

May 16th 1970 Vol. 24 No. 20

athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

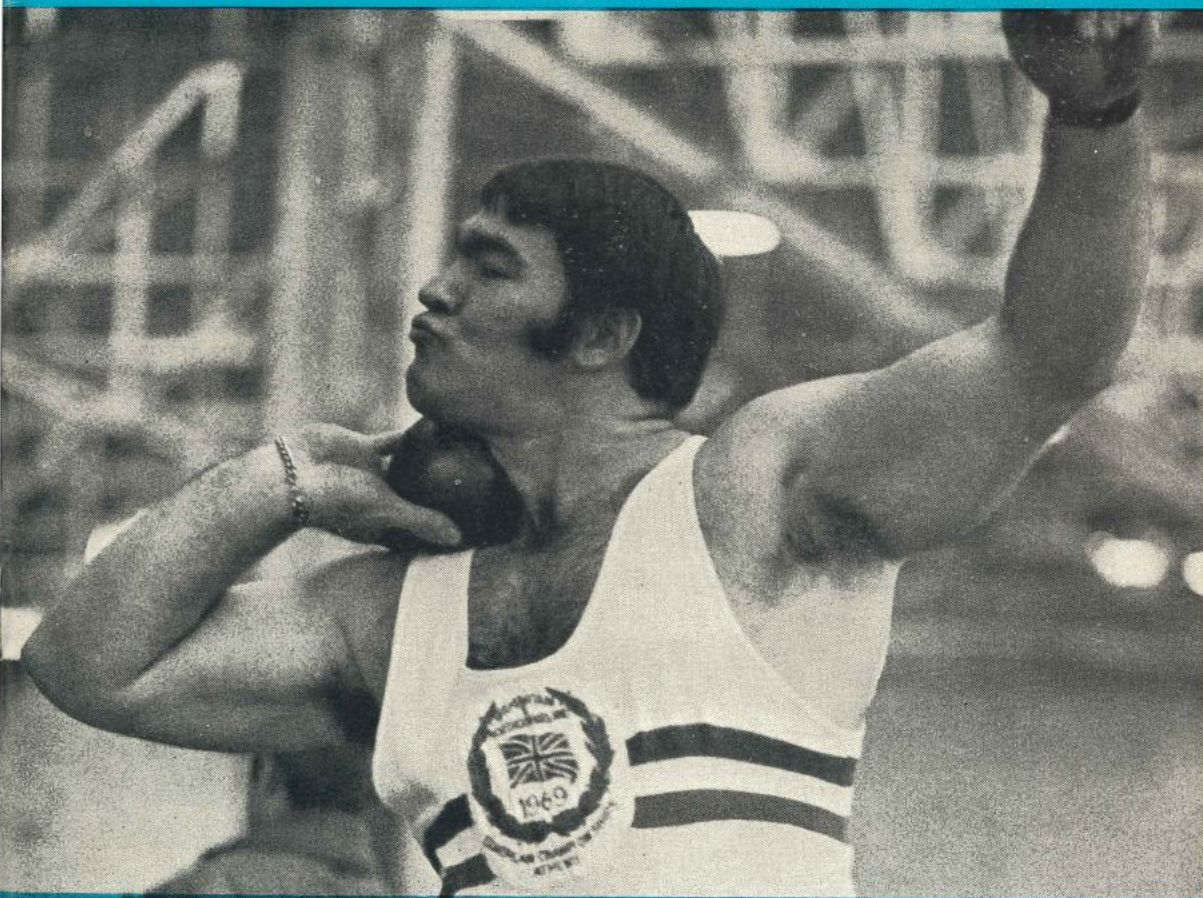
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CAMBRIDGE & COLERIDGE A.C. MILDENHALL "10"

(Under A.A.A. Laws)

(Mildenhall off A.11 Newmarket-Norwich Road)

SATURDAY, JUNE 27th, 1970, at 4 p.m.

Entry Fees: 3/- ind., 5/- team (3 to score).
Entries to W. A. Spratt, 12 Staples Lane, Soham, Ely, Cambs. (Tel: Soham 553). Vets. state age on form please.

CLOSING DATE WEDNESDAY, 17th JUNE

COVENTRY PRESENTS

Fifth College "10"

10 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 6th JUNE, at 3.15 p.m.

AWARDS—First twenty ind., 1st Veteran, 1st Full time student, first 3 teams & perpetual team trophy.

Entry fees: 3/- ind., 5/- teams. All enter as individuals.

Attractive course, exceptional facilities
Entries to Road Race Sec., College of Education, Canley, Coventry, by Mon., 25th May.

INSURANCE ATHLETIC ASSOCIATION

TRACK & FIELD CHAMPIONSHIPS

AT MOTSPUR PARK

On Tuesdays, 16th and 30th June, 1970

SENIORS • JUNIORS • LADIES

Entry forms can be obtained from the Hon. Secretary, G. R. V. Davis, 135 Thetford Road, New Malden, Surrey.

ENTRIES CLOSE 22nd MAY, 1970

GRANGEMOUTH HIGHLAND GATHERING

(Under SAAA and SWAAA Laws)

SUNDAY, 7th JUNE, 1970

AT GRANGEMOUTH STADIUM

At 1.30 p.m.

25 MALE AND FEMALE EVENTS

Entries: 2/- Individual, 2/6 per team events.

All applications and enquiries to:—
Sports Director, Sports Stadium, Kersiebank Avenue, Grangemouth.

CLOSING DATE FOR ENTRIES:
MONDAY, 25th MAY, 1970

INTER-BANKS A.A. 1970 MEN'S AND WOMEN'S CHAMPIONSHIPS

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

Details and entry forms from David Barrington, Juxon House (5th Floor), 94 St. Paul's Churchyard, London, E.C.4.

ENTRIES CLOSE JUNE 13th

GUILDFORD AND GODALMING AC invite entries for their 5th annual PUNCHBOWL MARATHON

to be held on Sunday 7th June 1970.

Event is a 30 miles cross country trial.
Walkers start at 9.00 a.m., runners at noon
Details from D. Sudbury, 28 Phillips Hatch, Womersley, Guildford.

THURROCK "10"

(Under A.A.A. Laws)

**Incorporating Essex County 10 Miles
Road Race Championship**

SUNDAY, JUNE 28th, 1970—Start 3 p.m.

**At King George's Playing Field,
Blackshots 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, 73 Crofton Road, Woodside, Grays, Essex. Entry fee 3/- per ind.

CLOSING DATE SAT., JUNE 20th, 1970

BERKSHIRE A.A.A.

COUNTY CHAMPIONSHIPS, 1970

Saturday, 6th June, commence 10.30 a.m.

AT BRACKNELL SPORTS CENTRE

Senior Men: 100, 200, 400, 800, 1500, 5000m, 3000m S'chase, 110m Hdls, 400m Hdls, 3000m Walk, 4x100m Relay, 4x400m Relay, Medley Relay, LJ, HJ, TJ, PV, Jav., Dis., Shot, Hammer.

Junior Men: 100, 200, 400, 800, 1500m, 2000m S'chase, 110m Hdls, 4x100m Relay, 4x400m Relay, Medley Relay, Jav., Shot, Dis., Hammer, HJ, TJ, LJ, PV.

Youths: 100, 200, 400, 800, 1500m, 1000m S'chase, 100m Hdls, 4x100m Relay, 4x400m Relay, Medley Relay, LJ, TJ, HJ, PV, Dis., Shot, Jav., Hammer.

Senior Ladies: 100, 200, 400, 800, 1500m, 100m Hdls, 4x100m Relay, HJ, LJ, Shot, Dis., Jav.

Inter. Ladies: 100, 200, 400, 800, 1500m, 4x100m Relay, 80m Hdls, HJ, LJ, Shot, Dis., Jav.

Junior Ladies: 100, 200, 800m, 75m Hdls, 4x100m Relay, HJ, LJ, Shot, Dis., Jav.

Entry forms from R. H. Apps, 1 Dundas Close, Bracknell, Berks. **Fees:** Sen. Men 4/-, Jun. Men 3/-, Youths 2/-, Sen. & Inter. Ladies 2/6, Jun. Ladies 2/- per event.

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 24 No. 20

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May 16th, 1970

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Editorial Assistant: DAVID COCKSEGE

Subscription Dept. & Distribution:

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January 1st—December 31st, 1969

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THE WEEK AHEAD

Saturday, May 16th: UAU Championships at Liverpool; Scottish Universities Championships at Edinburgh; Isle of Wight Marathon; Midland WAAA Senior & Intermediate Pentathlons at Oldbury; National YMCA Championships at Kirkcaldy; Land O'Burns Meeting at Ayr; Northern League at Cleckheaton and Blackburn; Hampstead "10"; P. & J. Coles Trophy at Oxford; Yeovil Schools Championships; Kent Women's Championships at Crystal Palace; Middlesex Women's Championships at Hendon; Surrey Women's Championships at Wimbledon; British team at Zauli Memorial, Rome.

Sunday, May 17th: GB v. Netherlands (Women) at The Hague; Hampshire Women's Championships at Southampton Sports Centre; High Jumpers Club Competition at Crystal Palace (2.00 p.m.); Westward League at Bideford; Wing P.E. Colleges Championships at Madeley College, Staffs; British team at Courtrai (Belgium).

Monday, May 18th: HHH Schools' Trophy at Tooting Bec (6.45 p.m.).

Tuesday, May 19th: Staffordshire Championships (Part) at Stafford.

Wednesday, May 20th: Middlesex League; TVH Open Graded Meeting at West London; Borough Road College v. Loughborough Colleges at Loughborough (3.00 p.m.).

NATIONAL LEAGUE (May 16th)

Division 1: Birchfield, Cardiff, TVH, Brighton & Hove, Hillingdon, Surrey AC, at Mandy Stadium, Cardiff. **Division 2:** Polytechnic, Blackheath, Sale, Edinburgh Southern, Woodford Green, Southampton, at Crossfield Bridge Playing Fields, Sale. **Division 3:** Notts, Achilles, Croydon, LAC, Liverpool, Wolverhampton & Bilston, at Oxford. (Matches start at 12.30 p.m.).

(Southern League Fixtures on page 35)

Lillian Need Not Have Been So Worried

THE occasion, the London Olympiads club championships, and the setting, West London Stadium, were a far cry from Mexico City or Athens but Lillian Board might have been contesting a world championship judging by her pre-race anxiety last Sunday.

She was about to make her miling debut in a BMC-organised race and she really didn't know what to expect. Her best $\frac{1}{4}$ mile time trial of 3:37 suggested she should be capable of a little under five minutes at her first attempt, but with someone of Lillian's class and competitive flair there was always a chance of her producing something fairly sensational for a novice. On the other hand there was the dread—which Lillian candidly admitted before the race—of "making a complete fool" of herself.

As it turned out, it was the middle course that prevailed. In third place throughout, she lapped in 71.0, 73.8, 74.8 and 76.1 for a very solid first-time effort of 4:55.7 made even more notable by the fact that she ran in the second lane practically throughout as the inside was particularly soft.

Jane Perry, naturally disappointed at her omission from the team for The Hague and eager for a fast race, made the early running, but it was Barbara Banks who led for most of the race. The two Northern girls, who were making round trips of over 400 miles for the race—such is their enthusiasm, opened up a 5-6 yards gap on Lillian that remained fairly constant until they pulled well clear in the final furlong.

Jane overtook Barbara in the straight to win in 4:51.5 against 4:52.8—personal bests for both, although they have run relatively faster over metres.

Lillian's verdict on the race: a little disappointed she did not win but quite happy—and relieved—with her performance. "Those were cross-country girls and I'm delighted I could stay up with them as long as I did," she commented. She admitted, though, that she "wasn't in control of the race" and was "not overstruck by this distance," but thought it would do her good. Now she has survived four hard laps (with another mile scheduled against Paola Pigni in Italy today) she believes that from a mental point of view the 800m will seem that much less difficult.

Mel Watman.

April prizewinners in the SCAAA "200 Competition": Colin Campbell (£25), J. Sims (£15), Miss M. Tupholme (£5).

COMING SHORTLY
An exclusive feature on
LILLIAN BOARD

Cover photo by Tony Duffy

ALBERT PLUMB

The death has occurred of Albert Plumb (67), one of Britain's most distinguished walkers some forty years ago. As a member of North London Harriers, he won the National 20 miles road walk championship in 1929 (2:50.18), 1930 (2:46.30) and 1932 (2:43.38). Oddly enough his time on this last occasion was recognised as a world record although accomplished on the road. Later in his career, Albert Plumb represented the Enfield club.

RESULTS IN BRIEF

April 4th

Inter-Banks "10", at Epsom. 1, B. Kilner (Westminster) 52.43; 2, A. Barlow (West) 53.42; 3, P. Shepherd (Lloyds) 54.41; 4, A. Storey (West) 55.26; 5, M. Tomlin (West) 55.35; 6, M. Hoare (Lloyds) 56.13. Teams: 1, Westminster 7; 2, Lloyds 17; 3, Bank of England 48.

April 14th

Westminster Bank 4x3M Road Relay. 1, North Thames Gas (J. O'Keefe 15.17, J. McNamara 14.29, R. Franklin 15.35, F. Whitley 14.30) 59.51; 2, Met. Police 61.28; 3, Westminster 63.21; 4, Meadhurst 63.56; 5, Bank of England 65.15; 6, Met. Police 66.41. **Fastest:** 14.29 McNamara, 14.30 Whitley, 15.01 G. Pether (Met. Pol).

April 17th

Chelsea College Trials, at Dartford. (Women) HJ/LJ: S. Clelland 1.47/4'10" & 5.60/18'4½". SP: 1, J. Lucas 12.65/41'6"; 2, J. Philp 9.78/32'1". DT: 1, Lucas 42.14/138'3"; 2, Y. Starling 35.00/114'0".

April 21st

Stoke-on-Trent League, at Stoke. (Boys) 300m: D. Hudson (St. Peters) 43.2. DT: Doran (Stret) 39.82/130'8". (Youths) 300m: R. Jones (Stoke) 39.9. LJ: M. Matthews (Cannock S) 6.02/19'9½". (Women) 300m: 1, S. Dyson (Bury) 42.4; 2, L. Curwen (Stoke) 42.6.

April 25th

London Univ. Championships, at Motspur Park. 3000mSC: C. Haines 9:47.6. 400H: G. Hunt 56.5. HJ: D. Andrew 1.75/5'9". SP: B. Tristram 14.52/47'7½". JT: K. Sheppard 58.86/193'1". Team: Guy's Hospital.

SPRINT RECORD EQUALLED

Little known Willie McGee, from Mississippi, tied the world 100y record of 9.1—with the wind at 1.7m/sec—in a heat at Houston on May 8th. In the final next day he and Robert Taylor both clocked 9.1 but the wind was over the limit at 2.3m/sec.

Lost: Pair of EB walking shoes (size 8) at National 20km at Crystal Palace. Postage refunded by Oliver Caviglioli, 56 The Knarres, Basildon, Essex.

Oxford 106, Cambridge 80**At Crystal Palace, May 2nd**

Lewis and Rix Star In Varsity Clash

THE 96th Oxford v. Cambridge match, held over metric distances and staged at Crystal Palace for the first time, was notable also for fast front running performances by Phil Lewis in the 800m and John Rix in the steeplechase.

Lewis clinched his place in the Welsh team for Edinburgh as, leading practically from the gun, he went through 400m in 53.0 and 600m in 80.0. This was a hot pace and yet Ross Moughtin, whose best until the previous week stood at 1:52.1, was only a stride behind. Moughtin persisted in his challenge and it was only by driving very hard, with his form going to pieces, that Lewis managed to open an appreciable gap in the closing stages. His time was a fine 1:48.5, while Moughtin was rewarded with an admirable 1:49.2 and the other two runners also set personal bests.

Rix, at 1.88/6'2" and 80kg/177lb, is a big man for a steeplechaser and his rather lumbering running action and untidy obstacle clearance may not please the purists—but then neither did Chris Brasher (who has helped Rix in his new event). Brasher feels that Rix—a 3:44.7 1500m performer—could be running below 8:30 later this season and certainly there appears to be considerable room for improvement on his 8:47.4 in this match—itsself a resounding 17 sec faster than his previous best. It was a completely solo run (he covered an early lap as fast as 66.5) and under pressure he can hope to run his last lap much faster than 71.4. A doubtful starter in the inter-counties because of exams, his first top quality steeplechase race may well be at the English trials. Rix has exciting possibilities.

Phil Thomas secured his Welsh vest through a lively 1500m victory in which he left Bob Steele and Paul Dennis well behind with a 56 last lap. Dave Hemery, with his ankle bandaged, used a standing start in both the 100m and high hurdles

but on neither occasion was it a great success. However, he managed to cut down his number of strides to the first hurdle to seven ("but they weren't very fast ones", he admitted) and he intends to persevere with this method of starting which has, he says, been quite effective in training.

M.W.

100m: 1, A. Conteh (C) 10.8; 2, D. Roberts (C) 10.8; 3, P. de Villiers (O) 10.9; 4, D. Hemery (O) 11.1. **200m:** de Villiers 21.8; 2, Hemery 22.3; 3, Conteh 22.4; 4, B. Bolton-Maggs (C) 22.7. **400m:** 1, P. Mattholie (C) 48.9; 2, R. Forbes (O) 49.0; 3, S. Nussey (O) 49.2; 4, D. Wilkinson (C) 49.2. **800m:** 1, P. Lewis (O) 1:48.5 (match rec); 2, R. Moughtin (C) 1:49.2; 3, C. Cusick (C) 1:50.2; 4, Forbes 1:51.2. **1500m:** 1, P. Thomas (C) 3:46.1 (rec); 2, R. Steele (O) 3:47.3; 3, P. Dennis (O) 3:49.7; 4, M. Harris (C) 3:55.5. **5000m:** 1, H. Starkey (O) 14:16.8; 2, A. Moore (O) 14:25.6. **3000mSC:** 1, J. Rix (C) 8:47.4 (match rec); 2, A. Hope (C) 9:28.0; 3, R. O'Brien (O) 9:39.6. **110mH:** 1, Hemery 14.4; 2, C. Brownlees (O) 15.3; 3, R. Young (C) 15.5; 4, P. Thompson (C) 15.6. **200mH:** 1, Brownlees 24.4; 2, de Villiers 24.8; 3, Thompson 25.4. **400mH:** 1, D. Clementi (O) 54.7; 2, D. Knight (C) 56.3; 3, Thompson 57.4. **HJ:** 1, L. Hall (O) 1.95/6'5"; 2, J. Ellicock (C) 1.88/6'2"; 3, L. Griffin (O) 1.85/6'1"; 4, R. Stennett (C) 1.85. **PV:** 1, C. Balchin (O) 3:96/13'0"; 2, Thompson 3:35/11'0". **LJ:** 1, A. Shoebridge (O) 6.93/22'8½"; 2, E. Njoku (C) 6.92/22'8½"; 3, G. Maddocks (O) 6.84/22'5½"; 4, A. Roulstone (C) 6.73/22'1¼". **TJ:** 1, Shoebridge 14.34/47'0¼"; 2, Griffin 14.33/47'0¼"; 3, Njoku 14.23/46'8¼"; 4, M. Dale (C) 13.47/44'2¼". **SP:** R. Speed (O) 13.54/44'5". **DT:** N. Nops (O) 42.26/138'8". **JT:** 1, L. Hatton (C) 60.44/198'3"; 2, P. Greenwood (O) 58.74/192'8"; 3, D. Vincent (C) 56.50/185'4". **Result:** Oxford 106, Cambridge 80.

Phil Lewis (101) running with fellow-Welshman Alan Joslyn in the Poly v. Oxford v. Loughborough 1500 metres which Lewis won in 3:53.0.

Gerald A. Pells



AAA v. Birmingham University**At Edgbaston, May 6th****John Davies Returns To Greatness****Runs 1:47.2 800 Metres; Malcolm Yardley's Fastest 400 Since 1960**

THE best news to date in this young British season is that John Davies is back again, and better than ever. Admittedly, Davies had a few races last year following his successful Achilles tendon operation, appeared twice at Cosford this past winter and was known to have run some spectacular time trials this year. But his 800m race for the AAA against Birmingham University was his first serious competitive outing at the distance since before the Olympics and as such an important guide to whether he has fully recaptured the zest that marked his running in 1968.

With Andy Carter also anxious for a fast time, plans were laid for the first 200m to be covered in 25 and the 400m to be reached in 52. Andy won the toss and elected to set the pace, with John taking over at the bell. From then on it would be each man for himself.

Carter played his part brilliantly, passing 200m in 25.7 and 400m in 52.1 with Davies breathing down his neck. Davies took up the running as planned and, head down, practically sprinted the length of the back straight. The speed was audacious, and typical of Davies' capacity to pull out all the stops. Even Carter could not hope to live with him as Davies flashed past 600m, some ten yards up, in 78.8. It seemed impossible that Davies could maintain such a tempo but he did until he was within just a few seconds of the tape. "Those last 20 yards were hellish," he declared.

He stopped the watches at 1:47.2, a staggering start to the season and a time bettered so far this year only by the South Africans Fanie van Zijl and Dicky Broberg. Carter, with so much pressure on him to produce a fast time, came home in 1:49.5 and Chris Moreton (who must have been under 53 at the bell) ran the race of his life in clocking 1:50.7.

For Davies, who vowed at this time last year—when hobbling around on crutches—that he would be back for the Commonwealth Games it was a triumphant return to world class running. His 200m splits of 25.7, 26.4, 26.7 and 28.4 suggest that his ambition of breaking the world record of 1:44.3 in defeating Ralph Doubell & Co. in the Commonwealth Games final is not simply a pipe dream. Davies is essentially a competitor rather than a time-trialist and had there been anyone near him along the finishing straight I am sure he would have found the extra to have clocked 1:46. By July he might be capable of anything.

There was another heart-warming comeback in the 400m where Malcolm Yardley (29), running his first serious quarter for five years, was only 0.2 outside his personal best of 46.6... set way back in 1960! Running with silken smoothness, and winning by seven metres from Jim Aukett

(personal best of 47.8), he gave the impression that he could descend below 46 although he himself would prefer to stick to 200's if he can produce times of around 20.9.

Blessed for a change by good weather, this match produced much else of note. Martin Reynolds, now 21, is maturing into a really fine sprinter. He had the measure of Ralph Banthorpe in both races (by inches only in the 100) and his wind-free time of 21.0 in the longer event took three-tenths off his previous best. That controversial 10.3 100m of his in Warsaw years ago, and the hopes and doubts that arose, may have done more harm than good but now Reynolds is proving his true worth.

Howard Payne (39) made an auspicious start to the season by throwing the hammer 65.38/214' 6" and 65.30/214' 3" as well as a personal best discus throw of 44.86/147' 2". In the latter event, Mike Cushion was less than a metre behind his best with 53.72/176' 3". Martyn Lucking (32), the Commonwealth champion in 1962, will probably make the team for Edinburgh judging by his convincing shot victory over Geoff Capes.

Andy Holden followed up an 8:56.0 steeplechase (in which 17-year-old John Davies clocked a distinguished 9:16.0) with a 14:20.6 5000m behind Allan Rushmer barely an hour later.

Mel Watman

100m: 1, M. Reynolds (AAA) 10.6; 2, R. Banthorpe (B) 10.6; 3, P. Pinnington (AAA) 10.8; 4, P. Cornes (B) 11.0; 5, A. Hadley (guest) 11.0. **200m:** 1, Reynolds 21.0; 2, Banthorpe 21.2; 3, R. Walters (AAA) 22.0; 4, Cornes 22.2. **400m:** 1, M. Yardley (AAA) 46.8; 2, J. Aukett (B) 47.8; 3, I. Thomson (B) 50.2; 4, Hadley (AAA) 51.7. **800m:** 1, J. Davies (AAA) 1:47.2; 2, A. Carter (AAA) 1:49.5; 3, C. Moreton (guest) 1:50.7; 4, P. Miller (B) 1:54.3; 5, J. Wallis (B) 1:55.0. **1500m:** 1, P. Stewart (AAA) 3:47.7; 2, B. Mileson (AAA) 3:49.8; 3, N. Bailey (B) 3:50.9; 4, S. Barnes (guest) 3:58.7; 5, J. O'Meara (B) 4:00.0; 6, W. McKim (AAA) 4:02.2. **5000m:** 1, A. Rushmer (AAA) 14:07.6; 2, A. Holden (B) 14:20.6; 3, J. King (guest) 14:25.2; 4, P. Lancaster (guest) 14:39.8. **3000mSC:** 1, Holden 8:56.0; 2, P. Griffiths (B) 8:58.4; 3, C. Perry (AAA) 9:03.6; 4, J. Davies (AAA) 9:16.0. **110mH:** 1, D. Hemery (AAA) 14.5; 2, J. Gathercole (B) 16.5. **200mH:** 1, S. Storey (AAA) 25.3; 2, T. Scrase (B) 25.5. **400mH:** 1, R. Richardson (B) 53.4 (Welsh rec); 2, R. Taylor (guest) 54.2; 3, Storey 54.3; 4, E. Frost (AAA) 55.4. **3000mW:** 1, G. Toone (AAA) 13:05.4; 2, G. Chaplin (AAA) 13:14.6; 3, D. Berry (B) 14:22.4. **4x100m:** 1, AAA 41.8; 2, BUAC 41.9. **4x440y:** 1, BUAC 3:17.1 (Banthorpe 48.3, Aukett 48.0); 2, AAA 3:24.6.

HJ: 1, L. Hall (AAA) 1.90/6' 3"; 2, C. Youngs (AAA) 1.83/6' 0"; 3, P. Trewin (B) 1.83. **PV:** 1, J.

Fenge (AAA) 4.20/13'9½"; 2, D. Lease (AAA) 4.10/13'5½"; 3, C. Cumbers (B) 3.70/12'13½". LJ: 1, S. Atkins (AAA) 6.93/22'9"; 2, G. Turner (AAA) 6.80/22'4"; 3, H. Sewell (B) 6.50/21'4". TJ: 1, J. Crotty (AAA) 15.19/49'10"; 2, A. Vincent (AAA) 14.58/47'10"; 3, Sewell 14.37/47'2". SP: 1, M. Lucking (AAA) 17.28/56'8½"; 2, G. Capes (AAA) 16.36/53'8"; 3, A. Drzewiecki (guest) 14.86/48'9". DT: 1, M. Cushion 53.72/176'3"; 2, Drzewiecki (AAA) 50.19/164'8"; 3, H. Payne (B) 44.86/147'2"; 4, F. Ince (B) 39.93/131'0". HT: 1, Payne 65.38/214'6"; 2, B. Fraser (AAA) 61.04/200'3"; 3, A. Elvin (AAA) 59.08/193'10"; 4, J. Skrybant (B) 52.10/170'11". JT: 1, N. Hart-Ives (AAA) 68.12/223'6"; 2, R. Silvester (AAA) 61.42/201'6". **Result:** AAA 134, Birmingham Univ. 84.

WEST GLAMORGAN CHAMPIONSHIPS

May 2nd

200m: K. Lancey (Swansea) 22.0. 400/800: A. Roper (Swan) 53.2/1:58.6. 1500: D. Moss (Pt. Talbot) 4:13.0. 5000: D. Robbins (Swan) 15:04.0. SP/DT: B. Penny (Swan) 14.02/46'0" & 41.84/137'3".

Juniors

100m: 1, M. Jenkins (P. Talbot) 10.9; 2, T. Ronan (B. Gore) 11.2. 200: Ronan 23.8. 400: T. Andrews (P. Tal) 55.0. 1500: S. Seaman (Swan). 4x100: Port Talbot 48.0. HJ: K. Middleton (B. Gore) 1.60/5'3". TJ: D. Jones (Swan V) 12.84/42'1½". SP: 1, M. Flavell (Swan) 13.83/45'4½"; 2, L. Daniels (B. Gore) 13.54/44'5". DT: Flavell 44.30/145'4".

Youths

100m: 1, M. Jones (Afan Lido) 11.4; 2, D. Jones (Swan) 11.5. 200: 1, M. Jones 23.9; 2, D. Jones 24.4. 400: B. Jones (Swan) 52.0. 800: G. Mort (P. Tal) 2:15.0. 1500: N. Hughes (P. Tal) 4:32.2. 4x100: Swansea 50.5. HJ: M. Hamilton (P. Tal) 1.57/5'2". LJ: M. Jones 5.74/18'10½". TJ: N. Phillips (Swan) 12.23/40'1½". SP: M. Thomas (Swan. V) 10.72/35'2". DT: P. Mays (Swan) 37.06/121'7". JT: R. Reynolds (Afan Lido) 44.70/146'8".

Boys

100m/200: S. Newbury (B. Gore) 12.2/25.2. 400: A. Dyke (B. Gore) 60.0. 800: Dyke 2:13.4. HJ: D. Pugh (Swan) 1.42/4'8". LJ: M. Phillips (BP) 4.78/15'8½". TJ: S. Brown (BP) 10.89/35'9". SP: S. Haddow (B. Vaughan) 9.38/30'9½". DT: G. Jenkins (B. Gore) 31.82/104'5". JT: K. Thomas (B. Gore) 32.38/106'3".

Intermediate Girls

100m: G. Blackwell (P. Talbot) 12.6. 200: Blackwell 29.4. 800: K. Blackwell (P. Tal) 2:30.2. 4x100: Pt. Talbot 57.2. HJ: F. Evans (P. Tal) 1.37/4'6". LJ: G. Blackwell 4.94/16'2". SP: A. Johns (B. Vaughan) 8.90/29'2½". DT: D. Phillips (Swan) 17.47/57'4". JT: K. Moran (B. Vaughan) 11.40/37'5".

Junior Girls

100m: L. Barnes (P. Talbot) 13.5. 200: A. Thomas (P. Talbot) 29.2. 800: — (Swan) 2:42.4. 4x100: Swansea 59.8. HJ: S. Romano (B. Vaughan) 1.27/4'2". LJ: L. Barnes (P. Tal) 4.47/14'8". SP: L. Davies (Swan) 7.67/25'2". DT: P. Robinson (B. Vaughan) 14.93/49'0".



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Kicking Off Her International Career

THE centre forward of Birmingham City Ladies Football Club makes her international debut this week-end—for Britain's athletics team. "It's a good way of keeping fit in winter," says 18-year-old **Angela King**, who throws the javelin in the match against the Netherlands.

Angela, a slim, attractive brunette (football is the last thing with which you would associate her), started the athletics season in style on April 19th with a throw of 47.38/155'5" at Smethwick, adding nearly ten feet to her personal best. In her only other competition, on May 2nd in Edinburgh, she improved to 48.14/157'11". The following Wednesday, the day her selection was announced, we talked in Birmingham:

"I didn't throw at all during the winter. I just trained with weights," she told me. "I haven't got a coach. Yes, I agree that a javelin thrower needs someone to watch their technique—I only wish I could get some help, but where? I saw myself throw for the first time on the video-tape machine at the Esso Young Athletes Course at Lilleshall over Easter, and I was surprised at how stiff I looked. Now I'm aiming for more hip mobility."

Cliff Temple's CLIFFHANGERS

Angela, a member of Small Heath Harriers, has been competing for five years. She is a pupil at Byng Kenrick Grammar School, and takes her A-levels in maths, further maths and physics in July. After that she hopes to go to Sheffield University. "Underline 'hopes'," she said. This week-end her javelin team-mate is experienced Birmingham thrower, **Averil Williams**, with whom Angela sometimes trains.

Another new international is **Liz Sutherland** (née Toulalan) in the 100 metres. Last summer she was living in Hertfordshire and completing for London Olympiads at her main event, the hurdles, before returning to Scotland to marry athlete-journalist **Sandy Sutherland**.

Jannette Champion, incidentally, marries discus thrower **Dennis Roscoe** in August; international shot putter **Janis Quick** marries shot-putter/discus thrower **Andy Kerr** in September.

The Claude Grahame-White trophy meeting in Edinburgh came in for some criticism from a number of sources, but for some of the athletes the troubles began much earlier. A lightning rail strike at Crewe the day before disrupted the travel plans of many, and the lobby of the athletes' hotel in Edinburgh around midnight resembled a refugee centre. At a time when most of them had anticipated being tucked up in bed, parties of girls were arriving with stories of nightmare travel. **Dorothy Shirley**, for example, told me over a cup

of vending machine coffee (the only refreshment that awaited them) how she had been stranded on Preston station for five hours. After meeting up with the Stretford trio of **Jannette Champion**, **Chris (Perera) Bell** and **Janis Murray**, they had had to travel from Carlisle by train in pitch darkness.

Sue Hayward reported similar difficulties, and then led a party of athletes out into the Edinburgh night, in an attempt to find something to eat. Just the ideal preparation for such an important meeting, as someone remarked. As it turned out, the Southern Counties team, with the longest journey, had one of the smoothest. The Midlands team were without **Anita Neil**, a victim of chicken-pox.

A classic event was held at Croydon on April 26th when Mitcham AC beat Croydon Harriers in a ladies 50 x 440 yards relay, organised as part of the club's 50th anniversary celebrations. The victorious Mitcham team (which included WAAA champion **Jenny Pawsey**, making possibly her only appearance of the year) was anchored by double Olympic silver-medallist **Dorothy Tyler**.

The Mitcham captain, long jumper **Barbara-Anne Barrett**, who ran the first leg, had one false start credited against her. Can you imagine what would have happened if she had committed another, and been disqualified?

Pat Lowe's plans for this season include possibly doubling the 400 and 800m at the Midland WAAA championships. At the WAAA championships she will run 800m, and there are no plans afoot for any 1500m races. **Norine Braithwaite**, who runs 800m at The Hague this week-end, will be concentrating on 1500m for the rest of the season, says coach **Denis Watts**. Norine has a 1500 at Crystal Palace on June 3rd.

Lillian Board plans to run 400m at the Southern championships on May 30th, and 800m in the Nationals. Her current excursions into miling were only introduced to reduce pressure on her back injury (she cut weight training this winter), and she has no thoughts of serious competition at 1500m later in the year.

ROSEMARY PAYNE BETTERS RECORD

Rosemary Payne, 37 next week, added three inches to her UK discus record with a throw of 52.30/171'7" at Birmingham University on April 29th but it will not be forwarded for ratification as she was competing as a guest.

Cardiff AAC Ladies Section require away fixtures for any date in July and August. All offers gratefully received by John Walsh, 58 St. Christopher's Drive, Caerphilly, Glam.

Kent AC require any away fixtures for their Women's section during June or August. Would interested club track secretaries contact N. Porter, 12 Whippendell Way, St. Paul's Cray, Orpington, Kent.

Sandra Dyson (Bury & Radcliffe) wins the 440 yards in 58.0 at Airedale & Spenn Valley AC's inter-club trophy match from clubmate J. Farnorth (58.4) and Lynda Hodgetts (Pilkington) 59.8.



Eric North

Ann Wilson Pressed By Shirley Clelland

ANN WILSON opened her 1970 season with two top class victories, competing as a guest, at Crystal Palace on April 26th. First she snapped over the 100m hurdles in 14.2, equalling her previous best, then cleared the excellent distance of 6.25/20'6" in the long jump. In the latter Shirley Clelland kept Ann on her toes with a good series which included a best of 6.15/20'2½" w.

Interesting shot and discus competitions found Sue Campell holding off back-to-form Jill Lucas (who set Dartford College records of 12.65/41'6" and 42.14/138'3" the week before). Eleanor Rowe (1.62/5'4" the previous day) found 1.42/4'8" beyond her in the high jump!

Dartford College 155, Bedford CPE 152, Chelsea CPE 143, Kent AC 94, Wigmore 68.

100m: (A) 1, J. O'Neill (Bed) 12.2w; 2, J. Pettitt (guest) 12.4; 3, J. Chidlow (Chel) 12.4. (B) L. Peck (guest) 12.0w. **200m:** 1, Peck 24.7; 2, A. Bowring (Kt) 24.8; 3, O'Neill 25.6. (B) Pettitt 26.3. **400m:** (A) 1, Bowring 59.9; 2, M. Beacham (Wig) 60.4; 3, Pettitt 62.7; 4, Chidlow 62.9. **800m:** 1, G. Adams (Kt) 2:25.8; 2, C. Newman (Wig) 2:26.6; 3, B. Loveridge (Dart) 2:26.8. Junior 800m: 1, J. van

Cuylenberg (Kt) 2:25.7; 2, G. Scrivens (Tonbridge-guest) 2:31.3. **4x100m:** 1, Dartford CPE 50.3; 2, B. of Enfield H. 50.5; 3, Kent 50.6; 4, Bedford CPE 51.1; 5, Chelsea CPE 51.7; 6, Wigmore 52.3. **100mH:** (A) 1, J. Philp (Dart) 14.8; 2, I. Powder (Wig) 14.8; 3, L. Cooke (guest) 15.1; 4, E. Butters (Chel) 15.7. (B) 1, A. Wilson (guest) 14.2; 2, S. Clelland (Dart) 14.8; 3, G. Hurst (guest) 15.8. **200mH:** (A) 1, Philp 29.0; 2, Butters 31.0. (B) Cooke 29.5. (C) 1, S. Turpin (guest) 31.4; 2, E. Rowe (Chel) 32.5. **HJ:** 1, P. Milner (Bed) 1.52/5'0"; 2, D. Wickenden 1.47/4'10"; 3, Clelland 1.47... 7, Rowe 1.37/4'6". **LJ:** 1, Wilson 6.25/20'6"; 2, Clelland 6.15/20'2½" w (5.91/19'4½" legal); 3, Hurst 5.62/18'5½"; 4, S. Oldall (guest) 5.55/18'2½"; 5, Butters 5.45/17'10½"; 6, T. Greisen (guest) 5.40/17'8½". **SP:** 1, S. Campbell (Bed) 12.00/39'4½"; 2, J. Lucas (Dart) 11.63/38'1½"; 3, Milner 11.60/38'0½"; 4, L. Haldane (guest) 11.47/37'7½"; 5, S. Elliott (guest) 10.65/34'11½"; 6, Y. Starling (Dart) 10.45/34'3½". **DT:** 1, Campbell 39.56/129'9"; 2, Lucas 39.24/128'4"; 3, C. Brackenridge (Bed) 34.92/114'7"; 4, L. Richards (Chel) 33.44/109'8"; 5, L. Elliott (Dart) 33.08/108'6". **JT:** 1, A. Farquhar (guest) 43.44/142'6"; 2, P. French (Chel) 38.11/125'0"; 3, B. Clewlow (guest) 34.37/112'9"; 4, Y. Marson (Kt) 33.50/109'11"; 5, Campbell 32.25/105'9".

ENGLISH TEAM TRIAL MEETING

(Under A.A.A. Laws)

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SCOTTISH NEWS

By David Keddie and James Logan

UNIVERSITY BEAT SOUTHERN

EDINBURGH UNIVERSITY beat an under-strength Edinburgh Southern Harriers by 61 points to 51 at wind-swept Peffermill on May 3rd. During the contest two ground records were broken and two equalled but a generous following wind assisted the competitors in the shorter track events.

100m: 1, D. Combe (ESH) 11.1w; 2, A. Murray (ESH) 11.3. 200: Murray 22.6w. 400: N. Hargreaves (EU) 51.7. 800: J. Macfie (EU) 1:58.5. 1500: J. Dingwall (EU) 4:02.6. 5000: 1, A. McKean (EU) 14:52.2; 2, D. Logue (EU) 14:58.6. 4x100: Edinburgh Un. 44.1; 2, Edinburgh SH 44.8. 110H: 1, R. Davidson (EU) 14.7w; 2, A. Murray (ESH) 15.0. 400H: 1, A. Robertson (ESH) 55.1; 2, A. Webb (EU) 57.7. LJ: G. Davidson (EU) 6.53/21' 5½". TJ: Davidson 13.25/43' 5½". SP: 1, A. Sutherland (ESH) 14.21/46' 7½"; 2, A. Black (ESH) 13.75/45' 1½"; 3, R. Bruynooghe (EU) 13.21/43' 4"; 4, Davidson 12.94/42' 5½". DT: 1, A. Black 42.98/141' 0"; 2, Bruynooghe 42.22/138' 6"; 3, Sutherland 39.28/128' 11"; 4, C. Davidson (EU) 39.04/128' 1". (C. Black, guest, threw 39.82/130' 8"). HT: 1, C. Black (ESH) 55.88/183' 4"; 2, G. Davidson 44.92/147' 5".

David Wilson, fast recovering from his knee injury, played a large part with four firsts in Heriot Watt's 105 to 74 points win over St. Andrews at St. Andrews, in good conditions on April 29th. Former Essex Schools champion, Charlie Cotton had a fine double in the sprints for the Edinburgh students while Tom Renwick, running as an "extra" in the 200m, clocked 22.8.

100m: 1, C. Cotton (HW) 11.2; 2, W. Harrow (HW) 11.2. 200: 1, Cotton 22.9; 2, P. May (St. A) 23.0. 400/800: T. Renwick (HW) 53.0/2:08.1. 4x100: Heriot Watt 44.3. 110H: 1, D. Wilson (HW) 14.9; 2, T. Tange (HW) 16.2. 400H: A. Brown (St. A) 57.5. HJ: 1, Wilson 1.83/6' 0"; 2, R. Birrell (St. A) 1.80/5' 11"; 3, S. Heines (HW) 1.73/5' 8". LJ: 1, Wilson 6.54/21' 5½"; 2, N. Alford (St. A) 6.52/21' 4½". DT: Wilson 32.46/106' 6". JT: K. Karlsson (HW) 52.58/172' 6".

Edinburgh Southern "B" (76) beat Heriot Watt Univ. Tartan Vikings (52) and Edinburgh Univ. Grasshoppers (51) at Fernieside on April 28th. SP: A. Sutherland (ESH) 13.51/44' 4". DT: 1, C. Black (ESH) 42.58/139' 8"; 2, D. McKechnie (ESH) 39.18/128' 7".

CLYDEBANK TO HELENSBURGH "16" April 25th

1. D. Macgregor (Edinburgh SH) 1:23.19
2. W. Stoddart (Wellpark) 1:24.47
3. J. Wight (Edinburgh AC) 1:25.05
4. A. Johnston (Victoria Pk) 1:25.06; 5. A. Wight (Edin) 1:25.28; 6. J. Leggat (Clydes) 1:26.34; 7.

W. Day (F'kirk Vic) 1:28.24; 8. D. Gemmell (Clydes) 1:29.00; 9. T. Coyle (Edin. SH) 1:29.44; 10. H. Mitchell (Shett) 1:30.10; 11. J. Myatt (Strath) 1:30.26; 12. I. Mitchell (Strath) 1:30.29; 13. H. Elder (Dumb) 1:31.04; 14. W. Russell (Shett) 1:31.32; 15. S. McAusland (Clydes) 1:32.01; 16. D. Wyper (Wo Scotland) 1:33.15; 17. R. Paton (Strath) 1:33.49; 18. J. Milne (Edin) 1:34.03; 19. R. Anderson (Camb'lang) 1:34.16; 20. C. Fraser (Edin. SH) 1:34.33; 21. A. Gunn (A'deen) 1:34.34; 22. R. Calderwood (VP) 1:34.48; 23. H. Scott (Perth Rail) 1:34.59; 24. C. O'Boyle (Clydes) 1:37.01; 25. W. Sharp (F'kirk Vic) 1:37.18; 26. J. Maclean (Bell) 1:38.39; 27. A. Byers (Border) 1:39.19; 28. R. Russell (E. Kilbride) 1:39.31; 29. J. Macdonald (Lewisvale) 1:39.38; 30. W. Parker (Beith) 1:40.47. 64 finished.

Teams: 1, Edinburgh AC 26; 2, Clydesdale 29; 3, Edinburgh SH 30; 4, Strathclyde Univ. 40; 5, Victoria Park AAC 58; 6, Falkirk Victoria 65; 7, Cambuslang 98; 8, Maryhill 113; 9, Beith 131. Handicap: Byers (22.24) 1:16.55.

SCOTTISH PENTATHLON RECORD

Moir Walls took over first place in this year's Commonwealth pentathlon rankings when scoring 4632 points, a personal best, at Meadowbank on May 3rd—the day after the Claude Grahame-White Trophy match. Her marks were: 6.12/20' 1" LJ, 25.4 200m (personal best), 14.5 100mH, 10.43/34' 2½" sho t(p) and 1.65/5' 5" HJ. Moira Niccol was 2nd with 4237 (5.42/17' 9½", 25.8, 14.7, 10.76/35' 3½", 1.47/4' 10"), while Linda Carruthers had to withdraw with an Achilles tendon injury after scoring 1709 (5.40/17' 8½", 25.8).

The next practice sessions for the Scottish 4x100m relay squad will be held at Meadowbank on May 17th and 24th (11 a.m.). The Scottish AAA is trying to organise top class competition for the relay squad in England before the Commonwealth Games and on their behalf Charlie Kelly, 33 Kilford Drive, Dundonald, Ayrshire, would like to hear of suitable meetings. Any Scottish athletes considering themselves of international standard are also invited to contact him.

PRESTON RELAYS MEETING

At Preston, May 2nd

1, Sale 72; 2, Blackburn 49; 3, Preston 38; 4, Rossendale 28; 5, Lancaster & Morecambe 23; 6, Blackpool & Fylde 19. 4x100m: 1, Blackburn 43.9; 2, Hallamshire 44.4; 3, Sale 44.6. 4x400: 1, Blackburn 3:18.6; 2, Sale 3:23.3; 3, Hallamshire 3:29.9. 1600m Medley: 1, Sale 3:28.6; 2, Blackburn 3:48.0. Open Mile: 1, P. Morris (B'pool) 4:18.8; 2, M. Swinbank (Bris) 4:19.5; 3, T. Parket (B'pool) 4:19.7. 3M: 1, C. Fay (B'burn) 14:09.4; 2, I. Leonard (Barrow) 14:34.0. Team: Sale 10. (Youths) 4x880: Sale 8:21.0. 1600m Medley: 1, Sale 3:52.0; 2, Preston 4:00.0. (Women) 800m Medley: 1, Preston 1:57.2; 2, Blackburn 1:59.0. Mile: 1, S. Carnegie (Preston) 5:16.0; 2, K. Holden (Pres-I) 5:26.0; 3, F. Whitty (Sale) 5:39.3. (Intermediates) 4x200: Lancaster & M 1:53.9. (Juniors) 4x100: Lancaster & M. 53.7.

LOAC Defeat Watford In Willis Trophy

London Olympiads 269; 2, Watford 260; 3, Aldershot 246; 4, Middlesex LAC 217; 5, Oxford 215; 6, Hillingdon 176. 100m: 1, E. Poulton (Mx) 12.1; 2, L. Cooke (LO) 12.4; 3, S. Whipple (Ox) 12.6. (B) J. Wicks (Mx) 12.3. 200: 1, L. Board (LO) 24.8; 2, Poulton 25.6; 3, J. Webster (AFD) 26.0; 4, S. Wilkinson (Wat) 26.2. (B) 1, Wicks 25.4; 2, L. Hagen (LO) 26.2. 400: 1, Board 57.5; 2, J. Adams (AFD) 59.9; 3, J. Tye (Wat) 61.0. (B) J. Evans (LO) 60.5. 800: 1, S. Marquis (Wat) 2:15.6; 2, A. Barrass (AFD) 2:17.9; 3, M. Fribence (LO) 2:20.4. (B) S. Fitzmaurice (AFD) 2:22.3. 100H: 1, P. Kelly (AFD) 14.8; 2, P. Chapman (Wat) 14.8; 3, Cooke 15.1; 4, B. Higgs (Mx) 15.9. (B) Adams 15.8. LJ: 1, J. Reynolds (Wat) 5.31/17'5"; 2, Whipple 5.21/17'1". (B) P. Chapman (Wat) 5.23/17'2". SP: 1, M. Pulman (LO) 12.63/41'5½"; 2, A. White (AFD) 11.44/37'6½". (B) S. Havard (AFD) 11.15/36'7". (Intermediates) 100m: 1, B. Martin (LO) 12.1; 2, H. Page (Hill) 12.4; 3, J. Kimble (AFD) 12.9. 200: 1, Martin 25.5; 2, Page 25.9; 3, M. Wilkie (Ox) 26.2; 4, J. Rowley (Mx) 26.8. (B) 1, J. Ellis (Wat) 26.8; 2, S. Pearce (Ox) 27.1. 800: 1, M. Sonner (Wat) 2:15.4; 2, A. Rumbold (AFD) 2:27.0. (B) J. Dunt (Wat) 2:21.6. 4x100: 1, LOAC 52.6; 2, Watford 53.0. JT: E. Bradley (Hill) 30.30/99'5". (Juniors) 100m: 1, E. Coringham (LO) 12.9; 2, H. Tibbles (Wat) 13.1; 3, S. Hughes (Ox) 13.2. (B) O. Fitzgerald (LO) 12.8. 200: 1, S. Gibbs (LO) 26.6; 2, L. Wright (Mx) 27.3; 3, T. Bryan (Wat) 27.5; 4, J. Colshill (Mx) 27.7. (B) L. Murrey (Mx) 27.7. 800: 1, C. Boxer (AFD) 2:22.9; 2, A. Sonner (Wat) 2:26.9; 3, A. Coxon (Hill) 2:32.2; 4, A. Sutherland (Ox) 2:32.9. (B) J. Atree (Wat) 2:30.6. 4x100: 1, LOAC 51.6; 2, Middx. Ladies 53.7; 3, Watford 53.9.

At Watford, May 2nd



Lillian Board made her season's debut at the Willis Trophy; here she starts in the 400 metres.

Tony Duffy

More Fine Running By Graham And Teer

At Balmoral, Belfast, May 2nd

THE Great Northern Half-Marathon at Balmoral on May 2nd featured some fine no-nonsense running from Northern Ireland's leading lights, Derek Graham and Mike Teer, who both moved ahead from the off and piled on the pace to such effect that by the 5 mile mark, reached in 24.17, they had a lead of 1½ minutes on the following bunch. Graham made a slight break at the turn, which he had extended to 15 sec. by 10 miles, passing in 49.16 to Teer's 49.31 with Roy Kernaghan the next man through in 52.19. Graham continued his even paced running to the finish, still moving away from the gallant Teer; and his 63.53 hacked a huge 2½ minutes off Teer's year-old course record. Graham's club, 9th Old Boys, had their scoring three in the first six, and were easy team winners from North Belfast.

- | | |
|-----------------------------------|-------|
| 1. D. Graham (9th Old Boys) | 63.53 |
| 2. M. Teer (North Belfast) | 64.27 |

- | | |
|---|-------|
| 3. B. Kernaghan (Dun Cairn) | 68.04 |
| 4. M. Edger (9th OB) 69.41; 5, R. Brown (Co. Antrim) 69.53; 6, G. Millar (9th OB) 70.04; 7, T. White (B'drain) 70.39; 8, S. McClenaghan (Dun Cairn) 71.19; 9, T. Annett (B'drain) 71.20; 10, D. McGonigal (N. Bel) 71.23; 11, E. Wilson (Co. Antrim) 71.39; 12, H. McAvoy (N. Bel) 72.35; 13, A. Chivers (D'cain) 72.43; 14, J. Nodwell (D'cain) 72.43; 15, R. Kirkland (Co. Antrim) 73.45; 16, R. Asquith (Holmfirth) 74.34; 17, D. Crawford (9th OB) 75.04; 18, A. Crossland (H'firth) 75.16; 19, R. Newton (Co. Antrim) 75.37; 20, A. McAlfer (B'drain) 75.40; 21, D. McQuitty (D'cain) 75.53; 22, J. Curry (H'firth) 76.07; 23, T. Quinn (B'drain) 76.41; 24, A. McKnight (N. Belfast) 77.49; 25, D. Murray (B'drain) 78.24; 26, F. Martin (D'cain) 78.27; 27, A. Sewell (Co. Ant) 78.39; 28, J. Kennedy (Lisnagarvey) 79.18; 29, D. Palmer (Co. Ant) 79.23; 30, F. Strickland (B'drain) 79.33. | |

Teams: 1, 9th Old Boys 11; 2, North Belfast 24; 3, Co. Antrim H. 31; 4, Ballydrain 36; 5, Dun Cairn Nomads 37; 6, Dun Cairn H. 48; 7, Holmfirth 56; 8, Co. Antrim "B" 100.



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Peter Lay

ONE of the most difficult tasks of this series has been trying to give enough information to participating athletes in ALL events. I have written more than once that this work is put forward as a reference to which you may turn to help you construct your own personal weight training programme.

This month, the theme has only served to heighten the difficulty of selecting the middle road. There is so much left to say and so many ways of saying it. Every event differs in its requirements of strength or power and each individual within the event differs in this physical make-up, his reaction to a schedule, his weaknesses and strengths and each has vast variation in the facilities that he has at his disposal. You will, I am sure, appreciate this problem and further understand that I must write about general principles and leave you in your own environment to apply those principles to the best possible advantage.

Before you read on, I recommend you dig out the whole of this series and read it all carefully through again. Then, when you have read this concluding article, file them all with your training diary so you may refer to the information again next winter.

A STEP BY STEP GUIDE TO PLANNING YOUR SCHEDULE

STEP 1. WHAT ARE YOUR AIMS?

For what purpose are you going to weight train? A silly question you might think. Not so; there are numerous reasons for weight training, e.g. bulking up for the thrower, gaining specific event strength/power, gaining general strength/power,

rehabilitation after an injury and losing body-weight or mass, are the common ones. Each aim requires a different approach especially if you want fast, lasting results.

STEP 2. HOW TO SELECT EXERCISES

Start by discovering which muscles are going to play the major role in body or implement propulsion. This will become evident after a study of all the exercises described in this series, i.e. look for the highest star ratings for your event.

Many events have more than one major group of muscles that are responsible for propulsion, e.g. sprinting and hurdling—front of thighs (quadriceps), rear of thighs (hamstrings, gluteus maximus) and calves (gastrocnemius, soleus and assistants). The groups responsible for propulsion are of PRIME importance and should be exercised first in your routine and should constitute at least 60% of your total exercises. All other exercises of a general nature are of secondary importance.

Lastly, try to ensure that you have at least one specific exercise in your programme. All exercises should be changed often to alleviate boredom and overcome plateaux of non-improvement. Between one and two months is the ideal duration for using an exercise. When you do change, ensure that an exercise of similar star rating is substituted. Finally, give new exercises a fair trial—never judge its worth on your first encounter because you could be performing it incorrectly. Many fine exercises have been discarded when a little perseverance could overcome the initial feeling of awkwardness.

STEP 3. HOW TO SELECT SETS AND REPS

Please refer to PART 2 of this series (A.W. January 10th 1970)

STEP 4. HOW TO RECORD YOUR WORKOUT

An accurate record of your workouts is essential, not only to act as a back reference but as a guide to planning future schedules and plotting progress in strength.

EXAMPLE: NOVICE LONG JUMPER

Exercises selected	Star Rating	Remarks	
Leg presses	* * *	Front of thighs—	PRIME IMPOR- TANCE
Jumping squats	* * *	a specific exercise	
Rear leg extensions	* * *	Hamstrings	
Seated calf raises	* * *	Calves	
Wide grip bench press			
Cleans			
Bench end twisting sit-ups			

These exercises could be practically any you wish to choose. They ensure good muscle tone and a harmonious development but add NOTHING to your jumping ability.

The simplest way of recording your workout is to use the form I have prepared below:

STEP 5. HOW TO MODIFY YOUR SCHEDULE DURING THE YEAR

EXAMPLE: NOVICE LONG JUMPER—JANUARY				
Exercises	Performances and dates			
	Monday 5th Jan.	Wednesday 7th Jan.	Friday 9th Jan.	Monday 12th Jan.
Leg Presses 8" L.O.	450 x 8	460 x 8	410 x 8	420 x 8
	450 x 5	460 x 5	460 x 5	475 x 4
Jumping Squats	100 x 6	100 x 6	100 x 6	100 x 6
	120 x 4	120 x 4	120 x 4	120 x 4
Rear leg extensions (Machine)	60 x 8	60 x 8	60 x 8	70 x 8
	75 x 5	75 x 5	75 x 7	85 x 4
Seated calf raise	200 x 12	200 x 12	200 x 12	210 x 12
	200 x 12	200 x 12	200 x 12	210 x 12
Wide grip bench press	105 x 8	105 x 9	105 x 10	110 x 8
	110 x 6	110 x 6	110 x 7	115 x 5
Cleans	130 x 5	130 x 6	130 x 6	135 x 6
	140 x 4	140 x 4	140 x 4	145 x 4
Bench end twisting sit-ups	2 x 12	2 x 12	2 x 12	2 x 12
	Bodyweight	B/W	B/W	5 lbs.

Note the **actual** work accomplished is recorded under the date of the workout. Observe in this example how progress is made in number of reps and poundage and that a pyramid system is being employed.

A more accurate gauge to work load can be recorded by the addition of an extra column for work done—this is called the Tonnage System.

It would be simple if one type of schedule or one set of aims could be kept constant during a 12 month period. Sadly, it is not possible because of the fluctuating requirements of an athlete.

Basically, I divide the year into three periods; and, not unreasonably, I term this a **TRIPLE PHASE APPROACH**:—

RECORDING YOUR WORKOUTS—TONNAGE SYSTEM				
Exercises	5th Jan.		7th Jan.	
	Work Accomplished	Tonnage	Work Accomplished	Tonnage
Leg press	400 x 8	3200	410 x 8	3280
	450 x 5	2250	460 x 5	2300

In the leg press above it can be seen that the number of pounds lifted was found by multiplying poundage by the reps, i.e. $400 \times 8 = 3200\text{lbs.}$

At the conclusion of the workout on January 5th, 12,185lbs or 5.4 tons of weight was lifted by the legs alone (reps x poundage of each exercise with results added together). This figure, as long as quality lifting is maintained, is an excellent evaluation of the work you have performed and should be used as a guide to future progression. Adding another set at first sight seems a modest improvement but worked out on a tonnage basis it could mean 4000lbs of extra work—a 33% jump in work load.

Keep a constant check especially in relation to progress in other forms of training. Too much work is as detrimental as too little—sometimes more so.

Phase 1. The Foundation Phase

(The off-season).

The first phase is designed to build a solid foundation of general and specific strength. A period where exercises of a more general nature can be utilised to good effect; sets and reps will be medium, i.e. 2-4 sets x 6-10 reps depending upon the length of time you have been training and your event. The more experience you have in weight training, so the incipient phase is streamlined. A rank novice for instance could well spend 3 or 4 months on the Foundation Phase but an advanced international athlete only one month.

Phase 2. Strength Transfer Phase

(Off season—pre-season).

(For the information of transfer of training effect, see PART 4 A.W. February 28th, 1970).

Instead of gaining strength ad infinitum it is important that the greatest percentage of strength is transferred into your event. To accomplish this difficult aim I work on a variety of ratios between acquisition of strength and transfer of strength. With novices the ratio is usually 4 weeks work on strength followed immediately by two weeks work on transfer or power training. Choose power exercises and specific work for the transfer section.

As the athlete becomes more advanced I tend to reverse the ratio so he is spending more time trying to transfer strength gains into his event rather than acquiring ability to lift barbells.

As the end of the Strength Transfer Phase approaches, a good Pyramid system should be used working down to 2 and 3 reps. Use also a multi-set rather than a multi-exercise regime.

It is vital during the first 2 phases to continue performing the skills of your event.

Phase 3. Retention Phase

(Competitive season)

The onset of the competitive season will be imminent and with it priorities must inevitably change. Instead of prolific conditioning time must be better employed practising the whole skills prior to the season's fierce battles. Energy levels will require nurturing and the whole emphasis will swing away from the acquisition of strength and power.

According to some physiologists the moment the stimulus ceases there is a corresponding regression in Strength. Experience seems to bear this out. Yet how many athletes stop all weight training during the summer months! I see little point in fervently building up new strength levels if when the season comes along there is a 75 per cent or even 100 per cent loss in power. What has been the purpose?

The amount of strength retention is dependent upon two important factors:

- (i) The total duration of training stimuli; an athlete who has trained for 5 years will possess greater retention powers than someone who has trained only 2 years.
- (ii) The frequency of muscle stimulation during the retention period (the event is not enough itself). Luckily, Hettinger, an eminent physiologist, claims that one stimulus per week will retain almost 100 per cent of the new absolute strength. Experience again seems to bear this out.

Two other factors—time and economy of effort—complete the basis of this phase. Catering for both these requirements I tend to choose multi-limb exercises and concentrate on power and not pure strength.

For the initial month while competition is still a little spread out and so not to encourage an early plateau of performance I stipulate two training sessions per week—Monday/Wednesday or Sunday/Tuesday. Later, as time progresses this will change down to one Monday session per week.

Make sure this is continued without break throughout the season.

EXERCISES

Seated alternate dumb-bell press

Clean two dumb-bells to the shoulders and sit on the end of a bench or chair. Alternately press the dumb-bells to arm's length, i.e. as one is lowered so the other is being pressed.

Hints for better performance

Keep the back hollow and not rounded. If you cannot do this to start with have your training partner place his knee hard in your back. Set up an easy rhythm and don't look at the dumb-bells. Keep the palms facing forward but elbows out and underneath the bells throughout the movement.

Variations: Standing

Develops/strengthens:

Frontal shoulders (anterior deltoid) rear of arms (triceps) secondary, side of shoulders (lateral deltoid).

* * (PV), (Shot)

Bench presses (and variations) from pad

Assume the starting position of any of the variations of bench press but place a 4" pad of hard rubber or a thick folded towel on the chest. Lower the bar until it touches the pad then drive it back to arm's length. As you gain experience a slight bounce will enable more massive poundages to be handled.

Develops/strengthens:

This unusual variation is a favourite with the Ken Shannon School of shot putters at Washington University. It reduces range but increases the load than can be handled similar to my principle of staggered sets. An excellent variation for shot putters.

Large chest muscles (clavicular and sternal portions of pectoralis major), frontal shoulder (anterior deltoid), rear of arm (triceps) plus (coracobrachialis).

Bent over laterals

Stand with your feet comfortably apart, bend over at the trunk and grip two dumb-bells. To assume the starting position lift the dumb-bells an inch or so off the floor. Raise the dumb-bells simultaneously—in line with the shoulders and as high as they can go. Lower and repeat. Keep the body bent forward and don't let the dumb-bells touch the ground until the set is completed.

Variations:

45 deg. incline laterals (face down); Bench laterals (face down). Also for strict movement place the forehead on the back of a chair in the normal version.

Develops/strengthens:

Rear and side of shoulder muscles (Posterior and lateral deltoids), upper back muscles (infraspinatus, teres minor assisted by latissimus dorsi and teres major).

A good exercise to help develop shoulder bulk for throwers who require it.

* (PV)

Throwing Delivery Positions

These are highly specific exercises designed to build massive power directly into the movement of delivery in the shot, discus, javelin and hammer. The apparatus required for simulating deliveries must be one of the following: a simple pulley system, an Iso-exerciser or one of the new revolutionary Isokinetic exercisers. Using an overweight implement does NOT give the same effect. Adopt as accurately as you can the final throwing position of your event and ensure that the apparatus is set up in such a way that it resists motion in the correct angle of delivery. All motion should be performed as fast and explosively as possible and as near to the sequence of action in your delivery as possible. For instance in discus, hips—shoulders—arm. Do not overweight the apparatus and don't perform endless reps. I favour a pyramid system starting at 5 explosive reps and working down to one. Many reps only build muscular endurance—not **POWER**.
* * * (Shot), (Discus), (Javelin), (Hammer).

Suggested Further Reading for the ATHLETE:

ATHLETICS COACH—Quarterly technical magazine published by AAA. Regular features on latest developments in Strength Training.

STRENGTH TRAINING FOR ATHLETICS, —by R. Pickering—Published by AAA. A must for practising athlete and coach. A potted history, a touch of research and plenty of practical advice with schedules for all events.

TRIPLE PHASE WEIGHT TRAINING—by P. Lay—Athletics Arena.

MODERN WEIGHT TRAINING—(Al Murray)—Published by Kay. A good general book with simple explanations of anatomy, kinesiology and practical training methods.

Finally:

OBEY THE SAFETY RULES OF WEIGHT TRAINING AT ALL TIMES.

Tynu Lepik's First Gold Medal

—by Yevgeniy Chen

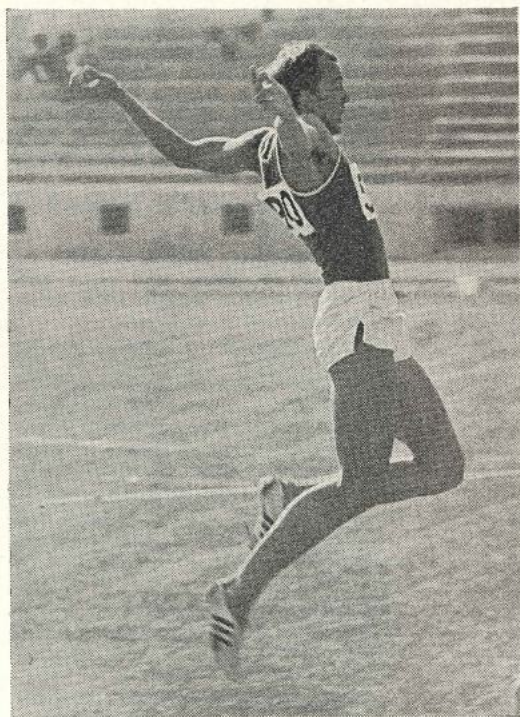
TYNU LEPIK never hurries. He is leisurely both in his movements and his speech... and that is the way he is in the long-jump sector, too. When Tynu makes his approach run, the impression is created that he does it slowly. This is by no means merely the opinion of the spectators. "I don't know any other jumper in the world who, landing beyond 8-metres, can run the 100 metres in only 11 seconds," Lepik says himself with irony.

Eleven years ago Tynu Lepik, who spent all his time at the Tallinn Stadium (for it was located right next to his house), was noticed by the eminent Estonian coach Alexander Chikin. The long-legged youngster liked the high jump and the discus best of all. However, the coach decided to instruct the 13-year-old boy in the arts of the decathlon.

The road to stardom in the decathlon is long... longer, I would say, than in any other track and field event. Five years later Tynu set a national youth record in the eight event contest, and the following year scored 6,993 points in the 1965 Estonian decathlon championship. Out of all the events of the decathlon Lepik felt most at home in the long jump, in which by that time his best was 7.45/24'5½", and in the high jump, where his personal record was 1.97/6'5½". But in training he seriously injured a knee and shifted over exclusively to the long jump, where he felt almost no pain from the injury.

The very first specialised workouts convinced both the coach and the athlete that Tynu could achieve considerable success in the long jump in a short time. It is true that he hadn't sufficient speed but his technical ability and physical fitness more than compensated for this shortcoming at the beginning.

A distance of 7.70/25'3¼" was planned for 1966,



Winning the bronze medal at Athens.

Fionnbar Callanan

and it is easy to imagine the surprise of the coach when Tynu managed in the autumn of 1966 to soar out to 8.03/26'4". He jumped only a centimetre less in 1967, confirming his right for a place in the Olympic Games.

Finally came Mexico. When the figure "8.90" lit up on the score board—the result of Bob Beamon's first attempt—many of his rivals received a shock. Only Klaus Beer of the GDR and Tynu Lepik continued as if nothing had happened. Tynu managed to set a personal record of 8.09/26'6½" and take an honourable fifth place.

Tynu ranked third among the European jumpers in Mexico, and a year later he tried to prove that this was no fluke. He only let through Igor Ter-Ovanesyan and Lynn Davies at the European Championship in Athens, again surpassing eight metres, and winning the bronze award.

It was clear both to the coach and the pupil that to jump regularly beyond eight metres and to reach the target of 8.30/27'2½" (that is the distance planned for him in 1970) in the main contests, Tynu had to achieve greater speed. So the entire preparatory period of the new season was devoted to its development. The correctness of this path was proved by Lepik's performance at the European Indoor Championships in Vienna, where his main rivals were again Ter-Ovanesyan and Beer. But now the role of No. 3 man no longer suited the Estonian jumper: he leaped 8.05/26'5" to win the event.

Now Tynu and his coach are confident that 8.30m jump will be achieved this summer.

MELBOURNE TROPHY

At Kirkby, May 3rd

1, City of Stoke 46; 2, Liverpool 37; 3, Lancs. Constabulary 32; 4, Derby & Cty. 28; 5, Stretford 26; 6, Waterloo 23; 7, Manchester AC 19.
100m: 1, D. Balderstone (Lancs. Con) 11.1; 2, H. Bolton (L'pool) 11.2; 3, N. Winter (L'pool) 11.2.
200: 1, Balderstone 21.8; 2, Bolton 22.3; 3, C. Robinson (Dby) 22.6.
400: 1, M. Gilbert (L'pool) 48.7; 2, W. Hartley (W'loo) 48.7.
800: 1, C. Moreton (Stoke) 1:54.0; 2, P. Shaw (MAC) 1:54.7; 3, J. Gerrard (Leigh) 1:55.1; 4, J. Willshire (W'loo) 1:55.6; 5, S. Dodwell (Stret-J) 1:56.2; 6, M. Peake (Dby) 1:56.2.
1500: 1, A. Garrard (L'pool) 4:00.1; 2, C. Moreton (Stoke) 4:01.9.
110H: N. Geldeard (W'loo) 16.1.
400H: 1, Frost 55.8; 2, Hartley 56.7.
3000mSC: 1, T. Litherland (Stoke) 9:43.2; 2, M. Firth (MAC) 9:49.0; 3, P. Cory (W'loo) 9:52.6.
HJ: 1, eq. K. Moore (Dby) & P. Hambley (Stret) 1.83/6'0".
PV: P. Riley (Lancs. C) 3.35/11'0".
LJ: 1, B. Sanderson (Lancs C) 6.81/22'4"; 2, J. Crotty (Stoke) 6.71/22'0½".
TJ: 1, Crotty 14.61/47'11½"; 2, C. Allan (L'pool) 14.12/46'4"; 3, K. Moore (Dby) 13.22/43'4½".
SP: 1, A. Drzewiecki (Stoke) 15.68/51'5½"; 2, J. Corbett (Stret-J) 14.68/48'2"; 3, B. Sanderson (Lancs. C) 13.46/44'2".
DT: 1, Drzewiecki 49.98/164'0"; 2, D. Sorrell (L'pool) 41.58/136'5".
HT: M. Holmes (L'pool) 46.28/151'10".
JT: 1, D. Sorrell (L'pool) 68.04/223'3"; 2, A. Simons (Dby) 57.18/187'7"; 3, G. Jones (Stret) 56.64/185'0".

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WILL JENKINS RUN 400 IN THE GAMES?

THE first big meet at the Meadowbank Centre in Edinburgh which will host the Commonwealth Games in July saw some fine performances by UK teenagers on May 2nd. Marilyn Neufville, still 17, rode a 1.6 metres per sec. wind to run away with the 200m in 23.6, setting a new UK age best and equalling Jenny Smart's best by an 18-year-old. David Jenkins, also 17, was however, robbed of setting a new age mark with his winning 21.1 in the Senior men's race. The wind of 2.2m was just 0.2 over the "legal limit"; though in fairness it was hardly helpful on the bend, according to eye-witness reports. Thus David, not 18 until May 25th, is probably the fastest UK athlete at the moment over 200 and 400m, though there seems some doubt as to whether he will contest the 400m or just the 4x400 relay in the Commonwealth Games. The occasion falls just after important "A" levels, and David feels that he will not have time to get in the necessary conditioning to survive the qualifying rounds. I recall that after his stunning 46.5 in Germany last year David asked not to run in the long relay, as he felt he still needed time to recover—an habitual bug-bear with him. "After I won the AAA Junior from Derek Price in 47.3," he said, "I felt like death for ages afterwards. Running 400's is a terrible physical and mental drain."

Spotlight on Youth By Dave Cocksedge

Two other Scottish lads shone at the Meadowbank meeting. David Wilson left the high jump fan alone to record an excellent 14.6w over the high (3'6") hurdles. He could take two AAA Junior titles on August 1st, and will be available to double up at both high jump and hurdles in the German Junior match in September, if I am any judge. The ever-improving Ricky Taylor (19) took his flat 400m best down to 47.8, and looks ready to launch into a great season over the 3'0" hurdles.

Lesley Cobden faithfully fulfilled my prophecy that she would shatter her UK 800m age best on May 3rd, a week before her 14th birthday. In doing so, however, Lesley went one better than that—winning the Junior girls 800m, again at Crawley, in 2:16.6 (66.0, 70.6) she trimmed two tenths off the world best by a 13-year-old—and this in her first 800m race of the season! She only needs to improve a few yards to capture Christine Tranter's UK Junior Best of 2:15.8 now, and Mary Sonner's 2:12.4 at the age of 14 last year does not look as safe as we all thought it would be last July. Previous holders of the world age best (2:16.8) were the three Debbie's—Norris, Timpke and Roth. That run marked Lesley's second world age mark in a fortnight. At the same meeting

Croydon's new star, Julie Van Cuylenburg (5.11.55) covered 1500m in 4:53.6, second fastest ever by a British Junior Girl. Behind her came Feltham's Kay Kosbab (16.6.57) in 4:59.5, a World Best for 12-year-olds. Kay went through her laps in 74.5, 2.34 and 3.58 at her first attempt at the distance. "Watch this girl," says Feltham's Conrad Milton, "she's the female Jack Lane!"

As Peter Martin says, it's a good thing to be able to applaud a British girl thrower of class once in a while, and it was pleasing to witness Jackie Elsmore's further improvement during the Andover Young Athletes' meeting on May 2nd. Jackie, carefully nurtured along by coach Charles Forsythe, improved on her fortnight old UK Intermediate best with the discus by exactly 4ft, bettered the European Junior Championships qualifying standard, and also won the shot with a personal best of 11.68/38'4". Incidentally, all the throws at Andover were measured in Imperial only, so her discus toss of 44.08/144'7" is a conversion, bettering the standard by 0.8cm.

No female athlete has ever impressed me quite so much as Sonia Lannaman. The sight of this girl, simply bristling with power as she leaves her opposition further and further behind, is one that lingers in the memory. Sonia treated the



SONIA LANNAMAN

"No female athlete has ever impressed me quite so much."
G. Herringshaw

Andover meeting as one long training session, zipping down the 100y straight three times in 11.2 (faster than the Boys winner, and faster than several of the Youths at the same meeting!), winning the 150y and anchoring the County Borough of Solihull AC Junior sprint relay team to an easy win. Most impressive to me was the way she changed into top gear on hitting the straight in her 150y heat, mastering the heavy track in 16.9. What she would have done had the venue been Crystal Palace is anybody's guess. "Sonia's changed her attitude to training now," Solihull team manager Mr. Slinn told me. "She's done a winter of it, and now she just can't do enough, she's that keen!"

In Brief: Waterloo Harriers have a fine prospect in young Craig Grainger (born 14.6.55), I'm told by Dave Evans. Craig ran 52.9 in the LAC Schools Junior 400m heats, only 0.3 outside the UK age best, improving immensely from his best of 56.5 last year. Craig, who trains with Junior International 400m hurdler Bill Hartley (48.7 on the flat recently), has run 100m in 11.6 and sometimes puts in two sessions a day . . . Winner of the "Perkins Trophy" Junior Girls 800m was in fact 12-year-old Lesley Kirnan of Havering in a fine

2:28.5, and not as printed recently . . . One of the most enthralling battles to be seen in the English Schools Championships this year promises to be the Senior 2000m Steeplechase when the two Junior "kings", John Wheway (18) and John Davies (17), clash. Coventry Godiva Harrier John Wheway will still be 18 on the day of the AAA Junior championships (August 1st) but is ineligible for that meeting as he turns 19 before September 1st—such are the peculiarities of our domestic age group definitions. He opened his 1970 campaign with a 9:20.0 run over the full 3000m/SC distance at Cambridge on April 30th. Thames Valley Harrier John Davies has already run 9:16.0 and plans to run the steeplechase in the National League fixtures this summer . . . Malcolm Warburton (NUTS) writes: "So you've heard of Steve Lawrence, Pilkington's young middle-distance runner. Now look back to "AW" of December 6th, 1969 and in the results of the Northern Women's League races at Bingley observe the following cryptic message: (Young Girls Under 12) 1st Lawrence (Pilk) 6.53. It's not the same one, but Steve's little sister Janet (born 9.12.1958)—could be a promising runner herself. After all, did you run 800m in 2:30.2 at the age of 11? Janet did just that on May 2nd at Stretford . . ."

JACKIE ELSMORE IS STILL IMPROVING

At Andover, May 2nd

THE girls tended to steal the limelight from the boys at the Andover Young Athletes' Meeting on May 2nd. Bracknell's Jackie Elsmore continued her fine form in the intermediate discus, sending one out to 44.08/144'7"—which as well as adding exactly 4ft to her recent UK Intermediate record, more significantly bettered the European Junior Championships qualifying standard. Earlier in the afternoon Jackie had got the better of Anne Goodlad in a close shot contest, arming the ball 11.68/38'4" after the Sheffield girl had been applauded for bettering the meeting record with a third round effort of 11.49/37'8½". One feels that Jackie almost deserves to go to Paris on dedication alone.

Meanwhile on the track 14-year-old Sonia Lanaman was busy making spectators gasp with some really awe-inspiring sprinting. She tore down the heavy, cut-up cinders three times in 11.2 each in the 100y, ripped through heat and final of the 150y in 16.9 and 17.0 and anchored her team to devastating sprint relay victories by ludicrous margins in both heat and final of that event. With her first ever winter of training behind her, there seems no holding Sonia—who looks twice as powerful as last year already.

Andrew Goodwin registered the best Youth discus throw of the year so far, with a heave of 57.58/188'11". Andrew Barnett won an exciting tactical race from David Glassborow in the Youths



Andrew Barnett finishes third in the LAC Schools Junior 1500m in 4:02.8—world's best by a 14-year-old.

G. L. Pike

continued on page 22

THE ADCOCKS APPROACH TO RACING

—by *Brian Mitchell*

BILL ADCOCKS' victory in Japan recently was not surprising, for, when he is free of injury, there is no more effective competitor over the marathon distance. A man who can run the classic road race in 2:10:47 (Fukuoka, 1968) must be looked upon as a consummate athlete. But how does he approach a race?

The only special preparation Bill makes during the week or so preceding a big race is easing off in training, to ensure the body's true exemption from fatigue. Nervous tension no longer afflicts him before the day of the race, though he did suffer when less experienced than now. Sleeping habits remain the same and he thinks it important to get a full 8/9 hours.

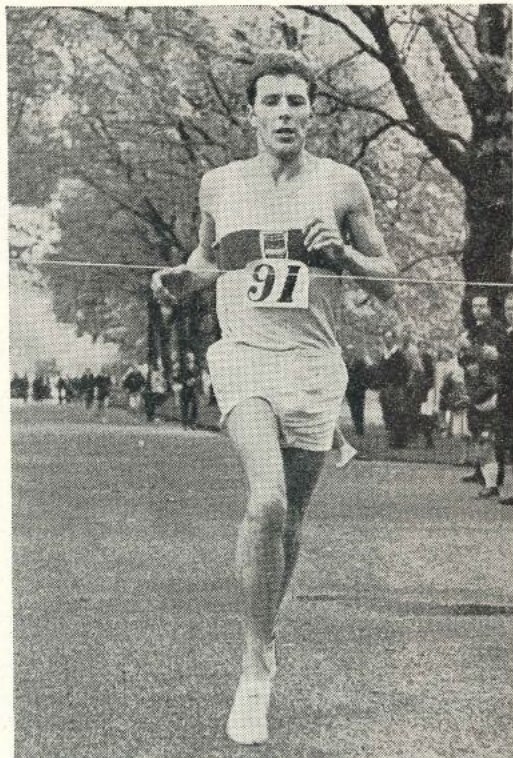
Tension on the day can paradoxically be greater for Adcocks when the race is not a major one, and before a big race he curbs what he considers to be a wasteful fretting; he is aware of what lies ahead, but does not use up valuable energy going through it before it actually happens. About three hours prior to the start he will eat a light meal, the nature of it depending largely on what is available—most of his important marathons have been contested abroad. Immediately before the start, his warm-up will be a very slight affair, probably not more than 400 metres just to set the ball rolling. This is quite deliberate, as he prefers to run the first mile or so at what he calls a steady pace, which is around 5.10, using this as a means of accustoming himself to the main activity that follows.

Going to the start, Bill talks himself into "a right frame of mind," setting himself up for the steady pace he aims to achieve at the beginning of the race. He knows that it is the other runners who will be worried about him, rather than the other way round, and now that he is fully experienced at the top level, he has little to be concerned about in terms of opponents whose previous record is very much better than his own; though this does not, of course, produce any complacency.

There is no conscious pushing early on in a marathon, though in shorter races this degree of deliberate pushing is inevitably, and logically, heightened. Adcocks can usually dictate the pattern of the race when he is fully fit, and can certainly go along with whatever is being set up by runners of his own class. The point at which severe discomfort sets in must vary according to the athlete's fitness and the pace at which the race is being run, and it is possible to complete a marathon without desperate exhaustion. Whatever the case, Bill does not easily give way to this discomfort; neither does he indulge in the dramatic, Brian Glanville-style talk about "pain barriers". His one aim in the latter stages is to get to the finish, and this must involve withstanding, and perhaps even increasing, the effects of fatigue, which are an adjunct of racing rather than a main aim.

Bill sometimes finishes with energy in reserve, but only if he has won. He would blame himself if he had unused reserves and had failed to win, because he believes that it is definitely possible to give everything in a race and that this is the purpose of training, which allows the development and refinement of will-power: "the main point of training as far as I am concerned is not necessarily to run the fastest but to learn to give of one's best."

Ability to recover physically from a race varies with fitness and the thoroughness of the athlete's preparation, and the post-race period is vitally important to the true athlete. He gets himself back into fatigue-free condition, and he assesses the recent race; this is without doubt one of the hallmarks of the class athlete, that he ponders and learns from what he has achieved or not achieved. No race can be taken at face value. Each one must be looked at carefully and made to reveal detail of training-success and of racing tactics.



Bill Adcocks winning inter-counties 20 miles title.
Ron Linstead

Although he has had his share of racing-success, Bill Adcocks is not obsessed with winning as some athletes appear to be. Winning is very important to him, and he is more than capable of doing it, but he does not consider it a right, and is not likely, if he fails, to throw a tantrum or employ one of the hundreds of excuses dredged up by lesser athletes and known to be one of the salient features of athletics. Racing is achieved out of one's own resources, mental and physical, and success is neither guaranteed, therefore, nor expected as some sort of divine right. All the scientific training formulae in the world are nothing in the face of the amorphous hurly-burly of competition.

Bill likes at least six weeks between marathon races, and would not want to race over shorter distances more than once every 2-4 weeks, depending of course upon the nature of the race. He has over-raced many times when younger, but considers this part of his athletics education, in the

same way as over-training might be. The most drastic period of over-racing for him was the five weeks prior to the Poly marathon of 1966, in which he finished a shattered fourth. He had been injured, with back trouble, and then had a crash five weeks training and racing for the Poly event, which was the trial for the European Games. He ran the Halesowen 16 miles, the Hampstead 10, Inter-County 20, Coventry College 10 and Poly marathon in successive weeks, to put himself at the limit of exhaustion and to learn "never again".

In a letter to "AW" last May, Bill Adcocks remarked, about relays, "the best athletes don't give up because their team is down; they work even harder to try and get back in the race." Coming from a man who has had his share of injuries and of success, this statement perhaps summarises the Adcocks approach to racing.

(Copyright Brian Mitchell)

Lesley Cobden: Another World Age Best

FOR the second time in a fortnight young Lesley Cobden of Selsonia set new figures for a 13-year-old girl. On this occasion she tackled the 800m, and pushing in a first lap of 66.0 she maintained a good pace (70.6 second lap) to come home in 2:16.6 and clip a fifth of a second off the world age best held by three American girls. She also improved on her own UK age best of 2:18.5 set last year. In the Junior Girls 1500m, Feltham's Kay Kosbab pushed the promising young Julie Van Cuylenburg of Croydon all the way, and was rewarded with a 4:59.5 clocking—fantastic running at the age of twelve. Julie, not 15 until November, won in a fine 4:53.6.

Bowthorpe Trophy (Men) 1, Crawley 279; 2, Southgate 278; 3, Oxford Cty. 252½; 4, Border 235; 5, Feltham 208½; 6, Mitcham 189; 7, Horsham BS 129. 100/200: M. Bilham (Border) 11.3/22.9 (also 48.2 relay anchor). 400: D. Patey (S'gate) 50.6. 800: 1, F. Martin (Ox) 1:54.9; 2, N. Toward (Craw) 1:55.9; 3, K. May (Hors) 1:56.0; 4, D. Miller (Felt-Y) 1:57.4. 1500: 1, P. Moore (Craw) 4:00.0; 2, P. Murray (Mit) 4:01.6. 400H: 1, J. Margree (S'gate) 58.4; 2, A. Hare (Craw) 58.7. 4x400: 1, Southgate 3:25.2; 2, Crawley 3:25.7. HJ: P. Farres (Craw) 1.83/6'0". TJ: Bilham 13.89/45'6½". SP: P. Mason (Craw) 12.96/42'6½". DT: 1, Mason 43.34/141'11"; 2, O. Feldmanis (Mit) 40.04/131'4". JT: 1, C. Butterworth (Ox) 61.30/201'11"; 2, J. James (Craw) 58.96/193'5"; 3, J. Willoughby (Mit) 56.26/184'7". (B) A. Tew (Craw-J) 60.42/198'3".

Lincoln Trophy (Women) 1, Croydon 244; 2, Mitcham 241; 3, Cambridge 216; 4, Crawley 209½; 5, Essex Ladies 192; 6, Feltham 173; 7, Spartan 124. 100m: 1, S. Knight (Mit) 12.7; 2, Taylor (Ex) 12.7. 400: 1, M. MacSherry (Camb) 59.1; 2, Jones (Ex) 60.1. 800: 1, A. Yeoman (Felt) 2:16.0; 2, G. Goodburn (Camb) 2:16.0. (B) L. Coshall (Camb) 2:18.6. 1500: MacSherry 4:35.0. 4x100: 1, Mitcham 50.3; 2, Ex. Ladies 50.8; 3, Spartan 50.9. LJ: 1,

At Crawley, May 3rd

J. Catlett (Croy) 5.48/17'11½"; 2, Lee (Spn) 5.37/17'7"; 3, S. King (Ex-I) 5.19/17'0¼". SP: 1, S. Barrett (Croy) 12.74/42'0"; 2, D. Kerr (Camb) 12.30/40'6½". DT: 1, Keraskens (Spn) 41.86/137'4"; 2, Kerr 39.28/128'10"; 3, L. Enever (Mit) 36.32/119'2"; 4, Barrett 35.42/116'2". JT: 1, J. Randall (Craw) 39.42/129'4"; 2, B. Clewlow (Croy) 37.46/122'11". (Intermediates) 100m: 1, S. King (Ex) 12.7; 2, J. Brown (Mit) 12.7; 3, S. Biggs (Croy) 12.7. 200: 1, King 25.5; 2, Biggs 26.1. 400: P. Bagley (Camb) 57.8. 800: 1, H. Dunsdon (Felt) 2:20.0; 2, Smith (Ex) 2:21.5; 3, J. Piper (Craw) 2:23.0. 4x100: 1, Mitcham 49.7; 2, Essex Ladies 50.3. (Juniors) 100/200: J. Deeks (Craw) 13.2/27.1. 200 (B) Duffy (Mit) 27.1. 800: 1, L. Cobden (Sel-Guest) 2:16.6 (World Best by 13-y-o); 2, D. Attwater (Craw) 2:26.0; 3, K. Marsh (Mit) 2:27.2. 1500: J. Van Cuylenburg (Croy) 4:53.6; 2, K. Kosbab (Felt) 4:59.5; (World Best by 12-y-o); 3, Attwater 5:06.4.

BIRMINGHAM UNIV. 185, LEICESTER UNIV. 139, ST. LUKE'S 120, NOTTINGHAM UNIV. 98, KEELE UNIV. 64

At Birmingham, April 29th

100m: 1, K. Snelgrove (K) 10.6; 2, J. Aukett (B) 10.6. 200: 1, Aukett 22.6; 2, Snelgrove 22.8. 400: P. Cornes (B) 49.7. 800: N. Bailey (B) 1:56.5. 1500: J. O'Meara (B) 4:01.5. 3000mSC: 1, A. Holden (B) 9:09.8; 2, Griffiths (B) 9:12.6. 110H: C. Swann (N) 15.5. 400H: Newbury 59.0. HJ: 1, P. Trewin (B) 1.88/6'2"; 2, Lyle (B) 1.78/5'10". PV: Cumbers (B) 3.20/10'6". LJ: 1, H. Sewell (B) 6.60/21'8"; 2, Snelgrove 6.56/21'6½". TJ: 1, Sewell 13.79/45'3"; 2, Swan 13.30/43'7½". SP: 1, D. Salter (L) 12.90/42'4"; 2, Bull (St. L) 12.83/42'1". DT: 1, Salter 44.98/147'7". HT: 1, J. Skrybant (B) 50.78/166'7"; 2, T. Harry (St. L) 46.62/152'11"; 3, Woods (B) 45.50/148'11". 4x100: Birmingham 43.8.

ANDOVER Y.A. MEETING continued from page 19

880 and in the BMC Mile held in conjunction Welshmen finished first and second as Gwynne Davis outsprinted Phil Thomas in 4:07.4.

Dave Cockledge.

(Youths) 100y: 1, P. Davis (BoE) 10.6 (10.5 ht); 2, M. Ademola (Camden) 10.6; 3, J. Pratt (Newham) 10.9; 4, P. Robinson 11.0. 220: 1, Ademola 23.4; 2, Davis 23.5; 3, P. Kennedy (KHVIII) 24.5. 440: 1, J. Lynch (B'mth) 53.3; 2, M. Bloice (Bel) 53.5; 3, P. Spinks (New) 53.9. 880: 1, A. Barnett (Andover) 2:02.2; 2, D. Glassborow (KHVIII) 2:02.9; 3, R. Privett (Exeter) 2:06.1. 1M: 1, M. Goodwin (B'ht) 4:29.8; 2, S. Barr (Thur) 4:30.9; 3, N. Coupland (S'ton) 4:35.1; 4, R. Ault (Winch) 4:39.6. 100mH: 1, M. Clark (New) 14.6; 2, R. Down (New) 14.9; 3, R. Roberts (Bangor) 15.0; 4, K. Murphy (New) 15.1. 4x110: 1, Bournemouth 46.8; 2, Newham 46.9; 3, Boro' of Enfield 47.0. LJ: 1, J. Pratt (New) 6.20/20'4"; 2, Ademola 6.13/20'1½"; 3, D. Hugh (Bris) 5.85/19'2½". DT: 1, A. Goodwin (Brack) 57.58/188'11"; 2, M. Crowe (BoE) 40.06/131'5". **(Boys)** 440/880: P. Thomas (Andover) 55.4/2:08.6. 1M: 1, D. Norton (Salis) 4:58.4; 2, J. Wise (Brack) 4:58.5. 80yH: R. Garrod (BoE) 11.7.

(Intermediate Girls) 100y: 1, V. Webster (Solihull) 11.6; 2, J. Jay (Bristol) 11.8; 3, D. Rayner (BoE) 11.8; 4, D. Webb (Andover) 11.9. 220: 1, Rayner 26.9; 2, Webster 26.9; 3, J. Dudley (Camb'ly) 27.3. 440: 1, H. Campbell (Leam) 61.2; 2, Dudley 62.5; 3, J. Down (Ply) 64.1. 880: 1, Angela Salmon 2:27.5; 2, D. Marchment (Croy) 2:29.0. 80mH: 1, V. Trevett (Kemp Welch GS) 12.6; 2, A. Allen (Brack) 12.8; 3, V. Hammond (Kemp WGS) 12.9; 4, L. Chantry (Solihull) 13.0. 4x110: CB of Solihull 51.5. LJ: Joy 4.99/16'4½". SP: 1, J. Elsmore (Brack) 11.68/38'4"; 2, A. Goodlad (Sheff) 11.49/37'8½"; 3, J. Burgess (Brack) 9.26/30'4½". DT: 1, Elsmore 44.08/144'7" (UK Intermediate Best, UK Best by 16-y-o); 2, L. Harding (Ply) 34.98/114'9"; 3, J. Burgess (Brack) 31.58/103'7". JT: 1, Goodlad 37.84/124'2". **(Junior Girls)** 100y: 1, S. Lannaman (Solihull) 11.2 (11.2 ht& SF); 2, L. Peters (Brack) 11.9; 3, S. Poole (New) 12.0. 150y: 1, Lannaman 17.0 (16.9 ht); 2, P. Stevens (New) 18.4; 3, L. Possart (Sol) 19.1; 4, S. Trubridge (Andover) 19.1. 80yH: 1, J. Chapean (Sol) 12.4; 2, S. Magson (Bris) 12.8; 880: 1, A. Fennell (Camb'ly) 2:29.7; 2, C. Reeves (Andover) 2:33.9; 3, J. Morris (Andover) 2:38.0. 4x110: CB of Solihull 53.5.

BMC Mile: (59.3, 2:00.5, 3:06.0) 1, G. Davis (Aberystwyth) 4:07.4; 2, P. Thomas (HHH/CUAC) 4:09.5; 3, J. King (Sm. Hth/Alsager) 4:16.0; 4, J. Cadman (Cov. God) 4:16.4; 5, A. Green (Hadhleigh O) 4:18.4; 6, B. Smith (Thurrock-J) 4:20.0; 7, R. Barrett (Poly/ULAC) 4:21.0; 8, C. Reed (Had) 4:21.4.

21.4 200 By Banthorpe As Birmingham University Defeat RAF 100—96

At Birmingham, May 2nd

100m: 1, R. Banthorpe (B) 10.8; 2, G. Vince (RAF) 11.1; 3, P. Cornes (B) 11.1. 200: 1, Banthorpe 21.4; 2, Cornes 22.0; 3, Vince 22.1; 4, Williamson (RAF) 22.8. 400: 1, J. Aukett (B) 48.1; 2, Williamson 50.0; 3, J. Saville (RAF) 50.2. 800: N. Bailey (B) 1:55.7. 1500: 1, F. Martin (RAF) 3:57.8; 2, J. O'Meara (B) 3:59.6; 3, Bailey 4:00.1. 3000: 1, R. Clark (RAF) 8:17.6; 2, A. Holden (B) 8:20.0; 3, Griffiths (B) 8:30.8. 2000mSC: 1, Holden 5:48.0; 2, Griffiths 5:55.6; 3, D. Wyatt (RAF) 5:59.0; 4, T. Pugh (RAF) 6:02.4. 110H: 1, A. Titheridge (RAF) 15.2; 2, T. Scrase (B) 16.3; 3, J. Gathercole (B) 16.3. 400H: 1, R. Richardson (B) 54.7; 2, Scrase 57.4; 3, J. Thornborough (RAF) 57.4. HJ: 1, Hughes (RAF) 1.95/6'5"; 2, A. Trewin (B) 1.83/6'0". PV: 1, M. Adams (RAF) 3.35/11'0"; 2, Lyle 3.35. LJ: 1, H. Sewell (B) 6.89/22'7½"; 2, Duff (RAF) 6.75/22'2". TJ: 1, Sewell 14.39/47'2½"; 2, M. Mavin (RAF) 13.84/45'5". SP: A. McEwan (RAF) 13.62/44'8½". DT: 1, Williams (RAF) 43.76/143'7"; 2, Ince (B) 41.14/134'11"; 3, Wightman (RAF) 39.88/130'10". HT: 1, C. Davison (RAF) 54.00/177'2"; 2, J. Skrybant (B) 50.56/165'10"; 3, Emens (RAF) 48.58/159'4"; 4, A. Woods (B) 45.04/147'9". 4x200: 1, Birmingham Un. 1:29.1; 2, RAF 1:29.8.



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RADIAN MASSAGE CREAM

The first of the season's United Kingdom "Top Ten" lists will appear in next week's issue.

Fred Maillardet Takes Courage '10'

At Crystal Palace, May 2nd

FOR the seventh year the Crystal Palace motor race track was the starting and finishing point of the "Courage 10", organised by Herne Hill Harriers. Out of a record entry of 183, 131 brave souls started out on the switch-back roads that surround Crystal Palace. After a lap of the track Cambridge Harrier Graham Taylor, still the course record holder at 49.00, was leading from Fred Maillardet, John Hammond, Bob Richardson and Steve Badgery. A lap of the roads later saw Taylor still enjoying his leading position from the others with MacNamara, MacIntosh, Rowland, and Ron Franklin in the second chasing bunch.

The warm conditions were beginning to tell by the third lap, and Taylor's pace-making was beginning to drop off in tempo. Onto the motor track for the final lap, Fred Maillardet made his bid and killed off his team mate and Bob Richardson with a powerful long drive for the finish. John Hammond also came through in the closing stages to pass a tiring Taylor, whilst Badgery just got the better of Ian MacIntosh in a desperate sprint for fifth. The team race was a close thing between Blackheath and Cambridge; but three in twelve just sufficed for the former club. Ron Franklin deservedly took the Veterans' prize in 9th place.

J. Gebbels

1. F. Maillardet (Cambridge) 51.11
2. R. Richardson (Blackheath) 51.17
3. J. Hammond (Cov. Godiva) 51.27
4. G. Taylor (Camb) 51.35; 5. S. Badgery (Mit) 51.54; 6. I. MacIntosh (Ran) 51.55; 7. J. MacNamara (TVH) 52.08; 8. M. Rowland (New) 52.18; 9. R. Franklin (TVH) 53.28; 10. J. Donovan (Shaft) 53.49; 11. C. Haines (B'ht) 54.03; 12. P. Fowler (Ran) 54.15; 13. R. Hawtin (B'ht) 54.41; 14. I. Burgess (S'ton) 54.47; 15. T. Slack (Boro' Road C) 54.56; 16. D. Smallbone (Mit) 55.19; 17. M. Gillett (Mit) 55.19; 18. C. Phipps (Leam-V) 55.34; 19. A. Carr (Leam) 55.34; 20. C. Ridley (West) 55.47; 21. N. Ryan (Ran) 55.49; 22. S. Allen (HHH) 55.52; 23. J. Mescall (St. Mary's) 55.56; 24. D. Locke (Ran) 56.17; 25. E. Nolan (Shaft) 56.36; 26. D. Dellar (Camb-V) 56.53; 27. P. Mulholland (Herc Wimb) 56.55; 28. J. McGuire (Ran) 56.59; 29. C. Newman (Medway) 57.20; 30. B. Flanagan (Bris) 57.34.

Teams: 1, Blackheath 22; 2, Cambridge 24; 3, Mitcham 29; 4, Ranelagh 31; 5, Shaftesbury 50; 6, Leamington 64; 7, Newport 71; 8, Medway 97; 9, TVH 109; 10, Met. Police 111.

CALLING TYRIAN MEMBERS

Due to the disappearance of several files, Tyrian AC (University of London Past and Present) have an incomplete record of the addresses of its members and are having difficulty in trying to contact many of them. Would any members who have lost contact with Tyrian AC get in touch with the secretary, Rolf Clayton, at 33 Nassington Road, London, N.W.3.



First three in the Maidenhead "10"—left to right: Bob Richardson (3rd), Allan Rushmer (1st), Ron McAndrew (2nd).

"Maidenhead Advertiser"

Medway Crush Belgrave in Ponders End Road Relay

At Enfield, May 2nd

1. Medway (R. Hayman 17.50, J. Wigley 17.29, T. Briault 17.00, J. Simmons 17.24, R. Newble 16.41) 86.24.
 2. Belgrave (P. O'Connor 17.36, T. Hart 17.23, W. Kerr 18.02, L. Mann 18.23, G. North 17.01) 88.25.
 3. Ealing & Southall (J. Kennedy 17.35, P. Fagan 18.06, A. Murphy 17.55, C. Canton 18.07, M. Barratt 17.24) 89.07.
 4. Aldershot, F. & D. 90.46; 5. Invicta 91.13; 6. Luton 91.33; 7. Borough of Enfield 93.00; 8. Hillingdon 93.21; 9. Eton Manor 93.31.
- Fastest:** (3.6M) 16.41 Newble, 17.00 Briault, 17.01 North, 17.23 Hart, 17.24 Barratt, 17.24 Simmons.

Holbeach AC Officers: President, Mrs. A. Wells; chairman, J. Cooper; Captains, T. Brooks and Beryl Clay; gen. sec, R. Clay, 82 Spalding Road, Holbeach, Spalding, Lincs (also Holbeach "10" organiser).

Personal Best 800 By Colin Campbell

At Chiswick, 2nd May

IT was a beautifully sunny May afternoon for the match between Poly, Oxford and Loughborough, but the wind, as always at Chiswick, blew gustily round the track. Fighting the strong wind down the home straight Colin Campbell ran a superlative 800 metres, recording the fastest time then achieved in Britain this year of 1:48.9. Colin sprinted immediately into the lead, was headed by John Greatrex for a few yards, and then led all the way. He passed 400m in 53.3, before running away from the field to finish powerfully. Behind him Bob Steele outkicked Greatrex, and should reduce his time considerably this summer. Mike Hauck outclassed the sprint fields, winning the 100m with the wind behind him by 2 yards, and the 200m into the wind round the turn even more decisively. In the high jump Leon Hall cleared 1.94/6'4½" on his fourth attempt, and went on to clear 1.96/6'5¼" on his first attempt.

100m: (wa) 1, M. Hauck (P) 10.6; 2, I. Saunders (L) 10.8; 3, P. Wiltshire (L) 10.8; 4, P. de Villiers (O) 10.9; 5, C. Brownlees (O) 11.0; 6, R. Frith (P) 11.0. **200:** 1, Hauck 21.8; 2, Saunders 22.5; 3, de Villiers 22.7. **400:** 1, A. Thompson (L) 48.9; 2, J. Marsh (P) 49.1; 3, R. Forbes (O) 49.3; 4, S. Nussey (O) 50.1. **800:** 1, C. Campbell (P) 1:48.9; 2, R. Steele (O) 1:50.9; 3, J. Greatrex (L) 1:52.0; 4, Forbes 1:52.1. **1500:** 1, P. Lewis (O) 3:53.0; 2, A. Joslyn (P) 3:54.2; 3, H. Rhys (O) 3:57.7; 4, I. Hicks (L) 4:01.4. **5000m:** 1, Joslyn 14:25.0; 2, H. Starkey (O) 14:30.8; 3, A. Moore (O) 14:54.4. **3000mSC:** 1, S. Mitchell (L) 9:41.2; 2, R. O'Brien (O) 9:47.6; 3, Sibson (L) 9:57.0. **110H:** (wa) 1, M. Parker (P) 15.1; 2, G. Davies (P) 15.1; 3, H. Rooks (Guest) 15.2; 4, C. Brownlees (O) 15.4. **200H:** 1, Brownlees

25.5; 2, Davies 26.9. **400H:** 1, R. Roberts (L) 53.5; 2, I. Dawes (O) 58.8; 3, Portch (L) 59.0. **HJ:** 1, L. Hall (O) 1.90/6'3"; 2, C. Julien (P) 1.85/6'0¼"; 3, P. Lance (L) 1.85. **PV:** 1, Hartley (L) 3.20/10'6". **LJ:** 1, G. Maddocks (O) 6.95/22'9¼"w; 2, K. Lowe (L) 6.73; 3, D. Knight (P) 6.73; 4, N. Overhead (P) 6.58/21'7". **TJ:** 1, C. Kidd (O) 14.53/47'8"w; 2, Hartley (L) 13.60/44'7½". **SP:** 1, D. Roscoe (O) 14.22/46'8"; 2, D. Kidner (L) 12.72/41'9". **DT:** 1, Roscoe 47.98/157'4"; 2, N. Nops (O) 43.48/142'8"; 3, J. Stoddart (P) 38.76/127'1"; 4, Kidner 36.48/119'8". **JT:** 1, R. Perkins (L) 67.80/222'5"; 2, J. Greasley (P) 64.00/209'11"; 3, J. Ferrary (L) 60.60/198'10"; 4, R. Bartlett (P) 59.66/195'9". **4x100:** 1, Poly 42.7; 2, Lough 43.0; 3, OU 44.3. **4x400:** 1, Loughborough (Thompson, Greatrex, Roberts, Saunders) 3:18.0; 2, OUAC (Steele, Forbes, Lewis, Nussey) 3:19.3; 3, Polytechnic 3:29.5. **Result:** Oxford Univ. 124, Loughborough C. 114½, Poly H. 104½.

Peter Matthews

NORTHERN CHAMPIONSHIPS

Athletes with the Area qualification can obtain entry forms for the Northern Championships from G. A. Wright, 30 St. John's Road, Humberston, nr. Grimsby, Lincs. (Humb. 2028). S.A.E. please. Closing dates: May 20th (S) and June 4th (U/19).

Jack Davies is the new secretary of the Northern Counties Cross-Country Association, and all correspondence should be addressed to him at 14 Neale Avenue, Heald Green, Cheadle, Cheshire.



Mike Hauck heads for 200 metres victory in 21.8 over Ian Saunders in the triangular match at Chiswick.

Gerald A. Pells

Walters Deprived Of More Welsh Records

THE best performance of the match in which Cardiff AAC beat RAF St. Athan 144-120 at Maindy on April 28th, came from John Walters, who for the second week in succession improved on a Welsh record. On April 11th he beat his own shot mark and now in this wind-swept meeting he added 18" to his own Welsh Native discus record with a throw of 49.36/161'11". This new mark is also 17" better than Clive Longe's Welsh National record. Unfortunately both his shot and discus records are unlikely to be ratified because on both occasions graded officials were not present.

The meeting's best track performance came in the 1500m where Bob Maplestone and Bernie Plain ran to a pre-conceived plan. Maplestone led through 400m in 59.0, while Plain was in front at 800 (2:00.0) and 1,200m (3:05.0). Maplestone, however, took over on the back straight and held on to win narrowly in a personal best of 3:48.6, with Plain just behind also recording a lifetime best (3:48.8). Plain incidentally ran 10 miles in training the morning of the race.

Clive Williams

100m: (windy) 1, G. Vince (RAF) 11.0; 2, A. Thomas (C) 11.0; 3, E. Savill (RAF) 11.1. 200: 1, Vince 22.6; 2, W. Leyshon (C) 23.0. 400: A. Elgie (RAF) 51.0. 800: 1, Le Masurier (C) 1:57.0; 2, G. Spencer (C) 1:57.5. 1500: 1, R. Maplestone (C) 3:48.6; 2, B. Plain (C) 3:48.8. 3000m: M. Rowland (Newport) 8:57.4. 3000mSC: 1, B. Hayward (C) 9:10.6; 2, B. Griffiths (C) 9:40.8. 4x100m: 1, Cardiff 44.4; 2, RAF St. Athan 44.8. HJ: 1, S. Hughes (RAF) 1.63/6'0". SP: 1, J. Walters (C) 16.08/52'9"; 2, McEwan (RAF) 14.17/46'6"; 3, P. Wilson (RAF) 13.19/43'3½". DT: 1, Walters 49.36/161'11"; 2, H. Williams (RAF) 42.88/140'8"; 3, McEwan 39.32/129'0". HT: 1, Williams 40.54/133'0"; 2, P. Window (RAF) 38.68/126'11". JT: B. Davies (Caerleon C) 52.66/172'9". (Women) 100m: (windy) 1, M. Smith (C) 12.3; 2, E. Johns (C) 12.4; 3, B. Spencer (C) 12.5.

GOOD SPRINTING BY JOHN WILLIAMS

Cardiff CoE 164, beat Swansea 115 and St. Paul's Coll. 76, at Cyncoed, April 29th. (all sprints windy) 100m: 1, J. Williams (C) 10.5; 2, A. James (St. P) 10.7; 3, M. Walters (C) 11.1; 4, M. Huard (S) 11.1. (B. Race): 1, N. Williams (Carm) 10.8; 2, A. Barwood (C) 11.0. 200: J. Williams 22.4. 4x100: Cardiff 44.4. 110H: 1, James 14.4w; 2, A. Bergiers (Carm) 14.8. 400H: W. Leyshon (C) 56.3. LJ: 1, J. Elias (C) 6.68/21'11"; 2, P. Edwards (C) 6.67/21'10½". SP/DT: B. Penny (Swan) 14.55/47'9" & 39.34/129'1". JT: 1, G. Robinson (S) 63.56/208'6"; 2, W. Phillips (C) 62.14/203'10"; 3, J. Boyle (S) 59.34/194'8".

After what on paper looked to be a first class match at Cyncoed on May 2nd, the results and

performances were somewhat disappointing. The outstanding performance of the afternoon was the 21.4 run by John Williams in the 200m. Whether this was correctly timed is open to question as only College PE Students were clocking, but Welsh National Coach Peter Lay taking times over a measured 120 yards noted that Williams covered it much faster than in training.

The only other performances worthy of mention were those of John Walters in the shot and discus. Walters heaved a best ever for Wales with a distance of 16.41/53'0", this being the third competition in a row that he has broken the record. He also threw the discus a national best of 49.38/162'0". It is unfortunate that no graded judges were on hand to ratify these performances.

Gordon Roberts

Cardiff College 156, Cardiff AAC 132, Carmarthen 60. 100m: 1, J. Williams (Coll) 11.1; 2, A. Thomas (Card) 11.2. 200: 1, Williams 21.4; 2, Thomas 22.0; 3, N. Williams (Carm) 22.4; 4, M. Walters (Card) 22.5; 5, S. Larard (Card) 22.6. 400: D. Le Masurier (Card) 50.8. 3000: 1, D. Hopkins (Card) 8:40.0; 2, B. Davies (Carm) 8:40.0. 3000mSC: B. Griffiths (Card) 9:28.6. 110H: 1, A. James (Carm) 14.9; 2, J. Lister (Card) 14.9. HJ: R. Bergiers (Card) 1.73/5'8". PV: J. Evans (Coll) 3.35/11'0". LJ: 1, G. Williams (Card) 7.16/23'6"; 2, J. Elias (Coll) 6.58/21'7". SP: 1, J. Walters (Card) 16.41/53'10"; 2, P. Sutton (Card) 14.76/48'5". DT: 1, Walters 49.38/162'0"; 2, L. Davies (Coll) 42.58/139'8". JT: N. Phillips (Coll) 60.12/197'3". 4x100: 1, College 43.5; 2, Cardiff AAC 43.7; 3, Carmarthen 44.0. 4x400: Cardiff 3:31.4.

The first ever Brecon to Merthyr 20 miles two-man relay was held on May 2nd, and attracted ten teams. The combined Troedryhiw BC and Gilwern Harriers pair of Alan Carlick and Peter Ratcliffe won in 1:45.05, just ahead of the Gilwern pair Robert Locke and Mike Lane (1:45.15), but it was the two Troedryhiw boys, 17-year-olds Alan Mee and Stephen Carlick, who stole the show. Their car and driver did not appear at Brecon so they set out alone to run the difficult 20 miles across the Brecon Beacons. Carlick clocked 2:19.05 and Mee 2:24.07. Result:

1. A. Carlick, P. Ratcliffe (TBC/Gil) ... 1:45:05
2. R. Locke, M. Lane (Gil) 1:45:15
3. C. Williams, B. Kent-Payne (Bridgend) 1:45:25
4. T. Lewins, C. Walbyoff (Gil) 1:53:00; 5, A. Jones, G. Maorgan (Bargoed) 1:57:10; 6, B. Adamson, D. Eynon (Bridgend) 1:59:00; 7, T. Notman, P. Griffiths (Bridgend) 1:59:35.

Welsh National record-holder John Robertson (400 metres-46.6), who holds a dual qualification for England and Wales has chosen to represent Wales if he gains selection for the Commonwealth Games. John is now Promenade Manager at Exmouth, Devon, having left his job as Entertainment Manager at Barry last summer.

Howard Davies, former Welsh 440 champion, who has not been seen on the track for some time, recently stated his intention of making a come-back. He will tackle only the 100 metres for a while this season before reverting to the 400.

Bernard Baldwin

BANSTEAD COACHES TROPHY

At Norbiton, May 2nd

John Thresher, of Belgrave Harriers, holds off Pete Browne (Queens Park Harriers) to win the 1500 metres in 3:54.1.



Ron Linstead

1, Croydon 199; 2, Queens Park 160; 3, Belgrave 158; 4, Ealing & Southall 152; 5, Thames Valley 136; 6, Surrey AC 130. 200m: 1, I. Matthews (TVH) 22.2; 2, D. Cole (QPH) 22.7; 3, S. White (Bel) 22.8. 400: C. Mogg (TVH) 49.8. 800: 1, D. Huffer (TVH) 1:56.5; 2, J. Griffiths (Sy AC) 1:56.9. 1500: 1, J. Thresher (Bel) 3:54.1; 2, P. Browne (QPH) 3:54.3; 3, J. Snowden (Sy AC) 4:01.4. 5000: 1, R. Smith (Bel) 14:44.2; 2, D. Faircloth (Croy) 14:46.4; 3, F. Stebbings (Croy) 15:06.8. 3000mSC: A. Black (Bel) 9:50.2. 110H: G. Tymms (Sy. AC) 16.1. 400H: 1, C. Laws (Sy. AC) 56.5; 2, C. Gillett (Bel) 57.7. 4x100: 1, Belgrave 43.8; 2, QPH 44.9. HJ: 1, L. Spencer (QPH) 1.73/5'8"; 2, H. Watkins (E & S) 1.73; 3, E. Von

Tersch (Croy) 1.73. PV: P. Goulding (E & S) 3.50/11'5½". TJ: S. O'Dwyer (E & S) 14.65/48'0½". SP: H. Watkins (E & S) 12.94/42'5½". DT: J. Stone (TVH) 42.70/140'1". HT: 1, W. Treharne (Sy. AC) 46.90/153'10"; 2, E. Barker (Bel) 44.36/145'6"; 3, D. Birch (Croy) 41.12/134'11". JT: 1, R. Lane (Croy) 59.28/194'6"; 2, D. Mole (Sy. AC) 54.30/178'2". (Juniors) 200: A. Rose (QPH) 23.1. 800: P. Carton (Bel) 2:00.5. 4x100: QPH 45.0. LJ: K. Blandin (QPH) 6.51/21'4½". TJ: P. Jones (E & S) 14.54/47'8½". DT: 1, Jones 43.22/141'9"; 2, P. Stevenson (Sy. AC) 40.14/131'8". (Youths) 200: G. Pack (Sy. AC) 24.1. 400: W. James (QPH) 53.9. 800: G. Smart (TVH) 2:05.8. 4x100: TVH 46.7. LJ: I. Fuller (E & S) 5.97/19'7".

Fast Race In East Hull "20"

At Hull, May 2nd

AFTER the field had settled down in the East Hull "20" on May 2nd, it was Newsome, Lunn, White and Ellis in front. After 6 miles White dropped off, and Ellis followed 6 miles later. At 12 miles Newsome had a slight lead over Lunn, but was caught and the two were together at "15". It was only in the final mile and a half that John Newsome managed to break away and win by 28 sec. Wakefield won a close team race over City of Leeds.

1, J. Newsome (Wakefield) 1:46.01
2, J. Lunn (City of Leeds) 1:46.29
3, B. Ellis (Thames Valley) 1:50.19
4, M. Hague (Rotherham) 1:51.50; 5, R. Pannell (Leeds) 1:52.24; 6, R. Bulley (Linc) 1:54.05; 7, E. Johnson (Stoke) 1:54.31; 8, J. Berry (Wake) 1:55.09; 9, B. Fletcher (Wake) 1:57.30; 10, H. Fray (Hull) 1:57.35; 11, R. Pickersgill (Linc-Guest) 1:59.01; 12, H. Cooper (Hull) 1:59.14; 13, W. Lambers (Longwood) 1:59.45; 14, R. Tristram (ASV) 2:00.03; 15, M. Holloway (Linc) 2:00.11.

Teams: 1, Wakefield 10; 2, City of Leeds 14; 3, Hull 24.

LAMBERT TROPHY

At Cochrane Park, May 2nd

100m: 1, Keeling (Durham Un) 11.1; 2, Hodgson (Northumberland & D) 11.1. 200: Keeling 23.0. 400: 1, A. Wallace (N & D) 48.8; 2, M. Riddell (N & D) 50.5; 3, Pearson (Dur. U) 50.6. 800: 1, Green (Dur. U) 1:52.4; 2, McCarthy (N & D) 1:53.2; 3, Lewis (Dur. U) 1:53.5. 1500: 1, M. Bateman (Dur. U) 3:59.6; 2, B. Miles (N & D) 4:00.8. 5000: 1, E. Pomfret (N & D) 14:15.6; 2, W. Robinson (N & D) 14:20.0; 3, J. Hillen (N & D) 14:42.0. 110H: Gill (Dur. U) 15.9. 400H: 1, Jolly (Dur. U) 57.5; 2, Wilson (Dur. U) 58.5. 3000mSC: 1, D. Camp (N & D) 9:01.0; 2, I. Forster (N & D) 9:44.0. Medley Relay: 1, Northumberland & Durham 3:36.5; 2, Durham Univ. 3:42.8. HJ: Balfour (N & D) 1.73/5'8". SP: A. McKenzie (N & D) 14.11/46'3½". DT: 1, McKenzie 49.90/163'8"; 2, B. Fraser (N & D) 40.02/131'3". JT: 1, Quinn (N & D) 57.34/188'1"; 2, Lawrence (N & D) 52.40/171'11". Junior 1500: 1, D. Gibbon (Elswick) 4:03.3; 2, P. Dunn (B. Synthonia) 4:04.0; 3, R. Cartwright (Burn Rd) 4:06.0; 4, D. Lowes (Gates) 4:07.0; 5, D. Jameson (S. Shields) 4:08.0.

GRIM CONDITIONS IN EPSOM TRACK '40'

RUNNING 40 miles round a track might seem an arduous enough task in itself. But, if one considers the pounding they took from the elements, it was remarkable that even four of the nine starters managed to complete the course in Epsom and Ewell Harriers' 40 miles event on April 25th.

The appalling weather conditions dashed any hopes of a fast time. Winner of the event over 160 circuits of the West Ewell track was Bernard Gomersall, the former London to Brighton road race winner from Leeds City AC. Surviving the battering of four hours of sweeping rain and a bitter wind, Gomersall at least achieved a personal distinction—it was the first time he had ever won a long distance track race. Commenting on the conditions, Gomersall (37) said: "It was really grim; I could find a better word but I don't use bad language. Running around the track it appeared we were going uphill along one straight and downhill along the other, the wind was that bad."

It was Gomersall's first long-distance race for almost two years—his last was the London to Brighton in September 1968. He admitted after the finish that he made the mistake of going off too fast. He started studying the times and discovered his error; from third at five miles, he slipped back to fifth place at 10.

Gomersall is planning to return to the Brighton road this autumn. He is training, on average, about 50 miles a week—"some weeks I train 80 to 90 miles; others I do very little; it all depends on work," he explained. But, one thing is certain . . . he will have an extra supporter in this year's race. His 10-year-old daughter, Bernadette, is planning to escort her father by cycling the 52 miles.

It was Epsom's own Alan Blatchford who set the pace for his eight rivals for the first 15 miles. He covered 5, 10 and 15 miles in 29.47, 59.30 and 1:29.15. Second at these distances was Wycombe's Mick Casse in 29.51, 59.50 and 1:29.41. Gomersall and Derek Funnell (Epsom) were together in third place covering the first five miles in 29.52; Funnell was third at 10 miles in 59.52, 24 sec. clear of Gomersall who moved through to third place at 15 miles completed in 1:31.09. Casse, running strongly, took over the running at 18 miles and passed 20 in 1:59.10. Blatchford was 47 sec. down in second place, while Gomersall was moving up completing the half-distance in 2:02.35.

Casse still led at 25 miles (2:31.47) but was forced to drop out of the race due to the recurrence of an ankle injury he first sustained in a 100 miles race at Walton last autumn.

Gomersall, who moved passed Blatchford during the fifth quarter of the race, covering 25 miles in 2:34.16, then took over the lead and never looked like being headed. Subsequent times were:—30 miles—Gomersall 3:08.00, Blatchford 3:15.38, Alan Phillips (Reading) 3:15.56; 35 miles—Gomersall 3:44.7, Phillips 3:52.50, Blatchford 4:01.07.

It is interesting to note that during the last 10

miles, Phillips was running faster than Gomersall. In fact, Gomersall covered the last five miles in 38:47.8 and Phillips in 36.13. Certainly, Gomersall seemed very tired at the end. He was grimacing during the closing miles and while I have seen him complete several Brighton races, I have never noticed him get as exhausted as he seemed to be at Ewell.

Phillips, who will be 41 in June, actually packed up running last September and only resumed training in February. But he is fast regaining the form that won him world best performances for 40 and 50 miles in 1966. The present world best for 40 miles of 3:49.49 was set by Alastair Wood at Pitreavie last December.

Ewell race result:—1, Bernard Gomersall 4:23:25.8; 2, Alan Phillips 4:29:03; 3, Derek Ash-ton (Derby & County AC) 4:42:42; 4, Alan Blatchford 4:44:23.

The following failed to complete the distance:—Mick Casse retired at 25½ miles (2:37:53); Alan Bishop (Belgrave) retired at 20½ miles (2:31:48); Derek Funnell (Epsom) retired at 30½ miles (3:24:23); Ken Shaw (Cambridge Harriers) retired at 25½ miles (3:2:48); Peter Bennett (Reading) retired at 17 miles (2:2:41).

For the record, Casse covered 40 kilometres in 2:30:41.6 and Blatchford in 2:32:07.8; Gomersall covered 50 kilos in 3:15:28.8 and 60 in 4:02:05.8.

Tom Pollak

Freary Slams Blinston In S. B. Crosland '10'

At Royton, May 2nd

1. M. Freary (Bolton) 49.28
2. A. Blinston (Altrincham) 50.21
3. C. Leigh (Salford) 50.29
4. S. Clegg (Salford) 50.49; 5. E. Haslam (Bolton) 51.29; 6. P. Ravald (M & D) 51.40; 7. D. Blakeley (M & D) 52.00; 8. V. Renshall (Sutton) 52.03; 9. N. Deakin (Stoke) 52.04; 10. R. Brown (Pembroke) 52.07; 11. A. Walsham (Salford) 52.20; 12. G. Entwistle (M & D) 52.28; 13. S. Hope (Stoke) 52.33; 14. L. Austin (Stoke) 52.39; 15. J. Bygott (Tip) 53.07; 16. R. Gregory (M & D) 53.22; 17. I. Wainwright (Sheff) 53.24; 18. K. Darby (Salford) 53.30; 19. C. Johnson (Sutt) 53.32; 20. G. Lawson (M & D) 53.55; 21. S. Edmunds (Sale) 54.02; 22. W. Yale (Bolt) 54.07; 23. W. Crook (Warr) 54.08; 24. T. Taylor (Roch) 54.11; 25. Lloyd (Sutt) 54.16; 26. G. Brockbank (M & D) 54.26; 27. P. Egerton (Stoke) 54.47; 28. R. Proffitt (Sal) 55.04; 29. M. Wood (Pem) 55.07; 30. S. Curran (Salf) 55.19.

Teams: 1, Salford 18; 2, Manchester & D. 25; 3, Bolton 28; 4, Stoke 36; 5, Pembroke 77; 6, Altrincham 107; 7, E. Cheshire 138; 8, Sheffield 155; 9, Blackburn 183; 10, Oldham & Royton 185.

Grandstand Finish To Blackpool Memorial Relay

THE Blackpool Memorial Road Relay at Stanley Park on April 25th was a very exciting race on a wet and windy night, the lead changing hands on all four laps. Pembroke's Dwyer brought his club home first on leg 1, clocking 21.40, with Bolton's young Steve Kenyon (18) just six seconds back and Barrow's Ian Leonard (21.51) third. Sutton (Roberts) then moved through from fourth into the lead, followed by Tony Byrne of Blackpool (21.47), whilst Pembroke dropped to third and Bolton to fifth leaving Mike Freary to start leg three 59 sec down on the leader. Mike churned through powerfully to third, as Peter Morris (Blackpool) held him off by a mere 10 sec at the change-over. His time was a scorching 20.56. Eric Haslam started the final lap in third place, and first caught Sutton's Bruce Renshall at halfway. The next target was Blackpool's McGuire, and Haslam passed him with 200y left in a grandstand finish, recording the second fastest time of the evening (21.31) in giving Bolton victory by 6 sec.

1, Bolton United (S. Kenyon 21.46, K. Baum 22.59, M. Freary 20.56, E. Haslam 21.31) 87.12.

2, Blackpool & Fylde (J. Fewrey 22.04, A. Byrne 21.47, P. Morris 21.40, F. McGuire 21.47) 87.18.

3, Sutton (S. James 21.59, F. Roberts 21.47, R. Barlow 21.49, B. Renshall 22.02) 87.37.

4, Pembroke (T. Dwyer 21.40, R. Brown 22.15, K. O'Toole 22.49, S. Towndrow 23.36) 90.20.

5, Blackpool "B" (D. Jones 22.35, T. Parker 22.53, A. Hudson 23.08, P. Knott 23.39) 92.15.

6, Salford (R. Haswell 22.30, A. Walsham 22.28, K. Darby 22.45, D. Walton 22.42) 92.25.

7, Barrow 92.28; 8, Sutton "B" 93.55; 9, Pembroke "B" 97.55; 10, East Cheshire 92.17.

Fastest: 20.56 Freary, 21.31 Haslam, 21.40 Dwyer & Morris, 21.46 Kenyon, 21.47 Roberts & Byrne & McGuire, 21.49 Barlow, 21.50 I. Leonard (Barrow).

Gabbett Near Record

COMPETING in his first decathlon for nearly two years, Peter Gabbett scored 7124 points—only 123 below his AAA national record—at the Midland Counties AAA Open competition at Birmingham University on May 2nd/3rd. He set personal bests in the shot, high jump, discus, pole vault and javelin!

1, P. Gabbett (11.0, 6.88/22'6½", 12.06/39'6½", 1.87/6'1½", 49.8, 15.9, 40.80/133'10", 3.80/12'5½", 52.64/172'8", 4:46.7) 7,124.

2, J. Smith (11.0, 7.16/23'6", 12.63/41'5½", 1.84/6'0½", 51.7, 15.2, 32.36/106'2", 3.50/11'6", 46.54/152'8", 4:49.4) 6,825.

3, S. Scott (11.3, 6.97/22'10½", 11.70/38'4½", 1.65/5'5", 51.5, 15.2, 34.62/113'7", 3.70/12'1½", 42.60/139'9", 4:58.7) 6,481.

4, T. Newey (11.6, 6.45/21'2", 11.42/37'5½", 1.75/5'9", 51.2, 15.9, 37.28/122'4", 3.05/10'0", 44.10/144'8", 4:26.5) 6,411.

5, K. Giles (10.9, 6.61/21'8½", 12.98/42'7", 1.68/5'6½", 50.6, 16.4, 36.38/119'4", 2.43/8'0", 47.68/156'5", 4:52.4) 6,300.

6, A. Gummerson (11.5, 6.39/20'11½", 12.46/40'10½", 1.60/5'3", 53.5, 16.7, 42.26/138'8", 3.60/11'10", 49.74/163'2", 5:16.6) 6,224.

7, A. Mollett 6,037; 8, M. Corden 6,025; 9, A. Pearce 5,770; 10, C. Tranter 5,590; 11, J. Saunders 5,426; 12, C. Nimmo 5,394; 13, M. Henson 5,255; 14, R. Davis 4,995; 15, J. Spendlove 4,250.

Midland Championship: 1, Giles; 2, Mollett; 3, Tranter; 4, Saunders; 5, Nimmo; 6, Davis.

ESSEX COUNTY "20"

At Thurrock, May 2nd

1, D. Staines (Thurrock) 1:47.43
2, T. Pailthorpe (Havering) 1:48.09
3, M. Prosser (Ilford) 1:50.28
4, M. Coleman (Ilf) 1:51.40; 5, M. Emms (WG) 1:52.52; 6, D. Prior (WG) 1:52.52; 7, S. Walker (Thurr) 1:53.45; 8, P. Bryan (Hav) 1:54.09; 9, L. Parrott (Hav) 1:54.30; 10, A. Alderson (Ilf) 1:55.43.
25 finished.

IAC TRAINING WEEK-END

At Loughborough,
April 17th-19th

A copy of this photo will be supplied to anyone who attended the Week-end sending a stamped addressed envelope (9" x 6") to Barry Ricketts, Public Relations Dept., The Coca-Cola Export Corporation, 70 Brompton Road, London, S.W.3.



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FAST STEEPLECHASE

At Isleworth, May 6th

IN a closely fought match, Surrey beat Borough Road College by a single point with a Southern Counties team some way behind. In pouring rain on a slow track the Surrey rivalry between John Bicourt and Fred Stebbings produced one of the season's fastest steeplechases with the latter proving the stronger on the last lap.

100m: 1, I. Green (BR) 10.9; 2, C. Cheetham (BR) 11.1; 3, I. Matthews (Sy) 11.1; 4, I. Vivian (Sy) 11.3; 5, M. Alagoa (SC) 11.3. **200m:** 1, J. Harrison (BR) 21.9; 2, R. McStocker (SC) 22.4; 3, I. Green (BR) 22.7; 4, R. Griffiths (SC) 22.8; 5, I. Matthews (Sy) 22.8. **400m:** 1, M. Winbolt Lewis (Sy) 48.7; 2, J. Wilson (BR) 49.3; 3, G. Hunt (SC) 50.7. **800m:** 1, A. Sutton (BR) 1:55.1; 2, N. Toward (Sy) 1:55.6; 3, J. Jenkins (Huntingdon-Guest) 1:55.9. **1500m:** 1, M. Wands (SC) 3:51.8; 2, M. Absolom (BR) 3:52.1; 3, M. Murray (Sy) 3:54.0; 4, D. Bedford (SC) 3:54.5; 5, R. Grice (BR) 3:55.2. **5000m:** 1, N. Morrison (Sy) 14:18.0; 2, G. Biscoe (Sy) 14:21.4; 3, J. Drake (SC) 14:27.8; 4, C. Reed (SC) 14:50.6. **3000mSC:** 1, F. Stebbings (Sy) 8:54.8; 2, J. Bicourt (Sy) 8:55.2; 3, I. Forster (BR) 9:06.8; 4, J. Stephenson (SC) 9:09.0; 5, J. Dobson (SC) 9:14.2; 6, R. Fisher (BR) 9:18.2. **110H:** 1, H. Rooks (Sy) 15.7; 2, R. Linter (BR) 16.2; 3, J. Smith (SC) 16.2. **400H:** 1, T. Collins (Sy) 54.1; 2, P. Young (SC) 54.7; 3, C. Gillett (Sy) 57.4; 4, C. Laws (BR) 57.5; 5, J. Allen (SC) 57.6; 6, J. Margree (BR) 57.8. **HJ:** 1, P. Gates (Sy) 1.88/6'2"; 2, R. Morris (Sy) 1.88; 3, R. Batterley (SC) 1.78/5'10"; 4, A. Lerwill (BR) 1.78; 5, J. Smith (SC) 1.78. **PV:** 1, John Fenge (Sy) 3.50/11'6"; 2, A. Johns (BR) 3.35/11'0"; **LJ:** 1, Lerwill 7.22/23'8"; 2, M. James (SC) 6.75/22'2"; 3, D. Cole (SC) 6.69/21'11"; **TJ:** 1, Lerwill 14.35/47'1"; 2, G. Hamlyn (Sy) 14.34/47'0"; 3, M. Cale (Sy) 13.78/45'2"; 4, Cole 13.31/43'8". **SP:** 1, W. Fuller (Sy) 15.82/51'10"; 2, P. Tancred (SC) 14.17/46'6"; 3, N. Griffin (SC) 13.65/44'9"; 4, M. Ferne (Sy) 13.28/43'7"; 5, R. Boyd (BR) 13.28/43'7". **DT:** 1, P. Bullock (SC) 44.24/145'2"; 2, Griffin 42.52/139'6"; 3, Boyd 40.56/133'1"; 4, A. Chromniak (Sy) 40.32/132'3"; 5, Ferne 40.18/131'10". **HT:** 1, P. Dickinson (BR) 54.96/180'4"; 2, C. Melhuish (Sy) 54.16/177'8"; 3, B. Marden (SC) 52.14/171'1"; 4, B. Stebbings (BR) 47.00/154'2"; 5, K. Prior (Sy) 45.40/148'11"; 6, George (SC) 44.36/145'6". **JT:** 1, A. Diffey (BR) 67.42/221'2"; 2, N. Sherlock (BR) 66.30/217'6"; 3, M. Stoneman (SC) 64.04/210'1"; 4, V. Mitchell (BR-Guest) 62.28/204'4"; 5, D. Mole (Sy) 54.06/177'4". **4x100:** 1, BRC 43.9; 2, SCAA 44.8. **4x400:** 1, BRC 3:25.3; 2, Surrey 3:26.5; 3, SCAA 3:28.5. **Result:** Surrey 155, BRC 154, Southern Counties 122.

Peter Matthews

NORTHERN COUNTIES AA OFFICES

The Northern Counties AA have re-opened administrative offices at Rooms 288 & 290, Corn Exchange Building, Fennel Street, Manchester M4 3HF. All correspondence to the Administrator, George Gandy, should be sent to this address.

WELSH TRIALS BETTER THAN EXPECTED

THE weather was bleak and raw for the Welsh Commonwealth Games Trial at Maindy last Saturday, and I had imagined these "championships in miniature" would be a dead duck with only selected athletes competing. I envisaged walk-overs in many events and altogether a lack of purpose as athletes fought only the clock and tape measure in their efforts to impress the selectors. I could not see much hope of any of them getting anywhere near their best so early in the season (3 weeks before the county championships!) but I was pleasantly surprised.

In the first final of the day, the 10,000m (a championship event, the only one), Bernard Plain showed that his recent selection for the AAA and BAAB teams was fully justified. After a tussle with Alan Joslyn over the first 4 miles he asserted himself and went on to win in a new championship best performance of 29:26.8. But there was confusion to follow. The lap recorders missed the bus and although times and positions were afterwards announced, they must be very suspect.

Berwyn Price made a slow start in the final of the high hurdles and was sharing the lead with Alun James after 7 hurdles, but he seemed to snap out of it over the last three and went on to record a new Native record of 14.7, into the wind. Field events were below par, mainly due to the state of the run-ups after a night's heavy rain; even so John Walters was a mere 2" below his Native and National bests in the shot.

The competitions were surprisingly keen, and there were some close finishes, especially in the women's 800m when Thelwyn Bateman and Gloria Dourass seemed locked. Both were given 2:08.9, with Thelwyn getting the verdict. John Williams took both sprints, and I heard a well known 400m man say how he hoped John would try 400 before the end of the season. With Gwynne Griffiths not far off recovery from his leg injury, John Robertson electing to run for Wales, and Howard Davies showing possibilities, the Welsh squad only needs one more to make up the 4x400m relay team for Edinburgh. Together with John Williams there are Wynford Leyshon, Haydn Curran, Phil Lewis and David Le Masurier on the threshold, as well as a few others. Although there are many ifs and buts before medals are won, Welsh hearts have hopes in the long relay.

Bernard Baldwin

100m: 1, J. Williams (Card) 10.7; 2, T. Davies (Carm) 10.8; 3, A. Thomas (Card) 10.8; 4, H. Davies (Birch) 10.9; 5, P. Briggs (Gil) 10.9; 6, N. Williams (Carm) 11.1. **200:** 1, J. Williams 22.0; 2, Thomas 22.6; 3, N. Williams 22.7. **400:** 1, W. Leyshon (Card) 48.9; 2, J. Marsh (TVH) 49.2; 3, H. Curran (Carm) 49.6; 4, D. Le Masurier (Card) 50.6. **800:** 1, J. Greatrex (Lough Coll) 1:56.9; 2, R. Adams (Poly) 1:57.4. **1500:** 1, G. Davis (Aberystwyth) 3:49.2; 2, R. Mapstone (Card) 3:50.8; 3, D. Vaughan (Swan) 3:52.5; 4, R. Davies (Birch) 3:56.9. **10,000**

POLLITT TROPHY

At Brighton, May 2nd

Tony Collins (left) and John Harmes go neck and neck over the last hurdle in the Pollitt Trophy 400 metres hurdles. Collins won in 54.2, with Harmes at 54.5.



Sportsvie

1, Brighton & Hove 160; 2, HHH 140; 3, TVH 57; 4, Walton 51; 5, Portsmouth 45; 6, Hillingdon 43. 100m: J. Knowles (B & H) 11.1. 200: 1, L. Walters (TVH) 22.5; 2, J. Roys (HHH) 22.5; 3, R. Seeley (B & H) 22.5. 400: 1, J. Sam (HHH) 49.9; 2, S. Huard (TVH) 50.8. 800: 1, M. Wands (Hill) 1:54.5; 2, I. Wilson (B & H) 1:54.7; 1500: P. Standen (B & H) 3:55.2. 3000: 1, P. Bennett (B & H) 8:19.2; 2, D. Fudge (Ports) 8:22.2. 3000mSC: 1, J. Stephenson (B & H) 9:18.0; 2, D. Adams (HHH) 9:19.0. 400H: 1, T. Collins (HHH) 54.2; 2, J. Harmes (B & H) 54.5. HJ: D. Rhodes (B & H) 1.83/6'0". PV: I. Pierce (B & H) 3.50/11'6". TJ: K. Kelly (HHH) 13.21/43'4". SP/DT:

M. Winch (B & H) 15.05/49'4½" & 45.08/147'11". JT: A. Diffey (B & H) 67.98/223'0".

(Warren Browne Trophy—Juniors) 1, TVH 108; 2, HHH 97; 3, Walton 79; 4, Hillingdon 53; 5, Brighton & Hove 42; 6, Portsmouth 36. 100m: J. Isaacs (TVH) 11.6. 200: 1, Isaacs 23.0; 2, A. Davis (Hill) 23.1. 400: 1, Isaacs 51.7; 2, J. Williams (Ports) 51.9. 800: 1, A. Bentley (TVH) 1:59.3; 2, K. Browning (Walt) 1:59.3. 1500: K. Kitson (B & H) 4:07.9. 2000mSC: J. Davies (TVH) 6:00.4. SP: Strange (TVH) 13.43/44'1". DT: Sharman (TVH) 39.94/131'0". JT: 1, M. Green (B & H) 55.20/181'1"; 2, D. Sheppard (Walt) 53.90/176'10".

(Championship): 1, B. Plain (Card) 29:26.8 (Ch. Bp); 2, J. Jones (Windsor) 29:54.4; 3, A. Joslyn (Poly) 29:54.8; 4, A. Ashton (Read) 29:57.8; 5, A. Simmons (Luton) 29:58.0; 6, B. Davies (Carm) 30:04.2. 3000mSC: 1, R. McAndrew (Read) 8:56.0; 2, B. Hayward (Card) 8:57.4; 3, P. Griffiths (Birm. Un) 8:58.0; 4, J. Davies (TVH) 9:08.8 (17 yrs old); 5, A. Pretty (TVH) 9:18.4; 6, B. Griffiths (Card) 9:26.0; 7, R. Evans (Card) 9:36.0; 8, D. Morgan (Card) 9:48.0. 110H: 1, B. Price (Card) 14.7 (Welsh National & Native Rec); 2, A. James (Carm) 14.9; 3, A. Bergiers (Carm) 15.1; 4, J. Lister (Card) 15.4. 400H: 1, R. Richardson (Birm. Un) 54.0; 2, W. Leyshon (Card. Un) 55.3; 3, K. Lancey (Swan) 55.8; 4, R. Tibbott (HHH) 56.2. PV: 1, D. Lease (Card) 4.37/14'4"; 2, L. Jones (Card) 3.81/12'6". TJ: 1, G. Webb (Card) 14.48/47'6"; 2, S. Jones (Carm) 13.69/44'11". SP: 1, J. Walters (Card) 16.09/52'9½"; 2, E. Sutton (Card) 14.83/48'8"; 3, B. Penny (Swan) 14.48/47'6½"; 4, P. Rees (S'ton) 14.18/46'6½". DT: 1, Walters 48.22/158'2"; 2, M. Davies (W'ford Grn) 39.56/129'9". HT: M. Davies 57.36/168'6". JT: 1, J. James (Craw) 66.02/216'7"; 2, G. Robinson (Swan) 57.54/188'9"; 3, J. Boyle (Swan) 53.46/175'5".

Women

100m: 1, H. Davies (Epsom) 12.0; 2, R. Martin-Jones (Birm. Un) 12.1; 3, M. Smith (Card) 12.2; 4, P. Shiels (Havering) 12.3; 5, B. Spencer (Card) 12.4; 6, G. Dourass (Sm. Hth) 12.4. 200: 1, Martin-Jones 25.3; 2, Davies 25.4; 3, Smith 25.4. 400: 1, J. Eynon (Croy) 59.0; 2, P. John (Cardiff) 59.3; 3, G. Gosling (Card) 60.9. 800: 1, T. Bateman (Cov. God) 2:08.9; 2, Dourass 2:08.9; 3, D. Davies (Card) 2:15.0; 4, P. Bailey (Ox) 2:17.6. 100H: J. Hirst (BU Llandarcy) 15.6. HJ: 1, C. Craig (Stret) 1.52/5'0"; 2, Hirst 1.48/4'10½". LJ: 1, Hirst 5.64/18'6"; 2, C. Thompson (Sy. AC) 5.48/18'0". SP: 1, M. Pearce (Flints C) 11.78/38'8"; 2, J. Beese (Newport) 10.83/35'6½". JT: 1, A. Williams (Birch) 45.62/149'8"; 2, S. James (Avon T) 35.28/115'9".

As from May 29th, the address of IAC secretary John Herring will be 6 Overhill Way, Beckenham, Kent (Tel: 01-650 3883).

* * *

Tony Ashton's 5000m time in the AAA v. Cambridge match was 14:13.0 and not as printed last week; Irvine's time was 15:03.8.

Overseas News and Results

Janusz Sidlo Improves —After Eleven Years!

IT might have been thought that the javelin throwing career of Poland's Janusz Sidlo, 37 next month, would by now be nearing an end and be in decline. Not at all. Competing at Mantes (France) on May 7th he not only defeated the two great Finns, Pauli Nevala and Jorma Kinnunen, but set a new national record of 86.22/282'10" in the process! It was his first improvement since 1959. Sidlo, who was European record holder with 80.15/262'11" no less than 17 years ago, briefly held the world record in 1956, was European champion in 1954 and 1958 and is a five-time Olympian.

FRENCH RESULTS:

25.4. Tourcoing. 100m: Carette 10.4. **25.4. Orleans.** 100m: Devillon 10.3w. **25/26.4. Paris.** 3000m: Wadoux 8:10.4; 110mH: Schoebel 14.1; JT: Butet 75.72/248'5". **25/26.4. Bordeaux.** Women's Pen: Besson 4286 (pb; 24.4 200m). **26.4. Saint-Maur.** 20km: Gauthier (35) 60:20.2 (rec; 19.882m/12M 623y in hour—rec), Le Flohic 61:26.6 (19.534m), Caraby 61:40.0 (19.431m) . . . 10. Mimoun (49) 65:09.6 (18.449m). At 10km: Gauthier 29:50, Le Flohic 29:50.6 . . . Mimoun 31:55.2. **26.4. Draguignan.** 100m: (+ 7m) Roubaud 10.3, Djite (Senegal) 10.3. **3.5. Paris.** 100m: (+ 3m) Bambuck 10.4; 110mH: Drut 14.1 (& 1.99/6'61" HJ); HJ: (A) Lamy 2.10/6'10½"; (B) Sainte-Rose 2.10; PV: Bellot (16) 4.68/15'4½"; LJ: Pani 7.57/24'10"; TJ: Firca 15.97/52'4½"; SP: Beer 18.71/61'4½"; DT: Niare (Mali) 55.12/180'10"; HT: Chadeaux 63.70/209'0". **3.5. Creil.** PV: Liotard 4.80/15'9". **3.5. Saint-Maur.** Women's 200m: Besson 24.3 (& 5.56/18'3" LJ); HJ: Barnay 1.70/5'7"; LJ: Ducas 6.23/20'5½". **3.5. Perpignan.** Women's 200m: Duclos 25.3. **7.5. Mantes.** PV: Ollivary 4.90/16'1"; SP: Beer 18.81/61'8½"; DT: Danek (Cz) 62.84/206'2". Tegla (Hun) 60.56/198'8", De Civentis (Ita) 55.74/182'10", Filliponi (Ita) 55.68/182'8", Niare (Mali) 55.40/181'9"; HT: Zsivotzky (Hun) 70.30/230'7", Accumbray 66.22/217'3"; JT: Sidlo (Pol) 86.22/282'10" (rec), Nevala (Fin) 83.46/273'10", Kinnunen (Fin) 80.70/264'9" (& 5 fouls).

ITALY

Francesco Arese, Europe's fastest 1500m runner last season at 3:37.6, defeated Olympic champions Mohamed Gammoudi and Naftali Temu over 10,000m at Formia on May 7th. Covering the final 800m in 1:59, he clocked 29:28.2.

18.4. Udine. HT: Vecchiato 65.66/215'5" (rec). **18.4. Bologna.** Women's 600y/600m: Govoni 1:22.3/1:30.4. **19.4. Rome.** JT: Cramerotti 78.04/256'0". **19.4. Milan.** 5000m: Arese 14:02.0, Cindolo 14:02.6, Risi 14:03.6; HJ: Azzaro 2.10/6'10½", Portmann (Swi) 2.10; PV: Mariani 4.90/16'1", Righi 4.90; DT: Simeon 59.20/194'2"; women's mile:

Pigni (now Mrs. Cacchi) 4:48.0 (4:29.0 at 1500m). **7.5. Formia.** 100m: Greene (US) 10.4, Fenouil (Fra) 10.6, Roberts (Trin) 10.6; 1000m: Mason (US) 2:20.8, Ouko (Ken) 2:21.1, Jungwirth (Cz) 2:21.2, Medjimurec (Yug) 2:21.9; 10,000m: Arese 29:28.2, Gammoudi (Tun) 29:29.0, Cindolo 29:30.4, Ardizzone 29:31.4, Zaddem (Tun) 29:34.8, Temu (Ken) 29:35.8; 110mH: Liani 14.3; HJ: Azzaro 2.17/7'1½" (eq. rec), Elliott (US) 2.14/7'0¼", Papanemetriou (Gre) 2.08/6'9¼"; PV: Tracanelli (Fra) 5.10/16'8½" (European junior best), Papanicolaou (Gre) 5.00/16'5"; Women's 400m: Besson (Fra) 53.6, Lundgren (Swe) 53.9, Govoni 54.0, v.d. Made (Neth) 55.7; 1500m: Pigni 4:21.4, Merten (WG) 4:24.0.

POLAND

1.5. Warsaw. 10,000m: Eisenberg (EG) 28:43.8, Mlecko 28:49.4, JOHN CAINE 28:51.0, Tuominen (Fin) 28:51.8 (rec), Mladek (Cz) 28:56.6, MIKE TAGG 28:56.8, Leyh (EG) 29:07.0, Mikkari (Fin) 29:08.2; JT: Sidlo 82.38/270'3"; women's 1500m: Pigni (Ita) 4:19.0, Hoffmeister (EG) 4:21.0, Clausnitzer (EG) 4:23.0, Kolakowska 4:23.4, Kulcsar (Hun) 4:25.7, Keizer (Neth) 4:26.3, Bosman (Neth) 4:26.4, Mudavani (Hun) 4:26.8, GILLIAN TIVEY 4:27.3 (pb), BARBARA BANKS 4:27.8 (pb); SP: Chewinska 16.74/54'11" (rec).

WEST GERMANY

19.4. Mainz. HT: Klein 66.12/216'11". **25.4. Paderborn.** HT: Fahsl 67.46/221'4". **25.4. Oberhausen.** 10,000m: Angenvoorth 29:13.8. **25.4. Werther.** Mar: Philipp 2:15:22.6 (rec), Sievers 2:17:43.6, Pyttel 2:17:43.6. **26.4. Zweibrücken.** JT: John 78.60/257'10". **1.5. Opladen.** HT: Fahsl 70.11/230'0", Caspers 67.17/220'4"; women's 100m: Wilden 11.6.

EAST GERMANY

12.4. Berlin. 30kmW: Hohne 2:19:19.4 (rec), Sperling 2:19:31.8, Zschiegner 2:20:43, Selzer 2:21:49.8, Leuschke 2:24:35. **19.4. Berlin.** 300m/500m: Zerbe 33.6/62.7. **3.5. Leipzig.** 10,000m: Seibt 29:07.0.

KENYA

25.4. Nakuru. 400m: Nyamau 47.0, Bon 48.0, Ouko 48.0; 800m: Saisi 1:49.8, Keino 1:51.0; 1500m: Francis 3:52.3, Mungai 3:52.5; 5000m: Ng'Eno 14:11.6; 10,000m: Ndo 30:25.2; 3000mSC: Biwott 9:03.4, Kogo 9:04.4; HJ: Cherioyot 1.95/6'5"; TJ: Onyango 15.34/50'4".

TANZANIA

25.4. Dar Es Salaam. 100m: Chihota 10.5, Sang (Ken) 10.6; 200m: Sang 21.6; 400m: Kipkemboi (Ken) 47.2, Kamanya 48.0; 5000m: Mose (Ken) 14:20.0, Stephen 14:21.0.

UGANDA

2.5. Kampala. 100m/200m: Dralu 10.4/21.5; 400m: Oboth 47.9, Omolo (sick) 48.0, Olowo 48.5 (1st year in athletics); 3000mSC: Ashaba 9:06.4; 110mH: Akii 14.5; 400mH: Akii 52.6, Koskei 52.6; 4x400m: Uganda 3:11.6 (Dralu 48.7, Omolo 48.0, Oboth 47.7, Koskei 47.2); TJ: Munabi 15.22/49'11 $\frac{1}{4}$ "; women's 200m: Ayaa 25.2.

Other top marks in 1970—100m: Omolo (32) 10.4; 200m: Dralu 21.2; 400m: Omolo 47.8; in relays—Koskei 47.1, Dralu 47.8; 1500m/3000mSC: Ashaba 3:49.2/9:03.6; 5000m/10,000m: Musa 14:25.0/30:26.0; 400mH: Akii 52.5; LJ/TJ: Munabi 7.27/23'10 $\frac{1}{4}$ " & 15.70/51'6 $\frac{1}{4}$ ", Ochen 15.11/49'7"; women's 100m/200m/400m: Ayaa (17) 12.1/25.0/54.4.

ZAMBIA

2.5. Lusaka. (Kenya v. Zambia) 100m: Asati (K) 10.6, Wishkoti 10.6; 200m: Asati 21.5, Sang (K) 21.6; 400m: Nyamau (K) 47.7, Kipkemboi (K) 47.9; 800m: Bon (K) 2:03.0 (I), Ouko (K) 2:04.0, Saisi (K) 2:06.0; 1500m: Keino (K) 3:43.8; 5000m: Mose (K) 14:28.8, Temu (K) 14:33.0; 10,000m: Ndoou (K) 30:53.4; 3000mSC: Biwott (K) 9:01.2, Kogo (K) 9:06.6; TJ: Onyango (K) 15.30/50'2 $\frac{1}{4}$ "; 4x800m: Kenya 7:24.8.

SINGAPORE

5.4. 100m/200m: Kunalan 10.8/21.6; HJ: Azahar 1.99/6'6 $\frac{1}{4}$ ", MIKE LEARY 1.83/6'0"; PV: Mansoor 4.11/13'6" (narrowly failed 4.39/14'5"); TJ: L. SHEPHERDSON 14.07/46'2"; DT: JOHN WATTS 49.20/161'5"; HT: EDWIN PURKIS 47.52/155'11".

John Bell

AUSTRALIA

Terry Magee, formerly of Ealing & Southall AC, placed 6th in the Australian 10,000m championship in 30:33 after leading for nine laps. Bob Graham, ex-Windsor Slough & Eton AC, clocked 31:02. Earlier, in the NSW Championships, Magee was 3rd in the 5000m (14:32) and 10,000m (30:29)—both personal bests.

KANGAROO CLUB NOTES

As a result of discussion between athletes and coaches at the National Triple Jump Coaches Conference at Oxford University on April 25th/26th, it was decided to launch a scheme whereby the UK's top triple jumpers form a training squad directed by AAA National Coach Tom McNab and AAA Senior Coaches Dave Ansell and Dave Green, in conjunction with the athletes' own coaches. The squad intend to train together, directed by one of the coaches, each Sunday (11 a.m.), at Crystal Palace. Any athlete who has cleared 47ft. (14.32m) is welcome to join the squad. Further details from Derek Hayward, 65 Coton Manor, Berwick Road, Shrewsbury, Shropshire.

Results at Oxford: (April 25th) 1. P. Knowles 14.53/47'8"; 2. H. Robertson 14.46/47'5 $\frac{1}{4}$ ". (April 26th) 1. A. Wadhams 15.26/50'0 $\frac{1}{4}$ "; 2. G. Hamlyn 14.82/48'7 $\frac{1}{4}$ "; 3. P. Clarke 14.63/48'0"; 4. C. Kidd 14.58/47'10 $\frac{1}{4}$ "; 5. G. Webb 14.49/47'6 $\frac{1}{4}$ ".

Plan For Comeback By Dick Steane

VIRTUALLY nothing has been seen of sprinter Dick Steane since he competed in the Mexico Olympics. While he missed almost the entire 1969 season, he did turn out once for his club—Thames Valley Harriers—to help them win a Southern Counties relay title in June. However, perhaps to the relief of some of our team selectors, Steane is in training again and is likely to make a challenge for an English Commonwealth Games team place.

Steane, now 30, and looking slightly heavier than the sprightly figure that raced round 200 metres in 20.6 in Mexico 19 months ago, made the short hop from his Beaconsfield home to Maidenhead on April 26th. While he did not actually race there, at the local club's second open meeting, he spent some time training with his TVH clubmate, John Marsh.

It was a change of jobs last year which basically caused his absence. "I have certainly missed the sport and I plan to make time for it this season," he said. Having settled down in his new job as a research technologist with a large group of chain stores, Dick feels he now has time to devote to athletics. At present he is about 10lb over his 1968 racing weight but he is confident that under the guidance of coach Ron Roddan he can get back to his former fitness. He has already been training in the "back-woods" near his home but soon he plans to join the Valley squad at West London Stadium, and then it will not be long before he races again.

An interesting performance at Maidenhead was the appearance of Colin Smith in the javelin. Smith, now in his 35th year, was back in action after a spell of injury troubles, and threw a useful 60.88/199'9". No doubt he will also be boosting the Valley team this season and will continue to plough back his knowledge into the sport by advising such throwers as Dave Travis.

Neil Griffin (Windsor) recorded a personal best in the discus of 47.96/157'4" while Andy Barnett (14), that outstanding young prospect from Andover, failed in his bid to set a British age record for 3,000 metres. He clocked 9:23.0.

Results: 3000m: 1. G. Davis (Read U) 8:50.8; 2. S. Hallett (Hill) 8:57.6, 2000m S/C: M. Dennett (Read. U) 6:22.6, 400mH: M. Strange (Bris) 58.5. DT: N. Griffin (WSE) 47.96/157'4". JT: 1. C. Smith (TVH) 60.88/199'9"; 2. R. Bartlett (Poly) 58.54/192'1". (Women) DT: A. Daniels (Nonington C) 35.84/117'7". (Inters) DT: 1. B. Lyons (Barnet) 35.58/116'9"; 2. L. Harding (Plym'th) 32.70/107'3".

Tom Pollak

The Southern Counties Women's C.C. & Road Walking Association have rearranged their next monthly meeting for June 29th; the AGM is on July 6th and the August meeting on August 10th—all at Bowater House at 6.30 p.m.

LETTERS

THINKING METRIC

Dear Sir,

As one of those responsible for the introduction of metrication within my Company, I was interested to see the number of letters in your columns recently from those opposing the reporting of field event results in metric units only.

You have followed a three-phase change-over to such reporting:—

Phase 1—Result in imperial units
(metric equivalent).

Phase 2—Result in metric units
(imperial equivalent).

Phase 3—Result in metric units only.

Having reached phase 3, the complaints begin to pour in. I have seen many similar attempts to educate people to "think metric" flounder. Unfortunately, during the first two phases, your readers were not being educated properly, but were merely reading the result in imperial units.

It has been shown that, psychologically, the best way of educating people to "think metric" is to deprive them of the alternative imperial units. The famous example of the failure of a three-phase change-over is found in the reporting of temperatures in the weather forecast. Most non-scientists in the audience are still listening for the temperature in °F. Even if they learned the corresponding value in °C, this would be worthless to them; if metric units only were used, they

would soon learn that 0°C is freezing and 20°C is fairly warm.

However, although suggesting that you continue to report results in metric units only, I would suggest that a general article on the introduction of metrication in athletics would be useful. I would like to see an outline of the timetable for change-over of track events to metric distances; of tracks to metric size and of measurements of heights and distances achieved in field events to metric units. A list of the various metric distances accepted for record purposes and a list of such records would also be useful.

J. Dickinson,
Thames Valley Harriers

THE PRICE OF COURAGE

Dear Sir,

On behalf of all the Triple Jumpers whose heads are still above water after being used as guinea pigs for the various experiments of the many soulless and sadistic slave-drivers present at the recent Courage-sponsored Coaching Week-end at Oxford University, I wish to thank all involved in the organisation of this slow, painful end to all our troubles.

Under the ruthless generalship of Tom McNab war was declared and despite the presence of all the most highly ranked fighters in the land we were eventually bludgeoned to defeat. This was due mainly to the extremely efficient organisation of the Kangaroo Club in arranging for us to render ourselves virtually immobile at the many sumptuous meal breaks.

ENJOY A DAY OUT AT THE VAUXHALL SPORTS AND SPECTACULAR

(Under AAA, WAAA, RWA & BCF Rules)

SATURDAY, 13th JUNE
at 2 p.m.

MINIMUM £100 PRIZE VALUE

**Men's Invitation 5000m Parlauf, 3000m
Team & Individual, 10Km Walk. Women's
800m, 2000m H'cap Walk.**

**Entries 2/6, 1/- each additional event, 5/-
team, to N. Gardner, Route 2270, Vauxhall
Motors, Luton, Beds. (Tel: Luton 21122,
ext. 2270/3950).**

ENTRIES CLOSE 29th MAY

ALSO CYCLING, SCHOOLS RELAYS AND
SPECTACULAR FAMILY ENTERTAIN-
MENT AT VAUXHALL SPORTS GROUND,
LUTON.

BOLTON UNITED HARRIERS & A.C. 23rd Annual

RIVINGTON CUP MEETING

(Under A.A.A. Laws)

LEVERHULME PARK STADIUM, BOLTON
TUESDAY, 23rd JUNE, 1970, at 7 p.m.

Inter-Club Events

1. Javelin—Senior
2. High Jump—Senior
3. Discus—Senior
4. Long Jump—Senior
5. 100 Metres—Senior
6. 200 Metres—Junior and Senior
7. 400 Metres—Senior
8. 800 Metres—Junior and Senior
9. 4x400 Metres Relay—Senior
10. 1500 Metres—Senior
11. 3000 Metres Team Race—Senior
12. 4x100 Metres—Senior

Mementos to all winners

Invitation Events

1. 5000m. Snr. Prizes valued 7gns., 5gns., 3gns.
2. 800m. Snr. Prizes valued 7gns., 5gns., 3gns.
3. 1500m. Yths. Prizes valued 5gns., 3gns., 2gns.

SPECIAL INVITATION TO COMMONWEALTH ATHLETES

Refreshments available

Entries close 16th June to J. G. Timmis,
1 Farnborough Rd., Sharples, Bolton,
Lancs.

Further details of all events from J. G. Timmis
at above address.

After being drilled in the various technical aspects of warfare rain postponed the inevitable conflict until a cold and wet Sunday morning when our defences were finally exposed and the tortuous ending began.

However, unlike the many similar battles fought between humans this encounter did not prove futile and it is to be hoped that the lessons learnt on this occasion will give us the upper hand in any future conflict.

Meanwhile as an aid to recovery—Cheers, Courage!

Peter D. Knowles,
Mexborough, Yorks.

Dear Sir,

On behalf of all athletes who took part in competition and training at the National Triple Jump Coaches Conference at Oxford from April 24th to 26th, I would like to thank John Courage Ltd. for their generous sponsorship. Our thanks go also to Derek Hayward for his excellent organisation and to the senior coaches who braved the weather with stop watch and tape, not forgetting our chief (tor) mentor, Tom McNab.

Paul Clarke,
Verlea AC & Kangaroo Club

POLY MARATHON ENTRIES

Dear Sir,

I have just discovered that in the Entry Form for The Poly Marathon, my private address is shown with a Postal District number of W.1. and not W.9. The Entry Form does give my official address quite correctly, that is 309 Regent St., London, W.1, to which entries should be sent.

However, as I state on the form, all entries will be acknowledged by first class post, but should anyone not receive a receipt by about Monday, June 1st would they please phone me at home (01-286-6727).

A. E. H. Winter,
Poly Marathon Organiser

WALKING STYLE IS ALL IMPORTANT

Dear Sir,

Re your correspondence from Alec Care about "too few medals" for the boy walkers at the Metropolitan WC open event, is he seriously suggesting that boys should be encouraged to take up walking and travel to races purely because a medal might be waiting for him at the finish and if none is offered it is not worth the journey?

The walking by the boys in this particular race was the worst I have ever seen, with boys from the Midland area, sadly, as the worst offenders. Many were pulled but many more got away with unheeded warnings.

If the "boys are to be coaxed, cajoled and sometimes bullied a little," as Alec Care says, then those doing so must get their priorities right. In walking, style is all important, especially with the very young whose physical "suppleness" makes it so easy to develop bad habits and whose natural youthful exuberance encourages "over-trying"—to put it kindly.

It is one thing to produce large numbers of

schoolboy walkers but the emphasis must be on "walkers", or the sport will die the death for youngsters.

Alan Buchanan,
Brighton & Hove AC

THANKS, SAYS RON HILL

Dear Sir,

May I, through the medium of "AW", thank all those people who by their contributions to the RRC fund, made my trip to the Boston Marathon possible.

I was very proud to have won this race and afterwards felt this was not only a personal triumph but a victory for British marathon running.

To my sponsors I say many, many thanks for allowing me this wonderful experience.

Ron Hill

And now how about the English selectors expressing their appreciation of Ron's great run in Boston by naming him—and Bill Adcocks—NOW for the Commonwealth Games. Ron and Bill are perhaps the two greatest marathon runners in the world today; let them prepare for the big test without any further worries.—Ed.

WHY ALWAYS THE HAMMER?

Dear Sir,

Last year in the match between Middlesex, Surrey A.C., the R.A.F. and London University A.C. at Motspur Park, only four throws per competitor were allowed in the hammer, discus and javelin. The reason for this was that the match started at 6.30 p.m., and since there were eight competitors per event and the above mentioned events had to follow each other there was not enough light to give six throws per competitor.

Apparently there were complaints from competitors about this (and to my knowledge no hammer thrower complained) so this year the hammer was not included in the programme to allow the discus and javelin throwers six throws each.

D. Lazarides,
Woodford Green AC

SOUTHERN LEAGUE (May 16th)

Div. 1 at Cricklefields Stadium, Ilford; **Div. 2 West** at Stompond Lane, Walton-on-Thames; **Div. 2 East** at Carterhatch Lane, Enfield; **Div. 3 West** at Braywick Sports Centre, Maidenhead; **Div. 3 South** at Carshalton Sports Arena; **Div. 3 East** at Hornchurch Stadium; **Div. 3 North** at Spikes Bridge, Southall; **Div. 4 South West** at The Youth Centre, Tiverton; **Div. 4 West** at RAEC Corsham, Trowbridge; **Div. 4 South** at Hawthorn Road Recreation Ground, Bognor; **Div. 4 South East** at Princes Park, Eastbourne; **Div. 4 East Anglia** at College Track, Bury St. Edmunds; **Div. 4 North West** at Newham Ave. Track, Bedford; **Div. 4 North London** at Harlow Sports Centre; **Div. 4 South London** at Woking Athletic Ground; **Div. 5 North London** at Trent Park, Cockfosters; **Div. 5 South London** at the Terence McMillan Stadium, Newham. (All matches start at 2.30 p.m.)

WALKING

Another National Title For Wilf Wesch

THE National 20Km Road Walk Championship was held at Crystal Palace on Saturday over nine laps of the motor racing circuit and the warm afternoon, coupled with the testing course, ensured that the times would be a little slower than usual. The end of lap 1 saw Wilf Wesch leading from Shaun Lightman, Bob Hughes, Ron Wallwork, Roy Lodge and John Webb. By the half-distance it was Wesch by 30-40y from Wallwork, who was in turn followed by Lightman, Lodge, Hughes, Roger Mills, Peter Fullager, Bill Sutherland and Phil Embleton. Wilf held on very well to win his second RWA title from Wallwork and Fullager, whose even pace brought him in third. In seventh place came young Chris Eyre, an 18-year-old junior, recording a fine 95.56. Eyre was in 12th place for five laps before coming through strongly to take Embleton and Sutherland among others.

The team race resulted in a good win for Lancashire WC (Wallwork, Eyre, Taylor, Hopkins) by a mere point from Belgrave (Wesch, Lawton, Middleton, Coates). Basildon's combo were third. Of the 168 starters, 23 were non-finishers. Conclusion: a most successful championship, held on traffic-free roads, which was appreciated by most of the competitors.

1. W. Wesch (Belgrave)	91.47
2. R. Wallwork (Lancs. WC)	92.12
3. P. Fullager (Basildon)	93.13
4. S. Lightman (Met. WC)	94.58
5. R. Mills (Ilford)	95.22
6. R. Lodge (Broms & Redd)	95.46
7. C. Eyre (Lancs) 95.56; 8. P. Embleton (Met) 96.13; 9. W. Sutherland (H'gate) 96.34; 10. C. Lawton (Bel) 96.44; 11. A. Taylor (Lancs) 97.00; 12. R. Middleton (Bel) 97.11; 13. B. Armstrong (If) 97.36; 14. G. Chaplin (Cov. G) 97.36; 15. R. Dobson (Bas) 98.04; 16. R. Coates (Bel) 98.23; 17. R. Turney (Cov. G) 98.56; 18. J. Hopkins (Lancs) 99.05; 19. A. Callow (Boundary) 99.37; 20. A. Banyard (S'end) 99.44; 21. J. Warhurst (Sheff) 100.08; 22. R. Rosser (S'end) 100.47; 23. M. Lees (Leics) 101.07; 24. R. Thorpe (Wake) 101.19; 25. K. Harding (RSC) 101.22; 26. I. Brooks (Sy. WC) 101.48; 27. B. Williams (B & H) 102.03; 28. M. Harcombe (Bris) 102.06; 29. C. Fogg (BoE) 102.17; 30. O. Flynn (Bas) 102.18; 31. P. Markham (Leics) 102.22; 32. D. Adams (Leics) 103.02; 33. B. Butler (Broms) 103.10; 34. D. Ingarfield (Bel) 103.20; 35. J. McCormach (Bas) 103.44; 36. K. Easlea (BoE) 103.54; 37. A. Buchanan (B & H) 104.02; 38. D. Holly (B & H) 104.13; 39. G. Robinson (Enf) 104.30; 40. R. Hughes (RSC) 104.31; 41. A. Seddon (BoE) 104.35; 42. A. Malone (Lancs) 104.39; 43. K. French (Sheff) 104.42; 44. D. Boxall (B & H) 104.45; 45. P. Thorn (Trow) 104.51; 46. K. Carter (Sy. WC) 104.59; 47. A. Ardley (S'end) 105.22; 48. M. Holmes (Yks) 105.41; 49. R. Emsley (Steyn) 106.12; 50. P. Rice (RSC) 106.14; 51. K. Bobbett (Unatt) 106.39; 52. D. Vickers (Lancs) 106.40; 53. D. Trigg (Leics) 106.41; 54. T. Morris (Grey) 106.51; 55. W. Wright (Cov. G) 107.04; 56. W. Cannell (Bound) 107.32; 57. K.	

Read (Sy. WC) 107.39; 58. R. Gardner (B & R) 107.57; 59. H. Timms (Sy. WC) 107.58; 60. I. Richards (Met. WC) 108.01; 61. C. Weston (H'gate) 108.07; 62. S. Lewis (Broms) 108.21; 63. N. Hobson (Sheff) 108.36; 64. D. Stevens (Steyn) 108.38; 65. J. Thomas (WG) 108.40; 66. F. Blake (Broms) 108.42; 67. R. Woodward (RSC) 109.02; 68. D. Maidment (Lon. Vid) 109.09; 69. P. Duncan (Bel) 109.14; 70. R. Penfold (Steyn) 109.16; 71. S. Crow (Lancs) 109.20; 72. A. Batstone (Broms) 109.25; 73. R. Switzer (S'ton) 109.33; 74. M. Entwistle (Lancs "B") 109.43; 75. C. Capener (Bel) 109.53; 76. R. Green (Sy. WC) 110.47; 77. D. Hopkins (Medway) 110.52; 78. R. Fullager (Sy. WC) 111.22; 79. D. Warren (Lancs) 111.43; 80. J. Birks (B & H) 112.32; 81. T. Challis (Trow) 113.06; 82. N. Johnson (Leics) 113.14; 83. W. Smith (Leics) 113.29; 84. J. Dallow (Broms) 113.36; 85. M. Fishwick (Lancs) 113.37; 86. B. Smith (Trow) 113.44; 87. J. Mullen (Cov. G) 113.48; 88. G. Hunswick (If) 114.14; 89. R. Hall (Bel) 114.18; 90. C. Berwick (Leics) 114.29; 91. T. Bardsley (Lancs) 114.33; 92. D. Berry (RSC) 114.53; 93. S. Holliday (Sheff) 115.52; 94. B. Johnson (Sheff) 115.52; 95. C. Harding (Sy. WC) 115.57; 96. A. Day (Exeter) 116.11; 97. J. Duckett (Grey) 116.13; 98. E. Hodgerhoud (R. Dutch) 116.16; 99. D. Rose (Camb) 116.21; 100. D. Fotheringham (Bel) 116.33. 145 finished.

Teams: 1, Lancashire WC 38; 2, Belgrave 39; 3, Basildon 77; 4, Leicester WC 127; 5, Enfield 133; 6, Brighton & Hove 135; 7, Bromsgrove & Redditch 144; 8, Met. WC 157; 9, Coventry Godiva 159; 10, Royal Sutton Coldfield 166; 11, Surrey WC 171; 12, Sheffield UH 201; 13, Trowbridge 298; 14, Lancs. WC "B" 314; 15, Greyfriars WC 325; 16, Belgrave "B" 336; 17, Surrey "B" 383; 18, London Vid. 397; 19, Surrey WC "C" 474. 24 teams started.

A. Banyard

Ray Middleton again easy winner of UK Post Office 15km, at Hillingdon, May 2nd. On a corrected, hillier, four lap course, Ray Middleton had a three minute advantage over Geoff Robinson in a race made tougher by the unexpected warm weather. The overall standard was good: eight inside 81 min. and 35 beating the 100 min. standard. Unfortunately, the two Manxmen, John Cannell and Graham Young, were absent, being obliged to compete in the second Commonwealth Games 20M trial held on the island on May 3rd. Both will be considered for the Postal International walk due to be held in this country on September 15th. 1, R. Middleton (Bel); 2, G. Robinson (Enf); 3, D. Vale (Sy. WC); 4, L. Osborne (S'ton); 5, R. Switzer (S'ton); 6, T. Moore (Bris); 7, K. Eggert (H'gate); 8, B. Capener (Bel); 9, W. White (RSC); 10, D. Beaumont (Bris); 11, C. Burlton (Lancs); 12, R. Lambeth (S'ton). **Teams:** (Office) 1, Southampton; 2, Manchester; 3, London EC. **Junior:** D. Saunders. **Veteran:** W. White.

Surprises in Isle of Man Commonwealth Games 20M Trial (Douglas to Peel and Back), May 3rd. With the 5M marker passed in 40.18 by Cannell

Leaders in the Sussex 20 miles road walking championship at half distance: left to right, Steve Fish (winner), Alan Buchanan (4th), Dave Stevens (6th), Bryon Williams (7th).



Sportsview

and Callow just ahead of Hodgkinson, halfway was reached in 82.32. The three leaders were still together followed by Graham Young (83.40), and a strong headwind dropped Callow's two companions only for Hodgkinson, truly walking the race of

his life, to re-pass Cannell and then catch Callow at 19M. With a last half mile in 4.00 Callow pulled away again to win in a new Manx record. Graham Young retired at 15M and Derek Harrison recorded an excellent 3:03.54 considering his best "10" is 88.40. 1, A. Callow 2:47.09; 2, J. Hodgkinson 2:47.29; 3, J. Cannell 2:49.46; 4, D. Harrison 3:03.54. (Junior 5M) K. Madigan 39.25. (Women's 5M) 1, G. Teare 51.10; 2, I. Corlett 51.12.

Nihill back to racing . . . and winning! Having his first competition since his illness, Paul Nihill dropped Ian Brooks after a mile and moved well clear on the undulating three lap course at South Croydon on May 5th. Although well down on his course best of 34.35 Paul was happy with his performance; only finding the long climb tough. His next race will be on June 2nd and he will continue training three times per week. 1, P. Nihill 38.01; 2, I. Brooks 39.29; 3, K. Carter 40.10; 4, D. Vale 40.18; 5, A. Buchanan (Guest-B & H) 40.35; 6, K. Read 40.50; 7, P. Selby 41.10; 8, D. Delaney (Guest-Lon. Vid.) 41.15; 9, H. Timms 42.56; 10, P. Crane 43.30. H'cap: C. Spinks (16) 34.10 (11.00).

Week-end events: The Southern 10,000m at Battersea Park should feature a very fast race with a dozen or so inside 48 minutes. Judging by county results Wilf Wesch should lead the way but Roger Mills, Phil Embleton, Shaun Lightman and Bill Sutherland will have a hand in the leading positions with several others nearby. The Stock Exchange "Brighton" should enable that grand veteran, Dicky Green (46), to notch another victory to his already fine record. Place medals likely to go to Harry Venn, Ken Tuson or Sid Pearson. Tomorrow (Sunday), the Police Barking to Southend annual should again be a winning jaunt for Charlie Fogg. With usual runner-up Gordon Brown a probable non-starter other leading places should go to Joe O'Brien, John Hedgethorpe, Amos Seddon and Dave Hurst. **Colin Young**

GOOLE HARRIERS & A.C.

Official Opening of Running Track by Mr. Derek Ibbotson, former world mile record-holder, and

ATHLETICS MEETING

SATURDAY, 27th JUNE, 1970, at 2 p.m.

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

SCHEDULE OF EVENTS

	Prize Values			Fee
Men's 100m	£10	£5	£2	3s.
Men's 200m	£10	£5	£2	3s.
Men's 800m	£10	£5	£2	3s.
Men's 5000m	£10	£5	£2	3s.
Men's BMC 1500m Inv.	£10	£5	£2	—
Yorkshire Junr. Men's 3000m Championship	Champ Medals			3s.
Yorkshire Yths 3000m Championship	Champ Medals			3s.
Junr/Yths 15-19 100m	£5	£2	£1	2s.
Junr/Yths 15-19 200m	£5	£2	£1	2s.
Junr/Yths 15-19 400m	£5	£2	£1	2s.
Junr/Yths 15-19 1500m	£5	£2	£1	2s.
Int. Ladies 15-17 100m	£5	£2	£1	2s.
Int. Ladies 15-17 200m	£5	£2	£1	2s.
Ladies 100m	£10	£5	£2	3s.
Ladies 200m	£10	£5	£2	3s.
Ladies 800m	£10	£5	£2	3s.
Boys 13-15 100m	30s.	20s.	10s.	1s.
Boys 13-15 200m	30s.	20s.	10s.	1s.
Boys 13-15 800m	30s.	20s.	10s.	1s.
Girls 13-15 100m	30s.	20s.	10s.	1s.
Girls 13-15 200m	30s.	20s.	10s.	1s.
Boys 11-13 100m	30s.	20s.	10s.	1s.
Girls 11-13 100m	30s.	20s.	10s.	1s.

Details from and entries to C. Glasby, 60 Jefferson Street, Goole, Yorkshire.

ENTRIES CLOSE MONDAY, 8th JUNE

Results Round-up

2.5. Woodford. 200m: Ian Green 21.6; DT: Mike Cushion 51.38/168'7"; HT: Geoff Tancred 55.04/180'7".

2.5. Dublin. 100m/200m: Howard Bolton 10.4/21.3 (no wind details); JT: John McSorley 73.96/242'8".

2.5. Liverpool. HJ: Phil Taylor 1.95/6'5".

2.5. Stretford. Women's 200m: Sharon Colyear (Int) 24.9.

3.5. Compton, Calif. JT: John FitzSimons 76.78/251'11".

3.5. Par. JT: Ken Holmes 69.62/228'5".

6.5. Cynoe. 100m: Don Halliday 10.6, Adrian Thomas 10.7, Gary Vince 10.7, Howard Davies 10.8; DT: John Walters 49.40/162'1".

6.5. Cambridge. 800m: Ross Moughtin 1:50.9; 2000mSC: John Rix 5:42.8; DT: Bill Tancred 55.65/182'7"; JT: Dick Perkins 70.36/230'10".

9.5. Camberley. HT: Howard Payne 65.85/216'0" (1970 Commonwealth best; 64.45, 65.85, 65.25, 65.35, 65.29, 65.06); Niall McDonald 59.89/196'6" (& 3 others over 58.60) (2nd on Scottish all-time list).

9.5. Crystal Palace. HJ: Mike Campbell 2.03/6'8" (near miss at UK record of 2.09/6'10 1/4").

9.5. Eltham. Women's 200m: Marilyn Neufville 25.3; 400m: Linda Peck (19) 54.6 (previous best of 57.0), Joan Page 57.0.

9.5. Dartford. Women's 100mH/LJ: Shirley Clelland 14.4 & 5.85/19'2 1/2".

9.5. Mile End. Women's HJ: Ann Wilson 1.67/5'6" (pb; also 25.5 200m and 10.72/35'2 1/4" SP).

9.5. Hayes. Kent "20": Don Faircloth (21) 1:43:50, Tony Moore 1:46:23.

9.5. Richmond. SP: Jeff Teale 17.16/56'3 1/2", Geoff Capes 16.09/52'9 1/2".

9.5. Chichester-Portsmouth "16"; Keith Darlow 1:22:53.

9.5. Leicester. DT: Dennis Roscoe 50.88/166'11".

9.5. Keele. 5000m: Dick Taylor 13:54.8 (runs in Rome this weekend).

10.5. West London. Mile: Brendan Foster 4:06.6, Maurice Benn 4:11.8 . . . Andy Barnett 4:24.1 (world age 14 best); women's 100m: Anita Neil 11.9, Della James 12.0; 200m: James 24.7; Mile: Margaret MacSherry 4:55.0; LJ: Neil 5.92/19'5"; JT: Janet Baker 45.16/148'2".

10.5. Woodford. DT: Mike Cushion 51.90/170'3"; 3000mW: Roger Mills 12:29.4.

10.5. Kirkby. Northern 10,000m: Mike Freary 29:12.4, Alan Blinston 29:40.4, Peter Raval 29:53.4; Cyril Leigh 29:58.8.

9/10.5. Rouen. 24 hour track walk: Karl Abolins 128m 220y, Colin Young 127m 1540y.

9.5. Rugby. Midland Marathon: Mike Child 2:24.45.

9.5. Blackburn. 800m: Andy Carter 1:48.7 (51.7 at 400m).

10.5. Leicester. Women's 100m: Sonia Lannaman (14) 11.9.

Barry King put the shot a personal best of 17.40/57'1" at Goleta, Calif., on April 11th.

Marathon WAS Short

THE "Huddersfield Examiner" Marathon course, measured by walking with a wheel, has been found to be 833 yards short of the correct distance. This also means that the course in 1969 was 137 yards short of the correct distance, the finding being different on the track.

In a letter to "AW", J. E. Sawyer (race organiser), B. Watkinson and B. Jackson (Longwood HAC committee members) state: "The course has now been adjusted to the correct distance by altering the start and finish on the track; therefore in 1971 the distance will be exactly right. Although disappointing to find the course short at all it still means that it is a fast course and we hope the athletes will come back in 1971 and record a fast time for the now correct distance."

● Leo Carroll won this year's race in 2:13:07 from Mike Willis (2:14:30) and Allan Spence (2:15:21). Three minutes should be added to approximate to a full marathon.

UN HEUREUX EVENEMENT

Nicole Duclos, European 400m champion co-world record holder at 51.7, is expecting a "happy event" in December. She plans to return to athletics next year, with Munich as her ultimate goal.

N.U.T.S. PENTATHLON At Crystal Palace, May 2nd

MIKE HAGGERTY moved into 3rd place on the UK all-time pentathlon list by winning the NUTS Open Competition. His total of 3135 points was 102 short of Dave Hemery's UK best set in the same meeting last year. Keith Turnbull finally got the better of David Turner by virtue of a faster 1500m to take second place, whilst Nick Phipps and B. Everett (both 18) finished just four points apart.

Brian Nott

1, M. Haggerty (Brighton & Hove) 3,135 (6.57/21'6 1/4", 50.42/165'5", 23.5, 31.48/103'3", 4:33.2; 2, K. Turnbull (Kent AC) 2,820 (6.12/20'1", 53.24/174'8", 24.7, 26.96/88'5", 4:39.3); 3, D. Turner (Southend) 2,695 (6.62/21'8 1/4", 41.76/163'3", 23.6, 27.52/90'3", 5:12.8); 4, P. Winsdale (Invicta) 2,684; 5, C. Woolgrove (Cardiff) 2,525; 6, N. Phipps (Woking) 2,483; 7, B. Everett (Kent AC) 2,479; 8, T. Walhen (RNAC/Blackheath) 2,366; 9, R. Solomons (LAC) 2,280; 10, R. Charnock (Watford) 2,209.

THIRD ANNUAL ENNERDALE HORSESHOE FELL RACE SATURDAY, JUNE 13th, 1970

Prizes first five; two Veteran prizes, and two Team (of three) prizes.

Entry forms from F. Travis, 13 Hallsenna Road, Seascale, Cumberland.

FAIRFIELD HORSESHOE FELL RACE

At Ambleside, May 2nd

DAVE CANNON of Kendal set a fast pace from the start and after establishing a long lead was the first to finish . . . but unfortunately he did not go to the summit of Fairfield in order to check in. He did not realise this until after the finish but, in all fairness, had to be disqualified. This lost him the individual title and course record and also robbed Kendal of the first team prize. The race was therefore contested between Jeff Norman and Dave Spencer, with Norman just getting home first in a spirited finish. The first four broke Chris Fitt's course record of 1:19.37. Of the 59 starters, 57 finished—the first 50 being awarded sub-100 minutes certificates; not surprising in the good conditions.

M. Reynolds

- | | |
|---|---------|
| 1. J. Norman (Altrincham) | 1:17.08 |
| 2. D. Spencer (Barrow) | 1:17.09 |
| 3. P. Watson (Pudsey & Bramley) | 1:17.30 |
| 4. T. Proctor (Rochdale) 1:18.18; 5. N. Carrington (Sale) 1:20.13; 6. D. Weir (Man) 1:21.12; 7. P. Duffy (A'deen) 1:21.30; 8. H. Walker (B'burn) 1:21.32; 9. R. Ashworth (Ross) 1:21.33; 10. R. Hulley (Sheff) 1:23.41; 11. M. Seddon (Holmfirth) 1:24.02; 12. M. Nicholson (Kendal) 1:24.22; 13. B. Finlayson (F. Valley) 1:24.32; 14. D. Mitchell (Bingley) 1:24.34; 15. M. Ebbage (Bingley) 1:25.10; 16. F. Walkington (Bolt) 1:25.25; 17. J. Barlow (Sale) 1:25.45; 18. J. Fisher (Roch) 1:26.59; 19. T. Ramsden (Holm) 1:27.20; 20. J. Eckersley (W'loo) 1:27.45; 21. R. Gamble (Billingham) 1:27.58; 22. P. Sanderson (Ross) 1:28.01; 23. A. Heaton (Clay) 1:18.15; 24. M. Sams (Bing) 1:28.40; 25. S. Harwood (L'pool) 1:28.50; 26. R. Harvey (Ross) 1:28.55; 27. B. Boxon (Man. & D) 1:29.00; 28. R. Jackson (Salf) 1:29.01; 29. J. Edwards (Aire-ale) 1:29.06; 30. G. Wright (Ross) 1:29.42. | |

Teams: 1, Sale 4:16.28; 2, Rossendale 4:18.29; 3, Bingley 4:18.39; 4, Holmfirth 4:23.50; 5, Kendal 4:33.27; 6, Rossendale "B" 4:35.55; 7, Bury & Radcliffe 4:38.35; 8, Kendal "B" 4:59.12. Vet: Mitchell.

PRESSED STEEL FISHER (COWLEY) SPORTS AND SOCIAL CLUB**10 MILE ROAD RACE**

(Under A.A.A. Laws)

ON**Saturday, 6th June, 1970**

Commencing at approximately 3.00 p.m.

Entrance Fee: Individual 2/-, Teams plus 1/-**INDIVIDUAL AND TEAM PRIZES**

Entries to Mr. P. L. Tull, J.P., General Secretary, Pressed Steel Fisher (Cowley) Sports and Social Club, Cowley, Oxford.

CLOSING DATE—SAT., 23rd MAY**SOUTHERN COUNTIES A.A.A.**

Junior & Youth Championships on Saturday, 20th June and Sunday, 21st June at Brighton Sports Arena. Entry fee 3/6 per event, £1 for Relays.

Senior Championships on Friday, 26th June and Saturday, 27th June at Univ. of London Stadium, Motspur Park. Entry fee 5/- per event.

Decathlon Championship on Saturday, 26th September and Sunday, 27th September at Crystal Palace. Entry fee 10/-.

4x100m and 4x400m Relays on Saturday, 29th August at White City. Entry fee £1 per team.

Entries for all above Championships to Mr. F. E. P. Orton, Hon. Championships Secretary, S.C.A.A.A., 26 Park Crescent, London, W.1.

POLYTECHNIC HARRIERS**"CEYLON TEA" SWORD MEET 1970**

(Under IAAF, AAA & WAAA Rules)

ON SUNDAY, JULY 5th, 1970, at 2 p.m.**AT CRYSTAL PALACE ARENA LONDON, S.E.19**

MANY INTERNATIONAL AND COMMONWEALTH ATHLETES COMPETING IN RELAYS AND FLAT RACES, PLUS THE FULL RANGE OF FIELD EVENTS FOR THE SWORD TROPHY.

Information from Ray Hutchinson (Organiser), 20 Henley Gardens, Yateley, Hants. (Tel: Cricket Hill 4169).

CLASSIFIED ADVERTISEMENTS

6d. per word.

Trade 1s. per word.

Bantex Pole for sale, 135lb/14ft. £12. Terry Nicholson, 25 Pollards Oak Road, Hurst Green, Oxted, Surrey.

Selling Athletics Weekly (1953-1967) 49/6d. per 100. Leichtathletik, Modern Athlete, Track & Field News, Coaching Newsletter, World Sports, Arena £1 dozen. Hundreds post-war programmes. Jones, 43 Dundonald Road, Colwyn Bay.

Track & Field Equipment—Footwear—Clothing. 5d. stamp for discount catalogue. Yardleysport, Padiham, Lancs.

ATHLETIC EVENTS

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

FRECKLETON

ANNUAL CLUB DAY SPORTS

(Open events under A.A.A. Laws)

SATURDAY, 20th JUNE (at 7 p.m. approx.)

HODGSON PLAYING FIELDS, BUSH LANE, FRECKLETON, LANCs.

HALF-MARATHON (13M. 192½yds.)

Prizes valued: 1st Ind. £10; 1st Team 3 at £4; 2nd 3 at £2; Veteran (O/48) £3. Fees: Teams 7/6 (4 run, 3 count). Ind. 2/6.

Entries on AAA forms to D. J. Vickers, 28 Astley Crescent, Freckleton, Lancs.

NOT LATER THAN THURSDAY, 4th JUNE

COLCHESTER ATHLETIC CLUB

Second

FESTIVAL 5 MILE ROAD RACE

SUNDAY, 31st MAY, 1970, at 4 p.m.

Awards: Team Trophy and Prizes according to entry.

Entry Fees: 2/6 Ind., 10/- first team, 5/- others (4 to run, 3 to score).

Entries to G. Goodenough, 58 Lisle Road, Colchester, Essex.

ENTRIES CLOSE TUESDAY, 26th MAY

PAIGNTON 15 MILE ROAD RACE

Team & Ind. 4th Annual Under AAA Laws

Sponsored by the Milk Marketing Board

SATURDAY, JULY 4th, at 2.30 p.m.

Awards: First 3 teams (4 run, 3 score). First 3 ind., First Vet. O/40 (indicate if Vet.). Entries (3/- each entrant on AAA form, no team fee), to T. Honeychurch, "Edgehill", 24 Church Rd., St. Marychurch, Torquay, Devon (Torquay 38347).

Closing date 29th June.

STRETTFORD ATHLETIC CLUB

RELAYS MEETING

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

AT LONGFORD PARK, STRETTFORD

SUNDAY, 31st MAY, at 2.15 p.m.

4x110yds Relay—Seniors, Youths, Boys, Senior and Junior Ladies.

4x220yds. Relay—Seniors and Senior Ladies.

4x440yds. Relay—Seniors, Juniors, Youths.

4x1 Mile Relay—Seniors.

3x880yds. Relay—Inter. and Junior Ladies.

1 Mile Team (3 to count)—Youths and Boys.

Entry Fees: Seniors, Juniors, Senior Ladies 7/6 per team, 5/- additional teams; Youths, Boys, Inter. and Junior Ladies 5/- per team, 3/- additional teams.

TROPHIES & PLAQUES AWARDED

Entries on A.A.A. and W.A.A.A. team forms, with fees, to Mr. C. Landamore, 4 Atholl Avenue, Stretford, Lancs. (Tel: 061-865-3444).

ENTRIES CLOSE 18th MAY, 1970

MIDLAND COUNTIES AAA 1970 CHAMPIONSHIPS

PART 1, 19th/20th JUNE, AT THE HADLEY PLAYING FIELDS, WATERLOO ROAD, SMETHWICK, WARLEY, WORCESTERSHIRE (Televised).

Seniors: 100m, 200m, 400m, 800m, 1500m, 5000m (two races if entry exceeds 35), 3000m S/C, 3000m Walk, 110m Hdls, 400m Hdls, L/J, T/J, P/V, Shot, Hammer, Discus, Javelin, H/J.

Juniors: 4 x 100m Relay, Triple Jump, Hammer, Pole Vault.

Youths: 200m, Pole Vault, Hammer.

PART 2, 26th/27th JUNE, AT THE ABBEY STADIUM, REDDITCH, WORCESTERSHIRE.

Seniors: 4 x 100m, 4 x 400m, 4 x 1500m Relays.

Juniors: 100m, 200m, 400m, 800m, 1500m, 3000m Walk, 3000m, 2000m S/C, 110m Hdls, 400m Hdls (2ft. 9ins.), Discus, L/J, Shot, Javelin, H/J.

Youths: 100m, 400m, 800m, 1500m, 1000m S/C, 2000m Walk, 100m Hdls, T/J, Discus, Shot, Javelin, H/J, L/J.

ENTRIES FOR BOTH MEETINGS CLOSE ON 23rd MAY, 1970

Entry forms available from the:—

Midland Counties A.A.A. Offices, Rooms 30 and 32, Queen's College Chambers, 38a Paradise Street, Birmingham, 1. (Tel: 021-643-6916).

ENTRY FEES:

(Seniors)—5/-d. for the first event and 3/6d. for each subsequent event.

(Juniors)—3/6d. for the first event and 2/6d. for each subsequent event.

(Youth)—3/6d. for the first event and 2/6d. for each subsequent event.

(Relays)—25/-d. per team.

Entries to the M.C.A.A.A. Offices, address as above, and a stamped and addressed envelope should be included in order to receive a timetable of events and an admission ticket.