60; 3, Hadleigh Olympiads 95; 4, Basildon 128; 5, Ipswich 135; 6, Chelmsford 160; 7, Colchester 179; 8, Southend 226.

Final League Positions: 1, Havering 58; 2, Hadleigh Oly. 53; 3, Basildon 49.

Youth/Boys

1 eq, B. Smith (Thurrock-B)	14.53
S. Harvey (Thurrock)	14.53
3, C. Rawling (Chelmsford)	14.57
4, A. Goldsmith (Ips) 15.01; 5, D. Chapman (HO) 15.07; 6, A. Dawson (Bas) 15.22; 7, S. Mead (EB) 15.24; 8, S. Barr (Th) 15.29; 9, A. Thomas (EB) 15.39; 10, P. Horton (Brent) 15.42; 11, J. Bishop (Brent) 15.51; 12, S. Bishop (Brent) 15.52; 13, R.	

Coates (Bas) 15.54; 14, D. Warren (Hav) 15.55; 15, A. Wells (Th) 15.56.

Teams: 1, Thurrock 26; 2, Brentwood 56; 3, Essex Beagles 58; 4, Basildon 66; 5, Southend 103; 6, Chelmsford 117.

Final League Positions: 1, Thurrock 65; 2, Essex Bgls 52; 3, Hadleigh Oly. 50.

Women

1, W. Phillips (Hav) 20.11; 2, M. Clouter (S'end) 22.43; 3, D. Churchill (S'end) 23.35; 4, M. Giles (HO) 24.09; 5, P. Lacey (HO) 24.09. **Teams:** 1, Southend 11; 2, Havering 13; 3, Hadleigh Oly. 15.

Junior Girls

1, C. Coward (Havering)	12.21
2, P. Naylor (Havering)	12.23
3, J. Webb (Basildon)	12.43
4, T. Bass (Th) 13.13; 5, J. Wheeler (EB) 13.20; 6, J. Hayden (Th) 13.26; 7, J. Benson (Th) 13.37; 8, L. Noble (Th) 13.39; 9, L. Blackman (Th) 13.59; 10, P. Fisk (Hav) 15.01.	

Teams: 1, Havering 13; 2, Thurrock 17; 3, Essex Beagles 29; 4, Basildon 29.

Final League Positions: 1, Thurrock 43; 2, Southend 37; 3, Basildon 35.

BIRMINGHAM & DISTRICT LEAGUE

Div III at Northampton, February 15th

1, P. Butcher (Dudley & Stour)	30.42
2, J. Newcombe (Stafford)	31.42
3, W. Keene (Lozells)	31.53
4, T. Morris (Ulla) 32.07; 5, E. Williams (Shrews) 32.12; 6, J. Hardiman (Loz) 32.39; 7, C. Arden (Shrews) 32.43; 8, J. Love (No'ton) 32.48; 9, M. Jones (Ulla) 32.50; 10, A. Page (No'ton) 32.56;	

COUNTY BOROUGH OF SOLIHULL ATHLETIC CLUB

Invite Entries for their

ANNUAL SPRING RELAYS MEETING

under A.A.A. and W.A.A.A. laws

SATURDAY, 26th APRIL, 1969 at TUDOR GRANGE PARK, SOLIHULL

RELAYS for SENIORS, YOUTHS, BOYS; SENIOR, INTER & JUNIOR WOMEN, at 4x100m and up to 4x800m. Also 3000m and 1500m team races for SENIORS AND YOUTHS.

OPEN SHOT & DISCUS for SENIORS, YOUTHS, SENIOR and JUNIOR WOMEN.

OPEN TRIPLE JUMP, on Tartan Surface, for SENIORS & YOUTHS.

ENTRY FEES: 8/- per team, 2/6d per field event.

ENTRY FORMS and details from the Secretary, Solihull A.C., Athletics and Youth Centre, Blossomfield Road, Solihull.

Entries, on Official Forms only, close 12th April, 1969.

Date for Diaries: 13th September—Young Athletes Meeting—Details later.

11, R. Lambert (Shrews) 33.01; 12, J. Kinsell (Birm. Pol) 33.10; 13, B. Stamp (No) 33.29; 14, B. Walker (No) 33.48; 15, P. Farebrother (Shrews) 34.18; 16, C. Toolan (Shrews) 34.22; 17, L. Hathaway (No) 34.27; 18, D. Thomas (Shrews) 34.31; 19, J. Hiron (Ulla) 34.36; 20, R. Finney (No) 34.42.

Teams: 1, Shrewsbury 72; 2, Northampton 82; 3, Lozells 141; 4, Dudley & Stourbridge 209; 5, Birmingham City Police 230; 6, Solihull 246.

Final League Positions: (Ind) Butcher 9 pts (Teams) 1, Shrewsbury 342; 2, Northampton 380; 3, Lozells 486.

Youths

1, D. Driver (Northampton) 16.19
2, P. Downes (Northampton) 17.04
3, T. Barnes (Lozells) 17.07
4, G. Cooper (Ulla) 17.32; 5, S. Shah (Loz) 18.04;
6, G. Barker (West Brom) 18.45; 7, Shakley (Dud) 19.15; 8, R. Morris (Loz) 19.42; 9, M. Burgess (No) 19.42; 10, T. Haden (Dud) 19.45; 11, J. Hopkins (Dud) 20.01; 12, J. Edwards (Dud) 20.14.

Teams: 1, Northampton 12; 2, Lozells 16; 3, Dudley & Stourbridge 28.

Final League Winners: Dudley & Stourbridge 189.

CHINGFORD & DISTRICT LEAGUE

3M Road Race at Victoria Park, February 18th

1, M. Absolom (Eton Manor) 16.20
2, M. Qunne (Victoria Park) 16.30
3, K. Hutchin (Eton Manor) 16.38
4, P. Vaughan (Hornsey) 16.41; 5, C. Ridley (W'stow) 16.58; 6, R. Bennett (Hornsey) 17.02; 7, P. Fulcher (London FB) 17.04; 8, R. Howe (W'stow) 17.05; 9, M. Madders (W'stow) 17.11; 10, T. Crabb (EM) 17.13; 11, R. Grainger (Hornsey) 17.18; 12, I. Wiggitt (Hornsey) 17.21; 13, M. Pringuer (S'gate) 17.25; 14, A. Rich (W'stow) 17.27; 15, B. Hercock (En) 17.30; 16, M. Keough (EM) 17.31; 17, R. Sluce (EM) 17.34; 18, A. Bennett (Hornsey) 17.38; 19, J. Maynard (Hornsey) 17.39; 20, E. Barnard (S'gate) 17.40.

Teams 1, Eton Manor 69; 2, Hornsey 70; 3, Walthamstow 84; 4, Victoria Park 170; 5, Barnet 249; 6, Boro' of Enfield 269; 7, Southgate 277; 8, London Fire Brigade 309.

Final League Positions: 1, Hornsey 68; 2, Walthamstow 56; 3, Boro' of Enfield 55.

ICKNIELD LEAGUE

At Cambridge, February 22nd

1, A. Simmons (Luton United) 39.20
2, J. Roberts (Cambridge & Col) 41.55
3, C. Burt (Norfolk Gazelles) 42.25
4, D. Cannon (SNH) 42.36; 5, H. Quince (Bed) 42.37; 6, B. Burns (NG) 42.44; 7, L. Woolner (NG) 43.05; 8, B. Hutton (Lut) 43.30; 9, P. Francis (Bed) 43.45; 10, J. Montgomery (Corby) 44.05; 11, B. Jeffs (CC) 44.15; 12, S. Sharratt (Luton) 44.18; 13, C. Lee (C) 44.45; 14, J. Daniels (NG) 45.11; 15, E. Palmer (NG) 45.25; 16, D. Eke (Hunts) 46.02; 17, J. Moroney (CC) 46.27; 18, A. Roe (CC) 46.36; 19, R. Wright (Hunts) 46.41; 20, G. Gartside (Hunts) 46.42.

Teams: 1, Norfolk Gazelles 66; 2, Cambridge & Col. 86; 3, Luton 113; 4, Bedford & County 137; 5, Huntingdon 141; 6, Stevenage & North Herts 196; 7, Corby Town 202.

Final League Positions: 1, Cambridge & C. 187; 2, Norfolk Gaz. 286; 3, Luton United 309.

Youths/Boys

1, eq, Graham Tuck (Camb. & Col) 23.34
Grenville Tuck (Camb. & Col) 23.34
3, J. Barrow (Cambridge & Col) 25.24
4, J. Sullivan (SNH) 25.38; 5, N. Hooks (Bed) 25.40; 6, T. Butt (SNH) 26.32; 7, L. Shaw (LU) 26.57; 8, T. Stevens (LU) 27.20; 9, J. O'Kane (LU) 27.25; 10, R. Pettitt (CC) 27.36; 11, A. Baskerville (LU) 27.58; 12, T. Crump (SNH) 28.13.

Teams: 1, Cambridge & Coleridge 16; 2, Luton United 35; 3, Stevenage & NH 39; 4, Bedford & Cty 95; 5, Huntingdon 100.

Final League Positions: 1, Camb. & Col. 107; 2, Luton United 128; 3, Norfolk Gaz. 164.

Colts

1, R. Henchie (Cambridge & Col) 17.36
2, R. May (Cambridge & Col) 18.05
3, M. Ward (Cambridge & Col) 18.40
4, D. Clark (Corby) 18.43; 5, D. Keenan (Corby) 19.14; 6, J. Boyle (Corby) 19.28; 7, P. Graver (CC) 19.33; 8, D. O'Shea (Hunts) 19.36; 9, J. Branch (CC) 19.49; 10, D. Thompson (CC) 19.51.

Teams: 1, Cambridge & Coleridge 6; 2, Corby

continued on page 17



Roger Clark ahead of Bill Adcocks and Frank Briscoe in last year's "National". Ron Linstead

CLUBS OF THE YEAR—Poly and LOAC

ONCE more Polytechnic Harriers and London Olympiades have won the "Birds Eye" trophies for the NUTS Club of the Year championships. These ranking lists were compiled using the Portuguese Scoring Tables to score the best performance by a first claim member of each club at all standard Olympic events, with the exception of the walks, marathon and decathlon, or their English equivalents.

In the men's section there was very little between the Poly and Birchfield for the top spot, while Thames Valley were run surprisingly close for third by Blackheath. In the ladies section London Olympiades won very easily with a record score. Mitcham moved up into second place over Birchfield, who are of course the top club if men's and women's scores are totalled.

The performances which made up the leading clubs' scores are as follows:

Men: Polytechnic—9.8, 21.5, 45.9m, 1:49.6, 4:04.1, 13:35.8, 29:31.6m, 9:18.2, 15.3, 53.1, 6'4", 12'6", 22'7½", 46'0", 58'0", 187'10", 193'4", 248'8", 41.7m, 3:14.9. Birchfield—9.8, 22.2, 47.1m, 1:50.7m, 4:02.0, 13:53.4m, 29:12.8, 8:49.2, 14.1, 49.0m, 6'2", 11'9¼", 23'2", 49'1", 50'3", 159'0", 223'3", 198'2", 43.1, 3:16.4.

Women: LOAC—11.5m, 23.4m, 52.1m, 2:02.0m, 10.9, 5'5", 20'5", 42'0", 141'8", 182'5", 45.5m. Mitcham—11.9m, 24.2m, 56.1, 2:03.4m, 11.4, 5'6", 19'0¼", 51'4¼", 165'11", 128'0", 48.6. Birchfield—11.0, 24.3m, 55.1, 2:02.9m, 10.8, 5'2¼", 20'5¼", 38'8¼", 135'6", 147'0", 46.5m.

I would like to thank all those who have helped me with this compilation, particularly David Turner, who compiled the Colleges and Universities section, and Roger Gynn; also David Keddie for Scottish clubs and Ken Bennett for Welsh clubs. A complete list of clubs ranked and any further information required can be obtained by anyone sending an SAE to me at: 100 The Avenue, Ealing, London, W.13.

Peter Matthews

MEN

(Figure in brackets is last year's position)

1, Polytechnic 17,692 (1); 2, Birchfield 17,582 (2); 3, Thames Valley 17,244 (3); 4, Blackheath 17,225 (4); 5, Cardiff 17,076 [Birchgrove 16,398 (7), Roath 15,409 (25)]; 6, Achilles 16,740 (39); 7, Edinburgh SH 16,718 (10); 8, Hillingdon 16,716 (20); 9, Surrey 16,712 (6); 10, Brighton & Hove 16,661 (5); 11, Notts 16,653 (11); 12, Belgrave 16,610 (28); 13, Bristol 16,514 (12); 14, Woodford Green 16,485 (19); 15, Southampton 16,449 (15); 16, Liverpool 16,414 (16); 17, Sale 16,329 (73); 18, Shettleston 16,172 (45); 19, Croydon 16,153 (23); 20, Bournemouth 16,007 (38); 21, Cambridge H. 15,989 (14); 22, Westbury 15,896 (9); 23, Derby & County 15,851 (65); 24, Leicester Colleges 15,833 (26); 25, Herne Hill 15,789 (13). 26, Bellahouston 15,690 (66); 27, Hercules-Wimbledon 15,659 (8); 28, Ealing & Southall 15,592 (18); 29, Windsor & Eton 15,564 (22); 30,

Swansea 15,504 (34); 31, Walton 15,391 (32); 32, LAC 15,256 (46); 33, Southend-on-Sea 15,167 (50); 34, Wolverhampton & Bilston 15,150 (17); 35, N. Shields Poly 15,085 (76); 36, Reading 15,015 (24); 37, Verlea 15,014 (68); 38, Carmarthen 14,993 (63); 39, Ipswich 14,980 (21); 40, Aldershot & Farnham 14,908 (58); 41, City of Stoke 14,862 (29); 42, Oxford City 14,859 (—); 43, QPH 14,825 (42); 44, Octavians 14,797 (48); 45, Gloucester 14,605 (41); 46, Essex Beagles 14,579 (—); 47, Hereford & County 14,557 (43); 48, Edinburgh AC 14,313 (31); 49, Ilford 14,151 (36); 50, Chelmsford 14,123 (35).

Colleges & Universities: 1, Loughborough C. 17,303 (3); 2, Cambridge U. 17,077 (2); 3, Oxford U. 16,773 (1); 4, Borough Road C. 16,598 (—); 5, Edinburgh U. 16,083 (5); 6, Birmingham U. 15,899 (7); 7, London U. 15,805 (4); 8, Cardiff CPE 15,578 (11); 9, Loughborough U. 15,423 (—); 10, St. Mary's C. 15,420 (—); 11, Madeley C. 15,323 (—); 12, Leicester U. 14,988 (8).

WOMEN

1, LOAC 9,621 (1); 2, Mitcham 9,142 (3); 3, Birchfield 9,033 (2); 4, Ballymena 8,352 (7); 5, Southend-on-Sea 8,304 (27); 6, Maryhill 8,215 (6); 7, Croydon 8,002 (17); 8, Boro. of Enfield 7,933 (28); 9, Essex Ladies 7,913 (11); 10, Derby Ladies 7,908 (12); 11, Edinburgh SH 7,905 (35); 12, Aldershot & Farnham 7,888 (14); 13, Middlesex Ladies 7,881 (9); 14, Bristol 7,874 (15); 15, Cambridge H. 7,837 (5); 16, Brighton & Hove 7,832 (8); 17, Liverpool 7,792 (4); 18, Stretford 7,757 (32); 19, Verlea 7,747 (49); 20, Notts 7,678 (10); 21, Darlington H. 7,664 (—); 22, Hillingdon 7,641 (19); 23, Surrey 7,631 (13); 24, Woking 7,561 (24); 25, Western 7,541 (59).

26, Cardiff 7,501 (22); 27, Feltham 7,435 (34); 28, Stoke 7,319 (16); 29, Swindon 7,307 (37); 30, Selsonia 7,263 (47); 31, Epsom & Ewell 7,221 (31); 32, Havering 7,093 (26); 33, Blackpool & Fylde 7,039 (55); 34, Solihull 7,031 (—); 35, Swansea 6,933 (—); 36, Norfolk Olympiades 6,885 (18); 37, Lozells 6,840 (30); 38, Chelmsford 6,810 (23); 39, Pilkington 6,608 (—); 40, Spartans 6,593 (46); 41, Oxford Ladies 6,542 (58); 42, Medway 6,479 (—); 43, Crawley 6,363 (—); 44, Gloucester 6,358 (40); 45, Ipswich 6,196 (36); 46, Bury & Radcliffe 6,185 (32); 47, Barnet 6,040 (—); 48, Wolverhampton & Bilston 6,025 (28); 49, Redhill & Reigate 5,855 (50); 50, Hereford & County 5,761 (45).

Colleges: 1, Dartford CPE 7,729; 2, I.M. Marsh CPE 7,554; 3, Bedford CPE 7,426; 4, Leicester U. 7,173; 5, Norrington CPE 6,887.

WOMEN'S TRACK & FIELD WORLD YEAR BOOK, 1968

A few copies left at 30s. post free, from
Pete Pozzoli, 155 Ordnance Road, Enfield
Lock, Middlesex.

LEAGUE RACES continued from page 15

Town 15; 3, Huntingdon 26.

Final League Positions: 1, Camb. & Col. 28; 2, Huntingdon 88; 3, Stevenage & NH 141.

KENT LEAGUE**At Sidcup, February 22nd**

1, T. Briault (Medway)	26.15
2, R. Hayman (Medway "B")	26.18
3, R. Webb (Cambridge H-J)	26.21
4, J. Pettitt (Med) 26.26; 5, G. Taylor (CH) 26.59;	
6, K. Harland (CH) 27.28; 7, J. Oliver (KAC) 27.39;	
8, A. Prowse (Ton) 28.07; 9, K. Penny (Camb H-Junior) 28.08;	
10, B. Middleton (CH) 28.29; 11, T. Marcellin (KAC) 28.39; 12, D. Foxley (Med) 28.43;	
13, P. Jordan (Med-J) 28.45; 14, P. Buss (Dart) 28.49;	
15, M. Paul (CH) 28.51; 16, H. Green (Med) 28.52;	
17, P. Martin (KAC) 28.54; 18, D. Wigley (Med "B") 28.57;	
19, P. Byrne (CH "B") 29.06; 20, D. Townsend (Inv) 29.21.	

Teams: 1, Cambridge H. 23; 2, Medway 30; 3, Kent AC 57; 4, Medway "B" 83; 5, Invicta 105; 6, Tonbridge 108; 7, Dartford 120; 8, Camb.H. "B" 122; 9, Erith 140; 10, Elliott & Reed AC 144.

Final League Positions: 1, Medway 144; 2, Camb.H. 136; 3, KAC 114; 4, Medway "B" 107; 5, Invicta 98; 6, Dartford 72; 7, Camb.H. "B" 72.

SUSSEX LEAGUE**At Sompting, February 22nd**

1, D. Bedford (Falmer Striders-J)	34.15
2, P. Standing (Brighton & Hove-J)	34.20
3, C. France (Falmer Striders)	34.32
4, B. Foster (FS) 35.18; 5, J. Awcock (Hors) 35.23;	
6, P. Bennett (BH) 35.46; 7, J. O'Meara (BH)	

36.23; 8, P. Rockwood (BH) 36.41; 9, P. Moore (Hors) 37.16; 10, J. Luxford (Hors) 37.27; 11, H. Foord (!) (BH) 37.44; 12, G. Ashdown (BH) 37.48; 13, G. Brown (Craw) 37.57; 14, B. Collier (Worth) 38.29; 15, P. Whitcomb (BH) 38.36.

Teams: 1, Brighton & Hove 84; 2, Falmer Striders 154; 3, Horsham Blue Star 185; 4, Worthing 217; 5, Crawley 243; 6, Eastbourne 293.

Youths/Boys

1, G. Baker (Horsham Blue Star)	19.38
2, K. Kitson (Brighton & Hove)	19.39
3, C. Bere (Brighton & Hove)	19.52
4, G. Styan (Hors) 20.36; 5, D. Powell (Hay.Hth) 20.38;	
6, M. Harrison (Hors) 21.22; 7, S. Todd (BH) 21.25;	
8, P. Russell (Craw) 21.29; 9, A. Micall (BH) 21.42;	
10, D. Fleming (Hors) 21.55.	

Teams: 1, Brighton & Hove 21; 2, Horsham Blue Star 49; 4, Haywards Heath 58; 5, Worthing & Dist. 61.

WILTS BORDER LEAGUE**At RAF Colerne, January 8th**

1, P. O'Neill (Benson)	39.05
2, F. Martin (Abingdon)	39.50
3, A. Moore (Lyneham)	40.05
4, Beckett (Col) 41.40; 5, Sandford (Fairford) 42.22;	
6, Parker (Abing) 42.56; 7, Gratton (Lyne) 43.00;	
8, Lewins (Ben) 43.08; 9, Donkin (Col) 43.23;	
10, McComiskey (Col) 44.23; 11, Price (Col) 45.00;	
12, Pinto (Col) 45.10; 13, Harbron (Lyne) 45.43;	
14, Morgan (Col. "B") 45.50; 15, Rees (Col. "B") 46.00.	

Teams: 1, Colerne 169; 2, Lyneham 146; 3, Abingdon 129; 4, Benson 126; 5, Colerne "B" 108; 6, Innsworth 68.

In the Isle of Man

From April 4th to 7th, 1969

EASTER ATHLETIC FESTIVAL

GOOD FRIDAY—Road Races.

4½ Miles Seniors, 3 Miles Youths. (Record 21m. 44secs). **Prizes**—first 6 in Senior, first 3 in Youths. First 2 teams.

EASTER SATURDAY—Manx Relay Trophy Races.

Men—4x3 Miles Relay. **Women**—3x2 Miles Relay. **Prizes**—first 3 teams and fastest lap.

EASTER SUNDAY—Hill/Fell Races.

Approx. 4 Miles Seniors & Youths. **Prizes**—first 6 in Senior, first 3 in Youths, first 2 teams.

Accommodation—reduced prices for hotel and boat. Cost approx. £7 for period, dependent on length of stay.

Have a Holiday as well. Apart from the events above, there will be Football, Rugby, Hockey etc. events to see, plenty of Dances, evening out in a Hotel, visit the Casino, etc. **Bring the family, make this Easter a Sporting Holiday with us.**

Full information from B. Whitehead, 2 Marine View Close, Onchan, Isle of Man.

Overseas News and Results

USA INDOOR

Twelve High Jump Victories In A Row

THE hottest high jumper in the world just now is 22-year-old Ron Jourdan of Florida. Lightly built at 6'1" and 150lb, Jourdan has cleared 7'2"/2.185 both outdoors and indoors this year and has won twelve competitions in a row. Only once has he failed to jump 7ft. Jourdan, born at Pensacola, Fla., on February 28th, 1947, began in 1963 with 5'5"/1.65 and improved to 5'11"/1.80 in 1964. He made tremendous progress as an 18-year-old (6'7½"/2.02) but did no better than 6'7½"/2.01 in 1966. He reached 6'9½"/2.07 in 1967 and 7'0½"/2.15 last year but was never close to making the Olympic team. Jourdan, a 10.2 100y sprinter, now has his eyes on Dick Fosbury's American record of 7'4½"/2.24. Ron, however, was well beaten by Ed Caruthers on February 21st: 7'2"/2.185 to 6'10"/2.08.

When Larry James set a world best 500y time of 55.4 he wasn't actually going all out. He expected to run a 440y relay leg later but in that race a team-mate fell and so Larry was never called upon to run . . . Peter Chen, who has cleared 17'1"/5.20 (previous best of 16'6½"/5.04),



Ralph Doubell leads from Jozef Plachy, Herb Germann and Dave Perry in 2:06.3 1000 yards in Los Angeles.
Don Chadez

is the world's first Negro 17-footer. He is only 5'7½" and 145lb.

1.2. Columbus. 60y: J. Hill 6.0. **7.2. Fort Worth.** 1000y: Von Ruden (2:07.7) passed 880y in 1:51.2; LJ: Miller (Bah) 24'4"/7.41 (1:08.9 600y runner). **8.2 Baltimore.** 2M: 3, Bailey (Can) 8:54.8; LJ: 4, Mays 23'6½"/7.17. **8.2. East Lansing.** (220y flat dirt track) 600y: In Wehrwein's 1:09.0, 440y was passed in 48.7 (Wehrwein also ran 46.8 440y relay leg); Mile: Ryun (4:06.2) ran last 440y in 54.7. **8.2. Madison.** 1000y: Winzenried 2:08.6. **8.2. Albuquerque.** 600y: 2, Ericson (Swe) 1:10.0. **8.2. Natchitoches.** 60yH: T. Hill 7.0. **12.2. Lawrence.** 2M: Robinson (Aus) 8:50.2 . . . Ryun (foot injury) dnf; LJ: Jessie 25'0½"/7.63; SP: Salb 65'5¼"/19.94, S. Wilhelm 62'5¼"/19.03. **14.2. New York.** 2M: 7, Kuha (Fin) 8:59.0. **14.2. Knoxville.** 600y: Hardy 1:10.6; 60yH: Flowers 7.2; HJ: Jourdan 7'2"/2.185; PV: Sprung 16'0"/4.78. **14.2. Manhattan, Kans.** 60y/60yLH: W. Long 6.0/6.6. **15.2. Madison.** 1000y: Winzenried (2:07.8) passed 880y in 1:52.0. **15.2. Los Angeles.** 60y(B): K. Clayton 6.1, Fray (Jam) 6.2; TJ: Mohinder Singh (Ind) 50'0½"/15.25; Relay legs—440y: (lead-off) Carlos 49.6; ¼M/880y: Fisher (Aus) 3:00.0/1:50.8 (45 min. between). **15.2. Louisville.** 70y: Highbaugh, Crockett & Goodrich 6.9 hts; 500y: James (55.4) passed 220y in 24.2, 440y in 48.6; 2, Mills 56.0; 880y: Schultz 1:51.8, Hinton (Can) 1:51.8; 70yH: 2, Coleman 8.0; PV: 2, Sprung 16'0"/4.87; SP: 3, B. Wilhelm 61'5¼"/18.73; 440y relay legs: Roberts (Trin) 46.8, A. Bell 47.6. **15.2. Long Beach.** (outdoors) 35lb WT: Frenn 68'4¼"/20.83, Connolly 68'4"/20.83.

21.2. New York. 50m: Gaines 5.7, Pender, Polard, Miller (Jam); 400m: James 48.7, Matthews 48.8, Badenski (Pol) 48.8, Roberts (Trin) 49.5; 500m: Burnett 63.5, McAlhany 63.6, Schuder 63.9, Whitney 64.0; 800m: Dyce (Jam) 1:51.5, Plachy (Cz) 1:51.7, Tomeo 1:52.0, Cayenne (Trin) 1:52.3; 1000m: Leps (Can) 2:27.1, CHRIS MASON 2:27.1, Kivlan 2:27.3, Nation 2:27.3, Ziemiński 2:27.3, H. Germann 2:29.2; 1500m: Liquori 3:48.7, Szordykowski (Pol) 3:48.8; 3000m: Finlay (Can) 7:59.0, Brown 7:59.2 . . . 5, Petr (Cz) 8:14.4; 60yH: Davenport 7.1, Hall, Coleman, Howser, Flowers; HJ: Caruthers 7'2"/2.185, Costello 6'10"/2.08, Rambo 6'10", David & Jourdan 6'10", Tull 6'10"; PV: Seagren 16'10½"/5.14, Sprung 16'3"/4.95, Chen 16'3"; LJ: Boston 25'2½"/7.69, Tate 25'2"/7.67 . . . 4, Mays 24'2"/7.36; 800m relay leg: Paul 1:48.9; 1500mW: Romansky 5:59.8, Pamich (Ita) 6:02.9; Pen: Toomey 4277 (60y-6.2, SP-47'0"/14.32, LJ-24'4"/7.41, HJ-6'4"/1.93, 300m-35.9), Sloan 3832, Waddell 3581; women's 50m: Ferrell 6.2, Szewinska (Pol) 6.2; 400m: Scott 56.9, Morris (Jam) 57.3, Stroy 57.3; 800m: Manning 2:09.1, Hoffman (Can) 2:09.4, Brown 2:11.9. **22.2. Cleveland.** 50y: Pender 5.2; 440y: Badenski (Pol) 49.5, Bernard (Trin) 49.5, Roberts (Trin) 49.6; 600y: James 1:11.1, McGrady 1:11.8; Mile: Oleson 4:06.7, Szordykowski (Pol) 4:07.0, Murphy (Rol)

4:07.6, Bair 4:09.7; 2M: Robinson (Aus) 8:52.2, Ellis (Can) 8:53.0, MASON 9:03.0; 50yH: Hall 6.1; PV: Sprung 16'6"/5.03, Smith 16'6", Seagren 16'6", MIKE BULL 16'6" (UK best); women's 50y: Szewinska (Pol) 6.0, Render 6.0; HJ: Montgomery 5'8"/1.725. **22.2. San Diego.** 60y: Greene 6.1, Gaines 6.2; 600y: Kemp 1:10.3, Whitney 1:10.5, McCrary 1:10.6; 1000y: Andersson (Swe) 2:08.1, Von Ruden 2:08.8; Mile: Crawford 4:01.2, Patrick 4:02.3, Day 4:03.8; 2M: Young 8:27.2 (eq. world best), Wiebe 8:37.8; 60yH: Davenport 6.9; HJ: Caruthers 6'10"/2.08, Lowe 6'10"; PV: Pennel 16'6"/5.03, Sloan 16'0"/4.87, Chase 16'0"; LJ: Shinnick 25'12"/7.66, Hopkins 25'12"; Boston 23'7.1"/7.19; SP: Woods 64'11"/19.78, Matson 63'4.1"/19.31; women's 60y: Ferrell 6.6; 600y: Drinkwater 1:22.9, Scott 1:25.0. **22.2. East Lansing.** (dirt track) 600y: Wehrwein 1:08.6 (world best). **22.2. South Bend.** 600y: Wohlhuter 1:09.4; 2M: ED NORRIS 9:01.2; SP: Salb 63'11.1"/19.49.

FRANCE

Besson and Telliez Inside World Best

A prodigious double by Colette Besson on the 300m covered Tartan track at the Paris INS: 75 minutes after setting a world's best 300m time of 38.4 (with Sylvie Telliez also inside Lyudmila Samotysova's figures of 38.8) the Olympic champion returned to beat Maryvonne Dupureur in a 1:31.6 600m. Colette is planning to race at every distance from 100m to 1500m this year! Another best-on-record time came from Jean-Claude Nallet: 33.1 for 300m. Henry Elliott jumped 16" above his own head in clearing 7'1"/2.16.

14.2. Paris. 60m: Vermuse 6.6; HJ: Elliott 7'1"/2.16, Sainte-Rose 6'10.1"/2.10 . . . 6, Madubost 6'7"/2.01 . . . Noe (15) 6'6"/1.98; SP: Beer 62'1.4"/18.94 (recent weightlifting total of 843lb/382.5kg), Chala 58'5.4"/17.81; women's 60m: Telliez 7.5. **21.2. Paris.** 300m: Nallet 33.1 (world best); 60mH: Schoebel 8.0 (Ghiglia 7.9 ht); PV: D'Encausse 16'5"/5.00 (no training since Mexico); women's 300m: Besson 38.4 (world best), Telliez 38.7; 600m: Besson 1:31.6, Dupureur 1:33.4; HJ: Constans 5'7"/1.70 ("Fosbury").

EAST GERMANY

Sizzling Finish By Bernd Diessner

Running in the manner of Siegfried Herrmann, the man whose record of 7:49.0 he beat, Bernd Diessner got progressively faster in his world indoor 3000m best of 7:47.8. He passed 1500m in an unexceptional 3:59.0 but covered the second half in 3:48.8, the final 1000m in a blistering 2:28.8. Hartmut Briesenick, who turns 20 on March 17th, set a European indoor shot best of 64'3"/19.58. Last year he put 61'4.4"/18.71. Gerd Lochmann (20), 6'3.3" and 243lb, has improved even more dramatically; no better than a 57'8.1"/17.58 performer in 1968 he is now up to 63'4.4"/19.32! Rita Schmidt has recaptured her best form and jumped 6'0.3"/1.84.

6.2. Berlin. LJ: Hentschel 24'9.4"/7.56; SP: Lochmann 63'4.1"/19.32, Briesenick 61'0.4"/18.61; women's SP: Adam (17, 5'11.1", 165lb) 49'1.1"/

14.97. **7.2. Berlin.** 800m: Seidler 1:50.5; PV: Milack 16'5"/5.00, Bar 16'1"/4.90. **8/9.2. Berlin.** 1500m: Justus (17) 3:49.4; SP: Briesenick 61'5.3"/18.74; women's 400m: Zehrt (16) 56.3; 800m: Wieck (17) 2:06.6 (61.8 at 400m); HJ: Schmidt 5'11.1"/1.81. **16.2. Berlin.** (E. German Champs) 60y: Gollas 6.1; 400m: Koch 49.8; 800m: Fromm 1:49.9, Seyffarth 1:50.2, Seidler 1:50.3; 1500m: D. Herrmann 3:47.1; 3000m: Diessner 7:47.8 (world best), Eisenberg 7:58.8; 60yH: Bethge 7.2, Stotz 7.2, Krohn 7.2; HJ: Koppen 7'0.4"/2.14, Huttel 2.14, Duhrkop 2.14; PV: Nordwig 16'5"/5.00, Bar 5.00, Prygiel 5.00; LJ: Beer 25'8.3"/7.84, Kirst 25'6.3"/7.79, Klaus 25'3.1"/7.71; TJ: Dehmel 51'10"/15.80; SP: Briesenick 64'3"/19.58 (Eur best), Rothenburg 63'3"/19.28, Langer 62'0.4"/18.91; women's 400m: Kuhne 57.5; 800m: Wieck 2:07.0, Kleinau 2:08.4, Schmidt 2:09.6; 60yH: Balzer 7.7; HJ: Schmidt 6'0.4"/1.84, Schulze 5'10.1"/1.79, Kalliwoda 5'9.4"/1.76; LJ: Hauer 20'0.3"/6.11; SP: Friedrich 55'0.4"/16.78, Friedel 51'0.4"/15.55.

SPAIN

Heinfried Engel (21), competing for West Germany against Spain in Barcelona, raised the European indoor PV best to 17'2"/5.23. The Olympic 8th placer, who is 6'0.1" tall and weighs 154lb, has a best outdoor mark of 17'0.3"/5.20. He was a 6'3.1"/1.91 high jumper at the age of 16 (1963) and has long jumped 23'8.1"/7.23. His annual PV progress: 1963—13'2.3"/4.03, 1964—13'11.1"/4.25, 1965—14'9.1"/4.50, 1966—15'5"/4.70, 1967—16'9.1"/5.12, 1968—17'0.4"/5.20. His father was himself a 10'6"/3.20 vaulter way back in 1925.

15.2. Barcelona. (W. Germany beat Spain 75-46) 50m(A): Jones 5.8, Wucherer (WG) 5.8; (B) Wucherer 5.7, Jones 5.7; 400m: Muller (WG) 48.4; 800m: Borraz 1:51.2, Hirsch (WG) 1:51.2; 1500m: May (WG) 3:44.0; 3000m: Salgado 7:58.6, Girke (WG) 8:00.4; 50mH(A): Trzmiel (WG) 6.6, Nickel (WG) 6.8; (B) Trzmiel 6.7, Nickel 6.8; HJ: Zacharias (WG) 6'9.4"/2.08, Sieghart (WG-guest) 2.08, Garriga 6'9"/2.06; PV: Engel (WG) 17'2"/5.23 (Eur best), Sola 16'8.1"/5.10; LJ: Blaquer 24'9.1"/7.55, Baumgartner (WG) 24'7.1"/7.51; TJ: Sauer (WG) 52'4"/15.95, Kugler (WG) 50'9"/15.47 . . . 4, Areta 49'7"/15.11; SP: Birlenbach (WG) 62'1.4"/18.94.

CZECHOSLOVAKIA

1.2. Vyskov. HJ: Baudis 6'11"/2.11. **11.2. Gablonice.** 50mH: Nadenicek 6.6; women's 50m/60m: Putnova 6.5/7.6. **12.2. Prague.** HJ: Baudis 7'0.1"/2.15, Sieghart (WG) 6'10.4"/2.10, 6 Czechs at 6'8.1"/2.05; women's HJ: Valentova 5'10"/1.78, Faithova 1.78.

WEST GERMANY

18.1. Dortmund. HJ: Zacharias 6'11.1"/2.13, Spielvogel 2.13; PV: Schiprowski 17'1.4"/5.21 (Eur best), Engel 16'5"/5.00; women's 60y: Rosendahl 6.8. **25.1. Mainz.** 50m: Sitter (18) 5.6, Sauer 5.6; PV: Engel 16'5"/5.00; LJ/TJ: Sauer 24'2.1"/7.38 & 51'8"/15.75. **1.2. Haiger.** PV: Engel 16'5"/5.00. **8.2. Mainz.** 50m: Wucherer 5.5 (eq. Eur best);

60mH: Trzmiel 7.8, Nickel 7.8; PV: Engel 17'11 1/2"/5.22 (eq. Eur best); TJ: Kugler 51'8"/15.75, Sauer 50'11 1/2"/15.53. **9.2. Dortmund.** SP: Birlenbach 61'0"/18.59. **9.2. Boblingen.** LJ: Boschert 25'0"/7.62. **15.2. Boblingen.** Women's LJ: Ammann (Switz) 20'3 1/4"/6.18.

USSR

5.1. Berdichev. HJ: Moroz 7'0 1/2"/2.14, Akhmyetov 6'11"/2.11. **12.1. Sverdlovsk.** PV: Isakov 16'5"/5.00. **19.1. Tashkent.** HJ: Kutyannin 6'11 1/2"/2.12. **21.1. Leningrad.** HJ: Bakumenko 6'11 1/2"/2.12, Tarmak 2.12. **2.2. Leningrad.** HJ: Ryekshan 6'11"/2.11. **12.2. Riga.** LJ: Saneyev 25'2"/7.67, Lepik 24'7"/7.49, Borkovskiy 23'10 1/2"/7.27. **2. Moscow.** 50m: Borzov 5.7 (heats—Sinayev 5.6, Saneyev 5.8); HJ: Kutyannin 7'0 1/2"/2.15, Skvortsov & Tivikov 6'9 1/4"/2.08; PV: Isakov 16'5"/5.00; women's 1500m: Sobolyeva 4:29.6 (world best); LJ: Bychkova 20'7"/6.27.

WELSH NOTES

Gwent C.C. League, at Glebelands, Newport, February 15th. In bleak and cold conditions some 230 participated in the last of the winter's Gwent League races. 1, B. Plain (Cardiff AC); 2, D. Evans AC 269; 3, Gilwern 189; 4, Newport 181. Final League Positions: 1, Cardiff 719; 2, Bristol 615; 3, Gilwern 610.

(Juniors) 1, B. Hayward (CAC); 2, D. Hopkins (Newp); 3, A. Carlick (TBC). Teams: 1, Troedyrhiw BC 96; 2, Prescoed 80. Final League Positions: 1, TBC 228; 2, Prescoed 223; 3, Cardiff AC 107. **(Youths)** 1, D. Fowles (CAC); 2, N. Rose (Bris); 3, M. Talbot (Beachley). Teams: 1, Bristol 110; 2, Beachley 106; 3, Swansea 74. Final League Positions: 1, Bristol 776; 2, Beachley 616; 3, Swansea 434. **(Boys)** 1, P. Ratcliffe (Gil); 2, K. Finlayson (CAC); 3, B. Moyle (Gil). Teams: 1, Cardiff AC 202; 2, Bridgend 147; 3, Gilwern 127. Final League Positions: 1, Cardiff AC 883; 2, Bridgend 688; 3, Bristol 684. **(Colts)** 1, K. Davies (Gil); 2, H. Passey (Ross); 3, A. Davies (Swan). Teams: 1, Swansea 316; 2, Cardiff AC 242; 3, Abertillery 238. Final League Positions: 1, Abertillery 1005; 2, Ross 1002; 3, Swansea 985.

John Roberston leaving Wales: Welsh quarter-mile champion John Robertson, who has been a member of Barry Harriers since his appointment to Barry Corporation as Entertainments Manager a few years ago, will be leaving Wales on March 14th. The following day he becomes Publicity Officer and Foreshore Manager at Exmouth, Devon. John has been a great credit to athletics and will be badly missed by Barry Harriers and Wales. During the recent bad weather he was a familiar sight on the promenade at Barry Island where, with Coach Graham Fraser and long jumper Sharon McParlin, he carried out his interval training. This resulted from the fact that Jenner Park track has been unserviceable of late.

Merthyr Mawr Training Centre is fully booked for Easter weekend.

Bernard Baldwin.

WEDLOCK SHOCK WINNER OF SCOTTISH TITLE

At Duddington Park, Edinburgh, February 22nd

THE Scottish 7 Miles cross country Championship was run over a park that closely resembled a half-frozen lake as a result of a quick thaw earlier the same day. In conditions that were atrocious for athletes, officials and spectators alike Ian McCafferty was a non-starter while Lachie Stewart and Alasdair Blamire have only recently resumed training after illness.

The senior race was run over five laps of a 1 1/2 mile circuit and on completing the initial lap Jim Alder headed a group consisting of Dick Wedlock, Fergus Murray, Jim Wright and John Myatt with another bunch some ten yards further back comprising Bill Mullett, Don Macgregor and John Linaker. The next two laps saw little or no change in these placings but near the half-distance Wedlock took the lead from Murray and the pair opened up a gap of twenty yards on the rest with titleholder Lachie Stewart currently lying tenth. Over the final lap Wedlock, undoubtedly the "find" of the winter north of the border, opened up a forty yard gap over Murray and, with Mullett claiming third, produced a result that few could have accurately predicted.

The Junior "5" was won by Norman Morrison after a keen race-long tussle with Alan Beaney while the 6'3 1/2" John Lees was a rather more comfortable winner of the Youths "3", running out with a sixty yard margin.

1. R. Wedlock (Shettleston) 32.59
2. A. F. Murray (Edinburgh Southern H.) 33.07
3. W. Mullett (Shettleston) 33.11
4. J. Myatt (Strath. Un) 33.13; 5. J. Alder (EAC) 33.15; 6. J. Wright (EAC) 33.30; 7. D. Macgregor (ESH) 33.35; 8. J. Linaker (Pit) 33.43; 9. G. Bryan-Jones (ESH) 33.52; 10. L. Stewart (Shett) 34.02; 11. D. Logue (Edin. Un) 34.09; 12. A. Wight (EAC) 34.11; 13. A. Weatherhead (Heriot Watt Un) 34.22; 14. J. Raeburn (Tev) 34.23; 15. A. H. Brown (Law) 34.25; 16. E. Knox (Spring) 34.28; 17. A. J. Wood (Aber. AC) 34.32; 18. A. Blamire (EU) 34.37; 19. C. Douglas (ESH) 34.44; 20. J. Brennan (Mary) 34.51; 21. K. Ballantyne (ESH) 34.53; 22. W. Allan (ESH) 34.57; 23. H. Summerhill (Shett) 35.05; 24. J. Johnston (Law) 35.06; 25. W. Scally (Shett) 35.09.

26. J. Wight (EAC) 35.11; 27. J. Clare (AAC) 35.11; 28. W. Stoddart (Well) 35.14; 29. W. Ewing (AAC) 35.17; 30. S. Taylor (AAC) 35.18; 31. I. Leggatt (Clyde) 35.18; 32. A. Matson (ESH) 35.19; 33. M. Bradley (Pais) 35.21; 34. R. Wilson (ESH) 35.29; 35. I. Macmillan (EAC) 35.34; 36. C. McIver (SU) 35.37; 37. I. Doandl (Clyde) 35.41; 38. K. Fyfe (HWU) 35.41; 39. C. Martin (Dumb) 35.41; 40. A. Grant (Shett) 35.50; 41. P. Kearns (Hawk) 36.08; 42. W. Drysdale (Monk) 36.08; 43. B. Goodwin (Bell'n) 36.13; 44. S. Irvine (Glas. Pol) 36.18; 45. I. Young (EU) 36.22; 46. A. Smith (SU) 36.26; 47. J. Fairgrieve (EAC) 36.29; 48. I. Mitchell (SU) 36.31; 49. C. Youngson (Aber. Un) 36.43; 50. R. Shields (Clyde) 36.47.

Teams: 1, Edinburgh Southern H. (2,7,9,19,21,22) 80; 2, Shettleston (1,3,10,23,25,40) 102; 3, Edinburgh AC (5,6,12,26,35,47) 131; 4, Aberdeen AC 231; 5, Strathclyde Un. 309; 6, Edinburgh Univ. 340; 7, Springburn 463; 8, Clydesdale 502; 9, Bellahouston 523; 10, Teviotdale 527; 11, Victoria Park AAC 587; 12, Wellpark 614; 13, Aber. Un. 653; 14, Glasgow Police 665; 15, Falkirk Vic. 703; 16, Maryhill 792.

Juniors

1, N. Morrison (Shettleston) 24.02
2, A. Beaney (Springburn) 24.06
3, B. Morrison (Irvine) 24.14
4, M. McMahon (Sh) 24.22; 5, D. Gillanders (Sh) 24.25; 6, J. Ferguson (Ayr Seaf) 24.34; 7, I. Picken (SU) 24.45; 8, T. Patterson (Sh) 24.52; 9, S. Graves (Hawk) 24.58; 10, F. Irvine (Corby) 25.00; 11, A. Partridge (East Kilb) 25.03; 12, H. Elder (Dumb) 25.16; 13, J. Dingwell (EU) 25.19; 14, G. Jarvie (Spr) 25.23; 15, J. Brolly (Sh) 25.25.

16, J. McHardy (Glas. Un) 25.26; 17, A. MacDonald (Gars) 25.28; 18, A. Clark (Corby) 25.29; 19, D. Watson (EAC) 25.30; 20, D. Gunstone (Hawk) 25.35; 21, R. Stirling (L/Sparts) 25.38; 22, J. Sorbie (Lark) 25.40; 23, W. Cairns (Dundee Un) 25.51; 24, P. Gallacher (EAC) 25.52; 25, M. McIntyre (Aber. Un) 25.54; 26, A. Yates (Bell'n) 25.54; 27, R. Beaney (Glas. Un) 25.59; 28, T. Grubb (Kilm) 25.59; 29, D. Lang (Sh) 26.03; 30, G. Hay (EAC) 26.05.

Teams: 1, Shettleston 18; 2, Springburn 54; 3,

Edinburgh AC 116; 4, Glasgow Un. 118; 5, Edinburgh Un. 141; 6, Glenpark 241.

Youths

1, J. Lees (Edinburgh AC) 13.32
2, R. McDonald (Monklands) 13.44
3, J. Brown (Bellshill YM) 13.45
4, D. McMeekin (Vic.Park) 13.49; 5, C. Falconer (F.Valley) 13.53; 6, I. Burns (Lark) 13.55; 7, J. Gallacher (B'gate) 14.00; 8, J. McAuslin (Stir) 14.03; 9, R. McLean (Shett) 14.05; 10, J. McGill (B'burn) 14.09; 11, A. Gibson (Sh) 14.12; 12, K. Sime (Sh) 14.13; 13, C. Morrow (Lark) —; 14, F. Clement (Bell'n) 14.20; 15, G. Mullett (Sh) 14.23.

Teams: 1, Shettleston 47; 2, Monklands 89; 3, Edinburgh AC 96; 4, Larkhall YM 106; 5, Kirkcaldy YM 113; 6, Bellahouston 141.

(Senior Boys 2M) 1, J. Mulvey (Sh) 9.02; 2, L. Spence (Glen) 9.16; 3, R. Rowan (AS) 9.22; 4, D. Cosgrove (Clyde) 9.25; 5, J. McLuckie (Lark) 9.26; 6, S. Gillespie (Spr) 9.31. **Teams:** 1, Victoria Park 42; Shettleston 57; 3, Springburn 85.

(Junior Boys 1½M) 1, J. Thomson (Law) 6.59; 2, W. Struthers (Law) 7.08; 3, R. Foy (Johnstone HS) 7.10; 4, D. Frame (Law) 7.11; 5, R. Kelly (ESH) 7.18; 6, D. Stevenson (Spr) 7.22. **Teams:** 1, Law 18; 2, Shettleston 40; 3, Bathgate Acad. 71.

Willie Diverty

See next week's issue for detailed coverage of the European Indoor Games in Belgrade.

Athletes inspired it... your whole performance could benefit by it... E.G. Formula, the brand new any-time energy drink.



E.G. FORMULA may be new to your health food store, but it has already been proven by athletes in almost every sport. The British Olympics Team took supplies with them to Mexico before ever it was put on the market!

E.G. FORMULA is a delicious, nutritious, energy-giving, high protein food beverage containing all the protein, vitamins and minerals essential for a fund of energy. In fact, E.G. FORMULA is a brand new source of the foods that create energy and it comes in a cup!

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E.G. FORMULA



ROSEMARY STIRLING

answers the Questionnaire

Birthplace & date:

Timaru (New Zealand), 11.12.47.

Height & weight:

5'1½", 114lb.

Club:

Wolverhampton & Bilston AC.

Occupation:

Student teacher.

Personal best marks:

100y—11.5, 220y—24.8, 330y (time trial)—38.1, 400m—54.1, 440y—54.4, 660y (time trial)—87.0, 880y—2:05.4, mile—5:23.0.

Which performance has given you most pleasure?

Divided between finishing 4th in the 1966 Commonwealth Games 880y in 2:05.4 and running 2:06.2 first leg in 3x800m relay world record in London.

How many days a week do you train?

Six.

How long are your training sessions and at what time of day?

½ hour to 1½ hours between 6 and 8 p.m.

Please describe your warmup:

4 laps jog; exercises; strides.

Please give details of a typical week's training in winter:

Monday: (day) road or cross-country run; (evening) weight training.

Tuesday: (track if possible) 3 x 440y (1 min. jog)—6 min.—3 x 330y (45 sec. jog)—6 min.—6 x 220y (30 sec. jog). Otherwise: interval road runs; e.g. 4 x ¼ mile lap (5 min. rest between laps).

Wednesday: (indoor) quality work.

Thursday: 4-5 miles road run.

Friday: Rest.

Saturday: Competition or 45 min. fartlek.

Sunday: General conditioning work—group training (with lads); e.g. paarlaufs, hill climbs, timed "3 man" team races, shuttle relays.

Weather conditions have large influence on pattern of training.

Please give details of a typical week's training in summer:

Monday: 6 x 330y differential runs.

Tuesday: Quality work with complete recovery (variation of 660/440/330/220).

Wednesday: 6-9 x 150y sprints.

Thursday: 3 x 440y (60 sec) with 50 sec. rest; 4 x 150y fast strides with walk back.

Friday: Rest.

Saturday: Competition or 35 min. fartlek.

Sunday: 4 x 220y (20/30 sec rest)—15 min.—repeat.

Please give details of weight training:

Once or twice a week.

Coach:

Ron Harris.

How much of your success is due to coaching?

My coach, parents and brother (training companion) are reasons for any success of mine.



Rosemary Stirling defeats Sheila Carey in a recent 800m race at Cosford.

G. L. Pike

How many days rest do you like before competition?

One day.

How often do you like to compete?

Once or twice a week.

What is your target in athletics?

To represent Britain in an Olympic Games.

What advice would you offer the young athlete or novice?

Join a good club (not necessarily the nearest) with first class facilities and good coaches. A good coach (AAA preferably) is essential when starting an athletic career. Enjoy your athletics but remember the higher up the 'ladder' to international representation the tougher it gets.

Annual progress:

Year	400m	800m
1961	60.0*	—
1962	—	2:34.2*
1963	—	2:26.2*
1964	57.2*	2:14.7*
1965	57.8*	2:13.1*
1966	54.1*	2:04.6*
1967	54.1	2:09.8*
1968	54.5	2:06.6

* metric conversion

IRELAND

COMFORTABLE WIN FOR DEREK GRAHAM

NORTHERN IRELAND'S athletes, denied serious competition by the weather the previous five weeks, turned out in atrocious conditions for the Wilkinson Memorial cross country, at Belfast on February 22nd, which was held to honour former NIAAA President "Roddy" Wilkinson. On the completion of the first of six laps of notoriously heavy Ballysillan Playing Fields Derek Graham already headed the field while a bunch consisting of Ian Morrison, Mal Edger, Cyril Pennington and Stan Vennard struggled to maintain contact.

As the race progressed the biting rain and clinging mud forced many to call it a day but Graham, seemingly unaffected by the conditions, strode on relentlessly and by the half-distance was 120 yards clear of the "Junior" champion Pennington. Morrison was the next to pass while, a few yards back, a great battle was being waged between Edger and Vennard. The next two laps saw little change with Graham, his lead up to 300 yards, very much in command. Young Tom Price had put in a lot of good work and now joined Vennard and Edger.

Going into the final mile the Northern Ireland champion had already lapped half the field and once again came home a comfortable winner. With the International only two weeks away, what a pity Graham has not had the opportunity to compete abroad this winter. A few races against top class continental opposition would undoubtedly have sharpened him up for the Clydebank test. In the battle for the position of runner-up Pennington fought his way home well clear of Morrison who held third from a fast-finishing Price. Although the individual winner was never in doubt the same cannot be said for the team event where less than ten points separated Ballydrain, North Belfast and 9th Old Boys throughout the race. Only an extra effort by "North's" tail-enders on the last lap gave the promoting club victory.

After the awards had been distributed Brendan Deary, former Irish Correspondent to "AW", who is shortly to return to England, was the subject of a small presentation from his fellow athletes.

Eddie Johnston, a NIAAA delegate, presented Brendan with an appropriately inscribed plaque in recognition of his great work, both athletic and journalistic, on the local scene in the past few years.

1. D. Graham (9th Old Boys) 36.28
2. C. Pennington (Willowfield T.) 37.22
3. I. Morrison (Ballydrain) 38.21
4. T. Price (B'drain) 38.32; 5. S. Vennard (Nomads) 38.39; 6. M. Edger (9th) 38.51; 7. G. Millar (9th) 39.01; 8. E. Smyth (B'drain) 39.20; 9. J. Allen (Will) 39.28; 10. K. McCormick (NBH) 39.42; 11. B. Boyd (NBH) 39.46; 12. J. Robinson (Co. Ant) 39.49. Teams: 1, North Belfast 90; 2, 9th Old Boys 91; 3, Ballydrain 94; 4, Co Antrim 147.

(Youths 3M) 1, D. Price (B'drain) 19.11; 2, A. Atkinson (Alb) 19.17; 3, J. Barry (St. P) 19.20; 4, T. White (B'drain) 19.27; 5, A. Bell (9th) 19.36; 6, T. Quinn (B'drain) 19.40; 7, J. Curran (St. Malachys) 19.46; 8, J. Dougan (B'clare HS) 20.02; 9, E. Grant (St. Mal) 20.08; 10, C. Graham (Lisna) 20.11. Teams: 1, Ballydrain 26; 2, Ballyclare HS 64; 3, St. Patricks 70; 4, Albertville 95; 5, Ballymena Academy 104; 6, Lisnagarvey 126.

Northern Ireland R. & R. Inter-Unit C.C. Championship, at Palace Barracks, Holywood, February 1st. 1, R. Kernaghan (114 Sqdn) 34.41; 2, J. Nodwell (114) 35.46; 3, J. Glover (Queens OTC) 37.58; 4, G. Kelly (Royal Irish Rangers) 37.59. Team: 114 Squadron RE 32.

Leinster BLE Championships, at Wexford, February 9th. 1, T. O'Riordan (Dublin) 37.12; 2, D. McDaid (Dub) 37.55; 3, J. Mooney (Dub) 37.56; 4, J. Kelly (Dub) 38.01; 5, D. McGann (Dub) 38.12; 6, J. McNamara (Dub) 38.36. Teams: 1, Civil Service 19; 2, Donore 26; 3, Clonliffe 36. Inter-County: 1, Dublin 21; 2, Kildare 79; 3, Laois 151; 4, Wexford 170. (Youths) 1, F. Brady (Dub) 15.09; 2, K. Humphries (Dub) 15.10; 3, O. Donoghue (Offaly) 15.27. Inter-County: 1, Dublin 29; 2, Wexford 90; 3, Kildare 142; 4, Meath 174; 5, Offaly 200; 6, Laois 233.

Connacht BLE Championships, at Roscommon, February 15th. 1, P. Leddy (B'more) 37.39; 2, B.

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AW11

SOUTHERN COUNTIES A.A.A.

OPEN FLOODLIT MEETING

AT CRYSTAL PALACE

ON MARCH 19th, 1969, at 7 p.m.

Events: 100m, 400m, 800m, 1,500m, 5,000m, 3,200m Walk, High Jump, Triple Jump, Pole Vault.

SENIORS • JUNIORS • YOUTHS

Entry Fee: 2/6 per event. S.A.E. please, if acknowledgement required. Entries close 15th March to S.C.A.A.A., 26 Park Crescent, London, WIN 4BQ.

Mooney (Calry) 38.18; 3, B. Geraghty (UCG) 38.41; 4, J. Scanlon (UCG) 38.48; 5, T. Flanagan (Tuam) 38.50; 6, R. Fahy (Woodford) 38.54. Teams: 1, Univ. C., Galway 28; 2, Derrydonnell 36. (Youths) 1, E. Leddy (B'more); 2, J. McMahon (Pearse); 3, P. Keane (More). Teams: 1, Pearse AC 34; 2, Woodford 40; 3, Ballinamore 54.

Wills' 6x1½ Miles C.C. Relay, at Belfield, Dublin, February 16th. 1, Civil Service; 2, Dublin City; 3, Donore; 4, Clonliffe. Fastest times: J. Mooney (CS) 7.35, D. McGann (CS) 7.35, T. O'Riordan (Don) 7.36, E. Spillane (Don) 7.37.

Cork County NACA Championship, at Ballydaly, Millstreet, February 16th. 1, W. Webb (Rising Sun); 2, P. O'Connell (Mill); 3, A. Marshall (RS); 4, W. Shine (M). Teams: 1, Rising Sun 36; 2, Millstreet 56; 3, Ballydaly 79.

BLE Juvenile Championships, at Drimnagh Castle, Dublin, February 22nd. (U/16) 1, T. Carroll (Met); 2, E. Coughlan (Met); 3, D. Dowling (Met). Team: Metropolitan. (U/14) 1, L. Ryan (Phoenix); 2, M. Scanlon (W. Finglas); 3, P. Campbell (Clon). Team: Metropolitan. (U/12) 1, S. Rinly (Drim. Castle); 2, S. Harris (Oat); 3, P. Markey (Oat). Team: Oatlands.

International Military Championships: Tunisian gold medallist Mohamed Gammoudi and Morocco's former International cross country champion Assou El Ghazi head the list of stars who will compete in the International Military Sports Council's C.C. Championships at Ballincollig, Co. Cork on March 16th. Tunisia will here be bidding for their third successive victory whilst Ireland hope to improve on their fourth placing, gained at Luxembourg in 1966. In addition to the host country entries of eight man teams have been received from Belgium, France, Germany, Italy, Morocco, Tunisia and the United States.

Father Paddy Coyle, the 24-year-old Drogheda Curate, made history at Madrid on Sunday, February 16th when he became the first priest to represent Ireland in an International athletics competition. Shortly to leave Ireland to work in the South American Missions, he finished seventh of the 145 starters in the 8000m race won by Spaniard Alvarez Salgado. Eire's other representative Danny McDaid was 27th.

Young Athletes' Coaching Courses will again be held at Easter this year. As in the past they will be sponsored by the Milk Marketing Board on behalf of the Northern Ireland AAA and arranged in co-operation with the Central Council of Physical Recreation. In addition to the usual course in Belfast, new ground has been broken this year with the introduction of a similar event in the athletics "outpost" of Fivemiletown, County Tyrone. Ex-International sprinter Nick Whitehead will be in charge at both venues and will have the assistance of coaches from the AAA, WAAA and NIAAA.

Odds and Ends: Congratulations to Barry Holmes (Co. Antrim) and his wife Barbara on the birth of their second son Jason. Also to Jim Ferris (9th Old Boys) and his wife Sarah on their new son, James . . . The latest edition of "Marathon" is now on sale (2/6d.) from Padraig Griffin, High Street, Ballinamore, Co. Leitrim, Eire . . . Our commiserations to "North Belfast" Vice President Sam Ferguson on the recent death of his mother.

David Seaton

BRITISH MILERS' CLUB NEWS

The following races have been arranged for members at Hagley Stadium, Birmingham: May 3rd, Midland BMC Championship race in the interval of a soccer match. The event may be sponsored; May 17, non-league 1500m for seniors and fast juniors; July 12th, senior 1500m at Boy's Brigade meeting; July 26th or 27th, senior mile at Indian Festival Sports. If sufficient requests come from female milers (inc. non-members) races will be arranged at one or more of the above venues. Applications should go to George Gandy, 2 Windsor Terrace, Hagley Road, Edgbaston, Birmingham 16.

The completed Achilles tendon questionnaires are being studied in turn by (1) Senior AAA Coach advising ladies, (2) AAA Staff Coach, (3) Physiotherapist to British team, (4) Medical Director, Queen Elizabeth Hospital, (5) BMC Medical Officer. The information from all the combined sources is being fed into a computer and will be published in Roneo form.

HILLINGDON ATHLETIC CLUB

will present under A.A.A. Laws
ON SATURDAY, APRIL 19th, 1969
the Thirty-seventh

FINCHLEY "20"

The race incorporates the Southern Counties, Middx., Herts. and Bucks. Cty. Championships. **Trophies** to Ind. winner and 1st Team. **Prizes** to first 10 individuals, first 3 teams of 4 runners, and first 2 Vets.

Entry Fees: 4/- Ind. Finchley "20", 3/6 Southern Ind., 12/6 Middx. Team. No other fees.

Team Entry: Fin.—any to enter, 8 run, 4 score; Southern—9 enter, 6 run, 3 score; Middx.—12 enter, 6 run, 3 score. **Entries** on AAA forms to M. J. McLoughlin, 21 East Churchfield Road, Acton, London, W.3, by April 5th.

CAMDEN ATHLETIC CLUB

present the 23rd annual

"WIGMORE 15"

TEAM & IND. OPEN ROAD RACE

for the H. K. Harman Memorial Trophy
SATURDAY, 29th MARCH, at 2.30 p.m.

From Parliament Hill Track, Hampstead

(Under A.A.A. Laws)

Medals to all completing course in Standard Time of 1hr. 26mins. All team runners must enter as individuals.

Entries (3/- each ind., plus 5/- per team), to R. G. Clarke, 123 Beech Avenue, The Vale, London, W.3.

LETTERS

AMALGAMATION

Dear Sir,

I feel I must reply to Roy Fox's letter on amalgamation as I am one of the athletes he accuses of self-interest, cheating, etc.

His letter states that only nine runners instead of 18 can compete in National Championships if two clubs amalgamate and it is my belief that this may well be a good thing if it improves the standard of the championships and results in smaller fields. Anyway in this area both Westbury Harriers and Bristol AC are usually struggling to field full teams in Championships and important fixtures, both winter and summer, and these are two teams ranked in the top 20 in the country.

The main reason why officials and athletes in this area leave the sport is, in my opinion, the ill feeling and petty bitterness that exists between officials, mainly arising from differences of 20 or 30 years ago. Roy Fox's own choice of words—murder, liquidate, cheat, etc.—plainly illustrate his own attitude in the matter.

With a new sports stadium likely to be built in Bristol soon are we going to have a situation where two club houses have to be built, and facilities shared with this sort of atmosphere prevailing? Quarrels between the clubs are bound to increase and quite frankly as an active athlete I am not prepared to put up with it and the only answer I can see is to put warring officials on the same side.

With the National Track League starting this year, I feel all good Bristol athletes should have a chance to compete. Certainly Westbury could not go it alone and I think Bristol AC will find it difficult. We also have to consider the youngsters joining the clubs. I don't feel we are exactly doing them a service at present. I joined at 14, and if I had not had a great love of sport the local feeling would have driven me out, as it has done to many others.

It is about time that some local officials, including Roy Fox, who undoubtedly has done much in many ways for the sport in Bristol, stopped fighting the battles of years ago. Surely the views of the athlete who is turning out most weeks of the year and, from a base like Bristol, travelling thousands of miles for top competition, should be considered and not treated with contempt.

Dave Palmer,
Westbury Harriers

Dear Sir,

We in Bristol have learnt to ignore the outpourings of Mr. Roy Fox, but his latest letter must be answered, if only because of the slur on the athletes both of his own club and Bristol Athletic Club.

His expenditure of time, energy and money in the service of Westbury Harriers has not necessarily always been directed to the service of athletics as a whole, and it certainly does not invest in Mr. Fox any divine right to dictate to

the athletes of this area that the future must be ossified in the present image.

Agreed, Mr. Fox, two successful clubs in the greater Bristol conurbation would be better than one. But the Midland Area Championship results could hardly be interpreted as success. There are very many aspects of athletics other than cross-country and we have never yet had two successful clubs at the same time in Bristol.

Many of the dedicated young men and women train seven days a week, and we officials have a prime duty to provide the coaches, organisation and top level competition to meet the legitimate aspirations of the athlete. The present club structure is, like Mr. Fox, rooted in its illustrious(?) past, but until it is more rationally based ambitious athletes must find how best they can promote their careers. We must help them and at the same time provide a new thrusting set-up for the young athlete. With a very few notable exceptions, the present club structure has manifestly failed.

Ron Rowles,
Bristol AC

Dear Sir,

I feel it my duty to write in reply to the letters appearing in your columns regarding the mergers of clubs.

It is all very well for Mr. Staines and Mr. Fox to dismiss amalgamations out of hand, but I feel a more pragmatic approach is needed to the problem. The situation where four or five clubs are situated within a radius of three or four miles (e.g. North London) is intolerable. It means one club poaches members from another to such an extent that the relative strength of one club is the weakness of another. On the other hand I agree that amalgamations for their own sake are ridiculous and weaken the competitive spirit.

Athletics is a sport lacking tremendously in facilities, and larger, more efficient clubs would have more opportunity for providing these.

The problem of athletes not making a team is easily overcome by merely entering A, B or C teams—this creates competition within the club.

I think the AAA should set up a committee, similar to the Government's Monopolies Commission, where proposed amalgamations could be weighed up and judged independently. I would even go so far as to say in some cases they should strongly recommend the amalgamations of some clubs.

Dick Morgan,
Camden AC

Dear Sir,

Several articles and letters have appeared in "AW" recently, illustrating that there are many people around who are concerned with the future of athletics and particularly the effect that club amalgamations appear to be having. I am sure that the sentiments expressed are providing a lot of encouragement to runners such as myself who find themselves clubless from refusing to be amalgamated.

I sincerely hope, however, that all these correspondents never find themselves in the unfortunate

position of having to use their beliefs in an effort to save their own club from the same fate for, believe me, convincing yourself is one thing, convincing others is an entirely different matter.

The amalgamationist element use the same tactics as are at present being employed by the militant student; i.e. they keep calling meetings to discuss and vote on the issue, until at last those against get so fed up with discussing and out-voting it that they cease to turn up to the meetings. On this basis a meeting will eventually be called at which the go-ahead is given to the amalgamation.

So far, there have been no signs of any of this race of "Super Clubs" blossoming forth as the answers to all our problems. If anything, the reverse appears to be the trend. Unfortunately, until people can be convinced of this before, rather than after the event, the ultimate would appear to be approaching "Great Britain AC" take it or leave it.

E. Wells,
Romford

ECCU SELECTIONS

Dear Sir,

I find Jim Hogan's argument rather hard to follow. He admits that on his Inter-Counties form he did not warrant selection, but bemoans the fact that Grove, Fowler and North were selected. He forgets that these three have all displayed good form in recent domestic races, e.g. R.R.C. 1 Hour, Birmingham League, Surrey Champs. Jim has not to my knowledge raced at all this winter. Form in the 1968 National is no real guide to fitness in the following winter.

The ECCU do seem to use the previous National for some of their selections, and this is my main criticism of them. They should use current form, and to make things absolutely fair selection races should be nominated. The Inter-Counties is clearly the best guide after Christmas, but what about before Christmas? Major road races could be used, e.g. Waterloo 8, Rochester 5, Hog's Back. A place in any of these would ensure an international trip.

With a system such as this ECCU selections would be just and clearly seen to be so. At present they are not.

John Waterhouse,
Bradford

WHY THAT UNIFORM?

Dear Sir,

Your correspondent, Trevor James (February 22nd issue), asks "Why the uniform?". The answer is simple. It is all part of our efforts in the Midlands to put over our sport as a public spectacle. All officials whose duties take them into the centre are asked to equip themselves in this way. This rule applies to the area championships and all meetings which are televised. In the same way athletes wear their club, area or national colours.

Just as Trevor James is proud to wear his club colours when competing I hope that he will be

equally proud to wear his club blazer when officiating. All we in the Midlands ask is that, in major events, he wears white trousers. It all helps to add to the spectacle and atmosphere of the meeting.

Incidentally, Trevor James must be very young indeed if he thinks this is a tradition. In fact this "tradition" only came into being just under 18 months ago for televised Cosford meetings. It has no bearing on the efficiency of the official; no more so than the wearing of a club vest improves the performance of an athlete.

We, in the Midlands, have heard that the public like the official "uniform" and they ask further that, when an athlete is shown in the programme as belonging to a certain club, he (or she) should wear that club's colours. It seems little enough to ask.

Michael W. Long,
Press Liaison Officer,
Midland Counties AAA

Southern AAA Notes

New affiliations: Britannia Royal Naval College, Dartmouth, Devon; St. Edmunds School, Canterbury, Kent.

Administrator: Mr. W. Hindhaugh took up his appointment on January 1st and will be available to visit clubs if they have any particular problems.

Championships: The following Relay Championship dates have been fixed: 4x110 and 4x440 at Uxbridge (Hillingdon Show), June 29th; 4x1500m at East London Stadium (Hackney Borough Meeting), July 5th. Dates for the 4x800m and Medley Relay have not yet been finalised. Entries for the Belgrave and Southern 20 Miles Road Relay close on March 1st and should be sent to Mr. W. Lucas, 392 Selcroft Road, Purley, Surrey.

Competition: As a result of Questionnaires sent to young athletes there is again a great demand for good class competition for Juniors and Youths. We hope to publish a list of suitable events and if any club is prepared to hold any open events at their meeting will they please let the Honorary Secretary Southern Counties AAA have details.

Metric Track Developments: Local authorities are to be contacted regarding the conversion of tracks to metric distances.

Five-Star Award Scheme: As a result of experience gained in 1968 the scoring tables are being revised, metric distances will be included, and the age groups have been extended. In view of the many complaints about the Certificates, a new design will be available this year, more like the original Southern Certificate.

Annual General Meeting: This will be held on Friday, May 9th at the Polytechnic, Regent Street, London W.1. (7.00 p.m). Nominations for Vice-Presidents and the Committee must be received by the Hon. Sec. by March 11th. The Committee are nominating Messrs. L. Cohen, C. Sinfield, R. Smith, L. Golding and C. Dale. **A.J.C.K.**



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"NATIONAL" continued from page 10

Sparkhill H.—401, J. Mills; 524, M. Cotterell; 588, L. Green; 603, M. Edwards.
 Thurrock H.—300, D. Horsup; 319, O. Staines; 568, H. Neeson; 639, S. Walker.
 Vale of Aylesbury—460, P. Ferguson; 828, J. Adam; 891, T. Pyne; 895, P. Emery.
 Walton A.C.—353, A. Brakstone; 357, W. Hughes; 511, G. Winchester; 720, J. Hanscombe.
 Warley A.C.—365, J. Alger; 544, R. Capewell; 795, G. Stott; 857, D. Dwyer.
 Worthing & Dist. H.—444, B. Collier; 599, C. Howard; 604, I. Syred; 770, P. Thompson.
 Chelmsford A.C.—132, P. Fulcher; 543, D. Courtman; 567, K. Burgess.
 East Cheshire H.—382, M. Hunter; 707, J. Allcock; 832, J. Carroll.
 Essex Beagles A.C.—136, R. Campbell; 333, G. Knight; 448, S. Webb.
 Grimsby H.—473, R. Fields; 774, P. Pounds; 801, A. Gulliver.
 Heaton H.—309, D. Cresswell; 684, P. Coulson; 883, L. Venmore.
 Manchester Y.M.C.A. H.—384, R. Weston; 423, B. Boxen; 668, D. O'Leary.
 Polytechnic H.—101, P. Beacham; 196, R. Pinkerton; 252, M. Waldron.
 Rochdale H.—29, C. Robinson; 85, T. Proctor; 146, G. Fisher.
 Royal Navy A.C. (South)—116, J. Clare; 294, R. Marshall; 631, M. Critchley.
 Shettleston H.—105, H. Summerhill; 165, W. Scally; 391, M. McMahon.
 Springburn H.—491, M. Logie; 756, T. Craig; 875, D. Wilmoth.
 Blackpool & Fylde A.C.—433, T. Parker; 683, B. Hutchinson.
 Coventry College of Education—749, A. Robson; 815, R. Gregory.
 Hadleigh Olympiads A.C.—155, C. Powell; 273, D. Smith.
 Harborne H.—821, A. Smallwood; 886, S. Hawkesford.
 Havering A.C.—633, P. Morford; 638, T. Pailthorpe.
 Liverpool Boundary H.—734, S. Doran; 751, D. Dalton.
 Oxted & Dist. A.C.—767, R. Goodall; 851, D. Gulley.
 Queens Park H.—263, E. Schaffner; 862, A. Hutt.
 Rotherham H.—611, G. Eden; 644, K. Rollinson.
 Southend-on-Sea A.C.—461, F. Coles; 894, M. Seaman.
 University College, Cardiff—784, R. Corney; 814, B. Baddock.
 West Bromwich H.—827, J. Buckby; 884, N. Slide.
 Wolverton A.C.—630, J. Reynolds; 882, M. Callow.
 Burton A.C.—730, B. Summerfield.
 Darlington H.—617, G. Chaplin.
 Durham University—432, J. Hinchcliffe.
 Hereford & Cty. A.C.—572, J. Langford.
 Lincoln City & Colleges A.C.—873, K. Coupland.

Preston H.—892, M. Dean.
 Sunderland H.—180, B. Milesen.
 Stretford A.C.—573, P. Cooper.
 Waterloo H.—532, S. Cottier.

Individual Entrants:

37, F. Briscoe (Leeds University); 86, R. Grice (Harrogate A.C.); 187, R. Brewitt (South Holland H.); 200, M. Exton (South Holland H.); 233, D. Cannon (Stevenage & N. Herts A.C.); 258, W. Wardle (Jarrow A.C.); 298, P. Brenchley (Kent A.C.); 317, J. Oliver (Kent A.C.); 338, A. Hope (Ashford A.C.); 417, P. Marcellin (R. Engineers); 552, C. Betts (Manchester University); 578, S. Alexander (Erith & Dist. A.C.); 616, K. Whyte (Redhill & Reigate A.C.); 619, J. Taylor (Swinton S. & A.C.); 626, A. Kelly (Corby Town A.A.C.); 634, C. Storey (Erith & Dist. A.C.); 657, S. Wellman (Basingstoke A.C.); 658, A. Davies (Stevenage & N. Herts A.C.); 676, P. Pollock (Lozells H.); 679, D. Ricketts (Erith & Dist. A.C.); 741, B. Motley (Brentwood A.C.); 744, M. Tacthan (Wallasey A.C.); 780, T. Kane (Jarrow A.C.); 782, D. Rae (R.A.F. Locking); 796, A. Norton (R.A.F. Locking); 825, B. Eckersley (Swinton S. & A.C.); 838, C. Head (R.A.F. Locking).

M. Tagg (Norfolk Gazelles) holds the "CHESHAM" Cup as the individual winner for one year.

Tipton H. hold the "FRANK WYNNE" Cup as the winning team for one year.

Hercules Wimbledon A.C. hold the "W. FINCH WAYTE" Cup as the leading Southern team for one year.

Bolton Utd. H. hold the "FRANK CHRISTMAS MEMORIAL TROPHY" as the leading Northern team for one year.

Tipton H. hold the "S.H.B. LIVINGSTON MEMORIAL TROPHY" as the leading Midland team for one year.

Reading A.C. hold the "CHARLES OTWAY MEMORIAL CUP" for one year as the team finishing nine runners with the least number of points (excluding the first three teams).

1046 started, 901 finished

SALE HARRIERS

Seventh Annual Under AAA Laws
EASTER ROAD RELAYS

From Club HQ, Crossford Bridge, Sale
EASTER SATURDAY, APRIL 5th

COLTS U/12 1.4M. TEAM RACE	2.00 p.m.
COLTS U/14 3x1.4 MILE RELAY	2.15 p.m.
BOYS U/15 3x1.4 MILE RELAY	2.45 p.m.
BOYS U/16 3x1.4 MILE RELAY	3.15 p.m.
YOUTHS U/18 3x1.4 MILE RELAY	3.45 p.m.

(All ages as on September 1st, 1968)

Awards to first 3 teams in each event and fastest lap each race. Team race—3 to score.

Entries: 5/- first team, 2/6 subsequent teams each event, on AAA forms to Alan Robertshaw, 97 Linden Park, Levenshulme, Manchester 19. (Tel: 061-224-7622) by **Monday, March 24th.**

Prelim. Notice: Sale "15", August 2nd

JUNIORS—6 MILES

1. A. Holden (Preston H.)	33.08	26. I. Hill (Mitcham AC)	36.24
2. D. Bedford (Shaftesbury H.)	33.12	27. J. King (Small Heath H)	36.26
3. A. Simmons (Luton United AC)	33.28	28. G. Mountcastle (Mitcham AC)	36.33
4. *J. Bednarski (Swindon AC)	33.43	29. A. Butler (Southampton AAC)	36.39
5. M. Thomas (Thames Valley H)	34.01	30. P. Francis (Bedford & Cty AC)	36.40
6. D. Faircloth (Croydon H)	34.39	31. H. Quince (Bedford & Cty AC)	36.43
7. D. Gillanders (Thames Valley H)	34.58	32. O. Fenton (Highgate H)	36.49
8. P. Standing (Brighton & Hove)	35.01	33. I. Barnard (Notts AC)	36.54
9. *P. Gilsenan (Corby Town AAC)	35.12	34. D. Lockley (Wallasey AC)	36.59
10. J. Harrison (Preston H)	35.17	35. *G. Lee (Saltwell H)	37.00
11. A. Moore (Windsor, Slough & E)	35.21	36. *J. Smith (Sutton H)	37.03
12. B. Hayward (Cardiff AAC)	35.32	37. *F. Thomas (Aberystwyth AC)	37.04
13. R. Webb (Cambridge H)	35.35	38. *M. Dennison (Walton AC)	37.05
14. F. McGuire (Blackpool & F)	35.37	39. R. Harrison (Liverpool H)	37.06
15. *K. Bond (Worcester H)	35.40	40. M. Bateman (Manchester DLCH)	37.07
16. D. Pellett (Brighton & Hove)	35.41	41. A. Beany (Springburn H)	37.08
17. I. Thompson (Luton Utd AC)	35.44	42. J. Brearley (Preston H)	37.09
18. R. Child (Leicester Colleges)	35.47	43. *J. Hogg (Barrow AC)	37.15
19. *I. Forster (Borough Rd. C)	35.51	44. *J. Stimpson (Rotherham H)	37.17
20. *P. Rawsley (Skirac AC)	35.54	45. K. Penny (Cambridge H)	37.19
21. P. Bennett (Brighton & Hove)	35.57	46. R. Sercombe (Newport H)	37.21
22. *J. Montgomery (Corby Town AAC)	36.02	47. P. Balchin (Dorking St. Paul's AC)	37.22
23. S. Gibbons (B'ham University)	36.06	48. D. Nicholl (Halifax AAC)	37.23
24. T. Slack (Derby & County AC)	36.16	49. I. Roberts (Cambridge H)	37.24
25. J. Eley (Notts AC)	36.20	50. J. O'Meara (Brighton & Hove)	37.25

* Individual

Team Placings:

- Brighton & Hove AC**—8, P. Standing; 16, D. Pellett; 21, P. Bennett; 50, J. O'Meara; **Pts. 95.** 94, P. Witcomb.
- Mitcham AC**—26, I. Hill; 28, G. Mountcastle; 62, L. Morrish; 79, K. Ryan; **Pts. 195.** 123, M. Dawes.
- Thames Valley H**—5, M. Thomas; 7, D. Gillanders; 75, A. Pretty; 112, P. Stevens; **Pts. 199.** 161, S. Power.
- Preston H**—1, A. Holden; 10, J. Harrison; 42, J. Brearley; 212, R. Parker; **Pts. 265.** 276, M. Kay.
- Cambridge H**—13, R. Webb; 45, K. Penny; 49, I. Roberts; 198, R. Curtis; **Pts. 305.** 245, D. Butler.
- Manchester & Dist. Lads Club H**—40, M. Bateman; 83, D. Whaithe; 103, J. Thompson; 105, C. Cusick; **Pts. 331.**
- Highgate H**—32, O. Fenton; 56, D. Gunstone; 65, D. Holtby; 179, D. South; **Pts. 332.** 213, B. Holland; 247, A. Solomons.
- Manchester University**—67, J. Pearson; 86, D. Reed; 98, A. Carter; 99, P. Shaw; **Pts. 350.** 127, M. Heath.
- Luton United AC**—3, A. Simmons; 17, I. Thompson; 129, A. Lay; 211, R. Dooley; **Pts. 360.** 262, S. Marlow; 275, M. Webster.
- Springburn H**—41, A. Beany; 68, I. Picken; 134, A. Picken; 156, K. Lunn; **Pts. 399.**
- Small Heath H**—27, J. King; 55, Mich. Rollason; 158, Mart. Rollason; 164, H. Lambert; **Pts. 404.**
- Reading AC**—72, A. Parkin; 113, B. Dabrowski; 114, D. John; 115, J. Adley; **Pts. 414.** 182, P. Smith; 244, J. Knott.
- Aldershot, Farnham & Dist. AC**—54, M. Woods; 89, P. Cowlyn; 106, I. Hicks; 186, M. Barton; **Pts. 435.**
- Birchfield H**—81, N. Baldwin; 84, R. Steel; 109, M. Phillips; 169, W. Magee; **Pts. 443.** 280, R. Bryan.
- Verlea AC**—71, P. Green; 76, M. Robeson; 194, J. Harper; 220, S. McHugh; **Pts. 471.** 284, A. Northcott.
- Waterloo H**—51, M. Wood; 82, P. Cory; 154, J. Willshire; 252, R. Barnes; **Pts. 539.**
- Longwood H**—59, W. Swallow; 121, F. Hobson; 197, V. Rawlinson; 200, A. Thorn; **Pts. 577.**
- Notts AC**—25, J. Eley; 33, I. Barnard; 230, S. Richards; 308, T. Whiteley; **Pts. 596.**
- Southampton AAC**—29, A. Butler; 101, I. Burgess; 224, M. Beavis; 255, R. Pretti; **Pts. 609.**
- Eton Manor AC**—135, D. Colton; 143, R. Sluce; 165, J. Wilks; 210, J. Law; **Pts. 653.** 214, A. Cox.
- Blackheath H**—58, R. Morriss; 159, K. Rogers; 201, M. Athawes; 242, C. Elphick; **Pts. 660.** 261, C. Peach.
- Portsmouth AC**—116, R. Miller; 160, K. Harrington; 171, J. Fulwood; 216, C. Fletcher; **Pts. 663.** 241, M. Mason; 270, D. Bailey.
- Gloucester AC**—128, M. Huare; 144, K. Burlton; 167, M. Sleeman; 228, J. Murphy; **Pts. 667.** 232, R. Clapton; 257, R. Grey.
- University College, Cardiff**—108, T. Hughes; 155, D. Mayho; 189, K. Tatem; 217, J. Robertshaw; **Pts. 669.**
- Sale H**—92, M. Dunne; 120, J. Richardson; 218, B. Birchall; 248, J. Davies; **Pts. 678.** 269, S. Finnigan.
- South London H**—111, P. Holman; 137, W. Upcott; 153, B. Hobbs; 290, N. Borham; **Pts. 691.**

27. **Tipton H**—66, B. Cole; 185, D. Eades; 194, K. Atkins; 250, S. Vernal; **Pts. 695.** 256, C. Pace.
28. **Bromsgrove & Redditch AC**—102, M. Hedges; 151, A. Daley; 157, B. Hill; 300, J. Bray; **Pts. 710.**
29. **Croydon H**—6, D. Faircloth; 91, A. Finn; 307, K. Prior; 311, R. Head; **Pts. 715.**
30. **St. Paul's College, Cheltenham**—122, I. Oldacre; 172, J. Kent; 203, W. Marlow; 221, J. Ball; **Pts. 718.** 223, D. Jenkins; 286, T. Stevenson.
31. **Belgrave H**—173, C. Calderwood; 180, N. Bacon; 193, M. McNair; 226, J. Kelly; **Pts. 772.** 246, A. Brooks.
32. **Leeds City AC**—52, B. Kilner; 141, H. Rhys; 294, R. Black; 302, G. Hartney; **Pts. 789.**
33. **North Staffs & Stone H**—125, G. Litherland; 187, P. Lovell; 192, M. Sutton; 287, V. Donocik; **Pts. 791.**
34. **Medway AC**—97, P. Jordan; 118, M. Reader; 295, J. Marshall; 297, A. Hugman; **Pts. 807.** 299, G. Galpin.
35. **Wycombe Phoenix H**—184, S. Feasey; 206, J. Hood; 208, V. Power; 259, A. Hampson; **Pts. 857.**
36. **Queens Park H**—107, P. Kyriacou; 225, P. Ashworth; 260, D. Sharnley; 288, D. Clancy; **Pts. 880.**
37. **Gosforth H**—174, M. Brown; 222, N. Canham; 234, A. Perrins; 282, J. Dickinson; **Pts. 912.**
38. **Invicta AC**—166, M. Davis; 265, M. Eva; 266, W. Coe; 274, P. Addis; **Pts. 971.**
39. **Huntingdon AC**—292, M. George; 293, W. Sutherland; 301, R. Wright; 303, B. Berry; **Pts. 1189.** 305, B. Smith; 306, P. Stockwell.

The following did not finish a team:—

- Airedale & Spen Valley AC**—204, E. Bailey; 238, K. Bertram; 243, J. Dennison.
- Birmingham University**—23, S. Gibbons; 215, D. Jardine; 281, P. Cox.
- Borough of Enfield H**—119, A. Campbell; 188, D. Bruce; 283, T. Green.
- Derby & County AC**—24, T. Slack; 233, H. Smith; 253, B. Wheatley.
- Dorking St. Paul's AC**—47, P. Balchin; 136, P. Leitch; 170, R. Kerrich.
- Elliott-Reed AC**—285, J. Evans; 298, M. Turrell; 304, C. Neal.
- Grimshy H**—90, D. Muir; 145, R. Towler; 263, E. Jacklin.
- Leicester Colleges**—18, R. Child; 73, G. Russell; 132, P. Beale.
- Liverpool H**—39, R. Harrison; 178, I. Snow; 205, C. Howlett.
- Shaftesbury H**—2, D. Bedford; 130, D. Abreheart; 239, K. Duff.
- Walthamstow AC**—70, M. Madders; 152, A. Rich; 258, K. Glen.
- Westbury H**—146, R. Cornish; 195, J. Lee; 277, N. Leech.
- Bedford & County AC**—30, P. Francis; 31, H. Quince.
- Blackpool & Fylde AC**—14, F. McGuire; 140, A. Hudson.
- Cardiff AAC**—12, B. Hayward; 61, J. Williams.

- Cheltenham & County H**—190, M. Robinson; 296, R. Adams.
- City of Plymouth AC**—63, P. Martin; 272, R. Sawle.
- Coventry Godiva H**—202, J. Treacy; 237, R. Beamish.
- Essex Beagles**—147, D. Watts; 229, D. Fortune.
- Herne Hill H**—138, A. Bennett; 196, A. MacBrayne.
- Newport H**—46, R. Sercombe; 219, G. Jones.
- Paignton AC**—100, W. Valentine; 309, R. Foss.
- Sutton-in-Ashfield H**—77, R. Hudson; 150, D. Hudson.
- Wallasey AC**—34, D. Lockley; 133, P. Wealthy.
- Windsor, Slough & Eton AC**—11, A. Moore; 168, J. Ayres.
- Allestree Woodlands AC**—271, R. Subden.
- Bristol AC**—85, J. Needham.
- Epsom & Ewell H**—227, B. Head.
- Grantham H**—251, Gordon.
- Guildford & Godalming AC**—69, R. Larder.
- Hadleigh Olympians**—80, D. Rowland.
- Oxted & District**—64, R. Church.
- Rochdale H**—268, R. Lewellin.
- Wakefield H**—139, G. Denham.
- Warley AC**—53, J. Harvey.
- Woodford Green AC**—78, T. Pribul.

Individual Entrants:—

- 4, J. Bednarski (Swindon); 9, P. Gilsenan (Corby Town); 15, K. Bond (Worcester); 19, I. Forster (Borough Rd. C); 20, P. Rawnsley (Skylac); 22, J. Montgomery (Corby Town); 35, G. Lee (Saltwell); 36, J. Smith (Sutton); 37, F. Thomas (Aberystwyth); 38, M. Dennison (Walton); 43, J. Hogg (Barrow); 44, J. Stimpson (Rotherham); 57, R. Brook (Imperial C); 60, D. Cannon (Kendal); 74, L. Hutchinson (Halesowen); 87, B. Aspen (Salford); 88, R. Gear (Swansea); 93, M. Knisz (Wirral); 95, K. Wainer (Hayes & H); 96, G. Marriott (Sheffield Utd); 110, M. Batstone (Horsham); 117, J. Maskell (Swindon); 124, B. Wilkins (Sparkhill); 126, K. Marshall (Billingham); 131, T. Sands (Nuneaton); 142, D. Turner (Borough Rd. C); 148, D. Gregory (Sheffield); 149, S. Draper (Burton); 162, D. Barnes (Wirral); 163, A. Dodds (Scunthorpe); 175, L. Yule (Hallamshire); 176, R. Newman (Ealing & S); 177, J. Campbell (AAC Harrogate); 181, B. Kerr (Bellahouston); 183, E. Burton (Stafford); 191, R. Mann (Bingley); 199, D. Hewison (Darlington); 207, D. Baker (Horsham); 209, P. Burgess (Hayes & H); 235, J. Gibbins (Bank of England); 236, R. Scott (Loughborough Univ); 240, T. Truran (Darlington); 249, P. Hills (Dartford); 254, C. Hayden (Hayes & H); 264, D. Baker (Bracknell); 267, B. Hayes (AAC Harrogate); 273, G. Pearson (Imperial C); 278, R. Britton (Winton); 279, D. Mansfield (Pembroke); 289, B. Stoneystreet (Burton); 291, M. Wild (Loughborough Univ); 310, K. Garbutt (Worcester). 311 finished.

A. Holden (Preston H) holds the "ARBITER TROPHY" as the individual winner for one year.

Brighton & Hove AC hold the "HARRY HALL" Cup as the winning team for one year.

367 started, 311 finished

YOUTHS—4 MILES

1. C. Garforth (Hull H)	24.25	26. J. Smith (Gloucester AC)	25.42
2. *J. Fox (East Cheshire H)	24.52	27. *D. Slater (Skyrac AC)	25.42
3. M. Hore (Blackheath H)	24.56	28. P. Dennis (Norfolk Gazelles)	25.42
4. R. Belk (Airedale & Spen VAC)	25.00	29. C. Reed (Hadleigh Olympiads AC)	25.48
5. G. J. Tuck (Cambridge & Col. AC)	25.01	30. P. Derlacki (Worksop H)	25.53
6. P. Banning (Andover AC)	25.05	31. A. Shutt (Bromsgrove & Redd. AC)	25.53
7. C. Ashton (Cambridge H)	25.08	32. P. Bennett (Hornsey AC)	25.53
8. G. M. Tuck (Cambridge & Col. AC)	25.09	33. P. Shuck (Bromsgrove & Redd. AC)	25.57
9. C. Stebbings (Croydon H)	25.13	34. P. Wood (Airedale & Spen VAC)	25.59
10. R. Lunnon (Gosforth H)	25.14	35. J. Kendrick (Small Heath H)	26.00
11. M. Jones (Ullathorne RC)	25.15	36. G. Mullett (Brighton & Hove H)	26.01
12. A. Dewhurst (Airedale & Spen VAC)	25.21	37. R. Harrison (Airedale & S. VAC)	26.01
13. D. Fowles (Cardiff AAC)	25.23	38. C. Kitto (Eton Manor AC)	
14. F. Irvine (Corby Town AC)	25.25	39. *R. Greasley (Leicester CAT)	
15. C. Taylor (Wakefield H)	25.27	40. M. Mills (Small Heath H)	
16. J. Pope (Gloucester AC)	25.27	41. S. McHale (Gloucester AC)	
17. G. Plant (Manchester AC)	25.27	42. P. Pape (Airedale & Spen VAC)	
18. M. O'Hara (Hornsey AC)	25.29	43. K. Kitson (Brighton & Hove AC)	
19. J. Maynard (Hornsey AC)	25.30	44. C. Barber (Manchester AC)	
20. B. Ford (Aldershot, Farnham & D)	25.32	45. S. Harvey (Thurrock H)	
21. *M. McLeod (Elswick H)	25.36	46. *T. McMahon (Derby & County)	
22. R. Martin (Walton AC)	25.38	47. T. Beagent (Hercules-Wimbledon)	
23. P. Adams (Aldershot, F. & D)	25.39	48. J. Wild (Allestree Woodlands)	
24. S. Bond (Shaftesbury H)	25.40	49. E. Williams (Cambridge & C. AC)	
25. S. McIver (Blackheath H)	25.41	50. J. Barrow (Cambridge & C. AC)	

* Individual

Team Placings:

- Airedale & Spen Valley AC**—4, R. Belk; 12, A. Dewhurst; 34, P. Wood; 37, R. Harrison; Pts. 87. 42, P. Pape; 214, R. Smith.
- Cambridge & Coleridge AC**—5, G. J. Tuck; 8, G. M. Tuck; 49, E. Williams; 50, J. Barrow; Pts. 112. 280, S. Thomason.
- Hornsey AC**—18, M. O'Hara; 19, J. Maynard; 32, P. Bennett; 107, W. Gilby; Pts. 176. 124, M. Hegarty; 164, T. Stronach.
- Blackheath H**—3, M. Hore; 25, S. McIver; 54, N. Bailey; 117, I. McIntyre; Pts. 199. 295, R. Cliff; 299, R. Collins.
- Wakefield H & AC**—15, C. Taylor; 59, R. Bettridge; 65, H. Broadbent; 69, D. Gaskell; Pts. 208.
- Small Heath H**—35, J. Kendrick; 40, M. Mills; 88, T. Rollason; 97, B. Brookes; Pts. 260. 113, A. Burke.
- Gloucester AC**—16, J. Pope; 26, J. Smith; 41, S. McHale; 207, R. Cytla; Pts. 290. 234, R. Phelps; 298, M. Tranter.
- Bromsgrove & Redditch AC**—31, A. Shutt; 33, P. Shuck; 89, R. Edward; 155, C. Clements; Pts. 308. 367, R. Carr.
- Shaftesbury H**—24, S. Bond; 66, S. Paveley; 101, G. Colson; 125, A. Freer; Pts. 316. 188, R. Jones; 198, A. Kennedy.
- Brighton & Hove AC**—36, G. Mullett; 43, K. Kitson; 70, J. Boulter; 204, N. Harris; Pts. 353.
- Hadleigh Olympiads AC**—29, C. Reed; 83, L. West; 96, D. Chapman; 170, R. Prior; Pts. 378.
- Cambridge H**—7, C. Ashton; 77, W. Barrows; 156, R. Lomax; 161, C. Willson; Pts. 401. 192, W. Fielding; 241, N. Preston.
- Ullathorne RC**—11, M. Jones; 57, T. Morris; 116, J. Hiron; 227, G. Sooper; Pts. 411. 281, M. Bentley.
- Manchester AC**—17, G. Plant; 44, C. Barber; 81, P. Barton; 283, I. Dickson; Pts. 425.
- Haywards Heath H**—72, J. Peel; 82, W. Domoney; 84, D. Powell; 191, D. Powell; Pts. 429.
- Eton Manor AC**—38, C. Kitto; 55, T. Crabb; 139, A. Absalom; 216, J. Peters; Pts. 448. 228, R. Gilks; 269, K. Vivash.
- Shettleston H**—92, D. Lang; 94, K. Sime; 110, J. Brolly; 184, R. McLean; Pts. 480.
- Aldershot, Farnham & District AC**—20, B. Ford; 23, P. Adams; 223, N. Diaper; 249, C. Jones; Pts. 515. 309, O. Wilkinson.
- Bristol AC**—68, N. Rose; 76, W. Saunders; 179, R. Davies; 195, P. Craig; Pts. 518. 285, M. Hudd.
- Verlea AC**—74, N. Angus; 103, B. Carlisle; 175, S. Garry; 183, S. Willbourn; Pts. 535. 205, W. Langley.
- Medway AC**—64, C. Morrish; 109, D. Cordrey; 165, R. Crittenden; 209, J. Wigley; Pts. 547. 333, A. Davies.
- Gosforth H & AC**—10, R. Lunnon; 111, C. Murley; 130, J. Hampson; 317, G. Slassor; Pts. 568. 360, A. Hughes.
- Liverpool H & AC**—122, C. Myers; 144, G. Pearson; 154, R. Symington; 158, P. Lloyd; Pts. 578. 271, S. Worrall; 319, P. McDonald.
- Woodford Green AC**—105, S. West; 143, R. Selwyn; 147, D. Taylor; 211, J. Moss; Pts. 606. 272, M. Axford; 297, N. Burvill.
- Coventry Godiva H**—67, R. O'Brien; 133, S. Barnes; 218, R. Thacker; 222, R. Godfrey; Pts. 640.

26. **Swindon AC**—126, M. Webb; 141, C. Marsh; 197, D. Ponting; 206, S. Hoy; **Pts. 670.** 262, P. Bishop.
27. **City of Plymouth AC**—85, A. Prout; 167, P. Lovely; 178, A. Lightfoot; 242, B. Davis; **Pts. 672.** 257, D. Mudge.
28. **Birchfield H**—62, M. Pickering; 146, R. Tilling; 244, F. Murrell; 247, R. Foster; **Pts. 699.** 276, M. Pickering.
29. **Holmfirth AAC**—78, M. Seddon; 108, J. Fretwell; 226, D. Hutchinson; 293, S. Kellett; **Pts. 705.** 336, D. Smith.
30. **Hull H**—1, C. Garforth; 172, A. Humble; 174, R. Winder; 388, K. Graham; **Pts. 735.**
31. **Westbury H**—152, G. Tagney; 182, C. Malone; 194, D. Pulawski; 246, K. Divall; **Pts. 774.**
32. **Horsham Blue Star H**—115, D. Fleming; 166, M. Wallace; 208, M. Harrison; 288, M. Brackpool; **Pts. 777.**
33. **Sheffield United H**—112, S. Dawson; 128, D. France; 245, D. Parker; 292, J. Watson; **Pts. 777.**
34. **Allestree Woodlands AC**—48, J. Wild; 159, N. Kernahan; 287, N. Fairhurst; 348, T. Bamford; **Pts. 792.** 351, L. Ingersoll.
35. **Mitcham AC**—100, M. Fromant; 225, R. Meloy; 235, S. Murphy; 236, A. Day; **Pts. 796.** 294, S. Turner.
36. **Leeds City AC**—95, L. l'Anson; 180, R. Spirett; 243, J. Wainwright; 291, P. Edwards; **Pts. 809.** 333, S. Kemp; 386, F. Hartney.
37. **Paignton AAC**—140, M. Peppiatt; 148, M. Dagg; 217, E. Sosnowski; 315, A. Lane; **Pts. 820.**
38. **Hayes & Harlington AC**—98, C. Furlong; 104, Kevin Field; 260, G. Tonn; 362, D. Bullock; **Pts. 824.**
39. **Tipton H**—149, S. Walton; 212, D. Andrews; 219, J. Hill; 265, R. Andrews; **Pts. 845.** 349, A. Farrington.
40. **Basildon AAC**—114, A. Dawson; 200, V. Cotter; 213, R. Coates; 324, S. James; **Pts. 851.** 358, A. Banks.
41. **Army Apprent. C., Harrogate**—131, M. Harris; 224, J. Hagen; 253, F. Roisseter; 270, M. Watt; **Pts. 878.** 337, R. Muriel.
42. **Swansea HAC**—93, S. Seaman; 136, M. Batty; 326, C. Atkins; 328, H. Ridd; **Pts. 883.**
43. **Belgrave H**—135, M. Day; 199, J. Crockford; 258, T. Day; 303, J. Hamilton; **Pts. 895.** 313, R. Hofstedt; 384, J. Blair-Fish.
44. **Southgate H**—79, P. Winter; 118, C. Vincent; 341, K. Larney; 359, R. Marmoy; **Pts. 897.** 364, G. Jones; 371, N. Demetriou.
45. **Longwood H**—132, J. Clyde; 238, S. Beardsell; 264, J. Townson; 268, P. Mounsey; **Pts. 902.** 334, A. Turner.
46. **Wycombe Phoenix H & AC**—60, C. Heath; 210, M. Pink; 306, P. Pueschell; 331, R. Brook; **Pts. 907.**
47. **Army Apprent. C., Chepstow**—196, M. Talbot; 203, G. Turner; 266, K. Short; 296, P. Coombs; **Pts. 961.** 325, K. Williams; 378, D. Reynolds.
48. **Norfolk Gazelles**—28, P. Dennis; 250, P. Howard; 353, M. McGregor; 363, S. Black; **Pts. 994.**
49. **Junior Leaders Regt. RE**—151, K. Pearson; 162, P. Walton; 344, J. Scarborough; 346, C. Tomlin; **Pts. 1003.**
50. **Epsom & Ewell H**—134, S. Mitchell; 186, P. Prior; 338, R. Wheate; 356, M. Charlesworth; **Pts. 1014.**
51. **Cardiff AAC**—13, D. Fowles; 289, D. Weston; 345, R. Sanger; 375, A. Edwards; **Pts. 1022.**
52. **Hereford & County AC**—173, R. Hudson; 286, C. Schofield; 287, T. Edwards; 310, A. Hicks; **Pts. 1056.**
53. **Windsor, Slough & Eton AC**—99, M. Price; 274, R. Hill; 327, M. Attride; 365, R. Edmunds; **Pts. 1065.**



Halfway through the English Women's Cross-Country Championship, this group consists of (left to right) Jane Perry, Joyce Smith, Gillian Tivey and Madeline Ibbotson.

54. **Herne Hill H**—90, M. Farley; 233, G. Nils-son; 372, C. Searle; 383, P. Parish; **Pts. 1078.**
 55. **Stevenage & North Herts AC**—169, D. Broadfield; 300, G. Turner; 302, D. Blake; 355, T. McDermott; **Pts. 1126.** 374, C. Dodd; 381, J. Spendlove.

The following did not finish a team:—

- Bracknell AC**—231, J. Helps; 361, W. Whiting; 389, J. Allen.
Corby Town AAC—14, F. Irvine; 73, A. Clark; 80, D. Kerr.
Essex Beagles AC—123, S. Mead; 176, A. Thomas; 312, R. Lee.
Feltham AC—215, F. Kimber; 256, K. Brothers; 342, W. Grace.
Kettering Town H—254, C. Hunt; 284, J. Rea; 305, T. Brock.
Luton United AC—106, S. Sharratt; 307, P. Starry; 316, G. Thomas.
North Staffs & Stone H—52, T. Litherland; 129, B. Bowler; 252, P. Muff.
South London H—150, D. Ashbourne; 232, D. Saunders; 380, H. Suzuki.
Sutton-in-Ashfield H & AC—240, H. Lawrence; 251, R. Cockayne; 308, R. Northage.
Thurrock H—45, S. Harvey; 168, A. Wells; 376, K. Robinson.
Workshop H & AC—30, P. Derlacki; 181, C. King; 187, T. Middleton.
Andover & District AC—6, P. Banning; 53, P. Gough.
Blackburn H & AC—121, G. Woodburn; 185, S. Breckall.
Bolton United H & AC—193, M. Darcy; 301, A. Bailey.
Croydon H—9, C. Stebbings; 278, G. Martin.
Gateshead H—71, B. Baggaley; 263, G. Hedley.
Guildford & Godalming AC—51, W. Yeates; 91, B. Bullen.
Hercules-Wimbledon AC—47, T. Beagent; 350, A. Roberts.
Hillingdon AC—119, J. Carter; 387, A. Mears.
Ipswich H—145, K. Winch; 230, J. Smith.
Invicta AC—102, R. Reeves; 343, S. Wanstall.
Notts AC—322, J. Anderson; 377, T. Wagstaffe.
Peterborough AC—221, G. Bircham; 385, R. Bircham.
Preston H & AC—56, M. Brennan; 137, R. Curwen.
Rotherham H—160, D. Crossley; 340, M. Zgoda.
Surrey AC—277, R. Suganasingha; 318, A. Hutchinson.
Thames Valley H.—138, D. Daniels; 390, G. Pedder.
Wakefield H & AC—171, N. Jackson; 279, G. Banks.
Worcester YMCA H—320, A. Lewis; 339, S. Prosser.
Borough of Enfield H—347, M. McLannon.
East Hull H & AC—75, J. Sharp.
Highgate H—248, M. Gordon.
Ranelagh H—273, T. Canadine-Bates.
Salford H—190, I. Cosburn.
Southend-on-Sea AC—267, D. Barker.
Sutton H & AC—282, P. Langley.
Walton AC—22, R. Martin.

Individual Entrants:—

- 2, J. Fox (East Cheshire H); 21, M. McLeod (Elswick H); 27, D. Slater (Skyrac AC); 39, R. Greasley (Leicester CAT); 46, T. McMahon (Derby & County AC); 58, I. Gilmour (Salisbury AC); 61, C. Rawling (Chelmsford AC); 63, P. Lennon (Waterloo H); 86, J. Bett (Grimsby H); 87, A. Proberts (Camden AC); 120, E. Bentley (Hallamshire H); 127, P. Rider (Watford H); 142, D. Thomson (Dartford H); 153, J. Stubbs (Ealing & Southall AC); 157, I. Garner (Leicester CAT); 163, C. Bird (Ashford AC); 201, H. Johnstone (Royal Engineers, Aldershot); 202, S. Bladon (Sparkhill H); 220, R. Morgan (Camden AC); 229, I. Lester (Newbury AC); 239, W. Verdi (Warley AC); 259, R. Willmott (Polytechnic H); 275, T. Barnes (Lozells H); 290, S. Turner (Hallamshire H); 304, R. Butler (Erith & District AC); 311, P. Lewis (Durham Univ. CCC); 314, G. Barker (West Bromwich H); 321, J. Wright (Leicester CAT); 323, C. Deeming (Nuneaton H); 329, C. Riches (Oxted & District AC); 330, J. Dingwall (Colchester AC); 332, I. Lewis (Altrincham AC); 352, D. Green (Newbury AC); 357, B. Rolph (Watford H); 366, A. Burton (Harborne H); 368, N. Price (Dudley & Stourbridge H); 373, B. Millicheap (Harborne H); 379, J. Berry (Dorking St. Pauls AC); 382, D. Ward (Dudley & Stourbridge H).
 417 started, 390 finished

G. Garforth (Hull B) holds the "J. L. WAGSTAFFE TROPHY", as the individual winner, for one year.

Airedale & Spenn Valley AC hold the "SHEFFIELD CHALLENGE TROPHY", as the winning team, for one year.

Small Heath H retain the "ALF CANNON MEMORIAL TROPHY", as the leading Midland Club, for one year.

Fixture Secretaries, please note:

BARNET & DISTRICT A.C.

present their Annual

**BOYS' 4x2 MILES ROAD RELAY
& YOUTH 3 MILE TEAM RACE**

On Saturday, April 26th, 1969

also the Annual

HAMPSTEAD "10"

(Fred Burton Memorial)

On Saturday, May 17th, 1969

TRAINING WEEK-ENDS

Bardon Manor is available for **Training Week-ends** until Whitsun.

Plenty of hills, quiet roads and sandy beaches.

Accommodation with meals in historic Manor House of character—**27/6 per day.**

**BARDON MANOR, WASHFORD,
SOMERSET. Tel: Washford 217**

STRONG BRITISH TEAM IN BELGRADE

But competition is tough at the 4th European Indoor Games

BRITAIN will be represented by her largest team yet (14) at the 4th European Indoor Games in Belgrade (195m track) this week-end. The event-by-event guide that follows shows the quality of the competition.

50m: World Best—5.4 Gaines (USA); European Best—5.5 Radford (UK), Frith (UK), Piquemal (Fra), Wucherer (WG). Holder: Hirscht (WG) 5.7. Leading performers this winter: (50m) 5.5 Wucherer, 5.6 Sinyayev (USSR), Sitter (WG), Sauer (WG); (60y) 6.1 Gollos (EG); (60m) 6.4 Borzov (USSR), 6.6 Vermuse (Fra), Pankratov (USSR) ... 6.8 FRITH.

400m: WB—46.2 Smith (USA); EB—47.0 Badenski (Pol), Muller (WG); UKB—47.6 Campbell, Green. Holder: Badenski 47.0. Leaders: 47.0 Muller, 47.1 Hennige (WG), 48.2 Kinder (WG), 48.5 CAMPBELL, 48.6 Savchuk (USSR), 48.8 Badenski; (300m) 33.1 Nallet (Fra).

800m: WB—1:47.4 Nelson (USA); EB—1:48.6 Balke (WG); UKB—1:49.7 Whetton. Holder: Carroll (Rol) 1:56.6. Leaders: 1:49.7 Fromm (EG), 1:50.0 ADAMS, 1:50.2 Seyffarth (EG), 1:50.3 Seidler (EG), 1:51.2 Borraz (Spa), Hirsch (WG), Toussaint (Fra); (1000y) 2:08.0 Plachy (Cz); (1000m) 2:22.0 Kemper (WG), 2:22.2 Adams (WG).

1500m: WB—3:40.7 Jazy (Fra); UKB—3:43.0 Whetton. Holder: Whetton 3:50.9. Leaders: 3:41.4 May (WG), 3:44.7 Zhelobovskiy (USSR), 3:46.4 Seidler (EG), 3:46.5 Fromm (EG); (Mile) 4:02.6 WILKINSON, Seidler, 4:04.4 Murphy (Rol), 4:05.0 Szordykowski (Pol).

3000m: WB—7:47.8 Diessner (EG); UKB—7:56.2 McCafferty. Holder: Kudinskiy (USSR) 8:10.2. Leaders: 7:47.8 Diessner, 7:58.6 Salgado (Spa), 7:58.8 Eisenberg (EG), 7:59.0 STEWART, 8:00.0 Chernov (USSR), 8:00.4 Girke (WG); (2M) 8:32.2 STEWART, 8:41.6 May (WG), 8:42.6 Petr (Cz).

50mH: WB—6.4 Ottoz (Ita), Kotik (Cz); UKB—6.7 Parker, Pascoe. Holder: Ottoz 6.5. Leaders: 6.5 Nickel (WG), Trzmiel (WG); 6.6 Nadenicek (Cz); (60y) 6.9 Bethge (EG), 7.0 PASCOE, 7.1 Krohn (EG), Demus (USSR); (60m) 7.8 Mikhailov (USSR).

HJ: WB—2.23 Brumel (USSR). Holder: Skvortsov (USSR) 2.17. Leaders: 2.16 Elliott (Fra), Ioan (Rum), 2.15 Moroz (USSR), Koppen (EG), Baudis (Cz), Kutyanin (USSR), Gavrilov (USSR), 2.14 Huttel (EG), Duhrkop (EG), Skvortsov.

PV: WB—5.33 Seagren (USA); EB—5.23 Engel (WG); UKB—5.03 Bull. Holder: Nordwig (EG) 5.20. Leaders: 5.23 Engel, 5.22 Papanicolaou (Gre), 5.21 Schiprowski (WG), 5.15 Bar (EG), Bliznyetsov (USSR), 5.10 Sola (Spa), Nordwig, 5.04 Mustakari (Fin), 5.03 BULL, Alarotu (Fin).

LJ: WB—8.30 Beamon (USA); EB—8.23 Ter-Ovanesyan (USSR), UKB—7.97 Davies. Holder: Ter-Ovanesyan 8.16. Leaders: 7.95 Beer (EG), 7.79 Kirst (EG), 7.72 Baumgartner (WG), 7.71

Szudrowicz (Pol), Klauss (EG), 7.68 Pousi (Fin), 7.67 Saneyev (USSR), 7.62 Boschert (WG), 7.61 Lepik (USSR), 7.56 DAVIES.

TJ: WB—16.86 Dudkin (USSR); UKB—15.99 Boosey. Holder: Dudkin 16.71. Leaders: 16.86 (55' 3½") Dudkin, 16.39 Sauer (WG), 16.37 Corbu (Rum), 16.30 Kravchenko (USSR), 16.27 Drechsel (EG), 15.99 BOOSEY, 15.97 Cziffra (Hun).

SP: WB—20.67 Steinhauer (USA); EB—19.58 Briesenick (EG). Holder: Birlenbach (WG) 18.65. Leaders: 19.58 Briesenick, 19.50 Birlenbach, 19.36 Lochmann (EG), 19.28 Rothenburg (EG), 18.94 Beer (Fra).

Women's Events

50m: WB—6.0 Ferrell (USA); EB—6.1 Samotysova (USSR); UKB—6.4 Gill. Holder: Telliez (Fra) 6.2. Leaders: 6.2 Szewinska (Pol), 6.3 Zharkova (USSR), 6.4 Lubej (Yug), Stock (WG), Jozvik (Pol), Hahnle (WG), Mikhailova (USSR); (60y) 6.8 Rosendahl (WG); (60m) 7.4 COBB, Meyer (WG), Jozvik, 7.5 Telliez.

400m: WB—54.0 Smith (USA); EB—54.2 Besson (Fra); UKB—56.0 Stirling. Holder: Burda (USSR) 55.2. Leaders: 54.2 Besson, 56.0 STIRLING, 56.3 Zehrt (EG), 56.4 Kovalevskaya (USSR), Freese (WG).

800m: WB—2:06.2 Burneleit (EG). Holder: Burneleit 2:07.6. Leaders: 2:06.6 Wieck (EG), 2:08.2 Hoffmeister (EG), 2:08.4 Kleinau (EG), 2:08.6 Bragina (USSR).

50mH: (2'9") WB—7.1 Schell (WG), Talysheva (USSR). Holder: Balzer (EG) 7.0 (2'6"). Leaders: 7.1 Schell, Talysheva, 7.2 Larionova (USSR), Rosendahl (WG); (60y) 7.6 Balzer; (60m) 8.6 PERERA.

HJ: WB—1.85 Schmidt (EG); UKB—1.76 Inkpen, Knowles. Holder: Schmidt 1.84. Leaders: 1.84 Schmidt, 1.81 Okorokova (USSR), 1.79 Schulze (EG), Blagoyeva (Bul), Kozyr (USSR), Valentova (Cz), 1.78 Faithova (Cz), 1.76 INKPEN, Knowles (Swe/UK—not eligible for Belgrade), 1.75 Bonci (Rum), Barnay (Fra).

LJ: WB—6.73 Shchelkanova (USSR); UKB—6.53 Rand. Holder: Berthelsen (Nor) 6.43. Leaders: 6.38 Kroiter (USSR), 6.31 Talysheva (USSR), 6.30 Bychkova (USSR), 6.29 Rosendahl (WG), 6.18 Ammann (Swi), 6.11 SCOTT, Hauer (EG), 6.07 Szewinska (Pol).

SP: WB—18.28 Chizhova (USSR). Holder: Chizhova 18.18. Leaders: 17.02 Lange (EG), 16.93 Friedrich (EG), 16.89 Nyekrasova (USSR), 16.55 Christova (Bul), 16.18 Fuchs (WG).

The British team consists of those names printed in capitals.

The North Wales AAA 10 Miles Road Championship will be held at Wrexham on March 22nd. All athletes with the necessary qualifications who would like to run please contact Mr. G. L. Baldwin, 6 Snowdon Drive, Johnstown, Nr. Wrexham, Denbighshire.

WALKING

NIHILL LAPS SOUTHERN 10 KILOMETRES FIELD

At Battersea Park, March 1st

On a soft track, with cold winds to contend with, Paul Nihill gave ample evidence of the fine form he is currently in by leading from start to finish to record an excellent 44.24. After the fast starts of Neil Munro and John Kirk had died away Shaun Lightman came through to gain second. Roger Mills, in a brilliant display of tenacious walking, hung on to third ahead of a slow-starting, fast-closing Colin Young. That 17 men beat 48.50 shows the high overall standard attained. There were no disqualifications, although Colin Williams had to retire because of injury.

1. P. Nihill (Surrey WC) 44.24
2. S. Lightman (Metropolitan WC) 46.31
3. R. Mills (Ilford) 46.49
4. C. Young (Ex Bgls) 46.54; 5. P. Thorn (Trow) 47.12; 6. L. Duquemin (Bel) 47.16; 7. J. Moullin (Bel) 47.18; 8. L. Dick (High) 47.28; 9. W. Wesch (Bel) 47.55; 10. A. Ross (High) 48.13; 11. W. Sutherland (High) 48.17; 12. B. Armstrong (Ilf) 48.24; 13. D. Delaney (Vids) 48.30; 14. J. Kirk (Trow) 48.34; 15. R. Middleton (Bel) 48.36; 16. G. Robinson (En) 48.48; 17. A. Buchanan (B'ton) 48.48; 18. C. Fogg (En) 49.21; 19. D. Cox (S'end) 49.23; 20. D. Watts (Met. WC) 49.36.

(Junior & Open Badge 6M) Brian Adams and Phil Embleton completely dominated over the three circuits of the Battersea Park roads. The former broke away around the half-distance only for Embleton to close up for a spirited finale in the last mile. 1. B. Adams (Leics WC) 44.49; 2. P. Embleton (Met. WC) 45.01; 3. R. Emsley (Steyn) 47.59; 4. S. Fish (Steyn) 48.25; 5. G. Hunwicks (Ilf) 48.32; 6. D. Holly (Thur) 48.53; 7. B. Ward (Bel) 49.03; 8. K. Emsley (Steyn) 49.07; 9. S. Holloway (Med) 49.49; 10. S. Gower (Ex Bgls) 49.51.

(Youths 3M) Olly Caviglioli was a clearcut winner with younger clubmate Andrew Grant doing well to gain second. 1. O. Caviglioli (Bas) 22.28; 2. A. Grant (Bas) 24.07; 3. A. Hackney (Leics WC) 24.34; 4. J. Jones (New) 25.12; 5. B. Laver (EB) 25.17; 6. S. Smith (Leics WC) 26.41.

(Boys 2M) Favourite Lawrence Dordoy held off his good friends and rival Maynard in a close finish. Some lads were a little too impetuous and came under the ban of judges but coaching was clearly in evidence with a good technique shown by the majority. It was particularly heartening to see the keenness and determination of the Indian boys from Birmingham. 1. L. Dordoy (Ilf) 16.16; 2. D. Maynard (New) 16.20; 3. J. Melia (Sy WC) 18.13; 4. R. Brooker (New) 19.03; 5. M. Smith (HHH) 19.30; 6. V. Patel (Moat S) 19.53.

Today's Events: The Midland 10 Kms should feature a host of fast times and fine performances, with the Leicester contingent of Toone, Tolley, Stapleford, Adams and Markham having a battle

royal with "outsiders" Hughes, Chaplin, Lodge, Eric Taylor and Colin White. At Gosport the local Stokes Bay club promote their Open "7" in conjunction with a Southern League event. Last year's winner, Phil Thorn, will have trouble holding off this year's sensation, Dave Watson. Ipswich promote an Open "10" which should include a strong Belgrave contingent among others. At South Croydon, Surrey WC have their Keston "14" which incorporates a match against the Met. Police and Stock Exchange. Next Wednesday (March 12th) the RAF hold their 20 Kms Championship at Henlow (2.00 p.m.). Holder John Kirk should have no trouble retaining his title.

All walkers are invited to the Enfield H. inter-club 20km on March 8th at Lavender Road School (2.30).

Colin Young
(Lack of space has necessitated the holding over of the remainder of Colin Young's Race Walking Notes.)

LOST

Royal blue tracksuit near start of National C.C. Championship last Saturday. Name on tags. Postage refunded if returned to D. Foxley, 40 Brambletree Crescent, Borstal, Rochester, Kent.

Dark blue anorak in Lido changing rooms at the National C.C. Championships last Saturday. Postage refunded if returned to M. S. Seaman, 125 Caulfield Road, Shoburyness, Southend-on-Sea.

Black tracksuit at the Southern Championships at Reading. Postage refunded if returned to E. Broad, 91 Rochester Avenue, Rochester, Kent.

White/blue Gola spikes at Kent Schools Championships at West Wickham when owner taken to hospital. Postage refunded if returned to T. Green, 40 Wooldeys Road, Rainham, Kent.

A women's javelin event will be included in the Redhill & Reigate winter meeting at Crawley on March 15th, entries for which close on March 12th (see ad. in Feb. 22nd issue).

The English Schools C.C. Championships are being held at Leicester on March 22nd, and not as previously stated on a fixture list.

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ATHLETIC EVENTS

An advertisement can increase YOUR entries. 30s. per s.c. inch, per insertion, 33½% series discount to clubs on three or more insertions.

SURREY COUNTY A.A.A. ONE DAY COACHING COURSE

At Crystal Palace, Sunday, 30th March
10.0 a.m. — 4.0 p.m.

For Young Athletes who will compete as Juniors/Youths (Men) or Intermediates/Juniors (Ladies) in 1969.

Applications to W. Payne, 50 Molesey Drive, North Cheam, Surrey, by Monday, 17th March, 1969, stating age, date of birth, best performances, club/school, together with s.a.e. and 5/- course fee.

BRIGHTON & HOVE A.C. SENIOR 6x2½M. ROAD RELAY YOUTHS 2½M. TEAM & IND. RACE

(Under A.A.A. Laws)

SATURDAY, 12th APRIL
ON BRIGHTON SEAFRONT

For the "Wazeeds" & "Dewar" Trophies and prizes for first 3 teams/individuals.

Entry Fees: Seniors 7s 6d, Youths 5s each team (3 to score), 2s ind. (Youth ages 16/17 on 1.4.69). Entries close 31st March to M. J. Langmaid, 17 Wychperry Road, Haywards Heath, Sussex.

10th ROMFORD HALF-MARATHON (HAVERING A.C.)

Under A.A.A. Laws

SATURDAY, APRIL 5th, at 3 p.m.

From Chase Cross School

Prizes first 3 individuals and first veteran. Medals first 3 teams. First individual Chas. Allen Trophy, first team Lockwood Trophy.

Entries: 3/6 per person to C. N. J. Burton, 24 Longfield Avenue, Hornchurch, Essex, by 24th March.

TOM SCOTT MEMORIAL 8th Annual 10 MILES ROAD RACE (Over 20)

at 3.00 p.m. from

LAW TO MOTHERWELL

Also First Annual

5 MILES ROAD RACE (17 to 20)

at 2.30 p.m. from

WILSHAW TO MOTHERWELL

(Under S.A.A.A. Rules)

ON SATURDAY, 12th APRIL

Entry Fees: Ind. 1/6, Team 3/-.

Entries to W. McCulloch, 18 Hawthorn Drive, Shotts, Lanarkshire, by March 29th.

Road Runners . . .

Don't delay, enter today for the
LONGWOOD "10"

AT BRADLEY BAR, HUDDERSFIELD
ON SATURDAY, MARCH 22nd

There's a tea and a shower,
Card for under the hour,
Prizes galore, you can't ask for more.

ALSO BOYS' 2½ MILES ROAD RACE

Entries to J. G. Beckett, 32 Ingfield Avenue,
Dalton, Huddersfield, Yorkshire. Fees: 2/6
Snrs., 1/6 Boys/Youths, Teams 5/-.

ENTRIES CLOSE MARCH 11th

RYDE HARRIERS

Annual

AROUND THE CANOE LAKE ROAD RELAYS

SUNDAY, 30th MARCH, 1969

Start 3 p.m.

TROPHIES & MEDALS FOR ALL EVENTS

SENIOR MEN 6 MILE 2 MAN PAARLAUF

YOUTHS (17—Under 19) 3 MILES

BOYS (15—Under 17) 4x2 LAP (960yds. app.)

COLTS 4x2 LAP (960yds. approx.)

Ages as at 1.9.68

SENIOR LADIES 3x2 LAP (960yds. app.)

INTER. LADIES 3x1 LAP (960yds. app.)

JUNIOR LADIES 3x1 LAP (960yds. app.)

Entries to J. S. Day, 46 Quarry Road, Ryde,
Isle of Wight.

Entry Fees: Teams 7/6, ind. 3/6.

NORTHERN COUNTIES ATHLETIC ASSOCIATION

50 MILES ROAD RELAY CHAMPIONSHIP

(Under A.A.A. Laws)

To be held
At DERBY

SATURDAY, 29th MARCH

Commencing at 11 a.m.

Competitors must be at least 18 years of age on the day of the Competition and possess the Area qualification. The event will be run in 12 stages of varying distances.

Championship Awards for the first three teams and the first six teams will qualify for the National Road Relay.

Entry fees: 30s. 0d. per team.

CLOSING DATE: SAT., 15th MARCH

Entries to G. A. Wright, 30 St. John's Road,
Humberston, nr. Grimsby, Lincs.

Late entries not accepted.