

May 25th 1974 Vol. 28 No. 21

a

thletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

* Dwight Stones—
How He Trains

* County Championship
Results

* Ivory Crockett—
Fastest Human?

* Leading World
Performers



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THE NOTTINGHAM OPEN ATHLETICS MEETING

(Under AAA & WAAA Laws)

Sponsored by

Robert Waude Spinrock Limited

Presented by Notts Athletic Club

To be held at the Harvey Haddon Stadium
 Bilborough Park, Wigman Road, Nottingham
Sunday 16th June 1974

This will be the first major meeting at the new tartan track, and is the first event in an annual series to encourage junior athletics, sponsored by the Robert Waude Spinrock Group.

Open Events

		Prize Value		
		1st	2nd	3rd
A.A.A.				
Junior	3,000m	£12	£8	£4
(17/18)	800m	£10	£7	£3
	200m	£10	£7	£3
Youths	2,000m	£12	£8	£4
(15/16)	400m	£10	£7	£3
	100m	£10	£7	£3
Seniors	800m	£12	£8	£4

Women's A.A.A.

Junior	800m	£6	£4	£2
(under 15)	200m	£6	£4	£2
	100m	£6	£4	£2
Seniors	800m	£10	£7	£3
(over 15)	400m	£10	£7	£3

Invitation Events

A.A.A.				
Senior	5,000m	£25	£15	£10
Women's A.A.A.				
Senior	200m	£25	£15	£10

In addition, there will be a 7 mile road race 'The Spinrock Seven'. Prizes to the value of £15, £10, £4, £3, £2 for the first six individuals, plus three team prizes of £5, £3, £2.

A full buffet tea will be served to all competitors and officials. Full facilities will be provided; licence for bar applied for.

Entries please on A.A.A. forms to John Burney, 28 Kneeton Road, East Bridgford, Nottingham by Tuesday 28th May, with entry fee of 20p per event (10p for juniors) plus stamped addressed foolscap envelope for programme.

ROBERT WAUDE SPINROCK

LYNCH 10.9! VERNON 12.9!

ASTONISHING happenings at the opening of Benfica's Tartan track in Lisbon last Saturday: helped on their way by favourable winds and possibly over hospitable timekeepers, Andrea Lynch recorded 10.9 for 100m, Raelene Boyle 22.6 for 200 and Judy Vernon 12.9 for the hurdles.

Andrea's time (which would have won the vast majority of men's county titles the same weekend) makes her only the fourth woman to break 11sec. Margaret Bailes (USA) was credited with a wind-blown 10.8 in 1968, Renate Stecher set the world record of 10.8 last year (plus three runs of 10.9), and fellow East German Petra Kandarr was timed at 10.9w last season.

In Lisbon, Andrea was assisted by a 4.1m/sec wind but some of the advantage was cancelled out by an uncharacteristic slow start due to the lack of decent blocks. It was not until 80m that she managed to overhaul Sylvie Telliez of France. Andrea considers the run was superior to her UK record 11.2 in Leipzig but is sceptical of the timekeeping, equating 10.9 with an 11.3 in Britain. In the 200 she continued to surprise herself by clocking 23.1 (+ 5m wind) to equal the fastest ever by a British girl.

Raelene, winner in 22.6 and third in the 100 (11.0), frankly doesn't believe the times: "I'm not running anywhere near that at the moment." Judy Vernon's 12.9 hurdles, 0.2 faster than the previous UK fastest (by Mary Peters), was assisted by a 6.1m wind. The time may be flattering but Judy excelled herself by beating that tough competitor Meta Antenen by a fifth.

Results: 100: (+ 7m) Sarria (Spa) 10.2, Nickel (WG) 10.3; 400: Kohler (WG) 48.1, GLEN COHEN 48.5; 5000: Lopes 13:56.8, Vaatainen (Fin) 14:07.0; 3000SC: STEVE HOLLINGS 8:56.8, Martin (Fra) 8:57.6; 110H: (+ 4.8m) Nickel 13.8, Zapata (Spa) 14.1, BERWYN PRICE 14.3; HT: IAN CHIPCHASE 68.48/224'8", Mikolajczyk (Fra) 68.48. Women's 100: (+ 4.1m) ANDREA LYNCH 10.9, Telliez (Fra) 11.0, Boyle (Aus) 11.0; 200: (+ 5m) Boyle 22.6, LYNCH 23.1, Telliez 23.1; 100H: (+ 6.1m) JUDY VERNON 12.9, Antenen (Swi) 13.1; LJ: Antenen 6.37/20'10 1/4" w.

★ Three days earlier, at Crystal Palace on May 15th, Andrea Lynch beat Raelene Boyle in both the 100 (+ 1.9m), 11.3 to 11.4, and the 200 (+ 0.3m), 23.4 to 23.5. This double, achieved within 40 minutes, ranks as the second best ever by a Briton, topped only by Dorothy Hyman's 23.2/11.3 in Budapest in 1963. Andrea's 200 time was a personal best and that for the 100 was her quickest in Britain. Sandra Pengilly was third in both races (11.8/24.2).

Cover photo by Ed Lacey

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, May 25th: Scottish AAA District
Champs (East at Meadowbank; West at Grange-
mouth); International Walks (UK v West Germany
v Mexico—20km & 50km) at Hamburg; Midland
WAAA Champs (1st Part) and Inter Pentathlon/
200H at Warley; Yorkshire WAAA Champs at
Cleckheaton; Cheshire WAAA Champs at Wood-
church, Birkenhead; East Surrey League;
Ebbisham League; Leicester Mercury '20'
Walk; Newport '15'; Middlesex Ladies Atalanta
Trophy at Hendon; Senior Women &
Inters HJ Competition at New River Sports
Centre; North London Trophy at Finsbury Park;
Vets AC Sprint Meeting; Kinally & Ben Chase
Women's Trophy Meeting at Sutcliffe Park;
BAAB Annual General Meeting in Brompton
Room, Basil Street Hotel, Knightsbridge, SW13
(11 am).

Sunday, May 26th: CAU Inter-Regional
Champs at Crystal Palace (1st Day); Scottish
WAAA East v West at Meadowbank; Hampshire
WAAA Champs at Southampton.

Monday, May 27th: CAU Inter-Regional
Champs (2nd Day); Kirkham Trophy Meet-
ing at Swansea; Lincoln Open Meeting;
Lichfield-Bower Sports; Geoff Sly Memorial
Road Races; Yeovil '10'; Eldersfield Beer Race;
Isle of Man '40'; Faversham Sports & 17km Road
Race; Bradford Open 50km Walk.

Tuesday, May 28th: West Midland Track
League at Aldersley.

JAVELIN THROWERS' TRIP

Dave Travis and Kevin Sheppard (replacing
Charles Clover) are spending a week training
with Klaus Wolfermann from May 23rd to 31st.
They were competing against the Munich gold
medallist in Hanover on May 23rd and from there
they and National Event Coach Jan Kopyto were
travelling with Wolfermann to his home town
near Munich where they will stay with him and
his coach until May 31st. There is a possibility of
Janis Lulis also being present and of some com-
petition for Travis and Sheppard during their
week's stay. The trip is covered under the
National Javelin Squad sponsorship by Apollo.

'ATHLETICS 74'

A review of the Birds Eye Yearbook, adver-
tised on page 7, will appear next week. The pre-
publication price of £1.85 (including post and
packing) is available until May 28th; orders to
the 'AW' Book Department.

British League (Div 1)**At Meadowbank, May 11th**

Chris Black Breaks Hammer Record

AFTER being runners up to Cardiff AAC for the last two seasons, Thames Valley Harriers were determined to break the Welsh monopoly. With this aim in mind they brought a strong all-round team north to the first meeting of the British League Division 1 at Meadowbank on May 11th and won convincingly, after being in the lead almost from the start.

By Colin Shields

International Derek Cole was a big points scorer for the Valley, winning the 'B' string 100 and 200, the 'A' string long jump and running a storming leg in the 4 x 100 relay team that won in 41.8, only 0.4 behind their own league record set in 1970. The long jump was a normal competition till the last round, when the tension built up to a climax. Cole, with a jump of 7.02 had been the leader since the first round, but Stewart Atkins on the last round leapt 7.00 to come within 2cm of Cole. Then on his last jump, Willie Clark took the lead with 7.11, only for Cole to come back immediately with the last jump of the competition and land at 7.14 to win deservedly by 3cm. This determination was typical of the whole Valley team, for though they only scored seven victories in the 'A' and 'B' string events, one less than Cardiff and three less than Wolverhampton & Bilston, they rolled up 12 vital second places to ensure a comfortable victory overall.

Wolverhampton were, as usual, impressive on the track, winning both the 'A' and 'B' string events in the 400 and 800 and the 110 and 400 hurdles and taking the 4 x 400 relay in a fast 3:14.1. Jim Aukett confirmed the fine form of his recent American tour, winning the individual 400 in an effortless 47.3 and contributing a 47.4 relay leg. One wonders how much time he could trim off these performances if ever he took off his

inevitable 'woollen toorie bonnet' when racing Phil Lewis followed the pace of indoor 800 champion Ray Weatherburn and pulled away at 600 for any easy victory with Saunders snatching second place on the line from a tiring Weatherburn. Malcolm Edwards (16) displayed consummate track sense to win the 'B' 800 in a fast 1:53.3 after Alastair Hunter made all the early pace.

The usual swirling wind at Meadowbank was for once still on the windless, sunny afternoon and the sprinters took full advantage with David Roberts taking the 100 in 10.6 (+ 1.0) and Ainslie Bennett running a fine curve to win the 200 in 21.3 in spite of a headwind of 0.6m/s.

An eventful steeplechase saw victory for Gareth Bryan-Jones, happily recovered after his serious car crash two years ago. Gareth, now more interested in orienteering than track running, followed the pace making of Ron McAndrew and took a winning lead coming into the last water jump. He was very relieved to receive confirmation of his victory as an incident on the third lap could have meant disqualification. John Ovenden misjudged his hurdle clearance and stopped dead, with Gareth and two others bumping into him, only to have to run round the left of the hurdle and continue with the race. The referee, not receiving any protest from other clubs and understanding that no unfair advantage was gained, allowed the result to stand.

The standard of the throwing events was high with Bill Tancred scoring a fine shot/discus double and Chris Black bettering his recent Scottish native record in the hammer. His throw of 65.90/216'2" was almost four feet better than his own official record and two feet better than his pending record achieved a fortnight ago at a Scottish League meeting. Hoping for a European qualifying mark, Black was unlucky to lose a throw over 68 metres in the fifth round by a marginal foot foul.

INSURANCE ATHLETIC ASSOCIATION

TRACK & FIELD CHAMPIONSHIPS

AT MOTSPUR PARK**On Tuesdays, June 18th and 25th, 1974****LADIES • MEN**

Entry forms can be obtained from Hon. Asst. Secretary, Miss Joan Bevan, GB/AS Prudential Ass. Co., 142 Holborn Bars, London EC1N 2NH.

ENTRIES CLOSE MAY 31st, 1974**EDINBURGH A.C.**

present

'THE OCTAVIAN RELAYS'

(Under S.A.A.A. and S.W.A.A.A. Laws)

MEADOWBANK STADIUM**SUNDAY, JULY 28th, at 2 p.m.**

Men—4 x 100m, 4 x 200, 4 x 400, 4 x 1500.
 Youths—4 x 100, 4 x 400, 4 x 800. Sen. Boys—4 x 100, 4 x 800. Jun. Boys—4 x 100, 4 x 800.
 Ladies—4 x 100, 4 x 400, 4 x 800. Jun. Women's—4 x 100, 4 x 200, 4 x 800. Girls—4 x 100, 4 x 200, 4 x 800. Ages as SAAA and SWAAA.
 Entries: 50p per team to R. Sinclair, 104 Lanark Road West, Currie Midlothian EH14 5LA (Telephone 031-449 3373).

ENTRIES CLOSE JULY 13th

Note: S.A.A.A. 10,000m Championship takes place at 1 p.m.

The desperate fight for points was typified in the last event, the 4 x 400 relay, with TVH well clear and certain to emerge as ultimate winners. Cardiff were four points in front of Wolverhampton with one event to go. Victory however for the Wolves team of Griffiths, Rodwell, Cohen and Aukett decided the issue in their favour especially as Cardiff flopped to finish a poor sixth and drop back to third overall, four points behind Wolverhampton.

Thus the first match of the Pye sponsored League was a great success with the usual Meadowbank super-efficient judging, measuring, timing and announcing adding to the general enjoyment. Only one sour note: the new 'stick on' numbers fell off so often that athletes had eventually to use pins to keep them on their vests.

Thames Valley H 244; Wolverhampton & Bilston 228; Cardiff 224; Edinburgh Southern 206; Birchfield 192; Sale 162.

100: (+ 1.0) 1, D. Roberts (C) 10.6; 2, I. Matthews (T) 10.6; 3, A. Bennett (B) 10.7; 4, R. Kennedy (W&B) 10.8. (B): (- 1.2): 1, B. Cole (T) 10.8; 2, R. Walters (W&B) 11.0; 3, P. Evans (C) 11.1.

200: (+ 0.6) 1, Bennett 21.3; 2, Matthews 21.6; 3, Roberts 22.0; 4, S. McCallum (E) 22.2; 5, Walters 22.3. (B): 1, Cole 21.5; 2, J. Aukett (W&B) 22.0; 3, Evans 22.1; 4, A. Hadley (B) 22.1.

400: 1, Aukett 47.3; 2, I. Saunders (S) 48.2; 3, J. Caines (B) 49.4; 4, A. Forse (T) 49.8; 5, M. Delaney (C) 50.0. (B): 1, G. Cohen (W&B) 48.3; 2, D. Caro (B) 50.2; 3, N. Drake (Sale) 50.8.

800: 1, P. Lewis (W&B) 1:52.5; 2, R. Saunders (S) 1:52.9; 3, R. Weatherburn (E) 1:53.0; 4, R. Yarrow (C) 1:53.9; 5, D. Wright (B) 1:55.0. (B): 1, M. Edwards (W&B) 1:53.3; 2, J. Gerrard (S) 1:54.0; 3, A. Hunter (E) 1:54.0; 4, T. Edwards (B) 1:54.2.

1500: 1, A. Settle (S) 3:48.8; 2, S. Slocombe (C) 3:49.2; 3, D. Guest (W&B) 3:50.2; 4, R. Tilling (B) 3:50.4; 5, I. Elliott (C) 3:51.8. (B): 1, P. Ratcliffe (C) 3:51.0; 2, S. Hollings (S) 3:55.3; 3, C. Douglas (E) 3:57.6.

5000: 1, B. Plain (C) 14:03.4; 2, F. Murray (E) 14:07.0; 3, B. Standen (T) 14:11.2; 4, H. Elliott (W&B) 14:19.0; 5, D. Wright (B) 14:25.6. (B): M. Critchley (C) 14:11.2.

3000SC: 1, G. Bryan Jones (E) 8:56.8; 2, R. McAndrew (C) 9:00.4; 3, C. Thomas (T) 9:02.4; 4, H. Elder (W&B) 9:27.8; 5, D. Farmer (S)

9:41.2; 6, N. Baldwin (B) 9:45.6. (B): 1, A. Blamire (E) 9:04.6; 2, D. Evans (C) 9:15.2; 3, J. Ovenden (T) 9:37.4.

110H: 1, P. Kelly (W&B) 15.3; 2, D. Gyles (C) 15.6. (B): (- 1.0) 1, B. Danville (W&B) 15.8; 2, G. Walker (T) 16.0; 3, M. Butterfield (C) 16.0.

400H: 1, Kelly 54.3; 2, Walker 54.6; 3, M. Ollier (S) 54.6; 4, C. Smart (B) 57.7. (B): 1, T. James (W&B) 56.3; 2, B. McEwan (T) 57.7; 3, M. Hughes (C) 57.9.

HJ: 1, D. Kidner (T) 1.85/6'0 1/2"; 2, M. Butterfield (C) 1.85; 3, M. Nangreave (W&B) 1.85; 4, B. Doherty (B) 1.85. (B): 1, D. Gyles (C) 1.85; 2, T. Hoyte (T) 1.85.

PV: 1, D. Lease (C) 4.50/14'9"; 2, S. Chappell (TVH) 4.30/14'1 1/4"; 3, S. Elleshere (S) 3.50/11'5 1/2"; 4, C. McCarthy (W&B) 3.50. (B): 1, Kidner 3.95/12'11 1/4"; 2, C. Parr (C) 3.65/11'11 1/4".

LJ: 1, Cole 7.14/23'5 1/4"; 2, W. Clark (E) 7.11/23'4"; 3, S. Atkins (W&B) 7.00/22'11 1/4"; 4, Gyles 6.85/22'5 1/4". (B): 1, Hoyte 7.00; 2, A. Wells (E) 6.87/22'6 1/4".

TJ: 1, Clark 14.87/48'9 1/2"; 2, P. Davies (T) 14.72/48'3 1/2"; 3, A. Moore (B) 14.48/47'6 1/4"; 4, G. Owens (W&B) 14.47/47'5 1/4"; 5, P. Walker (S) 14.07/46'2". (B): 1, M. Canavan (W&B) 13.97/45'10"; 2, I. Arnold (T) 13.76/45'1 1/4".

SP: 1, W. Tancred (B) 17.55/57'7"; 2, E. Palsay (C) 14.86/48'9"; 3, G. Tyler (S) 14.74/48'4 1/4"; 4, D. Roscoe (T) 14.37/47'1 1/4"; 5, C. Black (E) 14.21/46'7 1/4". (B): 1, J. Walters (C) 14.01/45'11 1/4"; 2, P. Sharman (T) 13.79/45'3"; 3, P. Buxton (E-Jnr) 12.89/42'3 1/4".

DT: 1, Tancred 59.22/194'3"; 2, Roscoe 50.70/166'4"; 3, Tyler 48.66/159'8"; 4, C. Black 45.22/148'4"; 5, Walters 44.34/145'6". (B): 1, A. Black (E) 42.34/138'11"; 2, Sharman 42.14/138'3"; 3, E. Palsay (C) 41.20/135'2".

HT: 1, C. Black 65.90/216'2" (Scottish Native Record); 2, J. Whitehead (B) 60.14/197'4"; 3, N. Lia (C) 51.58/169'3"; 4, D. Bell (S) 47.72/156'7"; 5, Roscoe 47.62/156'3". (B): 1, A. Davey (C) 50.78/166'7"; 2, Buxton 48.36/158'8"; 3, E. Lawlor (T) 46.12/151'4".

JT: 1, J. Ferrary (B) 60.78/199'5"; 2, P. Ramsey (W&B) 60.64/198'11".

4 x 100: 1, TVH 41.8; 2, W&B 42.2; 3, ESH 42.3; 4, Birchfield 42.5; 5, Cardiff 42.8; 6, Sale 43.2.

4 x 400: 1, W&B 3:14.1; 2, ESH 3:18.0; 3, Birchfield 3:19.2; 4, Sale 3:22.7; 5, TVH 3:23.4; 6, Cardiff 3:24.5.

(Due to a postal delay, these results arrived too late for last week's issue).

Southern Counties UK Joint Coaching Committee have two full scholarships to grant for the Loughborough Summer School commencing August 21st. Applications to Mrs Swallow, 4 Southfields, Ford Lane, Roxton, Bedford MK44 3EX by June 3rd.

Howard Davies won the 400m in the SCAA v Oxford Univ match at Crystal Palace on April 29th in 48.9 and not 48.5 as printed.

PETERBOROUGH ATHLETIC CLUB

presents the

FIFTH WHITTLESEY SHOW 10 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

SATURDAY, JUNE 22nd, at 3 p.m.

At Whittlesey Show Gnd., nr. Peterborough
Prizes: Individuals, Teams (4 run, 3 score), first Veteran (over 40 years).

Entries (20p per person, no extra team fee) to Keith Hall, 190 Wisbech Road, Thorney, Peterborough, PE6 0SQ, by June 11th.

Directions sent with acknowledgement.



Janis Walsh (Mitcham), only just turned 14 wins the junior 100 metres by a wide margin in the Southern League match at Carshalton on May 11th.

Ron Linstead



Ross Saunders (Borough Rd) wins 800 in 1:52.6 at Crystal Palace.

Ed Lacey



Bob Benn (Croydon) takes 400 in British League (Div 4) match.

Wally Talbot

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SUNDAY, JUNE 16th, at 3 p.m.
Entries: 40p 'A' team, 20p 'B', Ind. 20p, by
June 8th to C. R. Hewson, 44 Albion Street,
Wallasey, Merseyside (Tel: 051-639 3217).

BRIGHTON AND HOVE A.C.
YOUNG ATHLETES OPEN MEETING
(under A.A.A. Laws)

SATURDAY, JUNE 22nd

Events for Junior Boys, Boys, Youths, Junior
Men. Awards: Medals and Certificates. Entry
forms from M. J. Langmaid, 17 Wycherry
Road, Haywards Heath RH16 1HJ. Telephone
HH 52854. Closing date: June 8th.

Ron Pickering got it together (with help from Mel Watman)

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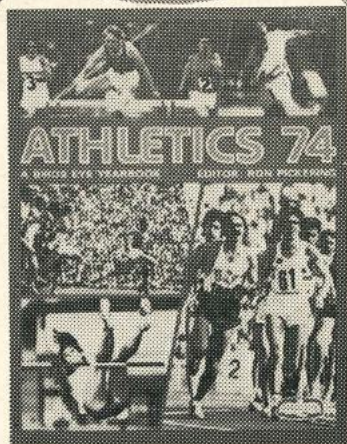
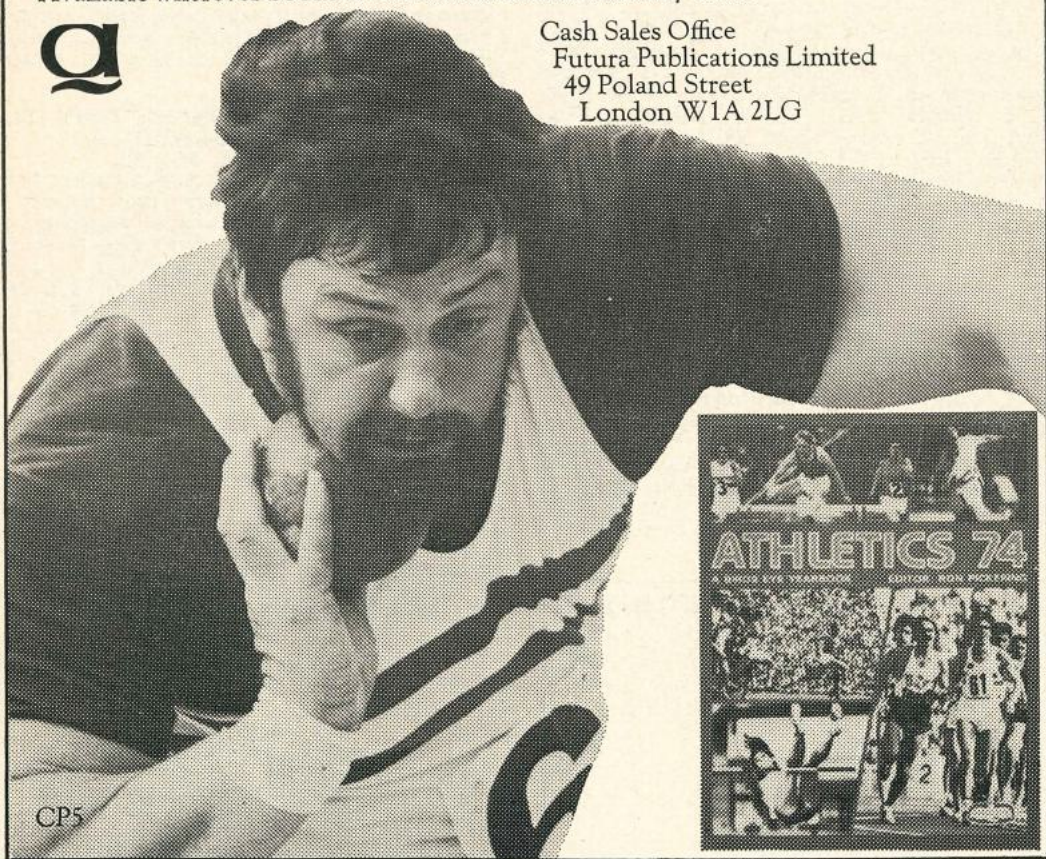
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Many Personal Bests in Graham Oliver '10'

At Altrincham, May 12th

ON a wheel-measured ten miles course through Hale and Altrincham on May 12th a large number of athletes were rewarded for their efforts by personal bests and a glut of prizes—£200 worth of domestic goods put up by local businessman, Graham Oliver. First amongst the prize winners was Mike Baxter who was a deserving and clear winner from other internationals Mike Tagg, Colin Kirkham and local star Alan Blinston. After a small initial lap of just over ½ mile, the 100-plus field started out on the first of the 3M laps and the four internationals plus Harry Leeming were the boys in contention. At the finish however Baxter was 6sec clear after breaking away up the last incline on the large lap and Tagg, Kirkham and Blinston followed in the space of another 6sec.

D. Walton

1, M. Baxter (Leeds City) 47:15
2, M. Tagg (Derby & County) 47:21
3, C. Kirkham (Coventry Godiva) 47:22
4, A. Blinston (Alt) 47:27; 5, H. Leeming (Dby) 47:35; 6, A. Domleo (Dby) 48:00; 7, J. Norman (Alt) 49:04; 8, F. McGuire (B&F) 49:24; 9, R. Wilde (M&D) 49:27; 10, D. Nicholl (Leeds) 49:43; 11, T. Byrne (Bolt) 49:56; 12, J. Jones (M&D) 51:04; 13, J. Davies (Rown) 50:20; 14, F. Pendlebury (M&D) 50:25; 15, P. Stevens (Leeds) 50:37; 16, V. Regan (Bolt) 50:46; 17, J. Craven (Rown) 51:01; 18, P. Kilbey (MAC) 51:10; 19, R. Drinkwater (Alt) 51:13; 20, R. Hill (Bolt) 51:18; 21, A. Hudson (B'pool) 51:43; 22, M. McGann (EC) 51:44; 23, B. Boxen (M&D) 51:51; 24, K. Mayor (Bolt) 51:59; 25, K. Hodgkinson (Self-V) 52:05; 26, M. Oldham (MAC) 52:21; 27, D. Blakeley (M&D) 52:22; 28, P. Doherty (Stret) 52:31; 29, D. Attwell (Alt) 52:51; 30, H. Kelly (EC) 53:01; 31, D. Fairwell (M&D) 53:04; 32, K. Binks (M&D) 53:10; 33, A. Swindlehurst (Liv H) 53:12; 34, D. Vickers (Bolt) 53:15; 35, D. Walton (Alt) 53:20; 36, G. Brockbank (M&D) 53:31; 37, P. Griffey (Als) 53:39; 38, T. Parr (Bolt) 53:45; 39, M. Nolan (MAC-J) 54:02; 40, P. Montgomery (Seft) 54:08. **Teams:** 1, Derby; 2, Leeds City; 3, Altrincham.

BLACKPOOL MEMORIAL ROAD RELAY (Six Stages: 3 Colts, 2 Boys & 1 Youth)

April 20th

1, Wakefield (N. Wade 13:26, S. Colley 13:15, D. Dumford 13:03, M. Upton 12:03, J. Metcalfe 12:25, A. Hitchen 11:13) 1:15:35;
2, Manchester AC (A. Taylor 12:59, R. Toombs 13:47, D. Gill 13:35, S. Phillips 12:26, D. Smith 12:15, M. Plant 11:10) 1:16:12;
3, Cannock (B. Stimpson 12:49, K. Bennett 13:24, N. Sharp 13:05, D. Thomas 12:50, B. Sheddon 12:51, B. Silverstone 11:44) 1:16:43;
4, Tipton (M. Malcolm 13:08, K. Chambers 14:00, E. Sharret 14:02, T. Milosoroy 12:18, J. Fisher 12:08, S. Emson 11:07) 1:16:43; 5, Liverpool Pembroke (P. Dwyer 12:52, N. Malone 13:44, K. McNab 14:00, D. Calvert 12:23, M. Dwyer 12:10, J. Elliott 12:39) 1:17:48; 6, Kendal (A. Taylor 13:23, P. Mangan 13:38, R. Swidenbank 14:09, B. Robinson 12:34, G. Moffatt 12:56, C. Tidmarsh 11:29) 1:18:09; 7, Lancaster & M 1:18:40; 8, Blackpool & F 1:20:22; 9, Tipton 'B' 1:21:50; 10, Tipton 'C' 1:23:02; 11, Tipton 'D' 1:23:12; 12, Blackpool 'B' 1:23:51; 13, Tipton 'E' 1:25:49; 14, Tipton 'F' 1:28:12; 15, Tipton 'G' 1:31:56.

Fastest (Leg 1): Stimpson 12:49. (Leg 2): Colley 13:15. (Leg 3): Dumford 13:03. (Leg 4): Upton 12:03. (Leg 5): Fisher 12:08. (Leg 6): Emson 11:07.

SURREY AAA 171; CAMBRIDGE UNIV 114; UNIVERSITY OF LONDON 94

At Motspur Park, May 8th

200: Laing (S) 22.2. 800: Tarquini (S) 1:55.8. 1500: Hanahoe (S) 3:56.9. 3000: Dell (C) 8:29.0. 2000SC: France (S) 5:55.0. 110H: Peckham (S) 15.7. 400H: West (L) 57.1. HJ: Thompson (S) 1.83/6'0". PV: 1, Phipps (S) 4.00/13'1½"; 2, Reed (C) 3.70/12'1½"; 3, Fenge (S) 3.70. TJ: Rice (S) 13.78/45'2½". SP: 1, Fuller (S) 16.89/55'5"; 2, Wood (L) 14.88/48'10"; 3, Maloney (S) 13.43/44'0¼". DT: 1, Maloney 49.26/161'7"; 2, Fuller 44.82/147'0"; 3, Bebbington (L) 41.12/134'11"; 4, Wood 40.84/134'0"; 5, Orchard (C) 40.18/131'10". HT: 1, Melluish (S) 54.62/179'2"; 2, Prior (S) 48.76/160'0"; 3, Andrews (C) 47.50/155'10".

Essex Ladies have a vacancy for one club for their Joe Louis Trophy meeting at Newham on July 27th (Snrs, Inters, Jnrs). Apply to Joe King, 11 Field Close, Chingford, London E4.

THE MILOCARIAN TROPHY

This competition was advertised in 'AW' between April 20th and May 4th. Has your school entered yet? If not, why not enlarge your fixture list in this challenging and simple way?

Send for details from:

Lt. Col. R. B. S. Eraut,
Clonbern,
Kingsclear Park,
Camberley, Surrey.

FLEET & CROOKHAM A.C. PETER DRIVER MEMORIAL ROAD RACES

(Under A.A.A. Laws)

CALTHORPE PARK, FLEET, HANTS
SATURDAY, JUNE 15th, 1974

2 Miles Boys 2.30 p.m.

4 Miles Senior Men 3.00 p.m.

Team and Individual Trophies and Prizes.
Entry Fees: 20p per Individual, Team 4 run,
3 score. Entries to Peter Hynard, 93 Tavistock
Road, Fleet, Hants. Tel: Fleet 3069.

ENTRIES CLOSE JUNE 5th, 1974

BRISCOE PREVAILS OVER SIMMONS

FRANK BRISCOE warmed up for his success in the Southern 10,000m championship 48 hours later with a record-breaking win in Feltham's Easter Monday 5M road race. He raced home in 23:11 to chop 13sec off the course record set in 1972 by Jack Lane. Blustery, chilly weather failed to dampen Briscoe's determination and he came through after a dour struggle with fellow internationals Tony Simmons and Bernie Ford.

As the leaders set out on the second part of the race Briscoe seemed as though he was being dropped. Simmons and Ford opened up a slight lead as they forged ahead but that turned out to be a deception and with just half a mile left Briscoe came surging through to take up the running again and win by 4sec.

In the senior women's race, Ann Yeoman equalled Joyce Smith's 1973 record of 13:38 and there were records too in the intermediate and junior events. Lesley Kiernan won the intermediate race in 14:28 to take a huge 32sec off the 1972 mark of Shiree Hines, and Ruth Smeeth was 5sec inside the record set by her clubmate Christina Boxer in winning the junior women's race in 7:52.

Tom Pollak

Seniors (5 Miles)

- 1, F. Briscoe (Hercules Wimbledon) 23:11
- 2, A. Simmons (Luton) 23:15
- 3, B. Ford (Aldershot, F&D) 23:19
- 4, M. Thomas (TVH) 23:44; 5, P. Adams (AFD) 23:44; 6, L. Presland (AFD) 23:44; 7, N. Jeffreys (S&E) 24:11; 8, R. Richardson (B'ht) 24:18; 9, D. Evans (Liv H) 24:21; 10, C. Ridley (West) 24:24; 11, J. Pell (Horsham) 24:26; 12, J. Odlin (N Lon) 24:32; 13, J. Ovenden (TVH) 24:35; 14, I. Burgess (S&E) 24:42; 15, B. Rutter (West) 24:52; 16, M. Tebbutt (Met Pol) 24:53; 17, D. Powell (Horsham) 24:58; 18, M. Barratt (Ealing & S-Vet) 25:02; 19, A. Herrett (S&E) 25:06; 20, T. Reed (West) 25:10; 21, S. Badgery (Herc W) 25:19; 22, D. Peel (Haywards Hth) 25:22; 23, S. Graham (Liv) 25:23; 24, M. Batsone (Horsham) 25:27; 25, G. Baker (Horsham) 25:29; 26, B. Coppins (Felt) 25:31; 27, I. Beauchamp (Horsham) 25:33; 28, C. Jones (S Hth) 25:38; 29, P. Marten (Horsham) 24:41; 30, B. Clark (Lut) 25:42; 31, J. Bardell (S&E) 25:44; 32, R. Small (Met Pol) 25:48; 33, P. Hutchings (S&E) 25:49; 34, M. Hamlin (B'ht) 25:51; 35, J. Woods (Liv) 25:54; 36, J. Forrest (Rane) 25:57; 37, A. Ertle-Isles (West) 25:59; 38, P. Mulholland (Herc W) 26:00; 39, A. Jukes (C&C) 26:01; 40, M. English (N Lon) 26:03. 96 finished.

Teams: 1, Aldershot, F&D 14; 2, Southampton & E 40; 3, Westbury 45; 4, Horsham 55; 5, Hercules W 56; 6, Liverpool H & AC 64; 7, TVH 66; 8, Horsham 'B' 73; 9, Luton United 74; 10, North London 85; 11, Blackheath 85; 12, Met Police 88.

Young Athletes (2½ Miles)

- 1, P. Kennedy (Liverpool H) 12:37; 2, N. Carter (Westbury) 12:57; 3, B. Dawkins (Southampton and E) 12:59; 4, C. Sly (Felt) 13:03; 5, R. Gibson (S&E-B) 13:04; 6, M. Howarth (S&E-B) 13:05; 7, R. Payne (HHH) 13:06; 8, L. Williams (S&E) 13:08; 9, A. Knight (Horsham) 13:11; 10, G. Hill (West-B) 13:14; 11, N. Carter (Felt) 13:15; 12, P. Baker (TVH-B) 13:18; 13, D. Purcell (Mit) 13:19; 14, P. Chimes (Felt) 13:26; 15, P. Holland (N Lon) 13:36; 16, M. Manning (Bel) 13:37; 17, T. Matthews (West-B) 13:41; 18, P. Rowland (Horsham) 13:45; 19, J. Pickford (West-B) 13:50; 20, K. Lowe (B'ht-B) 13:53. 53 finished. **Teams:** 1, Southampton & E 11; 2, Feltham 23; 3, Westbury 23; 4, Horsham 40; 5, Blackheath 59; 6, North London 62.

Women (2½ Miles)

- 1, A. Yeoman (Feltham) 13:38; 2, C. Gould (Barnet) 13:52; 3, A. Blake (Aldershot) 14:01; 4, C. McLoughlin (Hill) 14:02; 5, P. Yeoman (Felt) 14:02; 6, C. Roy (Hill) 14:19; 7, C. Curthoys (Ald) 14:36; 8, V. Howe (Ald) 14:43; 9, L. Bosher (Felt) 14:45; 10, P. Winter (Ver) 14:53; 11, B. Price (Uxb) 14:54; 12, A. Briscoe (Birch) 15:03; 13, K. Barnett (Bar) 15:19; 14, A. Barrass (Ald) 15:33; 15, S. Barrass (Ald) 15:37; 16, B. Nelson (Barn) 15:48; 17, B. Cushen (Herc W-Vet) 15:53; 18, J. Randall (Hill) 16:04; 19, A. Webster (Ald) 16:19; 20, J. Church (Thurr) 16:21. 30 finished. **Teams:** 1, Feltham 15; 2, Aldershot 18; 3, Hillingdon 24; 4, Barnet 25; 5, Aldershot 'B' 44; 6, Thurrock 55.

Intermediates (2½ Miles)

- 1, L. Kiernan (Havering) 14:28; 2, H. Fielon (Portsmouth) 14:57; 3, K. Fielon (Port) 15:10; 4, C. Butler (Enf) 15:22; 5, K. Kosbab (Felt) 15:32; 6, J. Burrell (Uxb) 15:54; 7, G. Hagger (Basil) 16:12; 8, A. Johnson (Unatt) 16:51; 9, E. Powel (Barn) 16:53; 10, S. Cooper (Essex) 17:11. 22 finished. **Teams:** 1, Portsmouth Atlanta 8; 2, Essex Ladies 23; 3, Hillingdon 24; 4, Westbury 27.

Juniors

- 1, R. Smeeth (Aldershot) 7:52; 2, W. Smith (Feltham) 8:04; 3, D. King (Basildon) 8:13; 4, J. Bennett (WSE) 8:21; 5, T. Harris (Felt) 8:22; 6, J. Rout; (Felt) 8:28; 7, C. Impey (Basil) 8:29; 8, K. Goodly (S'ton) 8:34; 9, B. Samms (Uxb) 8:35; 10, A. Bettinson (S'ton) 8:38; 11, T. Hook (Felt) 8:40; 12, H. Smith (West) 8:42; 13, D. Wilkins (Uxb) 8:44; 14, D. Bell (S'ton) 8:48; 15, D. Lovous (Port) 8:49. 51 finished. **Teams:** 1, Feltham 13; 2, Basildon 26; 3, Thurrock 32; 4, Aldershot 39; 5, Uxbridge 42; 6, Windsor 61; 7, Westbury 65; 8, Portsmouth 69.

COUNTY CHAMPIONSHIP ROUND-UP

May 18th/19th

WOMEN took pride of place in the County Championships held last weekend. Barbara Lawton attained the European Championships qualifying standard by jumping 1.80/5'10½" in the Surrey Championships, while the Kent meeting threw up such fine marks as 54.9 for 400 by former English Schools 800 champion Liz Barnes, 2:09.3 for 800 by Shirley Somervell in well beating Hilary Tanner and a 1.75/5'8½" high jump by Fiona Stacey two days after her 16th birthday. Hazel Oakes (17), whose recent 24.0 200 in the Southern League was wind assisted, won that event in 24.5. Those two experienced campaigners Joyce Smith (4:28.8 1500) and Pat Pryce (13.8 hurdles) continue to win Middlesex titles.

On the men's side, Mike Winch—credited with 19.96/65'6" in a demonstration the previous week, put the shot 19.21/63'0¼" and threw the discus 54.32/178'2" in the Sussex Champs, and it was encouraging to find John Hillier sufficiently recovered from injury as to win the Kent title with 52.48/172'2". Perhaps the finest track result was the 1:51.7 800 by Malcolm Edwards (a UK age 16 best) in winning the Staffs senior title.

Below is a summary of the best county results so far to hand; more detailed results will appear next week. County secretaries who have not already sent us a copy of their results are invited to do so as soon as possible.

Buckinghamshire—SP: N. Griffin 14.63/48'0".

Cheshire—SP: R. Dale 15.68/51'5¼"; DT: D. Roscoe 53.20/174'6".

Essex—200: T. Collins 21.7; 1500: A. Nixon 3:53.0; 5000: R. Young 14:23.6; PV: T. Gardner 4.20/13'9¼"; DT: G. Tyler 48.74/159'11".

Hampshire—SP/DT: A. Satchwell 16.04/52'7¼" and 47.02/154'3".

Hertfordshire—100: R. Griffiths 10.9; HT: P. Hable 54.58/179'1".

Kent—200: J. Morgan 22.1; 1500: R. Newble 3:51.1; 5000: K. Penny 14:11.0; 110H: G. Gower 14.8; HJ: A. Nursey 1.95/6'4¼"; PV: A. Williams 4.30/14'1¼"; DT: J. Hillier 52.48/172'2"; JT: K. Turnbull 65.18/213'10". (**Jnr**) 100/200: S. Green 10.9/21.7. (**Women**) 200: H. Oakes 24.5; 400: E. Barnes 54.9; 800: S. Somervell 2:09.3; H. Tanner 2:10.7; G. Goodburn 2:12.8; HJ: D. Brown 1.70/5'7"; SP: V. Redford 12.92/42'4¼"; Inter HJ: F. Stacey 1.75/5'8½"; SP: J. Oakes 12.25/40'2¼".

Lancashire—100: B. Green 10.9; 10,000: M.

Freary 29:36.0; 400H: A. James 54.8; LJ: S. Wright 7.10/23'3¼"; SP: D. Sorrell 15.26/50'0¼"; DT: G. Dirkin 49.92/163'9"; JT: K. Taylor 65.30/214'3"; 3000/10,000 Walk: R. Wallwork 12:48.4/45:46.0. (**Women**) 100/200: S. Colyear 12.0/24.3; 800/1500: C. Tranter 2:13.6/4:32.5; 3000: C. Has-kett 9:45.6.

Middlesex—100/200: D. Cole 10.8/22.1; 400: P. Charles 48.5; 5000: H. Starkey 14:17.0; 3000SC: H. Richards 9:17.6; 400H: S. Hinchcliffe 55.0; HJ: D. Kidner 1.97/6'5¼"; PV: J. Agikada 4.15/13'7¼"; LJ: D. Porter 7.25/23'9¼"; TJ: P. Davies 14.81/48'7¼"; HT: P. Dickenson 61.44/201'7"; JT: R. Sylvester 68.38/224'4". (**Women**) 400: H. Page 57.5; 800: M. Beacham 2:13.5; 1500: J. Smith 4:28.8; A. Yeoman 4:35.0; P. Yeoman 4:37.8; 100H: P. Pryce 13.8; HJ: C. Mathers 1.70/5'7".

Oxfordshire—200: S. White 22.1; HT: B. Fraser 57.66/189'2".

Shropshire—100: R. Kennedy 10.9.

Somerset—100: S. Matthews 10.8; LJ: P. Templeton 7.32/24'0¼"; HT: E. Berry 57.74/189'5"; JT: K. Holmes (guest) 67.28/220'9". (**Women**) 100H/LJ: B. Rutledge 14.4 and 5.80/19'0¼"; HJ: C. Bridges 1.67/5'6".

Staffordshire—100: R. Walters 10.9; 800: M. Edwards 1:51.7 (UK age 16 best), D. Guest 1:53.2, M. Downes 1:53.4; 1500: T. Jefferies 3:52.0; 5000: B. Cole 14:29.0; TJ: S. Power 15.17/

Carlisle Highland Games

(Under S.A.A.A. and S.W.A.A.A. Laws)

LOCH PARK STADIUM CARLUKE, LANARKSHIRE

Saturday, July 6th, 1974
at 1.45 p.m.

100m—Sen. Boys, Youths, Juniors, Sen. Men, Girls, Junior Ladies, Inter. Ladies, Sen. Ladies.

200m—Sen. Boys, Youths, Juniors, Sen. Men, Inter. Ladies, Sen. Ladies.

400m—Youths, Juniors, Sen. Men, Inter. Ladies, Sen. Ladies.

800m—Youths, Juniors, Sen. Men, Jun. Ladies, Sen. Ladies.

1500m—Youths, Juniors, Sen. Men.

Half-Marathon Road Race (Men) H'cap Prizes. Shield 1st Team home (3 to count).

L.J.—Junior Men.

PRIZES FIRST THREE

Entry Fees: 20p one event, 10p each additional.

Entry forms from Mr J. McAlpine, 28 High Street, Carlisle, Lanarkshire.

CLOSING DATE JUNE 15th

VACANCIES

The AAA have an opening for a young person preferably with experience but who would otherwise be trained as an Offset Litho Operator at their Knightsbridge offices. Another vacancy is for a mature person to work a small switchboard, plus some typing. Phone 584 7715.

49'9½" (Irish rec); SP/DT: A Drzewiecki 15.85/52'0" and 48.10/157'10". (Jnr) 1500: H. Elliott 3:54.7. (Women) 400: R. Wright 56.7; 1500: C. Readdy 4:36.3; JT: J. Williams 40.56/133'1"; Jnr HJ: V. Kelly (14) 1.66/5'5½".

Surrey—400: D. Laing 48.7; 800: M. Fromant 1:51.1, J. Greatrex 1:51.2, J. Cadman 1:52.8, C. Thomas 1:52.9; 1500: C. Thomas 3:54.0; 5000: M. Davies 14:16.2, M. Hanahoe 14:18.2, R. Gevers 14:18.4, R. Holt 14:23.8; 400H: M. Whittingham 54.1; PV: J. Fenge 4.30/14'1½", S. Clark 4.20/13'9½"; LJ: D. Shaw 7.17/23'6½"; TJ: G. Doerr 15.16/49'9", J. Vernon 14.98/49'1½"; SP/DT: W. Fuller 17.07/56'0" and 47.36/155'4"; HT: C. Melluish 53.02/173'11"; 3000 Walk: C. Lawton 13:32.0. (Women) 100H: L. Boothe 14.4; HJ: B. Lawton 1.80/5'10½"; SP/DT: B. Bedford 14.82/48'7½" and 46.24/151'8"; JT: A. Farquhar 42.76/140'3"; Jnr 200: J. Walsh 24.6.

Sussex—800: C. Carter 1:53.6; SP/DT: M. Winch 19.21/63'0½" and 54.32/178'2". (Women) 1500: P. Yule 4:36.0.

Warwickshire—100: T. Bonsor 10.9; 200: A. Bennett 21.5; 5000: D. Biddell 14:28.8; JT: A. Moore 15.01/49'3".

Yorkshire—5000: D. Slater 14:16.0; 3000SC: D. Coates 8:58.8; HJ: M. Butterfield 1.96/6'5½"; PV: C. Kidd 4.15/13'7½"; SP: J. Alderson 16.22/53'2½"; DT: J. Watts 48.38/158'9".

The 1978 European Championships will be held in Prague.

FEUERBACH v CAPES AGAIN

Al Feuerbach and Geoff Capes will renew their rivalry at Crystal Palace during the Counties Athletic Union Championships. The match will involve the same 16 regional groups as last year. Timetable:—

Sunday, May 25th

11.00—start of WAAA Pentathlon; 13.00—DT; 13.45—AAA Youth 4 x 100 hts; 14.00—AAA Junior 4 x 100 hts, LJ; 14.15—400 hts; 14.35—100 hts; 14.45—Women's 100; 14.50—SP, AAA Youth 4 x 100 final; 15.00—AAA Junior 4 x 100 final; 15.10—100H hts; 15.20—800 hts; 15.35—Mile hts; 15.50—100 final; 16.05—Women's 200; 16.10—10,000; 16.45—Women's 400H; 16.55—110H final.

Monday, May 26th

11.00—JT qual, PV; 12.00—10,000 Walk; 13.00—JT final, TJ; 14.00—Women's 400; 14.10—200 hts; 14.20—WAAA 4 x 100 hts; 14.30—3000SC; 14.45—200 final, HJ; 14.55—400 final; 15.00—WAAA 4 x 100 final; 15.10—400H hts; 15.20—Women's 800, HT; 15.30—WAAA 4 x 200 hts; 15.40—Mile final; 15.50—3000 Walk; 16.10—800 final; 16.20—WAAA 4 x 200 final; 16.30—400H final; 16.40—5000.

MIDLANDS TRACK & FIELD LEAGUE

At Hereford, May 11th

Gloucester 179; Cardiff 165; Worcester 107; Daventry 56; Hereford 48. 100: N. Schoolcraft (W) 11.0.

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AW274



AAA STANDARDS 1974

THE only performances recognised for the purposes of this scheme are those achieved (1) at AAA Area or County Championships, (2) at Open Meetings and Inter-Club Trophy Meetings, or (3) at other approved meetings controlled by permit issued by County/District Committees. (Ordinary Inter-Club Meetings are not included in the scheme.) Services, Business Houses, Police Associations and similar associations responsible for promotions on a national basis are also empowered to operate the scheme at their National, Area or Command Championships and at Inter-Services Championships. (Inter-Unit meetings do not qualify).

All awards under this scheme are made only in the actual category of competition in which the

performance was achieved. (For example, an athlete competing in a Youth event will not be eligible for a Junior Standard Award, even though he may achieve that standard in the competition.) On achieving a standard an athlete is eligible for an award under the scheme irrespective of any other prize or award he may also gain in that competition.

Athletes who achieve a performance equal to or better than the standard laid down are awarded a certificate. In addition they may purchase an attractive cloth badge (price 30p). Promoters should complete and present certificates on the day of competition and also arrange if possible for badges to be on sale then. Each certificate has a tear-off slip. If badges are not on sale at the meeting, then this slip should be used to substantiate an application for a badge by post. This should be sent either to the Area badge agent as detailed in the programme or else to the relevant Area Honorary Secretary (see AAA Handbook).

Event	Grade I	Grade II	Grade III
SENIORS			
200	21.8	22.2	23.0
400	48.8	50.0	51.0
800	1:51.8	1:53.2	1:56.0
1,500	3:47.0	3:50.0	3:55.0
5,000	14:00.0	14:10.0	14:30.0
10,000	29:40.0	30:20.0	31:00.0
110 Hurdles	15.0	15.5	16.2
400 Hurdles	53.5	54.8	57.0
3,000 Steeplechase	9:05.0	9:20.0	9:50.0
3,000 Walk	13:20.0	13:40.0	14:20.0
10,000 Walk	47:00.0	48:10.0	50:30.0
High Jump	1.96	1.90	1.80
Long Jump	7.25	7.05	6.70
Triple Jump	14.80	14.15	13.80
Pole Vault	4.60	4.40	4.00
Javelin	68.00	64.00	56.00
Discus	50.00	47.00	43.00
Shot	17.00	16.00	14.00
Hammer	57.00	51.00	45.00
Decathlon	6,400	5,800	5,000
Marathon	2:20.0	2:30.0	2:50.0
20 Miles	1:45.0	1:55.0	2:10.10

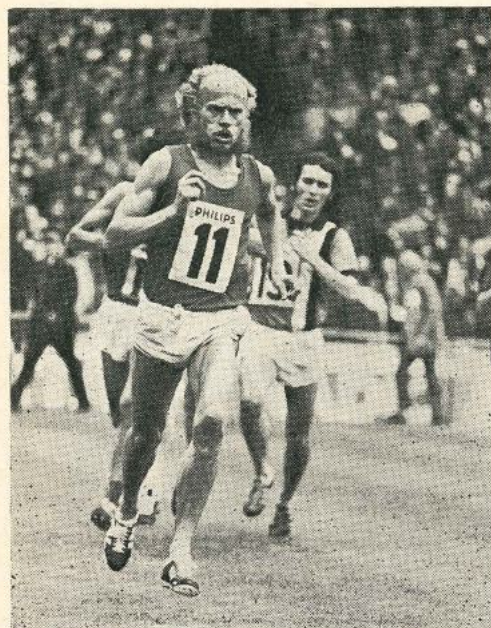
Event	Grade I	Grade II	Grade III
JUNIORS			
200	22.2	22.6	23.4
400	50.2	51.2	53.4
800	1:56.0	1:58.0	2:02.0
1,500	3:55.0	3:59.0	4:07.0
3,000	8:35.0	8:45.0	9:05.0
110 Hurdles	15.5	15.9	16.7
400 Hurdles	55.6	56.8	59.6
2,000 Steeplechase	6:08.0	6:15.0	6:30.0
3,000 Walk	14:30.0	15:00.0	16:00.0
High Jump	1.85	1.80	1.70
Long Jump	6.85	6.60	6.10
Triple Jump	13.80	13.40	12.60
Pole Vault	4.00	3.65	3.20
Javelin	58.00	54.00	46.00
Discus	45.00	42.50	38.00
Shot	13.20	12.70	11.60

Hammer	49.00	45.00	37.00
Decathlon	5,000	4,600	3,800
If senior implements and hurdles are used, Standards are as follows:			

110 Hurdles	15.7	16.1	16.9
Discus	40.00	37.00	32.00
Shot	12.00	11.40	10.20
Hammer	40.00	36.00	28.00
Decathlon	4,800	4,400	3,575

Event	Grade I	Grade II	Grade III
YOUTHS			
200	22.9	23.2	23.8
400	52.3	53.2	55.0
800	2:01.3	2:02.8	2:06.0
1,500	4:09.0	4:13.0	4:21.0
3,000	9:10.0	9:24.0	9:45.0
100 Hurdles	14.4	14.8	15.6
1,500 Steeplechase	4:30.0	4:45.0	5:15.0
2,000 Walk	9:40.0	10:00.0	11:00.0
High Jump	1.70	1.67	1.62
Long Jump	6.20	6.07	5.80
Triple Jump	12.70	12.35	11.70
Pole Vault	3.30	3.10	2.75
Javelin	49.00	47.00	43.00
Discus	43.00	40.00	34.00
Shot	13.70	13.10	12.00
Hammer	45.00	39.20	30.00

BOYS			
200	25.3	26.0	27.2
400	56.0	58.0	62.0
800	2:10.0	2:17.6	2:30.0
1,500	4:30.0	4:43.0	5:08.0
80 Hurdles	13.0	13.4	14.2
High Jump	1.55	1.51	1.43
Long Jump	5.60	5.40	5.00
Triple Jump	11.65	11.15	10.25
Pole Vault	2.75	2.65	2.50
Javelin	42.00	40.00	36.00
Discus	36.00	34.50	32.00
Shot	12.00	11.50	10.50
Hammer	32.50	31.00	28.00



Juha Vaatainen in action during the Cup Final 3000 at Wembley.

Ed Lacey

ESSEX '20'

At Chelmsford, May 4th

1, P. Richardson (Hay) 1:44.8; 2, M. Emms (W Gn) 1:48.41; 3, M. Weeks (Chelm) 1:48.57; 4, D. Watts (Ex B) 1:53.20; 5, A. Lovett (Ilf) 1:54.33; 6, G. Hewitt (S'end) 1:57.05; 7, C. McSweeney (Orion) 1:57.11; 8, R. Howe (W'stow) 1:57.17; 9, D. Horsup (Thurr) 1:58.19; 10, J. Hussey (Guest) 1:58.28. **Teams:** 1, Thurrock 33; 2, Chelmsford 40; 3, Ilford 40; 4, Orion 42; 5, Walthamstow 60.

VETERANS RESULTS

May 4th

Vets AC 200 Handicap: 1, S. Stein (18m) 26.3; 2, J. Williams (20m) 26.8; 3, A. Sutherland (43m) 27.00.

May 7th

Vets AC 7M Road Handicap: 1, R. Wiseman (16:00) 32:00; 2, T. Peacock (25:00) 33:05; 3, R. Hopcroft (8:00) 36:20. **Fastest:** R. Johnson 38:44.

May 8th

Vets AC 100 Handicap: 1, S. Stein (6m) 12.1; 2, A. Dunn (6m) 12.4; 3, L. Batt (7m) 12.6.

May 13th

Vets AC 10m Road Champ: 1, F. Devonald (16:00) 49:25; 2, A. Goodwin (14:00) 50:10; 3, J. Catton (14:00) 50:14. **Fastest:** G. McIntyre 53:12. (O/55) J. Flowers 58:38.

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IVORY CROCKETT — KING OF THE SPRINT FRONTIER

ONE HUNDRED AND SIX years after the Cambridge cricket 'Blue' Charles Absalom became the first amateur to achieve 'even time' (ie ten seconds flat) for 100 yards under authentic conditions, Ivory Crockett takes his place in sprinting history as the first man to run nine seconds in apparently legal circumstances. The new record is superior to the world 100m figures of 9.9—it works out at 9.84 speed for the metric distance—and, judged solely by the stopwatch (a notoriously unreliable guide when it comes to sprinting), Crockett can be acclaimed as the latest embodiment of world's fastest human. That, one must hastily add, is not necessarily the same as world's greatest sprinter . . . it's what you win and whom you beat that count for most and on that basis Crockett has some way to go to be rated along with men like Bob Hayes and Valeriy Borzov.

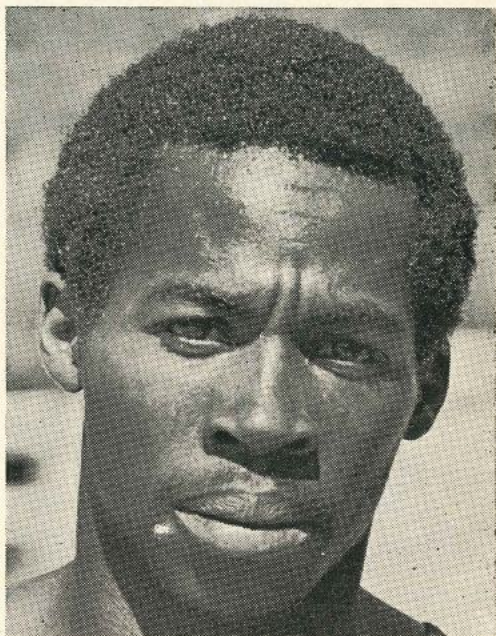
According to the Associated Press's report of the performance at Knoxville on May 11th, "there was virtually no wind during the race on Tennessee's artificial track, which was slightly wet from rain earlier in the day". The official watches registered 9.0, 9.0, 9.1, and 8.9 while the electrical Datatimer showed 8.94—although that isn't too significant since the machine was hand operated. Crockett won by two yards from Reggie Jones (9.2), a man who has already run 9.2 and a windy 9.1 this season.

Until his record dash, Ivory Crockett was known primarily as a man who won the AAU 100y title two years running but whose competitive record was rather spotty. Despite some very fast times in 1972 he came nowhere near making the Olympic team.

He was born in humble circumstances in the small village of Halls, Tennessee, on August 24th, 1949. His father worked on a cotton plantation and the family (there were six brothers and sisters) were so poor that some days they had to go without food.

Ivory was 15 when he was discovered to have promise as a sprinter (he ran 10.0) and three years later he ended his high school career with times of 9.5w, 21.0 for 220y and 48.4 for 440y—which used to be his favourite event. "The 440 is more of a challenge than any other race. One must run full speed all the way".

In 1969, as a freshman at the University of Southern Illinois, he brought off a major sensation at the AAU Championships by winning the 100y against the wind in 9.3. All eight finalists finished within 0.11sec and it was Crockett who snatched the verdict over favourite John Carlos (9.3) with Charlie Greene third in 9.4. Beating Carlos ("I think he's the greatest runner there is right now") was a big thrill for the diminutive 19-year-old. Later he lost three times to Carlos but it was close each time and in one of their clashes Crockett was credited with a windy 10.0 for 100m. Before the year was out he equalled the world indoor 60y record of 5.9.



Tony Duffy photo

He turned up trumps again in the 1970 AAU 100y. Again it was a surprise victory for only the previous week he had met with disaster in the NCAA Championships. Held down by bronchitis and a groin injury he was eliminated in his heat of the 100y and semi-final of the 220y. At the AAU, however, all was well again and he won a very close race in 9.3, the same time going to Ben Vaughan, Charlie Greene, Eddie Hart and Robert Taylor. He made the team for Europe but did not show up particularly well, finishing last against France, 2nd against West Germany and 3rd v USSR (won by Borzov).

Ivory brought himself into top form for the

IVORY'S PROGRESS

Year	100y	100m	220y
1965	10.0	—	—
1966	9.9	—	22.3
1967	9.6	—	21.4
1968	9.5w	—	21.0
1969	9.3	10.0w/10.3	—
1970	9.2	10.1w	20.9
1971	9.3/9.1w	10.1	20.7w
1972	9.2	9.9w	20.3
1973	9.2	10.2	20.5
1974	9.0	—	20.8

AAU Championships again in 1971, running 9.1w in his heat and 9.2w in the final, but this time he could place only 5th as the amazing Dr Del Meriwether won in 9.0 and eight men ran 9.2 or better in the final. He represented the USA against Africa and, second to Jim Green, posted his best legal 100m time of 10.1.

With two early-season 9.2 clockings (one into a 1.9m/sec wind) and a six-tenths 220y improvement to 20.3, he started 1972 in style. "He's in the best shape he's ever been in all his life", enthused Southern Illinois coach Lew Hartzog. "He's in the best frame of mind, he's starting well and he's running extremely strong". Crockett sounded a cautious note: "Anything can go wrong in those Olympic Trials but if I stay in the shape I'm in, keep the right frame of mind and stay with the coach, I should do awfully good". A windy 9.9 100m heat in the NCAA was impressive enough but from then on nothing went right. He placed fourth in the final (10.1w) and failed to reach the 200 final; at the AAU he wound up 6th (10.4) and 7th (21.5), with David Jenkins 2nd in the latter event in 20.8; and in the all-important Olympic Trials he found a windy 10.1 was insufficient to reach the final and he did not go for the longer sprint.

He gave a glimpse of what he might achieve one day in the furlong at last year's AAU. There he entered the straight some five yards up on the field, including Steve Williams (winner in 20.4), but faded to 4th in 20.6. He picked up 3rd in the 100y (9.4). He had a season's best of 9.2 and shortly before the recent world record Ivory mused: "I'm afraid 9.2 is beginning to look like the best I can do. I need more work. I should be running 8.9".

After the 9.0 mark the 1.70/5'7", 68kg/150lb member of Philadelphia Pioneer Club explained: "All the way through the race I felt the best that I've ever felt". His club coach Alex Woodley was of the opinion that Ivory ("in the past he's been a slow starter") got his best ever start. Last word from Steve Williams, one of the deposed 9.1 recordmen: "I'm very happy for Ivory Crockett. I knew someone would set the 100 record before I did". They are due to meet at Modesto today (May 25th)!

Mel Watman

WEST MIDLAND TRACK LEAGUE

At Tipton, May 7th

(Men): Tipton 110; W&B 86; Halesowen 44; Dudley & Stourbridge 40; Warley 20. (Women): W&B 103; Halesowen 88; Tipton 52; Dudley & Stourbridge 35; Warley 1.

100: R. Walters (W&B) 11.0. 200: G. Cohen (W&B) 22.5. 800: S. Durnall (W&B) 1:56.0. 3000: 1. K. Rollason (Tip) 8:31.4; 2. D. Fownes (Tip) 8:34.0. (Juniors) 100: T. James (W&B) 11.2. (Youths) 100: M. Robertson (War) 11.5. (Senior Women) 200: V. Bernard (W&B) 25.0. JT: T. Sanderson (W&B) 44.74/145'9". (Juniors) LJ: T. Pratt (Tip) 4.86/15'11½".

THE SPRINT PIONEERS

The first man to break ten seconds for 100 yards in authentic conditions was John Owen Jnr (USA) with 9.8 in the 1890 AAU Championships. Arthur Duffey (USA) reduced this to 9.6 in 1902 but the inaugural world record holder, as recognised by the IAAF, was Dan Kelly (USA) with his 9.6 in 1906. The first 9.5 was by Charley Pad-dock (USA) in 1926 although as tenths were not acknowledged at the time this was officially ratified merely as a record equal-ling 9.6.

George Simpson (USA) was first to the 9.4 mark in 1929 but since he was using then illegal starting blocks official credit went instead to Frank Wykoff (USA) the following year. Mel Patton (USA) broke the 9.4 stalemate in 1948 (and he ran a windy 9.1 in 1949) and Frank Budd (USA) ushered in the 9.2 era in 1961. Only a year later Bob Hayes (USA) trimmed the record to 9.1, and there it has remained—often equalled but not beaten—until Ivory Crockett's exploit this month.

Wind assisted times of 9.0 were recorded by John Carlos (USA) in 1969, Del Meriwether (USA) and Jim Green (USA) in 1971, Willie McGee (USA) and Robert Taylor (USA) 1972.

CHIGWELL 10 MILES

OPEN ROAD RACE

(Under A.A.A. Laws)

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SUNDAY, JUNE 16th, 1974, 3.15 p.m.
(Note change of date)

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All enter as Ind. and pay entry fee of 15p. No extra fee for teams (declared on day). Entries to Reg Jacobs, 123 Coxie Green Road, near Brentwood, Essex CM14 5PT, by June 5th. Full details with acceptance of entry, giving you access routes etc.

South African Girl Aims For World Record At 400 Hurdles

By Riel Hauman

HYBRE DE LANGE

(photo by Tony Duffy)



A DEDICATED pair they are: Hybre de Lange and her coach, Dusan Andrin. They know what they want from athletics: the world record for the 400 metres hurdles.

Hybre has been part of the SA track scene for a long time but she has never been in world class, not in the 100 hurdles, not in the 200 hurdles, not in the high jump and not in the pentathlon.

This season she found an event which just suits her. And suddenly she is world class, with the prospects of doing much better than her best time of 58.9. Doing much better than that means getting to grips with the world record, which is held by the Pole Danuta Piecyk (56.7).

What makes Hybre's excellent running in this very tough event so astounding is the fact that she runs times which would have been world records less than a year ago without any winter training geared to the 400 hurdles! In fact, she started training for the event less than two weeks before she ran it for the first time, on February 5th. She recorded 60.8. Four days later she was back at Pretoria's Tartan track and this time she really shook the track world: 58.9.

"56 or better next season"

Andrin, her fast-talking, intense and very knowledgeable coach, makes no bones about her talent: "With a hard winter behind her, Hybre can do 56 or better next season. Her ultimate potential? I would say 55 at least". What she needs most now, said Andrin, is overdistance work, interval work and better knowledge of pacing. "In her first race Hybre ran the first 200 in 27.8, in the second 27.5 and in the third (when she did 59.7) in 27.2".

That means that her second 200 took 33, 31.4 and 32.5 in each case. "The best differential would be three seconds or slightly better", according to Andrin. "Unfortunately, because she is so new to

this event, her perception of the height of the hurdles diminishes in the last part of the race, so that she jumps higher than necessary and loses time".

The best way to prepare Hybre for things to come would be by overdistance work, Andrin feels. By that he means running 500 metres, the first 100 without hurdles, followed by the regular 400 metres with hurdles. Before the 60.8 she did this only twice, clocking 69.6 and 70.1, but on the Monday before her 59.7 she was down to 68.5 and 67.5.

And how does Hybre herself feel about this new race? "I am very keen," she told me. "My other events will have to suffer now. It is only natural, because I am not in world class in the 100 or the 200 hurdles and I am really too short to be a good high jumper. In the 400 hurdles I can achieve something; with winter training—remember, I have no training background for 400 hurdles—I can be among the best in the world".

The last word comes from Andrin, who can count Neil McDonald, Judge Jeffreys, Peter Rich, Moira Joubert and Hugo Myburgh among his past or present pupils; "Hybre has been with me for too short a time really to achieve what we know she can do. But she is willing to work hard and next season she'll be among the top five in the world."

Hybre de Lange, born 23.10.52, has progressed:

	80/100H	200H	HJ	Pent
1968	11.6		1.55	
1969	11.6		1.58	
1970	14.0		1.74	4019
1971	13.9	28.8	1.75	3900
1972	13.8	28.7	1.75	3908
1973	13.5	26.7	1.79	3997

(reprinted courtesy "SA Athlete")

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Fine Marathon Debut

RUNNING in his first marathon, John Norman won the Midland Counties and Rugby Open Championships on May 4th in conditions more in keeping with March. His time of 2:19:37, a new course record, was first class on a cold day. John said after the race that this was the longest distance he had ever run, and that he had only entered the race because his team mates urged him to compete. Shades of Ian Thompson?

There were 78 runners and straight into the lead went Cavin Woodward accompanied by Tony Kearns and Keith Boydon. These three were 25sec up at 5M, but by 10M Boydon was clear by 2sec in 52:40 with Woodward (52:58) falling back. A bunch of seven which included Norman, Ray Donkin and Tom O'Reilly (last year's winner) passed in 53:30. Boydon (1:19:05) was 30sec clear of Kearns at 15M, who in turn was 43sec ahead of Norman, Donkin, O'Reilly, Pirie and Page.

The turn in the race happened over the next five miles so that by 20M Norman had taken over the lead (1:47:20) by 1sec from Donkin. Kearns passed 12sec after the new leader and fourth came O'Reilly in 1:47:49 with Woodward having repassed his team-mate Pirie and Page, who dropped out before 20M. Boydon passed in sixth but dropped out about 2M later suffering with blistered feet. Norman extended his lead over the final stages to finish 42sec ahead of Donkin with O'Reilly passing Kearns. Ron Bentley as expected won the Vets Championship but was hard pressed by fast finishing Darrel McWhirter, who finished only 32sec behind.

Vernon G. Bridges

1, J. Norman (Notts AC) 2:19:37
2, R. Donkin (Ealing and Southall) ... 2:20:19
3, T. O'Reilly (Small Heath) 2:22:03
4, A. Kearns (Kett) 2:22:32; 5, C. Woodward (Leam) 2:23:48; 6, D. Ritchie (B'field) 2:28:27;
7, C. Hunt (W&B) 2:28:56; 8, G. Pirie (Leam) 2:29:34; 9, C. Jackson (B'field) 2:30:23; 10, D. Wildman (W&B) 2:32:12; 11, A. Burkitt (Tip) 2:32:58; 12, R. Forster (Rug) 2:33:13; 13, C. O'Carroll (Notts) 2:33:24; 14, M. Evans (Tip) 2:33:53; 15, B. Hill (B&R) 2:34:36; 16, H. Artiss (Ver) 2:34:47; 17, R. Bentley (Tip) 2:36:10; 18, D. McWhirter (Tip) 2:36:42; 19, E. Flood (Cov G) 2:36:48; 20, L. Stowell (Leic C) 2:36:53; 21, P. Larkin (New) 2:37:28; 22, M. Newton (SLH) 2:38:22; 23, I. Robotham (W&B) 2:39:28; 24, P. Wright (Pless) 2:39:58; 25, H. Cameron (Vic P) 2:40:58; 26, W. Holloway (Small H) 2:41:40; 27, R. Johnson (TVH) 2:42:47; 28, J. Lees (W&B) 2:43:03; 29, K. Whittle (Lut) 2:43:49; 30, C. Searle (Notts) 2:43:53. 64 finished. **Teams:** 1, Notts 7:36:54; 2, W&B 7:40:36; 3, Leamington 7:41:49; 4, Tipton 7:43:01; 5, Birchfield 7:53:46; 6, Small Heath 8:02:18; 7, Kettering 8:09:58; 8, Verlea 8:24:09; 9, Plessey Beeston 8:27:15; 10, Coventry 8:41:15. **Vets:** 1, Bentley; 2, McWhirter.

LEADING WORLD PERFORMERS 1974

(As at May 21st)

100 METRES

(*100y time plus 0.9)

- 9.9* Crockett (USA)
 9.9w Fall (Senegal)
 10.0*w R. Jones (USA)
 10.0*w Garpenborg (Sweden) (10.1*)
 10.0*w Gilkes (Guyana)
 10.1* Dill (USA)
 10.1* Merrick (USA)
 10.1*w 10 men

200 METRES

(*220y time less 0.1)

- 20.1 Quarrie (Jamaica)
 20.2*w Lutz (USA)
 20.4* Burton (USA)
 20.4w Hopkins (Australia)
 20.4*w Edwards (USA) (20.5*)
 20.5* Connolly (USA)
 20.5* Brown (USA)
 20.5w Lewis (Australia)
 20.5w Fitzgerald (Australia)
 20.5*w J. Pouncy (USA)
 20.5*w R. Jones (USA)
 Top European:
 20.88 MONK (UK)

400 METRES

(*440y time less 0.3)

- 44.9* L. Jones (USA)
 45.0 Brijdenbach (Bel)
 45.52 Juantorena (Cuba)
 45.5* Parks (USA)
 45.5* B. Brown (USA)
 45.5* Oliver (USA)
 45.5* Peoples (USA)
 45.7 Asati (Kenya)
 45.7 Koskei (Kenya)
 45.7 Ayoo (Uganda)

800 METRES

(*880y time less 0.7)

- 1:43.9 Kipkurgat (Kenya)
 1:44.4 Boit (Kenya)
 1:44.9 Walker (NZ)
 1:45.3 Bayi (Tanzania)
 1:45.5 Malan (S Africa)
 1:45.6 CARTER (UK)
 1:46.1* Wohlhuter (USA)
 1:46.2 Omwanza (Kenya)
 1:46.3 LEWIS (UK)
 1:46.3 Watson (Australia)

1500 METRES

(*mile time less 18.0)

- 3:32.2 Bayi (Tanzania)
 3:32.5 Walker (NZ)
 3:33.2 Jipcho (Kenya)
 3:33.9 Dixon (NZ)
 3:34.2 Crouch (Australia)
 3:35.2* Waldrop (USA)
 3:36.8 Boit (Kenya)
 3:37.0* Fikes (USA)
 3:37.2 van Zijl (S Africa)
 3:37.3 Malan (S Africa)

Top European:

3:37.6 FOSTER (UK)

5000 METRES

(*3M time plus 28.0)

- 13:14.4 Jipcho (Kenya)
 13:14.6 FOSTER (UK)
 13:23.6 BLACK (UK)
 13:23.8* Geis (USA)
 13:24.4 Quax (NZ)
 13:24.6i Puttemans (Belgium)
 13:28.8 BEDFORD (UK)
 13:29.0* Ngeno (Kenya)
 13:31.2 Bonzet (S Africa)
 13:34.2i Yifter (Ethiopia)

10,000 METRES

(*6M time plus 60.0)

- 27:43.6 Prefontaine (USA)
 27:46.4 Tayler (NZ)
 27:48.6 BLACK (UK)
 27:57.0 Juma (Kenya)
 28:14.8 BEDFORD (UK)
 28:14.8 Shaughnessy (Canada)
 28:17.2 I. STEWART (UK)
 28:20.4* Ngeno (Kenya)
 28:28.6 SIMMONS (UK)

MARATHON

- 2:09:12 THOMPSON (UK)
 2:11:19 Foster (NZ)
 2:12:47 le Grange (S Africa)
 2:12:54 Mabuza (Swaziland)
 2:12:59 Manners (NZ)
 2:13:04 Hamada (Japan)
 2:13:24 Usami (Japan)
 2:13:39 Cusack (Ireland)
 2:13:40 Hattori (Japan)
 2:14:04 Farrington (Australia)

3000 METRES STEEPLECHASE

- 8:20.8 Jipcho (Kenya)
 8:23.2 D. Brown (USA)
 8:24.8 DAVIES (UK)
 8:28.6 Mogaka (Kenya)
 8:29.6 BICOURT (UK)
 8:32.0 Fava (Italy)
 8:35.2 Robertson (NZ)
 8:36.2 HAYWARD (UK)

110 METRES HURDLES

- 13.1w Drut (France) (13.6)
 13.1w Shipp (USA) (13.4)
 13.3 Rich (USA)
 13.3w Stubbs (USA)
 13.4w Smith (Bahamas)
 13.4w Gipson (USA)
 13.5 Coleman (USA)
 13.5 Martin (USA)
 13.5w Roland (USA)

400 METRES HURDLES

(*440y time less 0.3)

- 48.83 PASCOE (UK)
 49.32 Field (Australia)
 49.34 Koskei (Kenya)
 49.3* Bolding (USA)
 49.63 Kimaiyo (Kenya)
 49.9* Williams (USA)

- 50.0 Myburgh (S Africa)
 50.02 Silei (Kenya)
 50.1* Lee (USA)
 50.20 HARTLEY (UK)

HIGH JUMP

- 2.24i Stones (USA)
 2.23i Torring (Denmark)
 2.23i Sapka (USSR)
 2.23i Budalov (USSR)
 2.22i Woods (USA)
 2.22i Abramov (USSR)
 2.21 Underwood (USA)
 2.21 Fleer (USA)
 2.21i Jankunis (USA)
 2.21i Gavrilov (USSR)
 2.21i Del Forno (Italy)
 2.21i Lumi (USSR)
 2.21 Senyukov (USSR)
 2.21i Kelemen (Hungary)
 2.21i Maly (Czechoslovakia)

POLE VAULT

- 5.40i Dionisi (Italy)
 5.38i Dias (USA)
 5.38i Isakov (USSR)
 5.37i Trofimenko (USSR)
 5.36 Carrigan (USA)
 5.36 Isaksson (Sweden)
 5.36 Slover (USA)
 5.36i Slusarski (Poland)
 5.36i Kishkun (USSR)
 5.36i Krivozub (USSR)

LONG JUMP

- 8.27w Proctor (USA) (8.09)
 8.17i Bonheme (France)
 8.15w Seay (USA)
 8.10i Baumgartner (W Germany)
 8.08w Bolin (USA)
 8.03i Klaus (E Germany)
 8.02w Lanier (USA)
 8.01i Wartenberg (E Germany)
 8.00i Cybulski (Poland)

TRIPLE JUMP

- 17.03i Joachimowski (Poland)
 17.01w Perez (Cuba) (16.83)
 16.88i Bariban (USSR)
 16.82 Ehizuelen (Nigeria)
 16.82w Tiff (USA)
 16.79w Craft (USA)
 16.76 Taylor (USA)
 16.73i Saneyev (USSR)

SHOT

- 22.02i Woods (USA)
 21.44i Feuerbach (USA)
 21.35 Semkiw (USA)
 21.03i Albritton (USA)
 20.95i CAPES (UK)
 20.87i Rothenburg (E Germany)
 20.60i Hoglund (Sweden)
 20:53i Stuart (USA)

DISCUS

- 68.04 van Reenen (S Africa)
 65.46 Bruch (Sweden)
 64.52 Powell (USA)

63.08 Tait (NZ)
62.86 Wilkins (USA)
61.90 Drescher (USA)
61.42 TANCRED (UK)
61.42 Penzikov (USSR)

HAMMER

72.32 Dmitryenko (USSR)
72.10 Korolyev (USSR)
70.86 Sedykh (USSR)
70.24 Huning (W Germany)
70.14 Farmer (Australia)
70.12 Klein (W Germany)
70.00 Bondarchuk (USSR)
69.90 Barnard (S Africa)
69.76 PAYNE (UK)
69.56 CHIPCHASE (UK)

JAVELIN

84.92 CLOVER (UK)
82.66 Luke (USA)
82.58 Grebnyev (USSR)
82.32 Schnell (S Africa)
82.16 Chupilko (USSR)
81.88 Tappe (W Germany)
81.78 Wolferrmann (W Germany)
81.22 TRAVIS (UK)

DECATHLON

8240 Jenner (USA)
7939 Bennett (USA)
7938 Evans (USA)
7878 Le Roy (France)
7864 Samara (USA)
7842 Gough (USA)
7842 Bogdan (Romania)
7830 Dixon (USA)

20 KILOMETRES WALK

1:27:00 Stadtmüller (E Germany)
1:27:01 Zschiegner (E Germany)
1:27:49 Frenkel (E Germany)
1:28:02 Ivchenko (USSR)
1:28:11 Forian (Hungary)
1:28:28 Zambaldo (Italy)
1:29:00 Alfaro (Colombia)

50 KILOMETRES WALK

3:52:53 Hohne (E Germany)
3:58:15 Lyungin (USSR)
3:59:57 Selzer (E Germany)
4:00:20 Grigoryev (USSR)
4:03:00 Bondarenko (USSR)
4:03:06 Skotnicki (E Germany)
4:05:35 Weidner (W Germany)
4:06:25 Apalais (USSR)
4:06:33 Turinzev (USSR)

WOMEN**100 METRES**

(*100y time plus 0.9)

10.9w LYNCH (UK) (11.31)
11.0w Telliez (France)
11.0w Boyle (Australia) (11.27)
11.0w Robertson (Australia)
11.1*w Henderson (USA)
11.2w Lamy (Australia)

200 METRES

22.50 Boyle (Australia)
22.73 Robertson (Australia)
22.90 Annum (Ghana)

22.9 Lamy (Australia)
23.0 van Straaten (S Africa)
23.1 Sargent (Australia)
23.13 Bailey (Canada)
23.1w Wilden (W Germany)
23.1w LYNCH (UK)
23.1w Telliez (France)

400 METRES

51.67 Saunders (Canada)
51.94 BERNARD (UK)
52.08 Rendina (Australia)
52.17 van Straaten (S Africa)
52.27 Penton (Cuba)
52.44i Ilyina (USSR)
52.64i Pavlicic (Yugoslavia)
52.77i Dietsch (E Germany)

800 METRES

(*880y time less 0.8)

2:01.1 Rendina (Australia)
2:01.5*i Decker (USA)
2:02.0 Haden (NZ)
2:02.4i Katolik (Poland)
2:02.5i Ellenberger (W Germany)
2:02.6 Chebichi (Kenya)
2:02.6i Hoffmeister (E Germany)
2:03.1 ALLISON (UK)

1500 METRES

4:07.8 Reiser (Canada)
4:10.7 ALLISON (UK)
4:11.0i Petrova (Bulgaria)
4:11.3i Krebs (E Germany)
4:12.2i Larrieu (USA)
4:12.3 Wright (Canada)
4:13.1 S. van Zyl (S Africa)
4:14.5i Kazachkova (USSR)
4:14.7 STEWART (UK)

3000 METRES

9:02.4i Larrieu (USA)
9:14.0i Bragina (USSR)
9:15.2i Bondarchuk (USSR)
9:15.6 S. van Zyl (S Africa)

100 METRES HURDLES

12.9w VERNON (UK)
13.1w Antenen (Switzerland)
13.2 van Rensburg (S Africa)
13.2 de Lange (S Africa)
13.2i Johnson (USA)
13.33 Dell (Australia)
13.3i Nowak (Poland)

400 METRES HURDLES

58.9 de Lange (S Africa)

HIGH JUMP

1.92i Kirst (E Germany)
1.90i Witschas (E Germany)
1.90i Karbanova (Czech)
1.89i Popescu (Romania)
1.87i Rudolf (Hungary)
1.86i Galka (USSR)
1.85i Ioan (Romania)
1.84 LAWTON (UK)
1.84i Huntley (USA)
1.84i van Laar (Netherlands)

LONG JUMP

6.69i Antenen (Switzerland)
6.60i Schmalfeld (E Germany)
6.51i MARTIN-JONES (UK)
6.50 Oshikoya (Nigeria)

6.48 Garbey (Cuba)
6.46 Nixon (Australia)
6.46i Nygrynova (Czech)
6.46i Thon (E Germany)

SHOT

20.75i Fibingerova (Czech)
20.62i Chizhova (USSR)
19.70i Adam (E Germany)
19.23i Khristova (Bulgaria)
19.16i Ivanova (USSR)
19.06i Karachevskaya (USSR)
18.84i Melnik (USSR)

DISCUS

64.24 Menis (Romania)
58.94 Vergova (Bulgaria)
56.78 Varga (Hungary)
55.90 Roberts (Australia)
55.76 Haist (Canada)
54.84 PAYNE (UK)

JAVELIN

61.62 Schmidt (USA)
60.78 Janko (Austria)
59.50 Mollova (Bulgaria)
58.10 Koloska (W Germany)
56.58 Becker (W Germany)
56.18 Cannon (USA)

PENTATHLON

4469i Thon (E Germany)
4455 PETERS (UK)
4423 Oshikoya (Nigeria)
4349i Popovskaya (USSR)
4316i Muller (E Germany)
4236 WILSON (UK)

LEADING 'PRO' MARKS

200: 20.3* Carlos; 400: 45.2* Edmonson, 45.5* James; HJ: 2.21i Radetich; PV: 5.59 Smith, 5.49 Seagren, 5.38i Williamson; LJ: 8.02i Hines; SP: 21.42i Bernardi, 21.47i Matson, 21.12 Oldfield, 20.88i Salb; Women's 100: 11.2* Simburg (all USA).

METRIC CONVERSION**CHECKLIST**

1.80 = 5'10 $\frac{1}{2}$ ", 1.90 = 6'2 $\frac{1}{2}$ ",
2.00 = 6'6 $\frac{1}{2}$ ", 2.10 = 6'10 $\frac{1}{2}$ ",
2.20 = 7'2 $\frac{1}{2}$ ", 2.30 = 7'6 $\frac{1}{2}$ ",
5.00 = 16'4 $\frac{1}{2}$ ", 5.10 = 16'8 $\frac{1}{2}$ ",
5.20 = 17'0 $\frac{1}{2}$ ", 5.30 = 17'4 $\frac{1}{2}$ ",
5.40 = 17'8 $\frac{1}{2}$ ", 5.50 = 18'0 $\frac{1}{2}$ ",
5.60 = 18'4 $\frac{1}{2}$ ", 6.00 = 19'8 $\frac{1}{2}$ ",
6.20 = 20'4 $\frac{1}{2}$ ", 6.40 = 21'0",
6.60 = 21'8", 6.80 = 22'3 $\frac{1}{2}$ ",
7.60 = 24'11 $\frac{1}{2}$ ", 7.80 = 25'7 $\frac{1}{2}$ ",
8.00 = 26'3", 8.20 = 26'11",
8.40 = 27'6 $\frac{1}{2}$ ", 8.60 = 28'2 $\frac{1}{2}$ ",
8.90 = 29'2 $\frac{1}{2}$ ", 16.00 = 52'6",
16.50 = 54'1 $\frac{1}{2}$ ", 16.75 = 54'11 $\frac{1}{2}$ ",
17.00 = 55'9 $\frac{1}{2}$ ", 17.25 = 56'7 $\frac{1}{2}$ ",
17.50 = 57'5", 18.00 = 59'0 $\frac{1}{2}$ ",
19.00 = 62'4", 20.00 = 65'7 $\frac{1}{2}$ ",
21.00 = 68'10 $\frac{1}{2}$ ", 22.00 = 72'2 $\frac{1}{2}$ ",
50.00 = 164'0", 55.00 = 180'5",
60.00 = 196'10", 65.00 = 213'3",
70.00 = 229'8", 75.00 = 246'1",
80.00 = 262'5", 85.00 = 278'10",
90.00 = 295'3", 95.00 = 311'8",
100.00 = 328'1". Note: 1 metre equals approx 3'3 $\frac{1}{4}$ ".

The Training & Technique of DWIGHT STONES

By John Tansley, Track Coach
at Glendale College, Calif.



Peter Tempest photo

IN an age of scientific and heavily weight trained athletes, Dwight Stones is an enigma. He has parlayed an almost flawless 'flop' technique and an enthusiastic and fearless attitude toward high jumping into a world record and an amazing ability to win consistently. Stones cleared seven feet 106 times in 1973, when aged 19.

Dwight loves and is inspired by competition. He competed in 11 indoor and 44 outdoor meets in 1973. He rarely ever jumps in practice and, in fact, has cleared 7'0" only twice in practice (once while at Glendale High School and once at UCLA). He has straddle jumped seven feet.

He admits that he does not have exceptional springing ability and states that shot putter Al Feuerbach can "easily outjump me in a standing jump test". Stones also is consistently outbounded in basketball, and in his only try at a Sargent Jump Test recorded a mere 26½ inches. He has tried depth-jumping, but feels it does not help him and hurts his knees.

Although once quoted as saying he was going to jump eight feet, Dwight does feel he is capable of 2.40m (7'10½"). He intends to continue to compete for many years or until "the fun stops". His typical pre-season training consists of a two to three hour workout as follows:

PRE-SEASON TRAINING (October-January)

Monday: Light weight workout consisting of all-round upper body work and a series of half squats (200lb) and calf raises with 250lb. He considers the calf raise to be extremely important. He also uses a pulley-weight attached to the foot to do a "leg up" drill, developing the hip flexors, a pull down and incline sit-ups for abdominal strength.

Tuesday: Three to four miles of running by 4 to 6 x 150 sprints with emphasis on rhythm and controlled running technique. 2 x 550 hill runs.

Wednesday: Triple jump bounding exercises working on rhythm. Work on high jump fundamentals, finish with some stadium steps.

Thursday: Three to four miles of running, followed by 8-12 x 75 sprints working on rhythm and controlled running technique. 550 hill run two times.

Friday: Weight workout same as Monday.

Saturday: Play tennis, volleyball or basketball.

Sunday: Rest.

COMPETITIVE SEASON TRAINING (January-September)

Monday: Jog, stretch, do some light weight training.

Tuesday: Three to four miles distance run. 5 x 150 concentrating on technique and controlling form. 2 x 550 hill runs.

Wednesday: Triple jump bounding. Work on high jump fundamentals on the grass (run up, knee drive, double arm lift).

Thursday: Three mile run. 5 x 75 sprints.

Friday: Loosen up and stretch.

Saturday: Compete.

Sunday: Rest.

WARM-UP

Jog mile in 7:00. Stretch for 20 minutes. 4 x 110 on grass or high hurdling. Work on approach and take two or three flops and several straddle jumps at low heights. Pre-jump consists of walk up and a simulated knee and arm lift.

TECHNIQUE

Stones uses a ten step approach starting from a point 16 feet to the right of the right standard and 64 feet out. He heel-toes these marks and places a marker at both points, adjusting them as needed.

He then takes four strides, in a straight line, toward the marker to the right of the standard.

Dwight considers these ten points of technique necessary to master the 'flop':

1. Rhythmic, consistent and maximum use of speed in the run-up.
2. Aggressive knee drive.
3. Strong double arm action at take-off.
4. Driving up with no lean into the bar.
5. Driving arms all the way up before dropping them.
6. A flat-parallel layout.
7. Good timing of the lower legs.
8. Land on the middle to lower back.
9. Head steady and not turning to the side.
10. Intense concentration on the correct technique before and during attempt.

Turning on the fifth stride, he arcs toward the bar, taking off on the left foot directly in front of the right standard. He accelerates on the last three steps, co-ordinating the right amount of speed with the maximum available strength. He then aggressively drives the right knee and both arms up while rotating his back to the bar.

The emphasis is on quickness off of the jumping leg and all effort and concentration into jumping straight up (no lean toward the bar). After all height is obtained, he drops the right knee and both arms.

The clearance of the lower legs involves critical timing as the hips must clear the bar before they are fluidly lifted over.

The head should not turn as this drops the

shoulder and hip. The landing should be on the middle to lower back, not the shoulders.

(Reprinted courtesy "Track Technique")

INTERNATIONAL INTER-CLUB MATCH

At Swansea, May 5th

Swansea 455; Leevale (Rep. of Ireland) 429; Dyfed 379; West Glamorgan 187.

800: A. Roper (S) 1:55.4. 1500: 1, J. Theophilus (S) 3:54.6; 2, A. Dyke (S) 3:59.0. SP/DT: B. Coghlan (L) 14.95/49'0 $\frac{1}{4}$ " & 40.38/132'6". JT: M. Flavell (S) 56.00/183'9". 4 x 100: Dyfed 44.6. (Youths) 1500SC: 1, M. Evans (S) 4:34.4; 2, M. Murphy (L) 4:42.2; 3, D. O'Mahoney (L) 4:45.2. HJ: 1, B. Cronin (L) 1.78/5'10"; 2, R. Butcher (S) 1.73/5'8"; 3, D. Murray (L) 1.73; 4, Thomas (D) 1.73. SP: P. Vaughan (D) 13.79/45'3". 4 x 100: Dyfed 46.4. (Boys) 100 (B): S. Hedges (S) 12.1. 400: S. Owen (S) 54.6. TJ: 1, F. O'Shea (L) 12.22/40'1 $\frac{1}{4}$ "; 2, M. Butterworth (D) 12.10/39'8 $\frac{1}{2}$ ". 4 x 100: Dyfed 48.0. (Senior Women) 100: 1, A. Jeffords (L) 12.4; 2, C. Jenkins (D) 12.5. HJ: J. Worrall (S) 1.53/5'0 $\frac{1}{4}$ ".

Leeds City AC officers: President, R. J. Barrow; secretary, D. M. Stark, 28 Baroncourt, Leeds 15; treasurer, D. Hodgson, 32 Victoria Mount, Horsforth, Leeds LS18 (tel: Horsforth 5586).

Derby Ladies AC officers: President, W. D. Stretton; secretary, Mrs E. Dunphy, 6 Cobthorne Drive, Allestree, Derby (Tel: 50139).

S.A.A.A. and S.W.A.A.A.

NATIONAL CHAMPIONSHIPS

(Featuring the 'Davis and Timmins' Sponsored 5000m Event)

SATURDAY, JUNE 22nd, at 10.00 a.m.

MEADOWBANK SPORTS CENTRE,
EDINBURGH

ENTRIES CLOSE SATURDAY, JUNE 1st

Men's Events to:	Women's Events to:
R. W. Greenoak,	Miss A. M. Ireland,
41 Greenfield	50 Learmouth Court,
Crescent,	Edinburgh EH4 1PD.
Balerno, Midlothian.	

JUNIOR, YOUTHS and BOYS CHAMPIONSHIPS

SATURDAY, JUNE 29th, at 10.00 a.m.

MEADOWBANK SPORTS CENTRE,
EDINBURGH

ENTRIES CLOSE SATURDAY, JUNE 8th

Entries to A. Naylor, 13B Stuart House,
Burns Road, Cumberland G67 2AP.

OPEN TO ALL U.K. ATHLETES

LONDON IRISH A.C.

2nd Annual

STAINES CARNIVAL 'S'

ROAD RACE

SUNDAY, JUNE 16th, 1974, at 3.00 p.m.

START AND FINISH: CLOCKHOUSE
LANE, RECREATION GROUND
(New Course)

1973 Winner: J. Jones (Windsor)

Awards: first 10 Individuals, first 3 Veterans, first 3 teams, first 'B' team, first Business Houses team. **Bord Failte Shield** to winning team, Holders: London Irish A.C. **Spelthorne Cup** to first Individual residing in Spelthorne Urban District Area. Holder: M. Connelly (Walton).

Other Awards according to Sponsorship

Entry Fee: 25p Ind., 50p Team (4 run, 3 score). All must enter as Individuals. Veterans please give date of birth.

Entries to Pat Fitzgerald, 284 Western Avenue, London W.3.

ENTRIES CLOSE MONDAY, JUNE 3rd

OVERSEAS NEWS — *Compiled by Bob Sparks*

EUROPE: World Walking Records Soon Broken

BERND KANNENBERG, Olympic champion and holder of the world best for 50km road walk, made short work at Kassel on May 11th of Peter Frenkel's pending world records for 2 hours and 30km, established only four weeks previously. Kannenberg added 223m to the 2 hours record with 27,153m (16M 1535y), and completed 30km in 2:12:58 compared with the East German's 2:14:21.2. The currently ratified marks are 26,911m (16M 1270y) and 2:14:45.6, set by Karl-Heinz Stadtmüller two years ago.

Kannenberg passed 5km in 21:58.8, 10km in 44:00.2 (as against 44:12.0 by Frenkel during his

record), 15km in 1:06:02.8, 20km in 1:28:08.6 (compared with Frenkel's 1:28:10.0) and 25km in 1:50:22.0. He covered the 5km segments in 21:58.8, 22:01.4, 22:02.6, 22:05.8, 22:13.4 and 22:36.0.

Perhaps the most surprising performance to date this season in Europe is Jesper Tørring's Danish high jump record of 2.23/7'3½". Tørring was primarily known as a hurdler and long jumper (holding the Danish records with 13.9 and 7.80/25'7¼"), but his switch to the high jump had already brought him success at the recent European Indoor championships, where he was a somewhat unnoticed fourth with 2.17/7'1½". Competing in a league match at Århus on May 12th, he equalled this height to beat his own outdoor record of 2.16, then continued with clearances at 2.19, 2.21 and 2.23. This latter, besides being the best outdoor mark of the year, constitutes a new Nordic record, the previous record being 2.22/7'3¼" held by Janne Dahlgren of Sweden.

Alfons Brijdenbach (19), the European Junior champion, moved to third place on the European all-time list when he clocked 45.0 for 400 in Brussels on May 15th, a race held in conjunction with the European Cup soccer final. The Belgian reached the 200 mark in 21.0 and won by a dozen metres from West Germany's Horst-Rüdiger Schloske (46.5).

USSR

21.3. Brest Litovsk. JT: Grebnyov 82.58/270'11". 31.3. Frunze. Women's SP: Masyar 17.66/57'11¼". 3.4. Zaporozhe. HT: Dmitrenko 72.16/236'9". 7.4. Alushta. HT: Yuriy Sedykh 70.86/232'6" (world jun rec).

SWEDEN

3.5. Malmö. DT: Bruch 64.46/211'6".

DENMARK

5.5. Copenhagen. SP: Lindskjold 19.72/64'8½" (rec). 12.5. Århus. HJ: Tørring 2.23/7'3½" (rec).

RUMANIA

4/5.5. Pitesti. 100: Petrescu 10.3; 400: Vasile 46.8; 800: Ghipu 1:48.3; HT: Stan 68.64/225'2" (rec); women's DT: Menis 64.24/210'9".

GREECE

6.4. Athens. Mar: IAN THOMPSON 2:13:50.2, MAX COLEBY 2:18:49.8, Carlie (USA) 2:22:40, Hatos (Rum) 2:23:28, Tsimingatos 2:24:48, . . . 8, Aktas (Tur) 2:30:23; Akcay (Tur) retired at 32km; SP: Louca (Cyp) 18.49.

FRANCE

3.5. Nice. 100: Robaglia 10.3. 5.5. Colombes. 110H: (+ 3.0m) Drut 13.1; LJ: Fautse 7.77/25'6" w. 5.5. Clermont-Ferrand. 400H: Nallet 52.5.

BOB SPARKS TAKES OVER

After 17 years of compiling the overseas news for 'AW' I am standing down in order to find more time to write other features for the magazine. It is with great pleasure that I introduce my successor as overseas news editor, Bob Sparks.

Bob Sparks (36) is one of the world's foremost authorities on athletic performances. A founder member of the NUTS and now its chairman, he is on the executive committee of the Association of Track & Field Statisticians and has been the AAA's honorary statistician since 1969. He has edited numerous NUTS annuals, compiled the officially recognised Metric Conversion Tables, and acted as UK correspondent to the West German weekly, 'Leichtathletik', since 1958. He has been an announcer at national and international level for over a decade, including the position of co-announcer at the 1973 European Cup Final.

A computer programmer at British Petroleum, Bob says his interest in athletics was first kindled by McDonald Bailey on August 26th 1951. He ran for London at the All-England Schools Championships in 1956; best marks of 10.4 for 100y, 23.2 for 220y, 6.33/20'9¼" for long jump while at school, but retired—apart from occasional attempts at the NUTS pentathlon championship—on entering college. He was a member of Polytechnic Harriers. His principal interests at the moment centre round photo-finish timekeeping and revised decathlon/pentathlon scoring tables.

Mel Watman

TWO FOR THE ROAD



ADIDAS DO IT AGAIN with the new **COUNTRY**. (Under) Features include: exceptionally hard wearing sole: built-up heel: super soft calf leather uppers: ultra light; outstanding design. Yours by return for only **£8.05**.

BLUE STAR (Over) Another addition to the road and general training range and good value at **£4.50** (limited stocks of this shoe in whole sizes only).

OTHER GOODIES

ADIDAS SL72 **£8.95**, Gym **£4.00**, Rom **£5.60**, Rainsuits: jackets **£4.65**, trousers **£4.65**. Colours red, yellow, orange, royal, navy, sky, green (please state your height and colour and possible alternatives when ordering).

Adidas Colour Posters 32in x 24in. Superb action shots, Rosendahl, Borzov, Milburn, Billy Jean King (post free), 1 for 40p, 2 for 75p, 3 for £1, 4 for £1.30 (any).

Adidas replacement spikes, 6, 10, 12, 15, 18mm, **45p** post free. Synthetic track spikes 5, 7, 9, 12mm, **70p**, post free.

TIGER—Cortez (limited number of seconds, 6-11 plus ½ sizes) a superb shoe, **£9.15**. Jogger **£7.20**, Marathon **£6.35**, Cub **£5.30**. Red nylon Tiger bags **£5.55** (post free). Post and packing: shoes 15p, rainsuits 10p.

MEN'S—Umbro Track Shorts, Nylon sateen, freedom style, colours: Scarlet, black, royal **£1.25**. Track Vests, Colours: white, scarlet, emerald, gold **£1.10**.

LADIES' (Bukta) Track briefs. Colours: Scarlet, maroon, navy **£1.00**. Umbro Track Briefs. Colours: Royal, Scarlet (white stripe) **90p**. Umbro Track vests. Colours: Royal, Scarlet (white stripe) **£1.30**. Athletics vests and shorts post free.

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Callers welcome, normal shop hours (early closing Thursdays).

11/12.5. Paris. Dec: Le Roy 7878; Juniors: Philippe Bobin (son of Robert Bobin, former director of French athletics) 7071 (jnr rec). **12.5. Oignies.** 110H: Drut 13.6.

ITALY

15.3. Bra (i). PV: Dionisi 5.36/17'7", Kuretzky (WG) 5.25/17'24". **23.3. Udine** (i). HJ: Dal Forno 2.21/7'3". **7.4. Rome.** 1 Hour: Cindolo 19,917m/12M 661y, Valani-Lisi 19,678/12M 430y; DT: Bruch (Swe) 65.10/213'7". **9.4. Ferrara.** 1 Hour: Mangano 19,775m/12M 506y. **20.4. Rome.** 1 Hour, 15km and 20km Walk: Zambaldo 13,764m/8M 973y (rec), 1:05:31.2 (rec) and 1:28:21.2 (rec). **25.4. Varese.** Mar: Cindolo 2:15:41.8 (rec). **26.4. Rome.** SP: Bruch (Swe) 19.91/65'4".

WEST GERMANY

27.4. Leverkusen. Women's 200: Wilden 23.1w; 100H: Nolte 13.4w. **28.4. Saulheim.** HJ: Ghiassi (Iran) 2.18/7'1½". **1.5. Opladen.** HT: Hünig 70.24/230'5". **5.5. Gelsenkirchen.** Women's 200: Wilden 23.1w (heat: Richter 23.2w). **12.5. Kassel.** 1 Hour, 2 Hours and 30km Walk: Kannenberg 13,636m/8M 833y (rec), 27,153m/16M 1535y (world rec) and 2:12:58.0 (world rec). **12.5. Leverkusen.** DT: Neu 60.74/199'3"; HT: Klein 70.12/230'1"; JT: Tappe 81.88/268'8", Wolfemann 81.78/268'4". **12.5. Frankfurt.** Women's JT: Becker 56.58/185'7".

BULGARIA

3.3. Plovdiv. Women's DT: Vergova 58.94/193'4". **31.3. Kasanluk.** Women's JT: Mollova 59.50/195'2".

BELGIUM

Georges Schroeder recently improved his shot and discus records with 17.91/58'9¼" and 57.66/189'2".

HUNGARY

29.4. Budapest. Women's DT: Varga 56.78/186'3"; JT: Vagasi 54.38/178'5".

USA: Briton Runs 3.58 Leg

Ron Martin, 23-year-old Walton runner who is studying in the USA, has recently been displaying enormous improvement as a miler. No faster than 4:06.4 before this year, he was timed at 4:01.0 on April 20th and contributed a 3:58.0 stage in the Penn Relays the following week. Martin ran 3M in 13:14.0 last season. That unfortunate motel accident last winter does not seem to have hampered Tony Staynings and Nick Rose. Their latest exploit was 13:14.4 for 3M by Staynings and 13:16.0 by Rose at Knoxville on May 11th.

3.4. Roanoke Rapids. 100y: Suggs 9.3. **6.4. Bra-denton.** 100y: Don Merrick 9.2 (World Junior rec). **6.4. Pensicola.** 120H: Coleman 13.5, Martin

continued on page 34

RESULTS IN BRIEF

April 7th

Avalon League, at Yeovil. Yeovil 410; Taunton 382; Trowbridge 175; North Dorset 6. SP: Psyk (Taun) 13.16/43'24". HT: E. Berry (Y) 56.88/186'7".

April 20th

Scunthorpe Harriers Meeting, at Quibell Park. (Youths). SP: S. Hughes (Sheff Cty) 14.27/46'10". 4 x 200: Dorothy Hyman TC 1:40.2. (Senior Women) 100: D. Ramsden (DHTC) 12.1. 200: 1. Ramsden 24.8; 2. J. Colebrook (Scun-I) 25.6. 400: Colebrook 58.7. (Juniors) 800: J. Moody (Cty Hull) 2:25.3.

April 24th

RAF 164; Cambridge Univ 160; Alverstone 65, at Cambridge. 100: D. Halliday (RAF) 11.1. 400: Williams (RAF) 50.7. 5000: M. Dell (CU) 14:42.4. 3000SC: 1. St John (CU) 9:36.6; 2. Goodfellow (RAF) 9:45.0. 400H: 1. Walker (RAF) 56.9; 2. H. Smith (RAF) 57.0. (n/s): Thornborough (RAF) 57.9. PV: Reed (CU) 3.73/12'24". LJ: 1. Ogbonnaya (RAF) 6.94/22'9 1/4"; 2. Duff (RAF) 6.75/22'1 1/4". SP: 1. McEwan (RAF) 13.28/43'7"; 2. Gray (CU) 13.04/42'9 1/4". DT: 1. Ochart (CU) 43.50/142'8"; 2. McEwan 42.02/137'10"; 3. Johnston (RAF) 41.84/137'3". HT: 1. Johnston 51.34/168'5"; 2. Window (RAF) 45.34/148'9"; 3. Andrews (CU) 44.88/147'3"; 4. English (CU) 44.30/145'4". JT: Christianson (CU) 56.72/186'1". 4 x 400: RAF 3:26.3.

April 27th

North Wales 10 Miles Road Race, at Wrexham. 1. M. Mountford (Staff) 52:13; 2. P. Mainwaring (Wrex) 54:02; 3. J. Jones (Wrex) 54:04; 4. P. Egerton (Wrex) 54:52; 5. R. Billington (Wrex-V) 55:33; 6. B. Williams (Shrew) 55:51; 7. B. Flanagan (Seft) 55:56; 8. P. Keeley (Wrex) 56:30; 9. D. Hughes (Wrex) 56:52; 10. R. Morris (Shrew) 58:03. **Teams:** 1. Wrexham 9; 2. Wrexham 'B' 22; 3. Sefton 35. **North Wales Champs:** 1. Mainwaring; 2. Jones; 3. Billington

May 5th

Young Athletes League, at Croydon. 1. Epsom & Ewell 156; 2. Hercules Wimbledon 146; 3. Surrey 142; 4. Croydon 121; 5. Surrey Beagles 115; 6. Walton 16. (Youths) 100: S. Bergan (Croy) 11.4. HT: S. Sage (E&E) 41.64/136'7". 4 x 400: Surrey Beagles 3:51.4. (Boys) 100/200: D. Mote (Sy) 11.8/24.4. HJ: Long (Sy) 1.62/5'3 1/4".

May 5th

Young Athletes League, at Warley. (Youths) 100: 1. E. Marchant (Spark) 11.2; 2. P. Smith (Stoke) 11.3. 200: Maynard (Leic) 23.4. 800: P. Gower (Leic) 2:00.8. 1500: K. Thompson (Leic) 4:09.9. 1500SC: M. Scholl (Leic) 4:52.2. HJ: B.

FANCY A FLING?

**Everything goes at Corby on
July 20th**

HIGHLAND GATHERING

**AT BRITISH STEEL CORPORATION
RECREATION CLUB GROUNDS**

CORBY, NORTHANTS

ON SATURDAY, JULY 20th, 1974

COMMENCING 2.00 p.m.

OPEN SCRATCH EVENTS

TRACK

(Under A.A.A. Laws—440 Yards Track)

MEN—SENIOR (Prizes Valued at £6, £4, £2)

1. 100 Yards
2. 200 Yards
3. 880 Yards
4. One Mile
5. Three Miles

FIELD

MEN—SENIOR (Prizes Valued at £6, £4, £2)

6. Putting the Shot
7. Throwing the 28lb Weight for Distance
8. Throwing the Scots Hammer
9. Throwing the 56lb Weight for Height
10. Tossing the Caber

SPECIAL HANDICAP EVENTS

MEN—VETERANS (Prizes Valued at £6, £4, £2)

11. 100 Yards
12. 220 Yards
13. 400 Yards
14. One Mile

ENTRY FEES

OPEN SCRATCH EVENTS—Men

One Event	15p
Two Events	25p
Three or more Events	30p

VETERANS

One Event	10p
Two or more Events	15p

ENTRIES CLOSE FRIDAY, JUNE 28th, 1974

All entries to be made on the appropriate A.A.A. Entry Form.

N.B.: Late entries will be returned.

Only competitors enclosing stamped addressed envelopes will receive Free Admission Tickets.

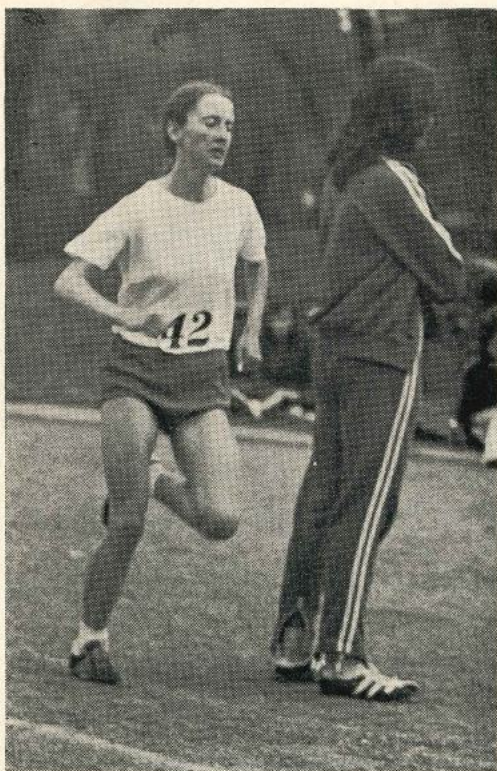
ALL ENTRIES TO:

**R. A. HANSON
BRITISH STEEL CORPORATION
CORBY, NORTHANTS**

Hayden (Leic) 1.74/5'8½". PV: 1, R. Goodall (Stoke) 3.70/12'1½"; 2, M. Leonard (Cann) 3.30/10'10". HT: J. Bailey (Stoke) 41.24/135'4". JT: 1, S. Morton (Cann) 53.40/175'2"; 2, M. Hodge (Leic) 46.26/151'9". 4 x 100: 1, Stoke 46.2; 2, Sparkhill 46.4. 4 x 400: Leicester 3:39.9. **(Boys)** 100: 1, M. Garmston (Cann) 11.4; 2, Ford (Leic) 11.4; 3, P. Field (New) 11.6. HJ: G. Vorgic (Leic) 1.65/5'5". SP (n/s): C. Cotterel (Stoke) 12.48/40'11½". HT: C. Hackley (Stoke) 41.48/136'1". 4 x 400: Newcastle 3:53.3. **Teams:** 1, Stoke 160; 2, Leicester 158; 3, Cannock 133; 4, Newcastle 120; 5, Sparkhill 111; 6, Banbury 15.

Kent WAAA 1500m Champs, at Crystal Palace. **(Senior):** 1, H. Tanner (Kt) 4:42.4; 2, G. Adams (Kt) 4:43.3; 3, S. O'Dell (Camb H) 4:47.4. **(Inters):** L. Pamment (Camb H) 4:58.5. **(Juniors):** J. Oliver (Kt) 5:06.2.

Ranelagh club captain Jim Forrest traversed the 71 miles length of the South Downs Way (Petersfield, Hants—Beachy Head, Sussex) on May 11th in a record 11hr 8min and 46sec—the first to run the distance in under 13 hours.



Hilary Tanner taking the Kent 1500m title in 4:45.4.

Peter Williams

INTER-POLYTECHNIC MATCH

At Leicester, May 1st

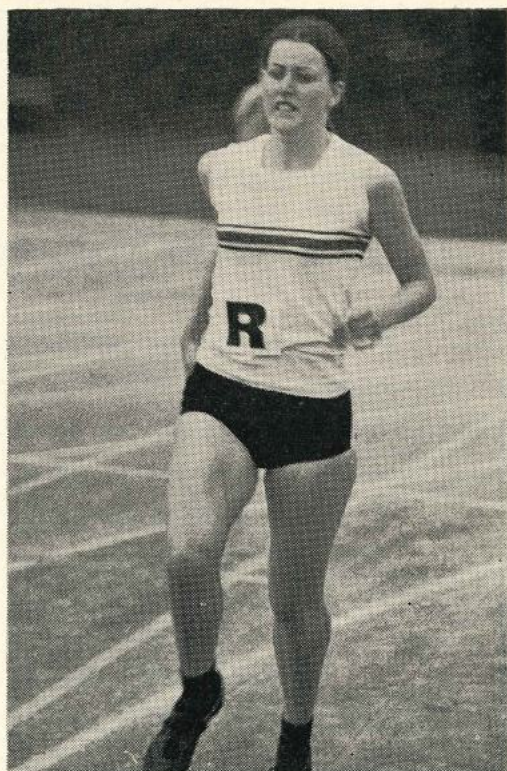
Leicester 135; Liverpool & Sheffield 90; Oxford 78.

100/200: P. Walsh (Ox) 11.0/22.4. 800: R. Callan (Leic C) 1:57.7. 3000: 1, P. Martin (Leic C) 8:40.4; 2, Callan 8:40.4. 400H: M. Wittington (Leic) 56.7. LJ: R. Heward-Mills (Leic) 6.80/22'3½". TJ: 1, Heward-Mills 14.64/48'0½"; 2, J. Tustin (Leic) 14.31/46'11½"; 3, Langley (Cov G) 13.54/44'5¼". **(Women)** 100: 1, L. Biddles (Leic C) 12.4; 2, J. Sanderson (Leic C) 12.5. 200: Biddles 25.4. HJ: 1, G. Lansdown (Leic C) 1.59/5'2½"; 2, J. Harrison (Leic C) 1.59; 3, J. Richardson (Leic C) 1.53/5'0¼". LJ: Sanderson 5.67/18'7¼". DT: 1, K. Mallard (Leic C) 35.86/117'8"; 2, V. Challis (Leic C) 29.42/96'6".

YOUNG ATHLETES MEETING

At Welwyn Garden City, May 5th

Verlea 679; Stevenage & N Herts 552; Cambridge & Col 419; Luton 365; Barnet 311; Vale of Aylesbury 78. **(Youths)** 200: P. Mitch 23.7. 400: M. Jones (Ver) 52.5. HJ: 1, Parsons (Ver) 1.72/5'7¼". SP: M. Charge (Ver) 13.76/45'1¼". 4 x 100: Verlea 47.1.



Gail Allnutt winning the Southern League 1500m at Exeter.

Peter Williams

SCAAA OPEN MEETING: Boyle 37.3, Lawton 1.79

At Crystal Palace, May 12th

100: 1, J. Wilson (QPH) 11.0; 2, S. Payne (VPH) 11.1. 200: C. Prevett (Worth) 22.5. 1500: P. Ramsey (New) 3:58.9. 3000W: 1, C. Lawton (Bel) 13:35.2; 2, B. Armstrong (Ilf) 13:56.6; 3, D. Hall (Bel) 14:23.0. PV: 1, A. Williams (Camb H) 4.65/15'3"; 2, K. Stock (Croy) 4.20/13'9½"; 3, C. Kidd (Hill) 4.20; 4, S. Clark (Croy) 4.10/13'5½"; 5, J. Gutteridge (WS&E) 3.70/12'1½"; 6, W. Du Bose (VPH) 3.50/11'5½". Pen: 1, M. Corden (SUH) 3340 (6.10/24.5/56.54/41.62/4:23.4); 2, R. Snow (Har) 3295 (6.91/24.5/51.52/34.08/4:12.7); 3, A. Drayton (S&E) 3290 (6.74/23.3/50.72/37.98/4:39.5); 4, N. Phipps (Wok) 3287; 5, D. Kidner (TVH) 3233; 6, C. Youngs (Worth) 2869; 7, M. De Havilland (N Lon) 2857; 8, A. Salander (H&S) 2745. (Juniors) 400: 1, S. Payne (VPH) 50.0; 2, P. Williams (Camb H) 50.9. 1500: M. Morris (Cwm) 4:01.3. LJ: H. McLean (Hav) 6.52/21'4½".

(Women) 300: 1, R. Boyle (Australia) 37.3; 2, S. Pengilly (Wales) 38.8; 3, L. Taylor (Ex) 39.2; 4, B. Martin (LOAC) 39.3; 5, D. Fitzgerald (LOAC) 39.9; 6, N. Klarkowski (Wig) 40.6; 7, D. Showler (Hav) 41.0; 8, J. Pettitt (Hav) 41.1. 600: 1, J. Colebrook (Scun-I) 1:32.3; 2, L. Pamment (Camb H-I) 1:32.8; 3, M. Barrett (B Wood) 1:34.5; 4, L. Harvey (LOAC-I) 1:36.2; 5, M. Eisenberg (—) 1:36.4. 100H: 1, J. Vernon (Mit) 13.6; 2, L. Ilott (Hav) 13.9; 3, A. Wilson (S'end) 13.9; 4, P. Chapman (Mx) 14.3; 5, L. Boothe (Mit)

14.4; 6, H. Alderton (Ex) 14.4; 7, S. Mapstone (Har) 14.8. HJ: 1, B. Lawton (AF&D) 1.79/5'10½"; 2, P. Dimmock (Brack) 1.76/5'9½"; 3, S. Wright (Ex) 1.73/5'8"; 4, B. Lewis (Kt) 1.73; 5, R. Few (Mit) 1.73; 6 eq. T. Dainton (Har) & C. Mathers (Enf) 1.70/5'7".

STRONGBOW '10'

At Hereford, April 21st

1, R. Cytiau (Gloucester) 49:08
2, J. Robertshaw (Sale) 50:18
3, D. Hope (Worcester) 50:38
4, P. Lonnen (Bris) 50:55; 5, D. Shermon (Bris) 51:15; 6, M. Lane (Gil) 51:46; 7, R. Cooper (Worc) 51:50; 8, N. Thomas (Glos) 52:04; 9, D. Walker (Worc) 52:21; 10, P. Craig (Bris) 52:52; 11, M. Jinks (Worc) 53:01; 12, P. Hoddy (Glos) 53:48; 13, K. Davies (Gil) 53:53; 14, J. Tull (Chelt) 54:03; 15, B. Collins (Worc) 54:50; 16, R. Tarrant (RN) 55:02; 17, J. Bartly (RN) 55:25; 18, M. Hoare (Glos) 55:29; 19, R. Barlow (Chelt) 55:33; 20, R. Pike (Bris) 55:42. Teams: 1, Worcester 19; 2, Bristol 19; 3, Gloucester 21. Vet: T. Wood (New) 56:03.

STEVE BLACK QUALIFIES

Steve Black achieved the European qualifying standard when clocking 51.1 for 400m hurdles at Isleworth on May 15th. His team, Borough Road College, beat Loughborough Colleges 137½-92½. Results next week.

If you don't read SPORTSWORLD

(It means that you will miss Neil Wilson's colour feature on marathon runner Ian Thompson, an exclusive guide to the World Cup, and articles on tennis, yachting, the Tour de France, cricket and everything that is happening in the sports world. Which is a pity, because it is all in the June issue of SPORTSWORLD out now).

you're not interested in sport

20p from your newsagent, or write for subscription details to:
SPORTSWORLD, WATLING STREET, BLETCHLEY, BUCKS.

SUCCESSFUL ENGLISH SCHOOLS WALKING CHAMPS

THE outstanding success of the first ever English Schools Team Race Walking Championships at Redditch on May 11th should have won over many of those who doubted the need for the event. The success was assured by the excellent local organisation ably steered by Bob Allen, by the very high standard of walking, by the fierce competition and by the fact that 221 competitors finished in the six races.

The honour of being the first ever English Schools AA Girls Race Walking Champion fell to Maureen De Giovanni of Surrey, who led most of the way in the Junior Girls 2500 metres. The Intermediate Girls 3000m proved an all Midland affair with the gold vests of Warwickshire filling the premier places. The gold medal place went to Sylvia Saunders, who outwalked her county companions after a classic struggle. Maureen De Giovanni's sister, Sylvana, won the Senior Girls event by nearly two minutes.

The team race in the Junior Boys was a straight fight between Warwickshire and Sussex, the Midlanders gaining the edge by superior packing. In the Intermediate race, M. Dunion of Essex dominated the scene, but even he is a recent immigrant from Warwickshire. Warwick's P. Dodd thoroughly enjoyed his Senior Boys victory. Even so the mighty Warwicks were denied the aggregate trophy by not fielding a Senior Girls team. This trophy, presented by Don Thompson, travelled home with Cumberland, which made their long journey well worthwhile.

Bernard Apps

Boys

(Senior 10km): 1, P. Dodd (Wks) 49:12; 2, D. Brewster (Cumb) 50:29; 3, M. Angrove (Wks) 51:36; 4, J. Merish (Som) 51:48; 5, M. Bennett (Mx) 52:18; 6, I. Slatter (Sy) 52:53. 27 finished. Teams: 1, Warwicks 12; 2, Cumberland 36; 3, Middx 40. (Intermediates 5km): 1, M. Dunion (Ex) 23:31; 2, G. Morris (Sx) 23:59; 3, J. Mullarkey (Sal) 24:17; 4, J. Dunsford (Mx) 24:18; 5, K. Underhill (Glos) 24:27; 6, J. Cunliffe (Wks) 24:36; 7, P. Phillips (Wks) 24:44; 8, P. Giblett (Hts) 24:48; 9, G. McDonald (Yks) 24:56; 10, D. Shiner (Wks) 24:57. 53 finished. Teams: 1, Warwicks 23; 2, Middx 39; 3, Sussex 48. (Junior 3km): 1, N. Oldnall (Worc) 14:49; 2, C. Pope (Sx) 14:56; 3, K. Kelly (Wks) 15:00; 4, P. Carrol (Wks) 15:29; 5, I. Wainwright (Wks) 15:36; 6, A. Harman (Sx) 15:53; 7, K. Morris (Sx) 16:06; 8, W. Vincent (Mx) 16:19; 9, N. Antcliff (Yks) —; 10, S. Hilton (Worc) 16:26. 52 finished. Teams: 1, Warwicks 12; 2, Sussex 15; 3, Worcs 41.

Girls

(Senior 5km): 1, S. DeGiovanni (Sy) 28:43; 2, L. Hodgson (Cumb) 30:33; 3, K. Braznell (Staffs) 31:26. 10 finished. Team: Cumberland 12. (Inters 3km): 1, S. Saunders (Wks) 14:57; 2, P. Branson (Wks) 15:06; 3, S. Wish (Wks) 15:15; 4, K. Hill (Worc) 16:08; 5, E. Smith (Worc) 16:18; 6, K. Pitts

(Wks) 16:29; 7, C. Duffin (Sy) 16:35; 8, J. Yeomans (Worc) 16:56; 9, B. Francis (Sx) 17:06; 10, S. Martin (Sx) 17:12. 30 finished. Teams: 1, Warwicks 6; 2, Worcs 17; 3, Cumberland 45. (Juniors 2,500m): 1, M. DeGiovanni (Sy) 12:56; 2, E. Cox (Wks) 13:10; 3, J. Williams (Worc) 13:27; 4, D. Ilderton (Staffs) 13:29; 5, J. Braznell (Worc) 13:54; 6, E. Swannell (Mx) 13:57; 7, S. Stevens (Wks) 14:10; 8, P. Jack (Wks) 14:11; 9, Y. Rowe (Dby) 14:13; 10, D. Newby (Wks) 14:28. 39 finished. Teams: 1, Warwicks 17; 2, Worcs 21; 3, Staffs 39. Overall Team Trophy (6 Races): Cumberland.

STRETTFORD TRACK LEAGUE

The Stretford Track & Field League opened its 1974 season with the meeting at Longford Park Stadium on May 7th. The Youths 800m won by Cahill of Leeds in the good time of 1:58.7 was a fine example of front running. The women's 1500 was another display of front running by Christine Haskett who was winning her third race in four days and having led from start to finish in each one. With 9:48.6, 4:38.6 and 4:33.3 here, she would seem to be back to her best form. The Invitation 800m was won by Colin Cusick of Stretford in 1:53.7 from John Gerrard of Sale with Jim Carroll third. The final event, the 5000m saw a few changes in position but Peter Shaw came through very fast at the end to win in 14:15.6.

E. W. Powell

800: C. McGuire 1:55.3. (Invitation 800m): 1, C. Cusick (Stretford) 1:53.7; 2, J. Gerrard (Sale) 1:53.9; 3, J. Carroll (Liv Pem) 1:54.2; 4, R. Jackson (Wirr) 1:54.7; 5, J. Parkinson (B'pool) 1:55.8. 5000: 1, P. Shaw (MAC) 14:15.6; 2, F. Pendlebury (M&D) 14:18.0; 3, F. McGuire (B&F) 14:28.0; 4, D. Blakeley (M&D) 14:29.0; 5, M. Newport (—) 14:30.0; 6, R. May (A&SV) 14:40.0; 7, W. Ward (Leeds) 14:44.0. (Senior Women) 100: 1, S. Colyear (Stret) 12.1; 2, A. McClelland (Stret) 12.4. 400: 1, D. Peake (Dby) 57.6; 2, J. Honick (B'field) 58.4. 1500: 1, C. Haskett (Stret) 4:33.3; 2, J. Lawrence (Pilk) 4:35.7; 3, J. Poyner (Stret) 4:46.8. SP: N. Njoku (Stret) 12.51/41'0½". DT: J. Pickering (Stret) 34.02/111'7".

The Grove Horticultural Society omitted the date of their 7 Mile Road Race from their advertisement last week. It is Saturday, August 10th. Details/entries: V. Brewerton, 86 Stockham Park, Wantage OX12 9HH.

Keith Turnbull threw the javelin 70.38/230'11" at the Kent AC Club Championships at Ladywell Park on April 28th.

The new secretary of Manchester YMCA Harriers Club is G. J. English, 24 Fairholme Avenue, Urmston M31 1DH.

Walking News

Shaul Ladany wins both stages in Tour Du Var Two Day from strong opposition, at Toulon, April 27th/28th. (Toulon-Druguigan/97km). For the entire journey the competitors had to withstand torrential rain which fell like 'stair-rods'. However, the diabolical conditions did not deter Shaul Ladany, who had captured the AAU 75 and 100km Championships during the previous months, from blazing off and leading throughout. Soma and Schouckens closed the gap to 90sec behind the Israeli at one time but he proved too powerful in the difficult closing stages. Young and Rinzhard easily outdistanced Alomaine and Simon, the latter having won the Luxembourg 24 Hours the previous weekend, and both finished strongly to cut back Schouckens somewhat. The conditions decimated the field, only 23 finishing of whom three were unable to start the next morning. 1, S. Ladany (Isr) 9:41:27; 2, C. Sowa (Lux) 9:50:27; 3, R. Schouckens (Bel) 10:07:19; 4, C. Young (UK) 10:18:15; 5, R. Rinzhard (Bel) 10:22:20; 6 eq, J. Simon (Lux), E. Alomaine (Bel), F. Villers (Fr) and M. Begma (Lux) 10:54:25.

(Le Muy-Toulon/85km.) The rain held off until the last 30km, but then the downpour was as intensive as it had been on the first leg. Ladany again blazed off but this time first Sowa then Rinzhard joined him after 20km or so. Schouckens was dropped by the chasing duo as they closed on the leader while Colin Young was an isolated fifth with Alomaine leading the remainder a long way down. At 35km Ladany made another effort, dropped his companions and was never further troubled although Rinzhard finished strongly to overtake Sowa with 20km left and keep close to the ever strong Israeli. Young got the better of Schouckens, whose walking left much to be desired, while Alomaine was eventually caught by Simon and again finished together. Of the 20 starters, 13 finished the entire 182km. Ladany won overall, Sowa second, with Rinzhard overhauling Schouckens and Young to take third. With the Strasbourg-Paris taking place next month Rinzhard must be favoured to win again with Simon and Quemener his most dangerous rivals. On their showing here, Ladany and veteran Sowa must be considered still the main opposition to Hohne and Selzer over 100km. 1, S. Ladany 8:05:06; 2, R. Rinzhard 8:09:52; 3, S. Sowa 8:15:44; 4, C. Young 8:42:04; 5, R. Schouckens 8:45:27; 6 eq, J. Simon and E. Alomaine 9:13:35. **Final overall positions:** 1, S. Ladany 17:46:33; 2, C. Sowa 18:06:11; 3, R. Rinzhard 18:32:12; 4, R. Schouckens 18:52:46; 5, C. Young 19:00:19; 6 eq, J. Simon and E. Alomaine 20:08:00; 8, A. Pellegrin (Fr) 20:42:12.

Shaun Lightman wins Met WC Open 35km at Slough, May 4th. For the first 10km Len Ruddock, Ian Richards and Eric Crompton led with Shaun Lightman and Bob Dobson following closely

VETERANS EVENTS

at the

BARNET SPORTS GALA

Sat./Sun., June 15th/16th

at Cophall Stadium, London, N.W.4.

Organised by the Barnet Sports Advisory Council on behalf of the London Borough of Barnet (under AAA and WAAA Laws).

SATURDAY, JUNE 15th

3000m Inter-Team (Class 1) for the 'Highgate Harriers Trophy'. Holders: Belgrave Hrs. Plaques first 3 Individuals. Medals first 3 Teams (3 to score).

10,000m Road Race for the 'Williams Cup'. All Classes. Holders: Belgrave Harriers. Winner: Prize valued £20. Next five: Prizes valued £10 to £3. 1st O/50 £5. 1st O/60 £5. Plaques first 3 teams (3 to score).

800m (Classes 1 and 2). Plaques 1st, 2nd, 3rd in each.

SUNDAY, JUNE 16th

100m for 'The Barnet Trophy'. Class 1, 1st Trophy, 2nd and 3rd Plaques. Class 2, 1st Trophy, 2nd and 3rd Plaques. Class 3, 1st Trophy, 2nd and 3rd Plaques.

200m. 'The Barnet Trophy'. Awards as 100m.

400m. 'The Barnet Trophy'. Awards as 100m.

1500m for the 'London Trophy'. Holder: B. Bullen (Strexford AC). Plaques 1st, 2nd, 3rd Individuals.

Long Jump (Class 1). Plaques to first 3.

Shot Putt (Class 1). Plaques to first 3.

Lady Vets. Events.

400m. Prizes to first 3.

Shot Putt. Prizes to first 3.

Entry Fees (Men): Ind. 30p per event. Teams (in addition—4 run, 3 score) 20p.

Entries to A. F. Rockall, 27 Upland Drive, Brookmans Park, Hatfield, Herts. (Potters Bar 57564).

Entry Fees (Lady Vets): 30p per event.

Entries to Hazel Rider, 11 Malthouse Lane, Shorne, near Gravesend, Kent (Shorne 2402).

ALL ENTRIES CLOSE JUNE 10th

Cheques/POs made payable to 'The Barnet Sports Advisory Council'.

Bring your family and friends and enjoy the 18 different sports at the Barnet Sports Gala, Cophall Stadium, Hendon, N.W.4.

while Ron Wallwork, enjoying an 'easy one', kept Don Thompson in the following group. Len Ruddock then broke away for a time only to be passed by a now fast moving Lightman and later by the Dobson/Crompton duo. At 30km Lightman led by 3 minutes or so from Dobson with Crompton just behind. Ruddock followed 4min later with Wallwork next a similar distance down. At this stage Dobson, Crompton and Wallwork went off course; leaving Lightman an easy winner from Len Ruddock, having a great race, with Ian Richards and Don Thompson following.

Roland Anxionnat wins French 24 Hours at Conflans, May 4th/5th. In the fifth selection race for the Strasbourg-Paris (June 6th-9th) Roland Anxionnat, France's No 2 ultra-distanceman, won comfortably, with a good showing from evergreen veteran Louis Lebacquer. 1, R. Anxionnat 201.5km (22H 43min); 2, L. Belleville 199km (23H 45min); 3, L. Lebacquer 196.5km (23:05:00); 4, G. Hacquebart 194km (23:05:00); 5, T. Besnier 194km (23:05:00).

Roger Mills again in the 12:40's in Essex 3km Champs at Newham, May 8th. Off to an even faster than usual start (800m—3:10.0) Roger Mills had a lonely race. Amos Seddon passed fast starting Brian Armstrong after 600m, while Banyard and Young remained locked together throughout. 1, R. Mills (If) 12:43.8; 2, A. Seddon (Enf) 13:28.0; 3, B. Armstrong (If) 13:43.0; 4, A. Banyard (S'end) 13:51.0; 5, C. Young (Ex B) 13:51.0; 6, L. Mockett (If) 14:00.0; 7, M. Scammell (New) 14:10.00; 8, L. Ruddock (If) 14:19.0.

Five lap circuit for National 20 Miles. Due to be held at Redditch on June 15th, a 3½ mile lap will form the basis of the course. The whole route is left handed and should provide plenty of opportunity for viewing by spectators. It is expected that our Christchurch trio of John Warhurst, Roy Thorpe and Carl Lawton will be amongst the starters.

Renewed interest in the Bournemouth area. Following the successful sea front walk between the piers of Boscombe and Bournemouth, the latter club have gained four walkers. Area organiser Harry Callow is taking advantage of the interest by putting on the South Western Counties 3km Championships at Kings Park Stadium, Bournemouth, on June 22nd (1 pm). The 10km Championships is being held on June 30th (12.30 pm) at the Athletics Centre, Weymouth.

Amazing walking by 73-year-old Bob Roberts in Vets AC 5M at Battersea Park, May 7th. Still able to cover 6¼ miles in the hour, Bob Roberts must be able to hold his own with any walker in the world in the over-70 age group. Though he may not be able to hold Duncan Maclean over the running sprints, Charlie Speechley (86!) surely has the edge when it comes to stamina. 1, J. Turner (B&H) 39:05; 2, G. Ives (Gst) 41:59; 3, L. Evans (Bel) 42:27; 4, P. Worth (Ver) 42:45; . . . 8, A. Roberts (High) 47:06; . . . 13, C. Speechley (Bel) 73:04.

London Postal Region 9km at Blackheath Park, May 5th. 1, A. Ardley (Ton) 43:30; 2, M. Scammell (New) 45:29; 3 eq, D. Hopkins (Med) and T. Riley (If) 46:38. Handicap: R. May (Ton) (12:00) 37:34.

Peter Frenkel sets two new World Records. The Munich Olympic 20km Champion returned to his very best form at East Berlin on April 14th when he beat Stadtmüller's records by 24.6 sec and 19m respectively for the 30km and 2 Hours set two years previously. A bare lap down, showing excellent speed, Christoph Hohne obviously will create sensation and havoc at 50km this year. 1, P. Frenkel 2:14:21.2; 2, C. Hohne 2:16:14.6; 3, D. Henning 2:30:00.0; 4, G. Schafer 2:31:30.0.

Festival of Track Walking at Brighton. On Sunday, June 30th, at the Withdean Stadium there will be six races covering events for Boys/Youths/Juniors/Senior/Junior Girls and Ladies. The Senior 20km (3.35 pm) will be open to those capable of sub-100min. All enquiries and entries to Alan Buchanan.

Many thanks Arthur and Andy. With the Southern 10km Championship successfully held at Crystal Palace on May 15th, I think it is an appropriate time to thank Arthur Kendall and Andy Norman for all help and opportunities given to race walkers. I know the 'regulars' who compete at the Southern Counties Open Meets will readily endorse my thanks to two officials who are always welcome amongst our ranks.

Kannenberg and Visini spread eagle field in Albert Schweitzer 20km at Frankfurt, May 5th. Obviously already in excellent speed form at this early stage of their preparation for Rome, Bernd Kannenberg and Vittorio Visini were well clear of the rest in this annual classic. Bob Henderson, following a fourth in the AAU 25km (2:03:12) at Des Moines a week previously, slashed no less than 3min 9sec off his personal best to finish a close up fifth amongst the West German national squad. Young Lucien Faber, a protégé of Charlie Sowa, showed up well as did 'old timers', Julius Müller and Hannes Koch. 1, B. Kannenberg (WG) 89:44.0; 2, V. Visini (It) 90:20.0; 3, H. Mayr (WG) 93:27.8; 4, H. Michalski (WG) 93:49.0; 5, R. Henderson (USA) 93:58.0; 6, M. Kolvenbach (WG) 94:07.2; 7, J. Mullen (WG) 94:12.0; 8, A. Schwarz (WG) 96:30.2; 9, L. Faber (Lux) 96:32.6; 10, B. Schmidt (WG) 96:46.4; 11, H. Koch (WG) 96:55.6. 80 started, 63 finished.

Paul Nihill returns for Inter-Regional 3km. After enjoying himself in various road running events including the Finchley '20', Paul Nihill returns to race walking with the intention of representing Surrey in the Inter-Regional 3km. As a warm-up, Paul may compete as a guest in the Somerset 3km while he is holidaying in the county. The former European Champion intends to make only occasional appearances in short distance track events and has no intention, certainly in the near future, to come back to 'big time' road racing.

Colin Young

League Meetings

SOUTHERN LEAGUE (Division 1)

At Portsmouth, May 11th

Ilford 141; Verlea 117; Mitcham 113; Portsmouth 98; Exeter 70.

100: 1, Butt (Ver) 11.0; 2, Smith (Ilf) 11.1. (B): 1, Cearnis (Ilf) 11.1; 2, Allwood (Ver) 11.1. 200 (B): Cearnis 22.6. 3000SC: M. Nixon (Ilf) 9:30.8. HJ: 1, G. Meade (Mit) 1.83/6'0"; 2, D. Newitt (Ilf) 1.83. (B): C. Bramley (Mit) 1.83. LJ: Marchant (Ver) 6.80/22'4". TJ: 1, Clarke (Ver) 14.30/46'11"; 2, Berry (Mit) 13.71/44'11". DT: 1, K. Eberlein (Mit) 46.06/151'1"; 2, J. Weightman (Ilf) 41.72/136'10". JT: 1, Yates (Ex) 58.84/193'0"; 2, Romer (Mit) 57.52/188'8". (Festival Shield—Junior/Youths): 1, Portsmouth 63; 2, Ilford 50; 3, Mitcham 20; 4, Verlea 14.

(Division 1)

At Hendon, May 11th

Windsor, Slough & Eton 131; Haringey & Southgate 130; Shaftesbury 125; Plymouth 84; Surrey 65.

400: D. Bradley (Shaft) 50.5. 5000: R. Steven (Shaft) 14:42.0. 3000SC: H. Richards (Shaft) 9:45.8. (B): R. Samuel (Shaft) 9:45.8. 110H: R. Legge (Ply) 15.9. 400H: 1, J. Dryden (Shaft) 56.5; 2, A. Salander (H&S) 57.3; 3, L. Godfrey (WS&E) 57.4. LJ: 1, M. James (WS&E) 6.94/22'9"; 2, Salander 6.93/22'9"; 3, A. Tymms (Sy) 6.75/22'13". (B): R. Edwards (H&S) 6.90/22'7". TJ: 1, R. Edwards (H&S) 14.90/48'10". (New Division Rec): 2, F. Attoh (Shaft) 14.49/47'6". SP: 1, N. Griffin (WS&E) 14.91/48'11"; 2, Thompson 12.75/41'10". DT: 1, Griffin 45.46/149'2"; 2, P. Ribbons (Ply) 41.24/135'4". HT: 1, A. Hughes (WS&E) 47.68/156'4"; 2, S. Poole (H&S) 47.08/154'5"; 3,

CLEVELAND POLICE AND VARIETY CLUB

Second Sponsored Annual 8½ MILES FELL AND CROSS COUNTRY RACE

(Under A.A.A. Laws)

SUNDAY, JUNE 30th, at 2.30 p.m.

from Normanby Hall, Cleveland County
Prizes: 1st 12 Individuals (£10 1st, plus Winner's Trophy) plus plaques 1st three. 1st 3 Teams plus Challenge Trophy 1st Team. Vets O/40 1st and 2nd, O/45 1st, O/50 1st, O/55 1st, O/60 1st. Plus plaque 1st in each group.
Fees: (Payable to Cleveland Police Garden Party Committee) 20p Individuals, 40p per Team. (6 run, 4 score.)

Entries to Roy West, 66 Virginia Gardens, Acklam, Middlesbrough. (Tel: Midd 592482—Thornaby Police 65682).

ENTRIES CLOSE SATURDAY, JUNE 1st
All entries acknowledged with programme and travel directions. Refreshments provided.

W. Treharne (Sy) 43.36/142'3". JT: C. Taylor (H&S) 61.48/201'8". (B): R. Sylvester (H&S) 60.78/199'5". 4 x 100: 1, Haringey & Southgate 44.2; 2, Windsor, Slough & Eton 44.5.

(Division 1)

At Sutcliffe Park, May 11th

Belgrave 12; Herne Hill 115; Epsom & Ewell 103½; Aldershot, F&D 101; Blackheath 98½.
400/LJ: M. Scott (Bel) 50.8 & 6.91/22'8". 5000: B. Ford (AF&D) 14:46.0. 400H: S. Johnson (E&E) 58.5. 3000SC: C. France (E&E) 9:29.0. TJ: G. Doerr (HHH) 14.15/46'54". SP: R. Baldwin (AF&D) 13.13/43'1". HT: K. Prior (E&E) 49.04/160'11". 4 x 100: Belgrave 44.5.

(Division 2)

At Southall, May 11th

Crawley 136; Norwich 125; Ealing & Southall 98; QPH 86; Torbay 64.
100: J. Wilson (QPH) 11.0. 400: P. Browne (QPH) 50.1. DT: Slaney (Craw) 48.70/159'9". HT: 1, Lasis (Craw) 50.22/164'9"; 2, Cousins (Norf) 40.28/132'2". JT: James (Craw) 56.90/186'8".

(Division 2)

At Southend, May 11th

RNAC 127; SLH 112; Sutton & Cheam 98; Southend 95; LAC 88.
TJ: J. Vernon (S&C) 13.86/45'54". SP: Walker (RN) 13.84/45'5". DT: Robinson (RN) 41.48/136'1". HT: Robinson 47.86/157'0". (B): Bell (RN) 44.74/146'9".

(Division 4 — East Anglia)

At Bury St Edmunds, May 11th

Holbeach 133; West Suffolk 132; Lowestoft 123; West Norfolk 117; Milocarians 88; Biggleswade 32.
100: 1, G. Brown (WS) 11.2; 2, G. Newton (M) 11.2.

SOUTHERN WOMEN'S LEAGUE

(Division 1)

At Reading, May 11th

Verlea 158; Plymouth 157; Reading 147; Wycombe Phoenix 123; Brighton & Hove 115.
1500: P. Yule (B&H) 4:44.0. 3000: 1, A. Blake (Ply) 10:08.8; 2, P. Winter (Ver) 10:23.4. HJ: 1, D. Bird (Read) 1.60/5'3"; 2, J. Attrill (Ply) 1.55/5'1". SP: 1, J. Elsmore (Read) 11.66/38'34"; 2, S. Goddard (Ver) 11.05/36'3"; 3, A. Hull (B&H) 10.46/34'4". (B): S. Field (B&H) 10.34/33'11½". DT: 1, Elsmore 45.20/148'3"; 2, Goddard 34.66/113'8"; 3, A. Harding (Ply) 33.54/110'0". JT: J. Edwards (B&H) 37.14/121'10". (Juniors) 200: K. Smallwood (Read) 26.7. 800: 1, J. Priest (Wyc) 2:26.7; 2, S. Murray (Ply) 2:27.5. 1500: 1, J. Bull (Read) 5:05.2; 2, A. Good (Ver) 5:06.7. 75H: M. Reid (Ver) 12.4. HJ: 1, Smallwood 1.55/5'1"; 2, A. Munden (Ver) 1.50/4'11". LJ: J. Davies (Ply) 4.90/16'1". 4 x 100: 1, Verlea 52.5; 2, Plymouth 53.2.

(Division 1)

At Ladywell Park, May 11th

Feltham 173½; Southampton & E 153½; Kent 133; Middlesex 124½; Norfolk 90½.

THE NEW 'MEXICANA'

This ever popular shoe, still with the highly successful design as before but now in new colours, Gold with black trim. Sizes: 6-9½ £8.95.

Adidas 'Gazelle'. The most popular of all adidas shoes, in blue suede with white trim. Spongy sole for extreme comfort. Sizes: 7-11 £8.40.

Adidas 'Athen'. Red velour with white trim, sole with unusually good grip. Sizes: 6, 6½, 7½, 8, 8½, 10 £6.55. (Still at 1973 Price.)

Superb New 'Viper'. Blue suede uppers with white trim. Gristle rubber sole for longer wear and good grip. Padded lining throughout with built-in arch support. Exceptional value. Sizes: 5 £4.50, 7, 8, 8½, 9, 9½, 10, 10½, 11 £4.95.

Tiger 'Jogger'. A very comfortable shoe with blue nylon upper and hard wearing soles. Sizes: 6, 6½, 7, 8½, 9½, 11 £6.99. (New price £8.20).

Gola 'Harrier'. Blue split uppers with white trim. Gristle rubber sole for longer wear and good grip. Sizes: 6-11 (no ½ sizes) £4.55.

Adidas 'Bamba'. Ideal for snow and frozen ground. Made from long wearing split uppers with soft protect ankle. Toe protection ensures absolute stability. Sizes: 6-11 (no 10½) £5.98.

RANGEMASTER TOPS

Hooded jacket by 'Metric'. Pullover style without zip, made from 100 per cent 'thick' cotton for extra comfort and warmth. In Red, Navy and Gold. Small £5.90, Medium £6.05, Large £6.25. (No Large Navy).

SUPPORTS

Standard Support	S, M, L	60p
Swim Support	S, M, L	55p

NOTE: Will customers please write name and address in block letters when ordering and remember to state size required.

Any goods exchanged or money refunded if returned in new condition within 7 days.

Please enclose part postage, i.e. 12p for track-suits, 10p shoes, 3p shorts, vests, etc.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD

Telephone: Medway 47055

100: 1, D. Murray (S&E) 11.6; 2, A. Lyne (Felt) 11.8. 200: 1, Murray 23.4; 2, Lyne 25.3; 3, P. Chapman (Mx) 25.5; 4, S. Radcliffe (Kt) 25.8. 400: 1, S. Brooks (Felt) 58.2; 2, V. Bird (Mx) 59.3; 3, J. Wey (S&E) 60.0; 4, H. Tanner (Kt) 60.1. 800: A. Yeoman (Felt) 2:18.4. 1500: 1, P. Yeoman (Felt) 4:38.8; 2, Tanner 4:48.1. 3000: 1, A. Yeoman 10:11.2; 2, G. Adams (Kt) 10:49.8. 100H/LJ: 1, Chapman 14.5 & 5.41/17'9". HJ: 1, M. Day (Norf) 1.56/5'1¼"; 2, J. Deahl (S&E) 1.53/5'0¼". SP: E. Service (Mx) 11.52/37'9¼". DT: 1, I. Kirsten (Kt) 39.32/128'0"; 2, D. Isitt (Felt) 33.62/110'4". JT: Day 37.34/122'6". 4 x 100: 1, S&E 49.5; 2, Middlesex 49.9. (Juniors) 200: 1, L. Lewis (S&E) 27.1; 2, L. Allen (Felt) 27.1. 800: D. Goode (Kt) 2:28.0. (B): 1, S. Reed (Felt) 2:27.1; 2, J. Oliver (Kt) 2:28.0. 1500: 1, W. Smith (Felt) 4:59.5; 2, J. Robson (Mx) 5:00.1. 75H: 1, Goode 12.0; 2, Baldeo (Mx) 12.5. (B): Rimmington (Felt) 12.6.

(Division 2)

At Ewell Court, May 11th

Epsom & Ewell 21; Thurrock 159; Bieldon 133; Guildford 93; Bedford 83.

HJ: J. Brown (E&E) 1.56/5'1¼". JT: 1, L. Rice (E&E) 42.68/140'0"; 2, C. Green (Th) 38.78/127'3". (Juniors) 75H: D. Matthews (E&E) 12.6. SP: A. Lock (Th) 9.13/29'11¼". 4 x 100: Epsom & Ewell 53.2.

(Division 2)

At Erith, May 11th

Harlow 192; Medway 171½; Watford 126½; Stevenage 97; Hayes 88.

LJ/SP: S. Mapstone (Harlow) 5.48/17'11¼" & 10.98/36'0¼". (Juniors) 800: S. Noble (Har) 2:24.0. 1500: T. Lattimore (Har) 5:10.0. 75H: B. Cox (Med) 12.4. 4 x 100: Harlow 53.2.

(Division 3)

At Eastbourne May 11th

Wigmore 273; Dartford 259; Tonbridge 237; Eastbourne 149.

100: 1, N. Klarkowski (Wig) 12.5; 2, A. Baldock (Dart) 12.5. 100H: J. Acott (Wig) 15.5. (Juniors) HJ: J. Howie (Dart) 1.47/4'9¼".

NORTHERN WOMEN'S LEAGUE

At Warrington, May 11th

Sale 577½; Stretford 550; Hull Spartan 434; Warrington 401½; Dorothy Hyman TC 390½; Longwood 324½.

100: 1, D. Ramsden (DHTC) 12.0; 2, R. Morris (St) 12.2; 3, K. Walker (H) 12.2. 200: Ramsden 25.8. 400: 1, C. Hampson (St) 59.5; 2, S. Richardson (H) 60.0. 800: 1, J. Williamson (Sale) 2:17.0; 2, L. Atkin (H) 2:18.0. 1500: A. M. Robinson (Sale) 4:50.0. 3000: 1, B. Schoefeld (Sale) 10:22.0; 2, J. Haigh (Long) 10:29.0. 100H: 1, N. Njoku (St) 15.9; 2, M. Cooper (H) 15.9. 400H: K. Idowu (Sale) 67.2. (B): M. Hudson (Sale) 69.5. HJ: S. Hutchinson (St) 1.53/5'0¼". (B): K. Allinson (St) 1.53. LJ: 1, P. Williams (St) 5.69/18'8"; 2, I. Gandy (Sale) 5.45/17'10¼". SP: A. Jackson (St) 10.66/34'11¼". (B): Njoku 10.63/34'10½". DT: Njoku 34.72/113'11". 4 x 100: 1, DHTC 50.0; 2, Hull 50.1; 3, Stretford 50.5. 4 x 400: 1, Hull

continued on page 35

LETTERS

AN OPEN LETTER TO DAVE BEDFORD

Hi Dave,

How's the hamstring? I hope it's settled down enough to let you get on with your training. The reason I am writing this letter is that I've got a feeling you might need a bit of a mental lift in the wake of the Commonwealth Games and I want you to know that at least one of your fellow runners appreciates your efforts.

In fact I suspect that a vast majority of the 'knockers' have never run 50 miles a week, let alone 150 miles a week for week after week; never done 30min for 10,000m, let alone well under 28min; never known the torment of body and mind involved in one of your so-called 'failures'. Most of them just sit on their fat backsides and destructively criticise. But to us guys at the base of the pyramid of British distance running who know what hard work is, who know what it's like to be short of basic speed and have to compensate with hours of training torture, you're one of the greatest Dave. British athletics is the poorer without you at the centre of the stage, flamboyant and colourful. I'd like to know whether Arthur Gold and his crowd have ever thanked you for saving British track from bankruptcy by filling the Palace in 1971 (not to mention since) when the sport was on its last legs. Thanks to you an exciting atmosphere was recreated from which many other athletes benefited.

So if you're fed up Dave, wondering whether to keep going, remember that the gutter press and the knockers are like parasites feeding off your achievements when you're on top but gnawing away at you when you're down. Have a run in a few club races because I'm sure you'll find that the people who really matter, your old mates in the clubs, haven't lost faith but respect you as a great runner and a man. Good luck.

John Boulter,
Brighton & Hove AC &
Sheffield University

COUNTY TEAMS FOR BRITISH LEAGUE

Dear Sir,

The changes in county boundaries are stimulating a great deal of thought as to the future structure of athletics, reference the article by Bill Murphy and the proposal which will be submitted to the 1974 AGM of the CAU by Staffs AAA. As Bill Murphy says, "the opportunity should be taken to re-appraise the whole structure . . .".

The fact is that the new county boundaries will eventually have to be recognised, and they could be used to solve not only the problem of unwieldy administration but also in providing competition for the above average athlete and the stimulus for the smaller club to keep producing these athletes.

LONDON BOROUGH OF HARINGEY

(Recreational Services)

in association with

THE HARINGEY & SOUTHGATE A.C.

are organising a

PENTATHLON

on

SUNDAY, JUNE 2nd (2 p.m.)

at

**New River Sports Centre,
 White Hart Lane,
Wood Green, London N22**

Athletes are invited to participate in this event.

Males: (20 years and under).

Females: (15 years and over).

Entry Forms obtainable from:

**Entertainments and Recreation Manager,
The Lodge, Church Lane, N17 8BX.
(01-808 4944.)**

CLOSING DATE: MAY 29th

Staffs AAA in their circular advocate that the inter-counties competition be based on the new counties but the entry with only one per event could total 880. Consequently they advocate reducing this by applying standards. Question: Where is the stimulus to become a county champion and even then to compete at one meeting only at this level if selected?

Competition exists of a high standard in the British League. But 'Yorkshire' for example with many BAL athletes and some 30 athletic clubs does not boast a BAL club.

Obviously then (as is happening) the answer is for the athlete to change clubs. But where is the incentive for smaller clubs to coach athletes to this level? Then to lose them!

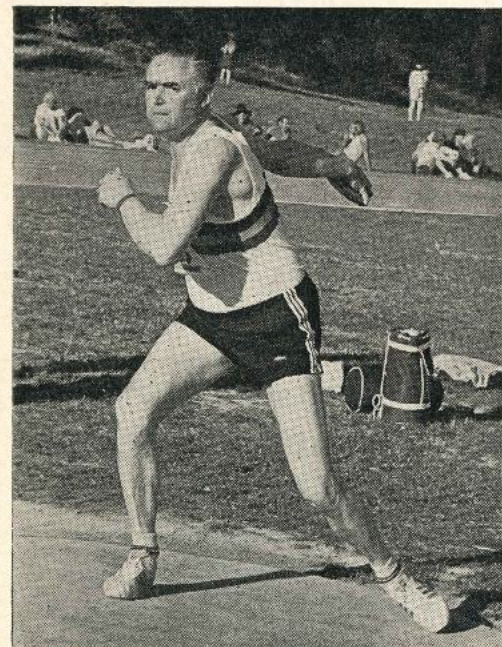
Hence as per my letter in 'AW' (August 18th, 1973) I advocate British League athletics to be composed of, or with the addition of, county teams with two tier membership for selected athletes. This would remove the need for athletes to change clubs and would provide all athletes the chance of regular high class competition as of right.

R. G. Rowbotham,
Rotherham

VALUE OF WASTE PAPER

Dear Sir,

Members of two different athletic clubs have mentioned to me in the past few days the con-



Barry Willis, the AAA Honorary Secretary, seen competing in the International Vets Meeting in New Zealand prior to the Games.

Mark Shearman

siderable sums which can now be made for club funds by collecting old magazines and newspapers. I served my apprenticeship in jumble sales and draws, and appreciate the vital role played by such activities in the economics of club life. I thought therefore that I would risk taunts about grandmothers and egg-sucking from those already in the know, and would draw the attention of club treasurers to one rising price which is good news—that paid for waste paper.

Barry Willis,
Hon. Secretary, AAA

BRITISH CROSS-COUNTRY TEAM

Dear Sir,

I would suggest that there is a flaw in David Logue's argument (letters, May 11th) in that on the present basis for selection neither Ray Smedley nor Mike Tagg would have made a British team at Milan and such a team would have fared worse than the selected England team. I shall be sorry when the teams combine in 1977 as it will deprive a number of athletes a chance of international competition. I welcome his suggestion for a regional competition but would point out that the area match at present held in November does not attract all of our top class cross-country stars, though I accept that if it were recognised as the selection race there would be a full turn-out—no doubt to the detriment of the National entry, and then the National would no longer be the climax of the season.

N. Fox,
Winter Fixture Secretary,
Luton United AC

Dear Sir,

I would like to suggest that the decision to have Britain represented in future International Cross-Country Championships may have some unfortunate consequences. It will deprive many Irish, Scots and Welsh athletes of the chance to experience international competition, thus taking away an important incentive for runners in these countries. And, without being jingoistic, it does seem possible that a Britain represented by a single team could dominate the international team race in such a way as to have a depressive effect on the future of the event.

Instead of adding another selection race to a crowded calendar (as David Logue suggests) would the British cross-country authorities not be better employed in pressurising the IAAF to make the 'International' a real cross-country race leaving race-courses and obstacles to the horses?

John Bowles,
Harrogate

PAYMENTS TO ATHLETES

Dear Sir,

I was shocked to see that Stan Greenberg advocated the present system of payments to athletes in his letter published in your May 11th issue. By supporting 'under-the-counter' payments he supports the cheat as against the honest man,

for it is the clever deceivers who flourish with this method not necessarily the best athletes.

I do believe that those who deserve it should be rewarded for their efforts and an open and honest method of payment can be the only satisfactory way of achieving this. I certainly do not think that this will deter in any way men and women from competing in the sport at whatever level, and the vast majority will, of course, remain amateur. Professional 'circuses' may or may not succeed, but this will have little effect on most athletes. I see no reason why such 'circuses' should not co-exist with meetings where prizes were given for achievements or appearance money paid.

Peter Matthews

OVERSEAS NEWS *Cont. from page 23*

13.5. 6.4. Norwalk. Women's 440: Decker 54.4.
12.4. Austin. Women's Mile: Larrieu 4:37.9 (rec).
13.4. Knoxville. Women's 100y: (w) Montgomery 10.4, Annum (Gha) 10.4. 19/20.4. Lawrence. 100y (B; +1.65m): Crockett 9.3, . . . 3, Quarrie (Jam) 9.5; 120H (+4.5): 3, Jones 13.6; (Semi): Gipson 13.6, Robinson 13.6, Vandaveer 13.7; SP: Stuart 19.64/64'5½", Dolegiewicz (Can) 19.37/63'5½" (rec); Women's 100y: Bryant 10.4w. 20.4. Houston. 100y: Edmond 9.2w. 20.4. Murfreesboro. LJ: Haynes 7.99/26'2½". 20.4. Baton Rouge. Women's HJ: Bruce (Jam) 1.83/6'0". 20.4. Lawrence. Women's 100y: Bryant 10.4w. 20.4. Tempe. Women's 100/220: Bowen 10.5/23.6. 20.4. Williamsburg. 1M/3M: RON MARTIN 4:01.0/13:45.2.

26/27.4. Des Moines. 120H (+5.1): 4, Jones 13.6; TJ: 2, Robins 16.41/53'10"; 3, Haynes 16.40/53'9½"; 4, Nyumutei (Ken) 16.31/53'6½". 26/27.4. Philadelphia. 100y (heats): Garpenborg 9.2w; Reggie Jones 9.2 (+1.9m/s; disqual in final); 4 x 440: N. Carolina 3:05.3; 4 x 1M: Villanova (Gegan, McElroy, Coughlin, Hartnett) 16:10.6 (Composite Irish/US team), Manhattan 16:14.4 (US rec) . . . 4, William and Mary 16:21.8 (RON MARTIN 3:58.0). 27.4. Cleveland. 440: Oliver 45.8. 27.4. Lake Charles. 120H (w): Stubbs 13.3, Gipson 13.4. 27.4. Walnut. 5000: SLINEY ran

14:20.6, not 14:02.6. 120H (w): 2, White 13.6. HJ: Brown 2.13/7'0", . . . 4, Stones 2.13; TJ: 3, Flogstad (Nor) 16.26/53'4½"; Women's 880: Decker 2:05.6.

4.5. Eugene. 440y: Atuahene 46.5; HJ: Woods 2.18/7'1½", Fleer 2.18; PV: Lipscomb 5.23/17'2". 4.5. Los Angeles. 440: B. Brown 46.3; TJ: Taylor 16.46/54'0"; 4 x 110: UCLA 39.8. 4.5. Ogden. 440: Enyeart 46.3. 4.5. Pullman. 120H: K. Ngeno (Ken) 13.7. 4.5. Quantico. DT: Drescher 60.88/199'9". 4.5. San Jose. 220: Edwards 20.6. 440H: Bolding 49.6, Mann 50.9; HJ: R. Brown 2.19/7'2½", . . . 3, Stones 2.14/7'0½"; PV: Carrigan 5.36/17'7", Isaksson (Swe) 5.36, Slover 5.36; TJ: Gill (India) 16.30/53'5½"; DT: Powell 62.10/203'9"; Women's 1500: Larrieu 4:14.8; SP: Seidler 16.72/54'10½" (rec); JT: Cannon 56.18/184'4". 5.5. Long Beach. 220: Quarrie (Jam) 20.9; 440H: Bolding 49.8; PV (exhib): Steve Smith (pro) 5.59/18'4"; LJ: Proctor 7.86/25'9½"; DT: Ordway 60.14/197'4"; JT: Schmidt 80.42/263'10".

10.5. Fresno. HJ: Mark Wilson (17) 2.18/7'1½". 11.5. Knoxville. 100y: Crockett 9.0 (world rec). R. Jones 9.2; Mile: CHRIS RIDLER 4:12; 3M: TONY STAYNINGS 13:14.4, NICK ROSE 13:16.0, Cusack (RoI) 13:19.4; 3000SC: D. Brown 8:23.2 (rec). 11.5. Fresno. 100y: S. Williams 9.3w (9.2w heat), Quarrie 9.3; 440y: B. Brown 46.4, Peoples 47.4 (and 45.4 relay leg); 120H: Rich 13.3, White 13.5, Jackson 13.6; 440H: W. Williams 50.8; HJ: R. Brown 2.19/7'2½"; Stones 2.13/7'0"; PV: Dias 5.34/17'6½", Carrigan 5.34, Isaksson (Swe) 5.34, Richards and Morse 5.18/17'0", Tracanelli (Fra) 5.18; LJ (w): Lanier 8.02/26'3½", Proctor 7.95/26'1", Robinson 7.94/26'0½", Moore 7.84/25'8½"; TJ: Gill 16.68/54'8½", Tiff 16.56/54'4", Butts 16.50/54'1½", Taylor 16.33/53'7"; SP: Woods 21.16/69'5"; DT: Powell 62.52/205'1"; HT: Gage 67.50/221'5". 11.5. Seattle. DT: Wilkins 62.86/206'3".

JAPAN

14.4. Numazu. DT: Kawasaki 52.60/172'7". 21.4. Miyazaki. 10,000: Juma (Ken) 28:54.4, Mose (Ken) 28:55.4. 21.4. Otsu City. (Japanese champ) Mar: Usami 2:13:34 (30:33, 1:01:33, 1:33:06, 2:05:58), Satoh 2:16:26, Hamada 2:18:07.

WINSFORD SPORTS COUNCIL

7th Annual

WINSFORD 7 MILE ROAD RACE

(Under A.A.A. Laws)

ON SATURDAY, JULY 6th, at 3 p.m.

FROM THE CIVIC HALL

Trophies 1st Ind., 1st Team, 1st Veteran over 40, 1st Vet. over 50, Most Improved Performance. Prizes: Ind. valued 1st £10, 2nd £8, 3rd £4, Teams 1st 3 £4, 2nd 3 £3, 3rd 3 £2. First 3 Ind. runners not incomplete team 3 £1. Most Improved Performance £2. 1st Vet. over 40 £2, 1st Vet. over 50 £2.

Fees: 30p per team (3 count), Ind. 20p. All team members to enter as Ind.

Entries close June 29th to J. P. Egerton, 103 Wharton Road, Winsford, Cheshire.

BRITISH UNIVERSITIES

DECATHLON/PENTATHLON CHAMPIONSHIPS

MEADOWBANK STADIUM

JUNE 18th/19th, 1974

Guests may be accepted before

MAY 31st

For details telephone:

01-580 3618

BOOK REVIEW

'UK Athletics Annual 1974' compiled by the National Union of Track Statisticians, edited by Bob Sparks; 60p post paid from 'AW' Book Department.

This year's 'Nuts Annual', the 16th, is somewhat different from its predecessors. For the first time it has been published independently of the BAAB; and in this spiral-bound edition all the lists—senior men, juniors, youths, senior women, international-type juniors (athletes born 1955 or later), intermediates and juniors—appear between one pair of covers. It is a welcome move although it should be noted that the usual index to the senior lists will be published separately as part of a forthcoming BAAB handbook, so that both volumes will be necessary for the fullest appreciation of the 1973 season's facts and figures. The 126-page book also includes various UK top ten all-time lists.

M.W.

UK ATHLETES ABROAD

1.5. Budapest (Hun). 6.8km road race: Viren (Fin) 19:02.0, Mecser 19:10.0, GRENVILLE TUCK 19:18.2, Fancsali 19:20.8, Hildenbrand (WG) 19:34.6, STANDING 19:40.0. **10.5. Laibach (WG).** 5000: Karlin (Den) 13:58.4 . . . 6, BROWN 14:15.2; 7, COUPLAND 14:18.8. **12.5. Aix-les-Bains (Fra).** SP: CAPES 20.22/66'4" (19.95, 20.02, 19.83, —, 20.08, 20.22). **19.5. Milan (Ita).** 1500: Tomasini 3:42.4, Riga 3:42.8, LAWTHOR 3:44.9; DT: Bruch (Swe) 64.28/210'11", Grassi 53.56/175'9", PETER TANCRED 52.88/173'6".

FAST TIMES BY SHARON COLYEAR

Sharon Colyear clocked 11.9 for 100 and 24.0 for 200 (beating Verona Bernard, 24.5) at Blackburn on May 15th. Pam Williams long jumped 5.96/19'6".

NORTHERN WOMEN'S LEAGUE from p. 31

4:06.0; 2, Stretford 4:08.9 3, Sale 4:09.6. (Inters) 800: 1, A. M. Robinson (Sale) 2:18.0; 2, S. Parker (Warr) 2:18.2; 3, S. Dean (Long) 2:20.4; 4, A. Rodmell (H) 2:22.3. 80H: S. Strong (St) 12.0. 200H: 1, Strong 31.1; 2, J. Goldthorpe (DHTC) 32.1; 3, F. McKnight (Sale) 32.6. (B): J. Crouchley (Sale) 33.1. HJ/LJ/SP: Crouchley 1.62/5'3" & 5.59/18'4" & 10.05/32'11". LJ: (B): Strong 5.37/17'7". 4 x 100: 1, Stretford 52.0; 2, Sale 52.3; 3, DHTC 52.4; 4, Hull 52.4. (Juniors) 200: 1, C. Purcell (H) 27.0; 2, M. Probert (W) 27.2. 800: L. Garner (W) 2:28.0. 1500: J. Hayston (St) 5:10.9. 75H: 1, D. McNulty (W) 12.0; 2, B. Inman (H) 12.2; 3, R. Lambert (Sale) 12.6. (B): F. Meachin (W) 12.1. HJ: Lambert 1.50/4'11". LJ: 1, Purcell 5.09/16'8"; 2, Y. Ritchie (Sale) 4.81/15'9". DT: L. McElroy (Sale) 26.28/86'3". 4 x 100: 1, Warrington 52.5; 2, Sale 52.9; 3, Hull 52.9; 4, Stretford 53.0. SP: 1, Ritchie 10.50/34'5"; 2, A. Magson (St) 10.07/33'0".

Women's 100 at Crystal Palace, May 12th: A. Lynch 11.5, R. Boyle 11.5, S. Pengilly 11.8, J. Vernon 11.8.

WANTED
STOP WATCHES

Any Size/Kind, in good working order.
Cash deal.
Send Particulars and Price to Box 281,
'AW'.

Please note change of date
EAST HULL HARRIERS AND A.C.
OPEN 20 MILE ROAD RACE

(Incorporating Yorkshire Champs.)
SATURDAY, JUNE 1st, at 2.30 p.m.

From Saltshouse J. H. School, Hull

Prizes: 1st 6 Ind., 1st Vet O/40, O/45, O/50,
and 1st 3 teams (3 to score).

Entries to G. Brummitt, 15 Rosmead Street,
Hull HU9 2TG. (Tel 0482-212846.)

Fees: 20p per Ind., 40p Team. All must enter
as Individuals.

Overnight accommodation available.

Fast Course. Entries Close May 27th.

CHELTENHAM & COUNTY H
7.4 MILES FESTIVAL

ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 13th JULY at 6 p.m.

Prizes: 1st 4 Ind., 1st Vet. Awards 1st 3 Teams.
Standard Medals to all inside 39 mins, not
gaining any other award.

Entry Fees: 20p Ind., 30p Team. All must
enter as Individuals.

Entries to J. Tull, 11 Woodmans Way, Bishops
Cleeve, Near Cheltenham, Glos.

ENTRIES CLOSE MONDAY, 1st July

CLASSIFIED ADVERTISEMENTS

4p. per word. Trade 8p. per word, 6 insertions of
same copy 7p. per word, 13 insertions 6p. per
word, 26 insertions 5p. per word—prepaid.

START WINNING . . . Union Jack Freedom
Shorts £1.60; Two Stripes £1.20; Adidas SL72
£8.19; Gazelle £8.25; Tiger Cub £3.99; Marathon
£5.45; Rainsuits £7.40; Tracksters £2.05. Prices
include postage. S.A.E. athletic lists. **Martin
Evans Sports, Faringdon, Berkshire. (0367-20245).**

NEW BARGAIN PRICE. Just arrived! Large
stocks of Reebok "Tendotector" shoes, built-up
heel, hard wearing ripple sole for road or country,
£5.99. Nylon "Freedom shorts", 2 stripes, £1.20,
over 2000 pairs in stock, ask for your colours.
Union Jack shorts, £1.65. Wet-weather suits, £7.10.
All post free. **Ron Hill Sports, 24 Highcroft,
Hyde, Cheshire.**

TRACKSUITS: separate trousers, tops, Saxon-
clad, Unique, Litesome. Training Shoes, Spikes:
Tiger, Power, Adidas, Puma. Cut prices. Bargain
Lines. Write, call or phone for lists to: **Sports-
gear, 11 Station Road, Finchley, N3 2SB.** (Out-
side Finchley Central St.) Tel: 01-346 77789/9.

S.I.M. COMPUTER DATING . . .

The most exciting and reliable way to make new
friends. Write **S.I.M. (E/20) 109 Queens Road,**

ATHLETIC EVENTS

All advertisement can increase **YOUR** entries. £2 per s.c. inch, per insertion prepaid. Quarter-page £7; Half-page £12; Page £20, per insertion. 25 per cent discount to clubs on four or more insertions of same copy. Cheques or Postal Orders should be crossed and made payable to *Athletics Weekly*. Copy date—10 days before publication.

SUSSEX COUNTY A.A.A.

CLUB SECRETARIES!

Have you enough officials to run a successful meeting? Why not recruit from parents? Our practical guide 'Athletics Officiating' can help them to break the shyness barrier.

10 copies for £1.00. Postage: 20p for 10 copies, 27p for 20 copies.

SELL AT YOUR OWN PRICE AND HELP CLUB FUNDS.

From: Sydney Gradwell, 85 Houndean Rise, Lewes, Sussex BN7 1EJ.

THAMES VALLEY HARRIERS OPEN GRADED MEETING

(Under A.A.A. Laws)

at West London Stadium

WEDNESDAY, JUNE 5th

7.00 p.m. 110m Hurdles; Shot
7.10 p.m. 400 metres; Long Jump
7.30 p.m. Hammer
7.45 p.m. 1500 metres

Entries: Vets and Seniors 20p per event, others 15p per event to J. R. Sexton, 21 Surrey Lodge, Queens Road, Hersham, Surrey, stating name, age, address, club, event and best performance.

**ENTRIES NOT ACCEPTED ON THE DAY
CLOSING DATE MAY 31st**

GOLDEN VALE ATHLETIC CLUB in conjunction with

Hanwell Carnival and Fete Ltd.

5 MILES

ROAD RACE

(Under A.A.A. Laws)

for the Carnival Cup

(Holders: Ealing and Southall A.C.)

SATURDAY, JUNE 15th, at 3.30 p.m.

at Elthorne Park, Hanwell, London, W.7.
Prizes: 1st four Individuals, 1st three Teams, 1st three Veterans. Prizes valued £25.

Entry Fees: 10p per Individual, no Team fee. (4 run, 3 score). All enter as Individuals.

Entries to D. Barry, 30 Bedford Road, London, W.13 (Tel: 01-567 0705).

ENTRIES CLOSE JUNE 10th

Please note change this year from Cross Country Course to a Road Course (one lap).

CIVIL SERVICE SPORTS

SUNDAY, JUNE 23rd (I.A.A.F. Laws)

TRINITY COLLEGE DUBLIN

Men's 100 to 5,000m. Women's 100, 200, 400, 800m. Free hotel for cross-channel competitors. Entries to S. Crowe, 13 Daneswell Road, Glasnevin, Dublin 9, Ireland, by June 10th.

BENS OF JURA FELL RACE

16 MILES—7500 feet of ascent including the Paps of Jura (Under S.A.A.A.)

SATURDAY, JULY 20th, 1974

Start: 10 a.m., Craighouse, Isle of Jura, Argyll. Enquiries and Entry forms from: George Broderick, 27 George Square, Edinburgh 8.

MIDLAND VETERANS ASSOCIATION

VETERANS INTER-COUNTY

ROAD RACE 10,000m

(Under A.A.A. Laws)

SUNDAY, JUNE 16th, at noon

From Edmonscote track, Leamington Spa

Entries: 25p per Individual (state county and date of birth). County teams made up on day. To: G. Phipps, 164 Millbank, Warwick CV34 5TJ.

PRIZES FOR ALL CLASSES.

ENTRIES CLOSE JUNE 10th.

DEVON AND CORNWALL CONSTABULARY

ATHLETIC MEETING

RECREATION GROUND, TORQUAY

WEDNESDAY, JULY 17th, 1974

at 2 p.m.

(under A.A.A. and W.A.A.A. Laws)

OPEN EVENTS

MEN

Prizes Valued

100 metres Handicap	£7.50	£4.50	£2.50
200 metres Handicap	£7.50	£4.50	£2.50
400 metres Handicap	£7.50	£4.50	£2.50
800 metres Handicap	£7.50	£4.50	£2.50
3,000 metres Scratch	£7.50	£4.50	£2.50
100m Veterans' H'cap	Prizes to value of £10		
(6 entries or no race)			

WOMEN

100 metres Handicap	£6.00	£4.00	£2.00
200 metres Handicap	£6.00	£4.00	£2.00
4 x 100 metres Relay	3 sets prizes val. £21		

Entrance Fees—20p for each event, Relay £1.

Entries close SATURDAY, JUNE 29th, to Inspector R. A. COX, Sports Hon. Sec., Police Station, TORQUAY.