

May 3rd 1975 Vol. 29 No. 18

a **weekly**

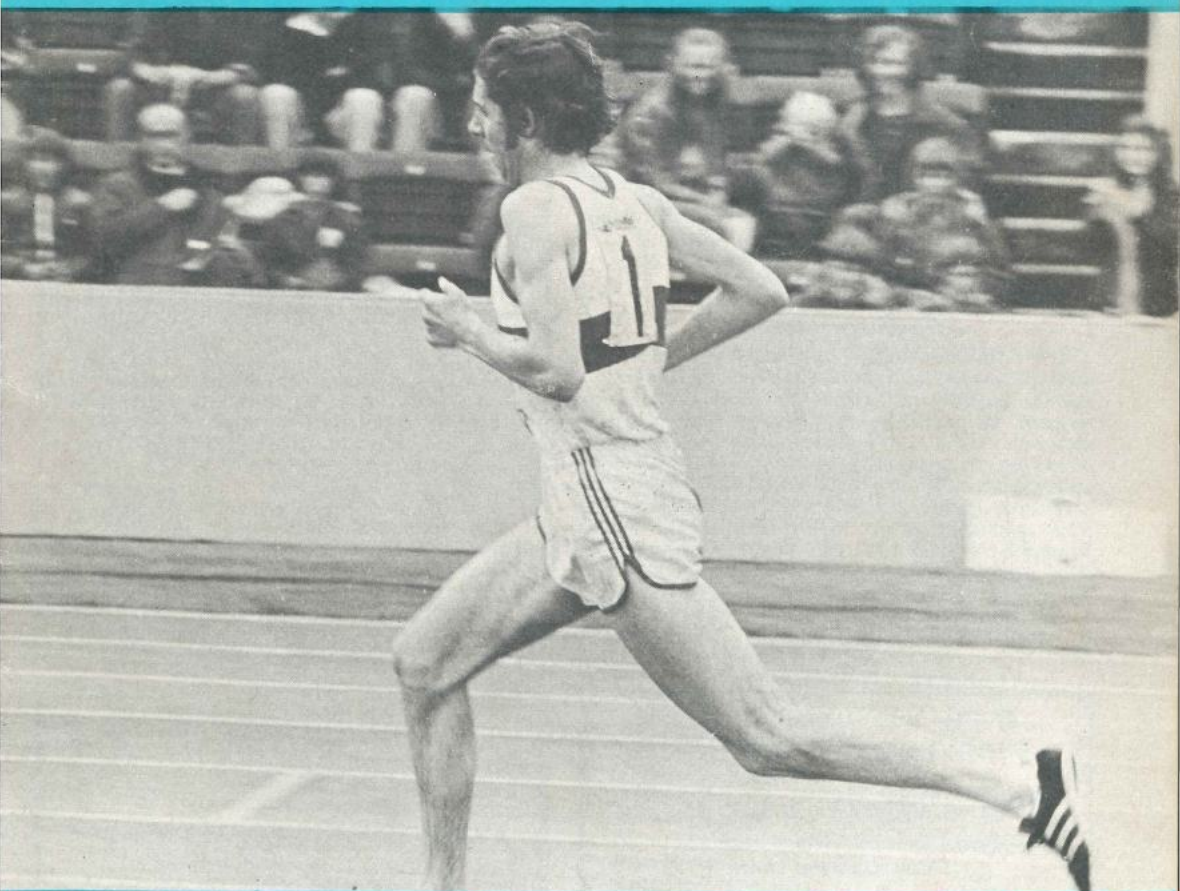
athletics

GATESHEAD WIN AAA ROAD RELAY

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SCOTTISH & NORTH WESTERN LEAGUE

At Pitreavie, April 13th

Pitreavie 1283; Border 1234; Central Region 1170; Ayresshire 1148; Clyde Valley 1111; Cocker-mouth 1038; Edinburgh Southern 987; Paisley 596; Lothians 546.

100/400: D. Harley (Pit) 11.4/51.5. 1500: J. Goulder (Ayr) 4:01.0. (B): P. Winton (Pit) 4:00.0. 3000: J. Brown (Clyde V) 8:31.0. (B): J. Graham (Clyde V) 8:37.4. 3000SC: 1, N. Bailey (ESH) 9:36.4; 2, E. Devlin (Clyde V) 9:48.0. SP: Weir (Cent R) 13.05/42'9". (Youths) 100: 1, C. Sharp (Ayr) 11.4; 2, J. Crosbie (Bly) 11.6. 400: 1, M. Sherry (Clyde V) 52.0; 2, A. Kerr (Cent R) 53.0. 1500: 1, T. Young (Cent R) 4:08.0; 2, B. McSloy (Clyde V) 4:09.0. 4 x 100: Border 46.4. (Senior Boys) 1500: A. Bryce (Cent R) 4:26.5. (Senior Women) 100: K. Williams (Pit) 13.0. 400: K. Robinson (Pit) 61.0. (B): L. Hodges (Pit) 61.6. 1500: 1, A. Pahnke (Clyde V) 5:01.4; 2, J. Winder (Bord) 5:05.2. (B): F. McKenzie (Pit) 5:05.4. DT: 1, L. Robertson (ESH) 37.80/124'0"; 2, H. Thomson (Cent R) 32.38/106'3". (B): Y. Page (ESH) 34.72/113'11". JT: E. Dinwiddie (ESH) 37.20/122'0". 4 x 100: Pitreavie 51.2. (Juniors) 100: (B) 1, L. Napier (Bord) 13.3; 2, L. Watson (Cent R) 13.4. 1500: 1, S. Gammack (Pit) 5:07.0; 2, D. Bryson (Bord) 5:12.0. (B): S. Fisher (Bord) 5:17.4. HJ: M. Somerville (ESH) 1.49/4'10". 4 x 100: Pitreavie 53.7. (Girls) 100: K. Bulman (Bord—age 12) 13.8. (B): F. Kirkpatrick (Cent R) 13.8. 800: A. McDonald (Clyde V—age 12) 2:37.7.

CANADIAN VISITORS

The Alberta Track & Field Association is hoping to send a party of athletes to Britain in late June/July and wishes to contact clubs interested in providing competition. The team of about 25 athletes include performers in the following range (1974 marks): 100: 10.8-11.0; 200: 22-23; 400: 49-50; 800: 1:50.5-1:54; 1500: 3:55-4:05; 10,000: 30:05; 110H: 14.8; 400H: 51-55; LJ: 6.50-7.50; TJ: 13.50-14.50; DT: 50.00; women's 100: 11.8-12.0; 200: 24.3-25.0; 400: 54-57; 800: 2:06.5; 1500: 4:40-4:50; 3000: 9:50-10:15; 400H: 64.0; HJ: 1.60-1.70; LJ: 5.30-5.60; SP: 13.35; DT: 41-45m. Interested clubs should first contact the BAAB, 70 Brompton Road, London SW3 1EE.

OXFORD LADIES OPEN MEETING

April 13th

100H: 1, L. Hunt (Brack) 15.6; 2, A. Sutton (Ox) 15.6. HJ: 1, M. Daniels (Ox) 1.58/5'2"; 2, A. Sole (Bas) 1.55/5'1". (Inters) 400: L. Houghton (Gt Yarm) 61.1. 1500: L. Fletcher (Brom) 5:00.7. 80H: S. Dalgoute (Mit) 12.7. HJ: J. Sulik (Ox) 1.60/5'3". SP: 1, M. Knott (Wok) 9.57/31'4"; 2, K. Liisberg (Wok) 9.48/31'1"; 3, D. Pyne (Brack) 9.46/31'0". DT: S. Holyoake (Brack) 29.12/95'6". 4 x 100: Bromsgrove 52.8. (Junior) 100: K. Sait (Port) 13.1. 800: 1, T. Walsh (Wok) 2:26.9; 2, C. Mason (Brom) 2:27.4. 1500: 1, S. Samy (Brack) 5:07.1; 2, S. Hutton (Brack) 5:11.6. 75H: A. Stacey (Lon O) 11.8. HJ: 1, Y. Peart (Rad) 1.52/4'11"; 2, A. Curran (Ox) 1.46/4'9". LJ: M. Morrison (Cov) 4.85/15'11". SP: 1, F. Condon (Brack) 11.00/36'1"; 2, G. Waller (Wok) 9.02/29'7". DT: 1, Condon 34.34/112'8"; 2, J. Minns (Brack) 31.82/104'5"; 3, A. Franks (Rad) 31.70/104'0". JT: J. Veagey (Lut) 28.02/91'11".

OXFORD CITY YOUNG ATHLETES MEETING

(Inc Senior/Junior Open Events)

At Oxford, April 19th

1000: A. Reekes (Ox C) 2:32.4. BMC Mile: 1, T. Jefferies (W&B) 4:16.8; 2, P. Winton (RN) 4:22.0; 3, P. Lee (Inv) 4:22.1. 3000: P. Flavel (Ox C) 8:35.4. 110H: I. Willoughby (Bris) 16.2. PV: R. Constantine (Staff) 3.81/12'6". (Juniors) PV: 1, K. Homer (W&B) 4.11/13'5"; 2, R. Goodall (Stoke) 3.96/12'11"; 3, C. McCarthy (W&B) 3.81/12'6". (Youths) 100: P. Woolcott (Hill) 11.3. 1500SC: J. Stanton (Bris) 4:46.1. 100H: C. Hayes (Bris) 13.9. HJ: I. Murray (Melb C) 1.87/6'1". TJ: P. Rose (Hert) 13.06/42'10". SP: M. Charge (Hert) 13.22/43'4". JT: J. Roberts (Dr C) 47.02/154'3". (Boys) HJ: S. Cameron (Ox) 1.72/5'7".

Tonbridge AC officers: President, D. LeMay; chairman, W. Collins; treasurer, C. Casse; secretary, P. Lyon, 62 Silverhurst Drive, Tonbridge (Tel: 2590); coaching secretary, B. Mitchell; women's team manager, A. Briggall; men's team manager, D. Rosier.

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SADDLEWORTH FELL RACE

(Under A.A.A. Laws)

SUNDAY, MAY 25th, 3.30 p.m.
From Tanners Field, Greenfield,
Near Oldham, Lancs
3 Miles Plenty of Prizes

Entries 20p Individual, to D. C. Makin, 5 The Grove, Dobcross, Nr Oldham, Lancs.

ENTRIES CLOSE MAY 19th**TENTH COLLEGE '10'**
10 MILES OPEN
ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 14th JUNE at 3.15 p.m.

Perpetual Team Trophy and Individual Prizes.
 Entry Fees: 25p Individual, 35p Team.

Details and Entries: Mr A. Smith, c/o Hampton Hall, Coventry College of Educ., Kirby Corner Road, Canley, Coventry CO4 8EE.

ENTRIES CLOSE 9th JUNE

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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May 3rd, 1975

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THE WEEK AHEAD

Saturday, May 3rd: BAAB Invitation Decath-
lon (incl Southern Championship), Crystal Palace
(1st day); Inter-Regional 20M Championships,
Derby; International Marathon, Karl-Marx-Stadt;
Rugby (incl Midland Champs) Marathon; Essex
'20', Chigwell Row; Hampstead '10'; Scottish
League (Div 1, Meadowbank); Hamilton Town
Council Sports; Willis Trophy, Watford; Vets
AC 100m & 4 x 100m Champs, Hendon.**Sunday, May 4th:** BAAB Decathlon (2nd day),
Invitation Women's Pentathlon, 3000 & 400H,
Crystal Palace; Pye Gold Cup (Preliminary
round); Michelin '10', Stoke-on-Trent; Wigan '6';
Kent Women's League, Ladywell Park; Young
Athletes League; Andover AAC Young Athletes
Meeting, Tidworth.**Tuesday, May 6th:** Stoke-on-Trent League; Vets
AC 3M & 5M Walk Handicaps, Battersea Park.**Wednesday, May 7th:** SCAAA v RAF v BRC,
Crystal Palace; Newham AC 'Golden Wonder'
Meeting, Newham; TVH Open Meeting, West
London.

MICHELIN '10' ATTRACTS RECORD ENTRY

There is a record entry of 263 for the Michelin
'10' this Sunday (May 4th) at Stoke-on-Trent,
starting 12.15 pm. Runners include Ian Thomp-
son, Trevor Wright, Keith Penny, Barry Watson,
Dave Lem, Paul Carey, Mike Tagg, Harry Leem-
ing, Bob Bradbury, Alan Domleo, Mike Freary,
Bob Sercombe, Dave Hopkins, Pete Rawnsley,
Derek Pratt, Tony Birks, Norman Deakin, Ray
Tilling, Bob Cytla, Leo Carroll, John Norman
and Tim Johnston.

FEATURED THIS WEEK

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Cover photo by Mike Purcell

AAA National Road Relay**At Sutton Coldfield, April 26th****NO MISTAKE THIS TIME BY GATESHEAD**

AFTER their cruel disappointment in last year's race when after leading at the final change-over they faded to fourth place, Gateshead Harriers resolved to make no mistake this time. Their fifth position in the Northern Area race proved to be no guide at all, for it is when national titles are at stake that Gateshead are at their most aggressive. Their running order was intelligently planned and at no stage were they ever lower than seventh or more than a minute behind the leader. They moved into second behind Coventry Godiva on the sixth leg and that's the way it stayed until Brendan Foster smashed the short lap record by 17sec on the tenth stage. He carried them into a 36sec lead and despite a tremendous finish by Edinburgh Southern the coveted title went to Stan Long's remarkable team.

It may be invidious to pick out individuals from what was clearly a marvellous display of team running, but two Gateshead runners deserve special praise. Foster's time of 13:58 for the 3M 100y (a little under 5000m) lap may look ordinary by his standards but in reality it was one of his guttiest efforts. Injury had played havoc with his training over the past two months and he was apprehensive over his racing ability. He took over at a crucial point, with Gateshead 29sec down on Godiva, and he admitted he felt none too good after the first mile. However, that terrific competitive drive of his overcame his current physical shortcomings and he came home with a lead his club was not to lose. "Now for two months of good training", says Brendan, who had an excellent winter's training under his belt before beset by injury. His first track race is likely to be at the Philips Invitation Meeting at Crystal Palace on July 4th, although the meeting that will really count with him is the Gateshead Games on July 26th where he is hoping to race 5000m against Rod Dixon. The mile will feature a clash between two gentlemen named Bayi and Walker!

Another Gateshead hero was young Ray Cartwright. He, it may be recalled, was the luckless anchorman last year who ran 15:30 and dropped from first to fourth. This time he ran on the sixth stage, clocked 14:30 and moved his team into a close-up second . . . a most valuable performance.

One wonders if even Gateshead would be able to withstand Edinburgh Southern if only the Scottish club could get away to a decent start. Last year they were 25th after two legs, yet worked up to second at the finish 31sec behind Tipton. On this occasion they were 23rd on the first stage but eventually finished merely 21sec in arrears of

Gateshead after making up almost two minutes on the final two legs through Alister Hutton and Ian Elliott. Godiva, only fourth in the Midland, came close to reviving their great tradition in this race by finishing third after leading for four stages. Northern champions Liverpool started disastrously and in the circumstances struggled manfully to place fifth.

Edinburgh Southern, incidentally, suffered a blow to their chances when Martin Craven—due to run the first leg (he ran the fifth stage last year) was withdrawn because of a last-minute protest over his eligibility.

Foster's phenomenal long lap (5M 900y) record of 24:28 last year was not challenged, but Bernie Ford's 24:45 represented superb running—the equivalent of around 28min for 10,000m. He was 15sec faster than last year, and pipped Dave Black after setting off some 100m behind him. It took Ford (still suffering from blisters from the French road race in which he beat Ian Stewart) 1½ miles to catch Black and they ran together for most of the lap. Stewart had second fastest time of the day (24:53) in taking Birchfield from 22nd to 10th. A reasonable formula for estimating the 10,000m worth of the long lap times might be to add 3-3½min. Keith Penny, who ran 28:49.8 in the recent Southern 10,000, here clocked 25:49; while Jon Wigley (28:51.2) returned 25:41. Conditions were rather warm and humid.

Mel Watman**STAGE 1**

Belgrave and Edinburgh AC were non-starters, but the 30 teams who did line up constituted a record turn-out for this race. Sale gained the initial advantage through Laurie Reilly (25:52), with a dozen other clubs finishing within a minute. However, two of the leading contenders for the title, Edinburgh Southern (23rd) and Liverpool (25th), lost so much ground that although both eventually finished in high positions it was uphill for them all the way.

1, Sale (L. Reilly 25:52); 2, Cambridge H (B. Watson 25:57); 3, SLH (R. Gevers 26:08); 4, Invicta (M. Brameld 26:09); 5, Notts (R. Milne 26:10); 6, Tipton (B. Cole 26:13); 7, Gateshead (L. Dunn 26:18); 8, Small Heath (G. Taylor 26:22); 9, Wolverhampton & B (J. Wheway 26:41); 10, Sheffield (W. Domoney 26:42); 11, Birchfield (R. Tilling 26:46); 12, Coventry Godiva (W. Adcocks 26:50); 13, Cambridge & C (R. Bean 26:52); 14, TVH (M. Puddifoot 26:53); 15, Cardiff (D. Fowles 26:54); 16, Salford (M. Murphy 26:56); 17, Leicester C (R. Callan 26:58); 18, Bristol (C. Mattock 27:03); 19, Aldershot F&D (J. Watts 27:04); 20, Westbury (T. Reed

27:12); 21, Airedale & SV (J. Todd 27:15); 22, Derby & Cty (N. Lees 27:16); 23, Edinburgh Southern (N. Bailey 27:18); 24, Reading (G. Biscoe 27:22); 25, Liverpool (D. Evans 27:26); 26, Brighton & H (P. Whitcomb 27:29); 27, City of Stoke (G. Harvey 27:36); 28, Hercules Wimbledon (M. Fuller 27:38); 29, Portsmouth (G. Edgington 27:41); 30, Southampton & E (N. Coupland 27:58).

STAGE 2

Steve Hollings increased Sale's lead, then dashed down to London for the AGM of the International Athletes Club of which he is secretary. National Youth CC champion John Mills (featured elsewhere in this issue) gained three places for Gateshead . . . while Robson of Edinburgh Southern caught and passed no fewer than eleven men. Newton of the newly created Sheffield AC claimed the fastest stage time, though.

1, Sale 40:27 (S. Hollings 14:35); 2, Cambridge H 40:46 (D. Roberts 14:49); 3, Tipton 40:51 (S. Emson 14:38); 4, Gateshead 40:55 (J. Mills 14:37); 5, Sheffield 41:04 (K. Newton 14:22); 6, Invicta 41:12 (J. Simmons 15:03); 7, SLH 41:19 (L. Reed 15:11); 8, Small Heath 41:29 (D. Tierney 15:07); 9, Notts 41:35 (R. Sobey 15:25); 10, Salford 41:36 (S. Clegg 14:40); 11, Godiva 41:38 (P. Banks 14:48); 12, ESH 41:41 (J. Robson 14:23); 13, Derby 41:50 (K. Hinton 14:34); 14, Birchfield 41:54 (R. Panter 15:08); 15, C&C 42:03 (J. Roberts 15:11); 16, Cardiff 42:04 (Adrian Davies 15:10); 17, ASV 42:09 (D. Mayho 14:54); 18, TVH 42:10 (G. Smart 15:17); 19, Liverpool 42:13 (P. Kennedy 14:47); 20, W&B 42:14 (C. Hunt 15:33); 21, Bristol 42:24 (A. Lunnon 15:21); 22, Leicester 42:27 (R. Edwards 15:29); 23, AFD 42:30 (D. Curwell 15:26); 24, Reading 42:33 (D. Butts 15:11); 25, Westbury 42:37 (A. Ettle-Isles 15:25); 26, Stoke 42:39 (R. Harris 15:03); 27, Brighton 43:05 (P. Bidmead 43:05); 28, Southampton 43:05 (M. Howarth 15:07); 29, Portsmouth 43:38 (M. Skipper 15:57); 30, Hercules W 44:21 (G. Shine 16:43).

STAGE 3

Invicta, the Canterbury club which had never previously contested the National Road Relay,

took the lead thanks to Jon Wigley who hit the front with about 1½ miles to go. The next fastest, Nick Jeffery, hoisted Southampton from 28th to 15th.

1, Invicta 1:06:53 (J. Wigley 25:41); 2, Tipton 1:07:07 (D. Fownes 26:16); 3, Sale 1:07:26 (D. Farmer 26:59); 4, Cambridge H 1:07:40 (S. Hughes 26:54); 5, Godiva 1:07:44 (K. Bartlett 26:06); 6, Gateshead 1:07:51 (B. Baggaley 26:56); 7, Small Heath 1:07:57 (M. Rollason 26:28); 8, Derby 1:08:05 (A. Domleo 26:15); 9, ESH 1:08:10 (D. Macgregor 26:29); 10, SLH 1:08:25 (W. Upcott 27:06); 11, AFD 1:08:39 (L. Presland 26:09); 12, Liverpool 1:08:53 (P. Waddington 26:40); 13, ASV 1:08:54 (A. Bird 26:45); 14, Sheffield 1:09:00 (I. Wainwright 27:56); 15, Southampton 1:09:01 (N. Jeffery 25:56); 16, TVH 1:09:13 (J. Sheridan 27:03); 17, Cardiff 1:09:19 (R. Atkinson 27:15); 18, Birchfield 1:09:26 (J. Graham 27:32); 19, Leicester 1:09:27 (P. Kenny 27:00); 20, Brighton 1:09:39 (W. Mullett 26:34); 21, C&C 1:09:45 (K. Clifford 27:42); 22, Salford 1:09:55 (D. Brown 28:19); 23, Reading 1:09:55 (R. Piotrowski 27:22); 24, Westbury 1:10:07 (E. Oxlade 27:30); 25, W&B 1:10:09 (B. Cook 27:55); 26, Notts 1:10:10 (M. Palmer 28:35); 27, Stoke 1:10:47 (D. Ashe 28:08); 28, Bristol 1:11:13 (B. Legrand 28:49); 29, Portsmouth 1:11:55 (R. Corney 28:17); 30, Hercules W 1:13:09 (S. Graham 28:48).

STAGE 4

Pete Brenchley extended Invicta's lead over Tipton, but the sight of two Southern clubs in the first four at this stage gave a false impression . . . Aldershot were to finish as top Southern team in ninth place.

1, Invicta 1:21:23 (P. Brenchley 14:30); 2, Tipton 1:22:08 (K. Boyden 15:01); 3, Godiva 1:22:12 (D. Driver 14:28); 4, Cambridge H 1:22:14 (P. Williams 14:34); 5, Gateshead 1:22:18 (M. Coleby 14:27); 6, Sale 1:22:32 (J. Davies 15:06); 7, Derby 1:22:47 (H. Leeming 14:42); 8, ESH 1:22:54 (F. Murray 14:44); 9, Small Heath 1:22:59 (G. Davies 15:02); 10, SLH 1:23:20 (M. Newport 14:55); 11, Liverpool 1:23:20 (D. Evans 14:27); 12, AFD 1:23:44 (M. Barton 15:05); 13, TVH 1:23:48 (J. McNamara 14:35); 14, ASV 1:24:03 (P. Pape 15:09); 15, Southampton 1:24:10 (A. Parkin 15:09); 16, Cardiff 1:24:18 (J. Kirby

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14:59); 17, Sheffield 1:24:30 (C. Cope 15:30); 18, Leicester 1:24:32 (P. Sanderson 15:05); 19, Salford 1:24:35 (B. Aspdon 14:40); 20, Birchfield 1:24:38 (M. Pickering 15:12); 21, Westbury 1:25:07 (J. Pickford 15:00); 22, Reading 1:25:08 (K. Whyte 15:13); 23, W&B 1:25:27 (J. Lees 15:18); 24, Notts 1:25:29 (J. Burney 15:19); 25, C&C 1:25:37 (G. Jones 15:52); 26, Brighton 1:25:40 (S. Skinner 16:01); 27, Stoke 1:25:49 (S. Fowler 15:02); 28, Bristol 1:26:36 (G. Davies 15:23); 29, Portsmouth 1:27:40 (S. Galloway 15:45); 30, Hercules W 1:28:15 (K. Hylands 15:06).

STAGE 5

Keith Penny (Cambridge H) and Colin Falconer (Godiva) had an exciting battle, with the Southern 10,000m champion prevailing by 5sec. Charlie Spedding, who missed the Northern Relay, brought Gateshead up to their highest position yet—third. Fastest long stage time of the race thus far went to Grenville Tuck whose 25:34 (12sec faster than last year) gained ten places for Cambridge & Coleridge. His brother Graham underwent operations on both calves two days earlier.

1, Cambridge H 1:48:03 (K. Penny 25:49); 2, Godiva 1:48:08 (C. Falconer 25:56); 3, Gateshead 1:48:31 (C. Spedding 26:31); 4, Sale 1:48:54 (S. Edmunds 26:22); 5, Invicta 1:49:03 (P. Lee 27:40); 6, Tipton 1:49:05 (E. Austin 26:57); 7, Derby 1:49:05 (J. Eley 26:18); 8, ESH 1:49:24 (G. Bryan-Jones 26:30); 9, SLH 1:49:53 (J. Roberts 26:33); 10, ASV 1:50:04 (J. Temperton 26:01); 11, Liverpool 1:50:04 (R. Harrison 26:44); 12, Small Heath 1:50:12 (T. O'Reilly 27:13); 13, AFD 1:50:40 (P. Adams 26:56); 14, Salford 1:50:58 (S. Curran 26:23); 15, C&C 1:51:11 (**Gren Tuck 25:34**); 16, Sheffield 1:51:16 (D. Pratt 26:46); 17, Cardiff 1:57:23 (D. Jones 27:05); 18, Southampton 1:51:26 (R. Kocher 27:16); 19, Leicester 1:51:39 (T. Hopkins 27:07); 20, TVH 1:51:44 (B. Standen 27:56); 21, Reading 1:51:56 (D. Dipper 26:48); 22, Birchfield 1:52:05 (T. Edwards 27:27); 23, W&B 1:52:24 (I. Gilmour 26:57); 24, Westbury 1:52:45 (C. Ridley 27:38); 25, Brighton 1:53:08 (P. Standing 27:08); 26, Notts 1:53:30 (B. Lee 28:01); 27, Stoke 1:54:01 (P. Birks 28:12); 28, Hercules W 1:54:30 (R. Holt 26:15); 29, Portsmouth 1:55:22 (R. Ingleton 27:42); 30, Bristol 1:55:23 (D. Shermon 28:47).

STAGE 6

Godiva were ahead at the halfway mark through Colin Brown. Gateshead were menacingly poised, just 9sec behind, while Colin Youngson missed the lap record by only one second in boosting Edinburgh Southern from 8th to 4th.

1, Godiva 2:02:52 (C. Brown 14:44); 2, Gateshead 2:03:01 (R. Cartwright 14:30); 3, Cambridge H 2:03:24 (A. Falconer 15:21); 4, ESH 2:03:40 (**C. Youngson 14:16**); 5, Derby 2:03:54 (D. Rowe 14:49); 6, Sale 2:03:55 (Phil Gayter 15:01); 7, Tipton 2:03:56 (A. Richards 14:51); 8, Invicta 2:04:51 (S. Mummery 15:48); 9, Liverpool 2:04:51 (P. Carey 14:47); 10, Small Heath 2:05:06 (P.

Flynn 14:54); 11, ASV 2:05:09 (K. Duckworth 15:05); 12, AFD 2:05:27 (S. Harrison 14:47); 13, SLH 2:05:45 (I. Lymath 15:52); 14, Southampton 2:06:08 (A. Nixon 14:12); 15, Cardiff 2:06:12 (A. Davies 14:49); 16, Salford 2:06:14 (P. Blakeney 15:16); 17, Sheffield 2:06:31 (P. Shaw 15:15); 18, TVH 2:06:38 (B. Brennan 14:54); 19, C&C 2:06:43 (R. Brook 15:32); 20, Leicester 2:06:48 (M. Bromilow 15:09); 21, Reading 2:06:54 (R. Stevens 14:58); 22, Birchfield 2:07:05 (M. Densley 15:00); 23, W&B 2:07:51 (M. Cadwallader 15:27); 24, Westbury 2:08:22 (D. Cowles 15:37); 25, Brighton 2:08:27 (J. Boulter 15:19); 26, Stoke 2:09:22 (E. Johnson 15:21); 27, Hercules W 2:09:23 (A. Trowell 14:53); 28, Notts 2:09:30 (K. Pickles 16:00); 29, Bristol 2:10:19 (R. Cheek 14:56); 30, Portsmouth 2:10:21 (M. Hyman 14:59).

STAGE 7

Dave Moorcroft didn't run quite such a blinder as last year, but he did increase Godiva's lead over Gateshead by more than half a minute. The hallmark of really great running on this circuit is to break 25 minutes, and Ian Stewart achieved that in hoisting Birchfield a dozen positions. Brisk running, too, by marathoner Keith Angus of Sheffield.

1, Godiva 2:28:58 (D. Moorcroft 26:06); 2, Gateshead 2:29:41 (J. Myatt 26:40); 3, Cambridge H 2:29:51 (G. Grant 26:27); 4, Tipton 2:30:19 (A. Holden 26:23); 5, ESH 2:30:28 (C. Douglas 26:48); 6, Liverpool 2:31:02 (M. Turner 26:11); 7, Derby 2:31:13 (J. Henshall 27:19); 8, Invicta 2:31:40 (R. Newble 26:49); 9, Sale 2:31:51 (Paul Gayter 27:56); 10, Birchfield 2:31:58 (**I. Stewart 24:53**); 11, Sheffield 2:32:15 (K. Angus 25:44); 12, ASV 2:32:24 (A. Dewhurst 27:15); 13, Small Heath 2:32:25 (D. Biddell 27:19); 14, AFD 2:32:30 (T. Davies 27:03); 15, Southampton 2:32:42 (I. Burgess 26:34); 16, Cardiff 2:32:51 (B. Hayward 26:39); 17, SLH 2:33:10 (P. Williams 27:25); 18, TVH 2:33:27 (G. Dugdale 26:49); 19, Salford 2:33:39 (F. Briscoe 27:25); 20, Leicester 2:33:47 (J. Offord 26:59); 21, Reading 2:34:04 (G. Stevens 27:10); 22, W&B 2:34:21 (T. Jefferies 26:30); 23, C&C 2:34:43 (D. McArthur 28:00); 24, Stoke 2:35:52 (A. Birks 26:30); 25, Brighton 2:36:16 (M. Knapp 27:49); 26, Notts 2:36:26 (P. Bourne 26:56); 27, Westbury 2:36:31 (G. Blackburn 28:09); 28, Hercules W 2:37:27 (S. Lippell 28:04); 29, Bristol 2:38:31 (P. Craig 28:12); 30, Portsmouth 2:39:17 (D. Standing 28:56).

STAGE 8

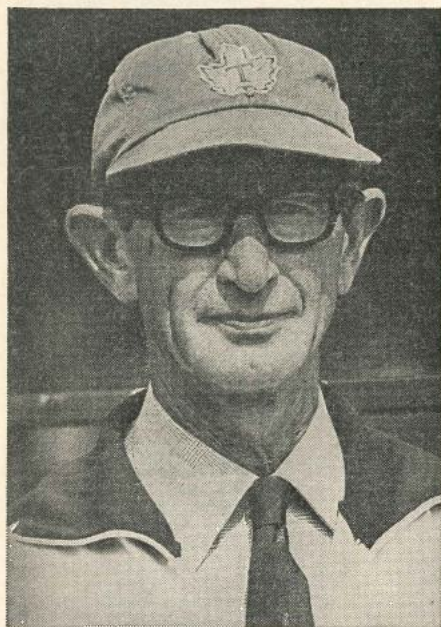
John Wild of Derby claimed fastest time with 14:20, but former UK 1500m record holder Jim Douglas (TVH) was only 2sec slower. His old track rival Peter Stewart (Birchfield), made a welcome return to national competition.

1, Godiva 2:43:41 (P. Miller 14:43); 2, Gateshead 2:44:19 (J. Trainor 14:38); 3, Tipton 2:44:50 (P. Griffiths 14:31); 4, ESH 2:45:06 (A. Blamire

continued on page 26

"Accolade has helped my athletes improve recovery rate and maintain performance"

Ron Murray—Professional Athletics & Olympic High Jump Coach



The more a sportsman puts into his game, the more he perspires, and therefore the more mineral salts he loses. Together with the energy he burns, this loss of 'electrolytes' inevitably affects his sporting performance.

Accolade's balanced formulation scientifically replaces the lost fluids and electrolytes in the right proportions within minutes. It also helps to stop cramps, to quench thirst and — because Accolade contains glucose — to add energy.

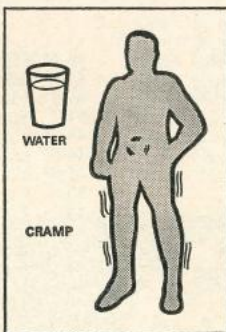
Many leading professional players and coaches believe that Accolade is vital to their match and training routines. Ron Murray says "The replacement of mineral salts lost in sweat, rather than just thirst-quenching, is most important to competitive performance".

Accolade is a scientifically balanced formulation of mineral salts and glucose which can improve sporting performance.

Take it, mixed with chilled water, before, during and after training and actual performance. Accolade contains no artificial stimulants, so drink as much as thirst dictates. Available in 200gr. jars through branches of Boots and leading chemists.



During strenuous exertion up to a quart of body fluid an hour can be lost through perspiration.



The loss of water and electrolytes — mineral salts — in body fluid frequently results in cramps and thirst.



Accolade is so similar to the body's fluid that it combats thirst and cramps with minimum liquid intake.



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UK RELAY LISTS FOR 1974

Compiled by Keith Morbey

The compiler wishes to thank all who sent results and hopes they will continue to assist in 1975. Full results of the following meetings are still required: Surrey Champs at Wimbledon (20/21.4.74) and heat results from Stretford Relays (27.4.74). Team compositions of County Schools teams from the ESAA Champs (and

other meetings) to the following standards are wanted: SB—45.1, IB—45.5, JB—49.2, SG—47.8, IG—50.5, JG—51.3. Missing composition details are signified in the lists by asterisk. Amendments and additions, particularly for events with less than 10 ranked clubs, would be welcomed by Keith Morbey, 5 Ian Road, Billericay, Essex.

SENIOR MEN

4 x 100 METRES

- 40.9 Wolverhampton & Bilston
- 41.0 Thames Valley H
- 41.5 Cardiff AAC
- 41.7 Edinburgh AC
- 41.9 Stretford AC
- 42.0 Essex Beagles
- 42.1 Polytechnic H
- 42.2* Edinburgh Southern
- 42.2* Birchfield H
- 42.3* Kent AC
- 42.3 Chelmsford AC
- 42.3 Met Police

4 x 200 METRES

- 1:27.6 Edinburgh AC
- 1:28.2 Edinburgh Southern
- 1:30.0 Sale H
- 1:31.1 Luton United
- 1:31.4* Oxford Univ
- 1:31.5* Birmingham Univ
- 1:31.7 Bournemouth AC
- 1:31.9 Wycombe Phoenix
- 1:32.4* Birchfield H
- 1:33.6* Cambridge Univ
- i—indoor mark

4 x 400 METRES

- 3:12.5 Edinburgh AC
- 3:12.9 Cardiff AAC
- 3:13.7 Wolverhampton & Bilston
- 3:15.0 Sale H
- 3:16.0* Birmingham Univ
- 3:16.6 Stretford AC
- 3:17.4 Edinburgh Southern
- 3:18.2 Croydon H
- 3:18.4 Polytechnic H
- 3:19.2* Birchfield H
- 3:19.2* Swansea H

4 x 800 METRES

- 7:44.6 Oxford Univ
- 7:56.6 Cambridge Univ
- 7:58.4 Stretford AC

4 x 1500 METRES

- 16:14.6 Edinburgh Southern
- 16:27.2* Cardiff AAC
- 16:33.0 Harlow AC
- 16:35.0 Aldershot,
- Farnham & Dist
- 16:35.0 Bracknell AC
- 16:37.0 Edinburgh AC
- 17:01.0 Law & District
- 17:02.8 Ayr AAC
- 17:11.6 Windsor, S&E

4 x 110H

- 1:05.7* Oxford Univ

- 1:08.5 Loughborough Colls

- 1:09.5* Cambridge Univ

- 1:10.3* Birmingham Univ

1600 METRES MEDLEY

- 3:31.4 Bournemouth AC
- 3:32.2 Luton United
- 3:34.0 Ilford AC
- 3:34.2* Havering AC
- 3:34.9 Wycombe Phoenix
- 3:35.4* Kent AC
- 3:35.7* Medway AC
- 3:36.5* Met Police
- 3:36.6 Bristol AC
- 3:37.0* Blackheath H

JUNIOR MEN

4 x 100 METRES

- 43.1 Croydon H
- 43.4 B of Enfield
- 43.4 Epsom & Ewell
- 43.7 Pitreavie AAC
- 44.1* Haringey & Southgate
- 44.1 Garscube H
- 44.1 Shaftesbury H
- 44.4* Thames Valley H
- 44.5 Edinburgh AC
- 44.6 Bristol AC
- 44.6 Paisley SH

4 x 200 METRES

- 1:33.1 Epsom & Ewell
- 1:34.2 Haberdashers Aske's Sch
- 1:35.5 Oakham Sch
- 1:35.8* Uppingham Sch
- 1:35.8* Harrow Sch
- 1:36.0* Bradfield C
- 1:37.6* Cheltenham C
- 1:37.6 Millfield Sch
- 1:37.7* Wellington C
- 1:37.7* Berkhamsted Sch

4 x 400 METRES

- 3:22.6 Hillingdon AC
- 3:29.7 Plymouth AC
- 3:30.3* Sherborne Sch
- 3:30.8 Millfield Sch
- 3:32.4 Burton AC
- 3:33.6 St Pauls Sch
- 3:33.8 Eton C
- 3:34.5* Victoria Park
- 3:35.2* Welbeck C
- 3:35.4 B of Enfield

4 x 800 METRES

- 8:16.4 Millfield Sch
- 8:17.7 Haberdasher Aske's
- 8:23.1* Dulwich C
- 8:34.1* Merchant Taylor's

- 8:34.2* Welbeck C

- 8:38.6 King Henry VIII, Cov

- 8:41.6* Wellington C

- 8:46.8 Abingdon Sch

- 8:47.8* Haileybury

- 8:56.0 The Leys School

4 x 110H

- 1:08.5 Millfield Sch
- 1:09.3 Ampleforth C
- 1:09.6* Haileybury
- 1:09.6* Oakham Sch
- 1:11.3* Bedford MS
- 1:12.9* Wellington C
- 1:13.7* Stone Sch

1600 METRES MEDLEY

- 3:42.2 Bristol AC
- 3:44.4 Mitcham AC
- 3:45.0 Essex Beagles
- 3:45.0 Eton Coll
- 3:46.7 Queens Park H
- 3:47.7 Shrewsbury Sch
- 3:48.2 Luton United
- 3:48.5 Epsom & Ewell
- 3:49.1 Abingdon Sch
- 3:49.3 Marlborough C

YOUTHS

4 x 100 METRES

- 44.4* Hillingdon AC
- 44.6* Edinburgh AC
- 44.7* Pitreavie AAC
- 44.7 Sparkhill H
- 44.8* City of Stoke
- 44.9* Queens Park H
- 45.0* Feltham AC
- 45.0 Croydon H
- 45.2 Bristol AC
- 45.2 Eastbourne C
- 45.2* Leamington
- 45.2* Hercules Wimbledon
- 45.2 B of Enfield

4 x 200 METRES

- 1:32.8 Sparkhill H
- 1:33.5 Queens Park H
- 1:33.5* Uppingham Sch
- 1:36.4 Epsom & Ewell
- 1:36.8 City of Stoke
- 1:36.8* Warrington AC
- 1:37.1 Norfolk Olympiads
- 1:38.1 Grimsby H
- 1:38.4 King Henry VIII, Cov
- 1:38.5* Haileybury

4 x 400 METRES

- 3:29.2 Bracknell AC
- 3:31.2* Cwmbran Olympiads

3:32.0 Brighton & Hove AC
 3:33.2 Bristol AC
 3:33.2 Leicester Coritanian
 3:34.5 Edinburgh AC
 3:36.6 Pitreavie AAC
 3:37.3* Hillingdon AC
 3:37.5 Shettleston H
 3:37.5 Windsor, S&E

4 x 800 METRES

8:13.4 Annadale Striders
 8:14.0 Shettleston H
 8:32.3 Millfield Sch
 8:32.4 Bolton United
 8:32.5 Havering AC
 8:33.0 Edinburgh AC
 8:35.0* City of Stoke
 8:36.8 Cupar & Dist
 8:45.0* Hallamshire H
 8:45.1* Ampleforth C

1600 METRES MEDLEY

3:41.3 Sparkhill H
 3:42.8* Sale H
 3:43.3* Liverpool Pemb
 3:46.1* Elliott-Reed
 3:46.3 B of Enfield
 3:47.0* Thurrock H
 3:48.8* Gateshead H
 3:49.3* Stevenage H
 3:52.3 Marlborough C
 3:52.8* Liverpool H

BOYS**4 x 100 METRES**

46.9 Bristol AC
 47.2* Haringey & Southgate
 47.5 Peterborough AC
 47.6* Plymouth AC
 47.6 Edinburgh AC
 48.1 Herne Hill H
 48.1* Stevenage AC
 48.2 Shaftesbury H
 48.6* George Heriots Sch
 48.6 Leicester Coritanian
 48.6 Cupar & Dist
 48.6 Liverpool H

4 x 200 METRES

1:40.1 Peterborough
 1:43.8 Stretford AC
 1:46.2* Hull Spartan AC
 1:46.4* Warrington AC
 1:47.5 Holbeach AC

1:48.4* Wirral AC
 1:50.4 Lincoln C&C
 1:52.2 King Henry VIII, Cov
 1:52.4 Wolverhampton & B
 1:53.9 Herne Hill H

4 x 400 METRES

3:47.9* B of Enfield
 3:48.4 Leicester C
 3:48.8 Epsom & Ewell
 3:51.3 Newcastle (S)
 3:51.3 Edinburgh AC
 3:52.7* Swansea H
 3:53.2* Plymouth AC
 3:54.8 Wolverhampton & B
 3:55.9* Bristol AC
 3:57.0* Hillingdon AC

4 x 800 METRES

9:00.4 Leicester C
 9:06.4 Stretford AC
 9:07.2 Polbeath H
 9:09.6 Edinburgh AC
 9:09.8 Blaydon H
 9:13.2* Warrington AC
 9:14.9* Victoria Park
 9:17.6* Bury AC
 9:18.4* Stevenage AC
 9:18.5 Walthamstow AC
 9:18.5 Havering AC

1600 METRES MEDLEY

3:50.0* Elliott-Reed
 3:50.0* Stevenage AC
 4:03.0 B of Enfield
 4:05.0* Victoria Park
 4:08.2* Houghton H
 4:17.2* Medway AC
 4:22.5* Blackheath H
 4:26.5 Judd School
 4:26.7* Cambridge H
 4:37.0* Basildon AC

COLTS**4 x 100 METRES**

49.7* Surrey AC
 53.9* B of Enfield
 54.6* Barnet AC
 55.3* Cwmbran Olympiads
 55.9* Swansea H
 56.1* Erith AC
 56.1 Wolverhampton & B
 56.9* Cardiff AAC
 57.2* Westbury H

57.3 Epsom & Ewell

4 x 800 METRES

10:06.8* Stevenage AC
 10:21.5* Havering AC
 10:42.4* Erith AC
 10:51.0* Thurrock H

1600 METRES MEDLEY

4:51.6* Judd School
 4:52.4* St Columbas Sch
 4:58.9* Kent AC
 5:03.5* Erith AC
 5:10.3* Cambridge H
 5:12.3* Blackheath H
 5:21.1* Medway AC

SENIOR WOMEN**4 x 100 METRES**

45.1 Mitcham AC
 45.4 Stretford AC
 46.3 Edinburgh Southern
 46.9 London Olympiads
 47.0 Wolverhampton & B
 47.0 Birchfield H
 47.1 Bristol AC
 47.5* Essex LAC
 47.9* Dorothy Hyman TC
 48.0* Maryhill LAC

4 x 200 METRES

1:36.0 Stretford AC
 1:36.7* Hull Spartan
 1:37.1* Mitcham AC
 1:37.7 London Olympiads
 1:40.0 Birchfield H
 1:40.6* Dorothy Hyman TC
 1:40.8* Bristol AC
 1:42.4 Wigmore LAC
 1:43.1 Wolverhampton & B
 1:43.5 Cambridge H

4 x 400 METRES

3:38.9 Wolverhampton & B
 3:39.3 Edinburgh Southern
 3:45.5 Stretford AC
 3:47.2 Mitcham AC
 3:49.1 London Olympiads
 3:51.2 Maryhill LAC
 3:51.3 Cambridge H
 3:51.8 Birchfield H
 3:54.6 Hillingdon
 3:56.0* Bury AC

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3 x 800 METRES

- 6:32.4 Cambridge H
- 6:39.6 London Olympiades
- 6:53.4* Hillingdon AC
- 7:02.6* Bristol AC
- 7:09.4 Wolverhampton & B
- 7:11.0* Cardiff AAC
- 7:15.1* Ilford AC
- 7:25.0* Bury AC
- 7:25.4* Thurrock H
- 7:30.0* Cwmbran Olympiades

4 x 800 METRES

- 9:18.4 Stretford AC
- 9:26.6* Hull Spartan
- 9:40.8 Edinburgh AC
- 9:45.0 Derby LAC
- 9:47.2* Warrington AC
- 9:55.4* Hallamshire H
- 10:15.2 Edinburgh Southern
- 10:23.4 Hillingdon AC
- 10:39.8 HSV

600 METRES MEDLEY

- 1:11.6* Essex LAC
- 1:14.3* Mitcham AC
- 1:15.8 Cambridge H
- 1:18.2 Epsom & Ewell
- 1:18.4 Selsonia LAC

1600 METRES MEDLEY

- 4:02.8 Maryhill LAC
- 4:10.6 Birchfield H
- 4:12.1* Bury AC
- 4:16.1 Edinburgh AC
- 4:18.8* Havering AC
- 4:19.1 Grangemouth Olymp
- 4:23.2 Derby LAC
- 4:25.6 Rossendale AC
- 4:26.5* I. M. March CPE

INTERMEDIATES**4 x 100 METRES**

- 48.5 Edinburgh Southern
- 48.8 Mitcham AC
- 49.1 Stretford AC
- 49.6 Shrewsbury & Dist
- 49.8 B of Enfield
- 49.9 Coventry Godiva
- 50.0 Middlesex LAC
- 50.0 Liverpool H
- 50.0 Dartford AC
- 50.5* Southampton & E
- 50.5 Birchfield H

4 x 200 METRES

- 1:43.0 Mitcham AC
- 1:43.2 Edinburgh Southern
- 1:45.4 Stretford AC
- 1:46.3 Liverpool H
- 1:46.3 Middlesex LAC
- 1:46.5 Norfolk Olymp
- 1:47.4 Bromsgrove & R
- 1:47.5 Wigmore LAC
- 1:48.1* Sale H
- 1:48.2* Dartford H
- 1:48.2* Tonbridge AC

4 x 400 METRES

- 4:01.9 Havering AC
- 4:03.2 Oxford CAC
- 4:12.5 Bromsgrove & R
- 4:16.8 Verlea AC
- 4:16.9 Border H
- 4:16.9* Dartford AC
- 4:17.8* Plymouth
- 4:20.1* Exeter H
- 4:21.3 Reading AC
- 4:25.0* Medway AC

3 x 800 METRES

- 7:23.7* Thurrock H

4 x 800 METRES

- 9:47.3 Havering AC
- 9:57.8 Thurrock H

JUNIORS**4 x 100 METRES**

- 49.4 Birchfield H
- 50.3 Reading AC
- 50.4 B of Enfield
- 50.5 Mitcham AC
- 50.5 Warrington AC
- 50.5* Sale H
- 50.5 Verlea
- 51.1 Southend AC
- 51.1 Hillingdon AC
- 51.2* Hull Spartan

4 x 200 METRES

- 1:48.3 Warrington AC
- 1:49.6 B of Enfield
- 1:49.9 Wolverhampton & B
- 1:50.2 Verlea AC
- 1:50.4 Reading AC
- 1:50.5* Cardiff AAC
- 1:50.7* Bristol AC
- 1:50.9* Hickleton Main

- 1:50.9 Cupar & Dist
- 1:50.9 Liverpool H

3 x 800 METRES

- 7:12.7* Warrington AC
- 7:15.3 Derby LAC
- 7:25.3* Darlington
- 7:25.4 Border H
- 7:25.5* Ilford AC
- 7:27.8* Bristol AC
- 7:38.0* Airedale & Spen
- 7:41.3* Havering AC
- 7:42.0 Wolverhampton & B
- 7:44.0* Thurrock H

4 x 800 METRES

- 9:28.2 Pitreavie AAC
- 9:40.6 Mitcham AC
- 9:41.4 Bracknell AC
- 9:44.2 Derby LAC
- 9:45.8 Warrington AC
- 9:46.4 Harlow AC
- 9:50.8 B of Enfield
- 10:09.0 Bromsgrove & R
- 10:12.2 Edinburgh Southern
- 10:13.6 Feltham AC

GIRLS**4 x 100 METRES**

- 54.5 Edinburgh Southern
- 56.2* Cardiff AAC
- 56.4 Border H
- 56.4* Cockermouth
- 56.9 Epsom & Ewell
- 57.8 Edinburgh AC
- 58.5* Swansea H
- 58.6* Cwmbran Olymp
- 58.7* Middlesex LAC
- 58.8* Bristol AC

4 x 200 METRES

- 1:58.8 Edinburgh Southern

3 x 800 METRES

- 7:41.5* Aldershot, F&D
- 7:56.0* Thurrock H
- 8:16.2* Bristol AC
- 8:16.6* Havering AC
- 8:24.0* Cardiff AAC
- 8:24.0* Cwmbran Olymp
- 8:42.6* Westbury H
- 8:44.4* Swansea H

4 x 800 METRES

- 11:25.2 Edinburgh AC
- 11:39.0 Edinburgh Southern

GOLDEN VALE ATHLETIC CLUB

in conjunction with

Hanwell Carnival Committee

CARNIVAL '5'**5 MILES SENIOR MEN'S****OPEN ROAD RACE**

(Under A.A.A. Laws)

for the Carnival Cup

(Holders: Shaftesbury Harriers)

SATURDAY, 14th JUNE at 3.30 p.m.

At Elthorne Park, Boston Road, Hanwell, W.7.

Prizes: medals first 3 teams (4 run, 3 score), prizes first 3 Ind., first 3 Vets. Carnival Cup held by winning team for 1 yr. All enter as Individuals (15p) to M. Barber, 66 Framfield Road, Hanwell, W.7. (Tel: 01-567 0705).

Entries close Monday, 9th June.

COLCHESTER A.C.**COLCHESTER SPORTS FESTIVAL****5½ MILES ROAD RACE**

Sponsored by

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HOME IMPROVEMENT CENTRE

(Under A.A.A. Laws)

SUNDAY, JUNE 1st, 1975**From Shrub End Playing Fields**

Over £60 in prizes for first 4 Ind., first Vet., first 3 Teams (3 to score).

Fees: 20p Ind. only (includes refreshments).

Entries to P. J. Chillingworth, 3 Edison Close, Braintree, close May 24th.

GWENT CROSS-COUNTRY LEAGUE**At Pontypool Park, March 15th**

1, D. Francis (Westbury) 28:09
 2, J. Theophilus (Swansea) 28:42
 3, P. Ratcliffe (Cardiff) 29:35
 4, D. Holt (Swan) 29:49; 5, B. Valentine (West) 30:03; 6, A. Coles (Swan) 30:07; 7, K. Davies (Gil) 30:38; 8, C. Ridley (West) 30:49; 9, B. Popel (West) 30:51; 10, G. Blackburn (West) 30:52; 11, A. Davies (Card) 31:04; 12, A. Ettle-Isles (West) 31:07; 13, L. Tew (Brid) 31:09; 14, C. White (Bris) 31:20; 15, J. Collins (Swan) 31:24. **Teams:** 1, Westbury 342; 2, Swansea 329; 3, Cardiff 241; 4, Newport 193; 5, Cwmbran & Westbury 'B' 178. **(Juniors):** 1, D. Flynn (Swan) 22:34; 2, J. Evans (Aber) 23:19; 3, A. Darby (Caer C) 23:55; 4, J. Carswell (West) 24:10; 5, P. Tucker (Swan) 25:17; 6, R. McIlwraith (Swan) 25:17. **Team:** Swansea. **(Youths):** 1, M. Mooris (Cwm) 16:30; 2, A. Leek (Card) 17:01; 3, H. Norman (Card) 17:12; 4, G. Hill (West) 17:12; 5, J. Pickford (West) 17:12; 6, K. Dack (AAC) 17:29; 7, S. Evans (West) 17:31; 8, D. James (Card) 17:32; 9, B. Davies (Swan) 17:49; 10, D. Colwes (West) 17:52. **Teams:** 1, Westbury 129; 2, Cardiff 118; 3, AAC Chepstow 84. **(Boys):** 1, T. Matthews (West) 13:15; 2, K. Glastonbury (Card) 13:16; 3, K. Morris (Card) 13:17; 4, C. Street (West) 13:22; 5, G. Booker (Swan) 13:24; 6, R. Nash (West) 13:29; 7, R. Wakefield (Bris) 13:30; 8, A. Cummings (Card) 13:31; 9, G. Keeble (New) 13:32; 10, M. Cowman (West) 13:35.

Teams: 1, Westbury 293; 2, Cardiff 255; 3, Bristol 204. **(Colts):** 1, A. Martin (Card) 9:54; 2, J. Lucas (Swan) 9:59; 3, J. Wolfenden (West) 10:00; 4, K. Hall (Bris) 10:06; 5, D. Hann (Bris) 10:10; 6, S. Bushell (Bris) 10:13. **Team:** Bristol. **(Junior Colts):** 1, J. Pring (Bris) 8:17; 2, L. Coare (B&P) 8:28; 3, N. Stops (New) 8:32. **Team:** Ferndale CS.

Senior Women

1, S. Smith (Bris) 16:51; 2, S. Hudd (Bris) 16:54. **Team:** Bristol. **(Inters):** 1, A. Graham (West) 11:28; 2, J. Clements (Swan) 11:40; 3, A. Lewis (Cwm) 11:49; 4, S. Cuddihee (Card) 11:58; 5, S. Lode (Brec) 12:08; 6, P. Hiley (Card) 12:29. **Team:** Cardiff. **(Juniors):** 1, K. White (West) 8:45; 2, S. Taylor (Card) 8:58; 3, A. Fox (Swan) 9:08; 4, D. Lewis (Card) 9:11; 5, S. Nuttall (West) 9:29; 6, M. Bone (West) 9:30; 7, S. Backwell (Bris) 9:38; 8, J. Fleming (West) 9:41; 9, N. McIntyre (West) 9:43; 10, E. Steed (Card) 9:44. **Teams:** 1, Westbury 326; 2, Cardiff 308; 3, Bristol 251. **(Girls):** 1, K. McDermott (Brec) 7:54; 2, S. Gwinnell (Bris) 7:58; 3, L. Jones (KH VIII) 8:01; 4, T. Walker (Cwm) 8:03; 5, C. Turner (W&B) 8:08; 6, M. Hopkins (Bris) 8:12. **Team:** Bristol.

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UK Coaching Scheme Four Year Plan For Middle & Long Distance Running

Prepared and presented by Denis Watts & Harry Wilson

THIS Plan is produced for the guidance of BAAB Coaches of all grades for the improvement of standards at all levels of Middle and Long Distance Running. It is not geared to any given time period but is intended to ensure a basis for progressive improvement in the standard of performance and active participation at all levels of competition. It is to be operated in conjunction with the overall Coaching Development Plan published separately, which is designed to cater for factors common to all events.

STRUCTURE

1. NATIONAL EVENT COACH (MD)
NATIONAL EVENT COACH (LD)

By Regions (Wales, Scotland, N Ireland, North, Midlands, South).

2. Staff Coach (MD), Staff Coach (LD).
3. County Event Coaches (MD & LD) (District Event Coaches in case of North).
4. Club Coaches.
5. Assistant Club Coaches.

Note: Each Regional Staff Coach is responsible to the appropriate National Event Coach for the appointment, in conjunction with the Coaching Committees, of District/County Event Coaches, Club Coaches, and Assistant Club Coaches within his region. It is intended to have this staffed and the scheme fully operational before the end of the four-year period.

CLUB COACHING

Every Club in the UK should have the services available of at least one qualified BAAB Coach in both Middle and Long Distance running. These coaches are to be supported by Assistant Club Coaches.

DISTRICT/COUNTY EVENT COACHES

(a) Area Joint Coaching Committees in conjunction with Staff Coaches must aim to appoint District/County Event Coaches. It is the duty of the Staff Coach to find out which men/women are most suitable for these posts and inform the respective Coaching Committees.

(b) County/District Event Coaches should be expected to run at least two training days per annum.

(c) They will be expected to encourage and assist in the production of Club Coaches and Assistant Club Coaches.

(d) District/County Event Coaches must be prepared to maintain a list of active coaches at Club level. They must encourage Club Coaches and others interested to attend annual Area conferences.

(e) County Event Coaches should develop good contact with the County Schools AA.

AREA STAFF COACHES

(a) Area Staff Coaches will be expected to hold two training days a year for runners in their regions.

(b) It is the responsibility of the Area Staff Coaches to devote at least two days per annum to organising and running courses for the production and development of coaches at all levels.

(c) Staff Coaches must maintain a list of the active coaches together with a list of their best athletes and their coaches.

(d) A conference will be organised by the regions in conjunction with the Area Staff Coaches at least once every two years.

(e) Staff Coaches will be expected to attend the Annual Staff Coaches Conference organised by the National Event Coaches.

(f) Terms of Reference incorporating the above responsibilities together with other duties as development progresses will be issued to all Area Staff Coaches.

(g) Staff Coaches should have passes to enable them to request meeting organisers to admit them to meetings without charge.

See also under Junior Athletes.

NATIONAL EVENT COACHES

The National Event Coaches are: (Middle Distance)—Denis Watts—Principal National Coach; (Long Distance)—Harry Wilson.

(a) The above coaches will issue two newsletters per year, Spring and Autumn, with contributions from Staff Coaches.

(b) There will be two National Courses per annum for young runners of great potential. Coaches of individual athletes should be encouraged to accompany their athletes as observers on these Courses.

(c) There will be one Staff Coaches Conference per annum.

(d) **National Squad.** A National Squad will be chosen in each event each year and the athletes will be contacted by the Event Coaches to ascertain any coaching or competition requirements. Top athletes should be encouraged to let National Event Coaches have details of their training and competition plans well before the commencement of each track season. Every effort must be made to meet these training and competition needs.

JUNIOR ATHLETES

(a) Names, addresses, performances and particulars of any outstanding juniors must be forwarded by Area Staff Coaches to the National Event Coach. The Staff Coaches are to liaise closely with the Event Coaches in order to ensure balanced development.

(b) At Area Senior Courses juniors should be invited to attend or they should be encouraged to write in and ask if they can attend.

(c) Coaches of good juniors should be encouraged to attend Area and National Courses as observers, also to contact Area and National Event Coaches regarding future competition and training for their athletes.

COMPETITION

(a) Coaching is a means to an end. Competition is a further step along the road to that end. All Coaches at whatever level should see to it that their athletes get the competition they require to produce their best performance. This starts at the Club level and works upwards. Every endeavour must therefore be made to see that athletes have full opportunity to compete at the level best suited to their needs and capability.

(b) With the advent of more all-weather tracks Staff Coaches should ensure that all-the-year-round competitions are held on these tracks (assuming, of course, that there is sufficient demand).

(c) The role of cross-country in the competition scene must be clarified especially as we will eventually be competing in the International CC Championships as Great Britain. Close liaison with the cross-country bodies by National Event Coaches and Staff Coaches is recommended.

SELECTION

National Bodies and Area Associations should consult Event Coaches and Staff Coaches when dealing with selection problems involving individual events. This is already being done with regard to National Teams through the Principal National Coaches, who in turn consult the Event Coaches.

FACILITIES

(a) Conditioning Camps should be made full use of in the Spring and Autumn months. A list of recommended places can be obtained from either of the National Event Coaches.

(b) All coaches should be constantly trying to get the appropriate authorities to improve indoor training facilities.

PHYSIOLOGICAL TESTING

It is recommended that athletes of the required standard have tests from time to time, generally

twice a year. At the moment centres are available for athletes at Chelsea College of Physical Education, Eastbourne; Department of Physical Education, Salford University; Medical Research Council Hampstead; and St Luke's College, Exeter.

In the first instance athletes should write to the Area Staff Coach and he will see what can be arranged at one of the above-listed centres or somewhere else near at hand.

These tests are for mature runners or juniors of exceptional ability. Also they should be as specific as possible, in other words, any weakness or strength should be pointed out so that the physiologist does not waste his time. A list will be prepared giving minimum requirements at Physiological Testing Centres.

The BAAB Medical Committee will be asked to provide lists showing where specialist medical attention can be obtained. Also to be asked to give their opinion from time to time on various forms of supplementary diet as they come on the market.

RESEARCH

(a) Further research into progressive Resistance Exercise for Middle and Long Distance Runners will be undertaken. Suggestions from Staff Coaches and others who are prepared to assist with this project should be made to the National Event Coaches.

(b) It is the intention that more work should be done on Altitude Training especially with reference to reacclimatisation to sea-level.

(c) Further experiments will be carried out with regard to the recovery periods in training sessions, ie Walk, Jog, Time, Distance and Rest.

(d) It is becoming clear that diet is playing an important part in running training and we hope that all coaches will improve their knowledge of this subject.

INTERMEDIUM

There are many aspects of an overall Coaching Development Plan which are common to all events. These include, *inter alia*, Finance, Dietetics, etc. It is intended that such matters of general application will be dealt with in detail in a separate document applicable to all events.

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RAWNSLEY LEAVES NOTHING TO CHANCE

PETER RAWNSLEY, outsprinted over 10,000m by Dick Milne the previous weekend after doing all the work, left nothing to chance in the open 10-mile road race, promoted by Hallamshire Harriers at Stannington on April 20th, and won the event for the second time in his career. Rawnsley, 26-year-old senior work study officer at a Sheffield steel works, employed different tactics this time and they paid off handsomely in what is generally acknowledged as one of the toughest ten mile runs in the country. His winning time of 51:14 was well outside the course record of 50:35 which he set in 1972 but he had a comfortable 100y margin over ambulance driver Roy Bailey at the end.

Bailey came into the picture around the three mile mark after Rawnsley and Junior inter-county champion Graham Ellis (19) had carved out the early pace. But Rawnsley asserted his authority after the six-mile point and forged clear on the hills in the closing stages.

Team winners Longwood discovered another long-distance runner but, unfortunately, they will not be able to use her! Jean Haigh, the Yorkshire 3000m champion, missed the start of her own race whilst encouraging her younger sisters Anne and Susan into the prize-list; so she decided to tag along behind the men. She stayed at the back for a while but the testing hillside course held no fears for her and gradually she moved forward. "I enjoyed that", she said, as she crossed the finishing line, with a huge smile on her face, in 65:27. Some of the men obviously didn't share her sentiments for fifteen of them were left trailing in her wake. Perhaps the ruling which limits the distance women are allowed to run was designed to protect the men!

Granville Beckett

1, P. Rawnsley (Sheffield)	51:14
2, R. Bailey (Rotherham)	51:30
3, G. Ellis (Holmfirth)	51:46
4, R. Harbisher (Long)	52:26
5, R. Morris (Wins)	52:30
6, D. Trickett (Hallam)	53:44
7, M. Taylor (Sheff)	54:18
8, M. O'Connell (Long)	54:26
9, T. Ramsden (Holm)	54:38
10, W.	

Dance (Long) 54:44; 11, S. Beardsall (Holm) 55:03; 12, B. Mullarkey (Roth) 55:23; 13, D. Bennett (Barn) 55:29; 14, M. Hague (Roth) 55:45; 15, R. Aconley (S Yks P) 56:23; 16, A. Bigg (Hall) 56:29; 17, C. Gillott (Hall) —; 18, K. Bingley (Wake) 56:47; 19, G. King (Long) 56:57; 20, M. Levery (Sheff) 57:29. **Teams:** 1, Longwood 22; 2, Holmfirth 23; 3, Rotherham 28; 4, Sheffield 28; 5, Hallamshire 39; 6, Barnsley 56.

Youths 3 Miles

1, J. Clark (Roth) 17:10; 2, D. Sykes (Holm) 17:11; 3, G. Cooper (MAC) 17:18; 4, P. Northrop (MAC) 17:34; 5, T. Fieldsend (Hall) 17:39; 6, N. Smith (MAC) 17:40. **Teams:** 1, Manchester AC 13; 2, Holmfirth 23; 3, Hallamshire 24. **(Boys 2M):** 1, D. Lewis (Ross) 12:18; 2, M. Ware (MAC) 12:45; 3, C. Maddocks (Hall) 12:49; 4, P. Mace (Roth) 12:54; 5, P. Muxworthy (Holm) 13:00; 6, N. Fairfax (Sheff) 13:04. **Team:** Rossendale. **(Colts 2M):** 1, A. Sugden (Holm) 13:57; 2, N. Marshall (Leeds) 14:21; 3, I. Patten (MAC) 14:22; 4, W. Dixon (Ross) 14:27; 5, M. Almond (Long) 14:31; 6, P. Williams (Wins) 14:35. **Team:** Frodsham.

Women's 2M

1, C. Readdy (Stoke) 12:51; 2, C. Hanson (Dby) 13:10; 3, J. Lochhead (A&SV) 13:51; 4, G. Heath (Dby) 13:59; 5, S. Brown (Sheff) 14:10; 6, S. Brown (Stoke) 14:20. **Team:** City of Stoke. **(Inters 2M):** 1, A. Tunnicliffe (Stoke) 14:26; 2, H. Purton (Stoke) 14:30; 3, J. Clarke (Sheff) 14:37; 4, L. Wilson (Roth) 15:04; 5, G. Perry (Stoke) 16:19; 6, P. Wragg (Sheff) 16:27. **Team:** City of Stoke. **(Junior 2M):** 1, A. Pattinson (Stoke) 13:54; 2, Y. Rowe (Dby) 14:03; 3, J. Bates (Stoke) 14:22; 4, A. Pickering (Stoke) 14:48; 5, F. Oldershaw (Dby) 14:59; 6, L. Dunne (Dby) 15:08. **Team:** Stoke. **(Girls 2M):** 1, D. Watson (Dby) 13:59; 2, H. Walker (Hallam) 15:09; 3, H. Thorpe (Hall) 15:34; 4, J. Wilson (Roth) 15:40; 5, H. Shields (Hall) 15:49; 6, T. Finnegan (Wins) 15:53. **Team:** Hallamshire.

LANCASHIRE AAA RED ROSE '20'

At Kirkby, April 20th

1, P. Malcolmson (Liverpool Pembroke) 1:48:07
2, M. Flynn (Liverpool Pembroke) ... 1:49:26
3, W. Moore (Liverpool H) ... 1:50:10
4, P. Livesey (Clay) 1:51:40; 5, J. Prescott (Leigh) 1:52:23; 6, A. Hudson (B&F) 1:53:03; 7, F. Howson (Barr) 1:54:59; 8, R. Kernighan (Liv P) 1:55:17; 9, A. Swindlehurst (Liv H) 1:55:47; 10, P. Leviston (Barr) 1:56:59; 11, J. Pouncy (B&F) 1:57:17; 12, P. Doherty (Stret) 1:57:58; 13, A. Neill (YMCA) 1:58:08; 14, B. Woods (Seft) 1:59:41; 15, J. Noone (Salf) 2:00:00. **Teams:** 1, Liverpool Pembroke 26; 2, Barrow 38; 3, Leigh 50.

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After a very long delay we recently received the detailed results of the men's races at Guildford on February 1st. For the record, we are printing the leading placings in each race.

BUSF & UAU CHAMPIONSHIPS

- 1, R. Smedley (Birmingham University) 35:18
- 2, J. Goater (Oxford University) 35:26
- 3, D. Moorcroft (Loughborough Colleges) 35:47
- 4, A. Etchells (Ox) 36:10; 5, R. Harrison (Leic) 36:12; 6, I. Gilmour (Birm) 36:23; 7, T. Colton (Lough) 36:31; 8, L. Reilly (Man) 36:41; 9, C. Garforth (Camb) 36:47; 10, J. Fox (Leeds) 37:02; 11, M. Kearns (Birm) 37:08; 12, H. Symonds (Durh) 37:12; 13, M. Knapp (LSE) 37:18; 14, R. Coles (New) 37:25; 15, S. Jonsson (Durh) 37:26; 16, P. Kenny (Dund) 37:28; 17, R. Bradbury (Bath) 37:30; 18, D. Driver (Lough) 37:35; 19, M. Goddard (Durh) 37:37; 20, D. Wright (Birm) 37:44; 21, M. Deegan (Birm) 37:47; 22, M. Longthorn (Birm) 37:48; 23, G. Reynolds (Ox) 37:49; 24, I. Orton (Edin) 37:52; 25, K. Clifford (Camb) 37:54; 26, A. Asgerisson (Durh) 37:55; 27, D. Row (Queens) 37:55; 28, K. Dumpleton (Lough) 37:55; 29, A. Lightfoot (Sheff) 37:57; 30, I. Logan (Birm) 37:59; 31, A. Buckley (Man) 38:07; 32, M. Rideout (Birm) 38:08; 33, N. Fothergill (Glas) 38:10; 34, J. Crafter (Sheff) 38:14; 35, W. Ewers (Ox) 38:19; 36, B. Finlayson (Strath) 38:20; 37, J. McDonald (Man) 38:21; 38, G. Tarry (Leeds) 38:22; 39, J. Gunstone (Glas) 38:24; 40, S. Knowles (Leeds) 38:25; 41, P. Russell (Bang) 38:31; 42, D. Parker (Durh) 38:33; 43, I. Mitchell (Glas) 38:36; 44, G. Morgan (Man) 38:42; 45, G. Whittleston (Sheff) 38:45; 46, T. Hawes (Bath) 38:46; 47, J. Rye (Ox) 38:47; 48, H. Jones (Liv) 38:47; 49, R. Paver (Ox) 38:49; 50, S. Richardson (Sheff) 38:52; 51, M. Long (Lough) 38:55; 52, I. Duncan (St A) 38:56; 53, R. Foskett (Sheff) 38:57; 54, M. Levery (Bath) 39:00; 55, R. Milton (New) 39:02; 56, P. Williams (Lough) 39:03; 57, P. Munn (Warw) 39:07; 58, P. Butcher (EA) 39:07; 59, S. Taylor (Aber) 39:08; 60, S. Jackson (Liv) 39:10; 61, I. Fairclough (Queens) 39:11; 62, M. Ligema (Aber) 39:15; 63, P. Dunn (Durh) 39:16; 64, G. Sellens (Camb) 39:18; 65, D. Stodart (Glas) 39:19; 66, A. Catley (New) 39:21; 67, P. Preston (Strath) 39:25; 68, P. Haywood (Leeds) 39:27; 69, M. Smith (Leic) 39:29; 70, M. Donaldson (Queens) 39:30; 71, A. Hind (S'ton) 39:31; 72, M. English (Leic) 39:33; 73, W. Sheridan (Glas) 39:36; 74, S. Crawford (Glas) 39:38; 75, G. Jones (Camb) 39:39. 218 finished.

Teams (BUSF): 1, Birmingham 69; 2, Oxford 144; 3, Durham 157; 4, Sheffield 271; 5, Glasgow 296; 6, Cambridge 303; 7, Manchester 340; 8, Leeds 370; 9, Strathclyde 451; 10, Newcastle 461; 11, Bath 474; 12, London 491; 13, Edinburgh 499; 14, Leicester 505; 15, Queens 523; 16, St Andrews 603; 17, Liverpool 611; 18, Aberdeen 679; 19, Southampton 746; 20, East Anglia 804.

(UAU): 1, Birmingham 64; 2, Loughborough 117; 3, Durham 130; 4, Sheffield 204; 5, Manchester 232; 6, Leeds 254; 7, Newcastle 314; 8, Bath 329; 9, Leicester 336; 10, Liverpool 411.

BRITISH COLLEGES CHAMPIONSHIPS

- 1, J. Brown (Borough Road College) 35:58;
- 2, N. Jeffrey (BRC) 35:59; 3, K. Steere (BRC) 37:23; 4, J. Henshall (B Long) 37:39; 5, M. Gratton (Bog R) 37:49; 6, S. Walton (W Mid) 37:56; 7, A. Rowling (Red) 38:09; 8, K. Salmon (Als) 38:16; 9, J. Davies (St J) 38:23; 10, D. Parker (Bede) 38:33; 11, B. Brennan (St M) 38:51; 12, P. Younger (Nonn) 39:09; 13, R. Hardin (St L) 39:12; 14, S. Downie (BRC) 39:14; 15, P. Dunn (Bede) 39:16; 16, A. Smith (Cov) 39:23; 17, N. Rousell (BRC) 39:30; 18, T. Coyle (Did) 39:37. 103 finished. **Teams:** 1, Borough Road 61; 2, West Midlands 240; 3, St Mary's 243; 4, Leeds Carnegie 289; 5, St Peter's 294; 6, Nottingham 301; 7, St Paul's 340; 8, St Luke's 349; 9, Madeley 355; 10, Middleton St George 486.

BRITISH POLYTECHNIC CHAMPIONSHIPS

- 1, P. Burton (Liverpool) 38:13; 2, W. Valentine (Bristol) 38:38; 3, J. Thornbury (Birmingham) 39:05; 4, M. Peck (Birm) 39:17; 5, J. Peck (Birm) 39:20; 6, F. Rowland (Mx) 39:38. 58 finished. **Teams:** 1, Liverpool 63; 2, Birmingham 66; 3, Trent 152; 4, Ulster 171; 5, Sheffield 219.

STANWICK '10'

April 19th

Ron Grove, Phil Romaine and Martin Exton were together at halfway with Tony Kearns 50y back as the field strung out. With one mile to go Exton made a break but could not hold it as Grove and Romaine came again, and with 400 to go after a great fight Grove pulled away to win a fine race.

- 1, R. Grove (Leicester Coritanian) 49:41
 - 2, P. Romaine (Holbeach) 49:50
 - 3, M. Exton (Holbeach) 49:53
 - 4, A. Kearns (Kett) 50:42; 5, C. O'Carroll (Notts) 50:56; 6, T. Hopkins (Leic) 51:22; 7, C. Woodward (Leam) 51:29; 8, R. Forster (Rug) 51:44; 9, G. Balfour (Leic) 51:47; 10, R. Marshall (Holb) 51:55; 11, P. Bourne (Notts) 52:02; 12, S. Murrin (Loz) 52:17; 13, P. Wright (Pless) 52:53; 14, C. Simpson (S Heath-V) 53:08; 15, P. Lynch (Rug) 53:31; 16, J. Harper (Liv H) 53:42; 17, G. Astill (Notts) 53:44; 18, M. Smith (Leic) 53:52; 19, R. Stowell (Leic) 53:58; 20, J. Burney (Notts) 54:05; 21, M. Prosser (Holb) 54:23; 22, F. Drozda (Pless) 54:41; 23, D. Hickling (Pless) 54:56; 24, R. Spirritt (Leic) 55:06; 25, R. Taylor (Leam) 55:10. 95 started.
- Teams:** 1, Holbeach 15; 2, Leicester Coritanian 16; 3, Notts 33; 4, Rugby 53; 5, Kettering 64; 6, Leamington 66; 7, Loxells 80; 8, Plessey 85; 9, Orion 111; 10, Oxford 129.

E.W.B.

SEBASTIAN COE STEALS THE SHOW

SEBASTIAN COE, an impressive winner of the Junior Indoor 1500m title at Cosford in March, showed his senior rivals an equally clean pair of heels in the early season meet, promoted by the recently-formed Sheffield AC, on Tartan at Spenborough on April 13th. The 18-year-old Sheffield schoolboy, who is coached by his father, stole the show with a superb piece of front-running. He led through the laps in 60, 2:01 and 3:03 before he finished in a career-best time of 3:49.7—almost five seconds faster than he clocked indoors. Stan Markley, no mean performer with 1:52.1 800 to his name, had the finish run out of him by Coe's authoritative pace-making and Walter Wilkinson, Yorkshire's top 1500m man, will have to look to his laurels this summer.

Peter Rawnsley, the Yorkshire ten mile champion, did most of the work in the 10,000m but was out-sprinted on the last lap by Dick Milne (28), a 4:05 miler who plans to step up to the marathon this year. Pick of the field events was Martin Maynard's high jump, a career-best of 1.91/6'3½".

Mike Corden, the AAA decathlon champion who was in hospital for eight weeks during the winter following an operation on his ankle, made a welcome return to competition. The youths' shot produced a most noteworthy effort from Kevan Sanderson, a 16-year-old York schoolboy who has the makings of a fine decathlon competitor. He reached 16.07m (52'8½") which was better than the top lad in the age-group in Britain last year.

Granville Beckett

100: C. Lodge (Rown) 11.1. 200: J. Henson (Sheff) 22.9. 1500: 1, S. Coe (Hall-J) 3:49.7; 2, S. Markley (M&C) 3:52.8; 3, A. Armitage (A&SV) 3:55.3. 10,000: 1, R. Milne (Notts) 30:19; 2, P. Rawnsley (Sheff) 30:21.6; 3, M. Dell (Leeds) 30:27; 4, J. Lunn (Leeds) 30:36.6. HJ: M. Maynard (Long) 1.91/6'3½". SP: 1, N. Parry (Liv) 14.42/47'3½". DT: M. Corden (Sheff) 37.60/123'4". (Juniors) 400: J. Webster (A&SV) 51.4. (Youths) 100: M. Walsh (A&SV) 11.3. 800: 1, S. Wolstenholme (A&SV) 2:00.8; 2, K. Bell (A&SV) 2:01.8. SP: 1, K. Sanderson (Rown) 16.07/52'8½"; 2, N. Smedley (Sheff) 13.26/43'6". DT: 1, D. Allen (Sheff) 41.54/136'3"; 2, J. Moreland (-) 38.46/126'2". (Senior Women) 100: 1, L. Gillespie (Sheff—age 16) 12.3; 2, M. Sutcliffe (Burn) 12.5. 200: Gillespie 25.9. 800: 1, S. Brown (Sheff) 2:17.3; 2, J. Clarke (A&SV) 2:18.8; 3, S. Endersby (DHCT) 2:19.3. LJ: 1, B. Bellis (Darl) 5.66/18'7"; 2, D. McNulty (Long-I) 5.38/17'8". SP: J. Attack (Wake) 13.10/43'0". (Inters) 100: J. Palmer (Burn) 12.6. 80H: M. Laing (Liv) 12.4. (Juniors) 100: J. Davis (Hick) 13.0. 800: L. Riley (Lake) 2:27.5. (C): S. Artherton (Leeds) 2:28.9. HJ: 1, D. Friar (Lake) 1.54/5'0½"; 2, W. Laing (Liv) 1.50/4'11½".

BRISTOL AC/AVON SCHOOLS OPEN MEETING

At Whitchurch, April 13th

Andy and Margaret Williams (née Critchley) made the last of the Whitchurch open spring meets their opener for the 1975 season. Both looked reasonably sharp when into their running, and look fit for the forthcoming season. The event of note during the five hour activity by 350 athletes was the hefty javelin throw of 57.68/189'3" by young Scale of Swansea. With the success that these meetings have been achieving during the 74/75 winter it is envisaged that they will be repeated during November, March and April next year.

Keith Parsons

100: A. Williams (Card) 11.2. 200: 1, Williams 22.6; 2, K. Beeton (Bris) 22.7. 800: P. Baker (Bris) 1:56.1. 1500: A. Davies (Card) 4:00.6. 110H: 1, Willoughby (Bris) 15.7. 400H: J. Gingell (Bris) 57.3; 2, Willoughby 57.8. JT: K. Holmes (Bris) 61.42/201'6". (Juniors) 800: S. Evans (Aber) 1:59.9. (Youths) 100: 1, M. Marsh (Swin) 11.3; 2, M. Whittock (Bris) 11.4. 200: 1, Marsh 22.6; 2, Whittock 23.1. JT: S. Scale (Swin) 57.68/189'3". (Senior Women) 100/200: M. Williams (Bris) 12.2/24.8. 1500: A. Blake (Ply) 4:41.5. 100H/400H: S. Eastman (Bris) 15.3/68.1. DT: Y. James (Bris) 32.90/107'11". (Inters) 400: K. Norris (Trow) 61.6. 80H: 1, B. O'Reilly (Bris) 12.5; 2, D. Cooper (Bris) 12.5. HJ: Cooper 1.70/5'7". JT: K. Skuse (Bris) 38.26/125'6". (Juniors): 100: 1, S. Heanshaw (Bris) 12.8; 2, E. Hurley (Bris) 12.8. 200: 1, Hearnshaw 26.7; 2, J. Clark (Bris) 27.1. LJ: Hearnshaw 5.42/17'9½".

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NO TO AMALGAMATION WITH AAA —YES TO WOMEN'S LONG DISTANCE

WOMEN'S athletics in England and Wales underwent two important developments at meetings held in Birmingham last Sunday.

After over two hours of discussing the advantages and disadvantages of merging with the AAA, the Special General Meeting of the WAAA rejected (50-10) Folkestone AC's proposal which sought an "eventual amalgamation between the two Associations", but voted 69-0 for the setting up of a joint committee which would discuss and encourage as much amalgamation as is practicable.

The successful proposition, tabled by Geoff Clarke, co-founder of that pioneering body, the Yorkshire Joint Coaching Association, was worded:—

"This meeting requests the General Committee of the Women's AAA to invite the General Committee of the AAA to establish as soon as possible a small joint consultative committee with the task of ensuring that arrangements are made as soon as possible to achieve as many joint enterprises and as much joint administration throughout English and Welsh athletics in clubs, districts, counties, areas and at national level as is practicable."

"That's mighty satisfactory", was chairman Vera Searle's comment after the vote, and that appeared to be the reaction of most of the delegates—over 70 in number. Even those who had pressed for total amalgamation expressed guarded approval of what they saw as a step in the right direction.

The meeting was, I thought, of very great benefit to the sport for it enabled club workers from all over the country to air their views on a topic which urgently needed public ventilation. This was democracy in action and—regardless of the expense involved—the sport would be in a healthier state if more of these meetings (for men's athletics too) were called to discuss vital issues affecting athletics.

The other major advance was the acceptance by the Women's Cross-Country & Race Walking Association (it is they, not the WAAA, who are responsible for road racing) of long distance road racing for seniors, aged 17 and over on the day of competition.

Reacting with commendable swiftness to the growing desire for this type of competition, the WCC & RWA have approved experimental rules. Races up to and including the marathon may be staged for women who are 21 and over (all ages quoted here are as at the day of the race); women under 19 can race a maximum of seven miles, those under 20 a maximum of ten miles, and those under 21 a limit of 15 miles. Where it is intended to stage races for men and women over the same course, the women's race should start at least 30 minutes after the start of the men's event.

Further details of the road running rules—and a fuller report of the amalgamation debate—will be published next week.

Mel Watman



Tony Simmons leading Bernie Ford and Grenville Tuck in the 'National'. Last weekend, Simmons won a 25km road race in Helsinki in the fast time of 1:14:29 (Nikkari was second in 1:15:16); Ford ran the fastest long lap in the AAA Road Relay; and Tuck was fourth quickest.

Peter Tempest

UK RELAY MARK BROKEN

Quick consolation for finishing last in the AAA Road Relay came for Bristol AC when news broke of a UK 4 x 1 mile record of 16:17.4 by four of their members representing Western Kentucky University at Des Moines last weekend. The team was Erwin ('Swag') Hartel, Chris Ridler, Tony Staynings and Nick Rose, who anchored in 4:00.7. Previous national best was 16:24.8 by a Northern Counties team in 1961. At the same meet, Staynings won the steeplechase in 8:45.6. He had run 13:30.8 for 3M at Knoxville on April 12th.

Results Round-Up

19.4. Dublin. 110H (grass): C. J. Kirkpatrick 14.5. **20.4. Haringey.** PV: B. Hooper 4.90/16'0 1/4", J. Fenge 4.30/14'1 1/2", W. Best 4.30. **26.4. Woodford.** SP: S. Clark (vet) 15.99/52'5 1/2"; DT: G. Dirkin 50.46/165'7"; JT: D. Heath 70.66/231'10". **26.4. Meadowbank.** HT: C. Black 65.02/213'4", P. Buxton (jnr) 58.48/191'10" (Eur jnr qual) (& 15.95/52'4" SP, 49.32/161'10" DT); women's 100/200: Liz Sutherland 11.9/24.6. **26.4. West London.** Women's 100: Anita Neil 11.9. **27.4. Kirkby.** DT: G. Tyler 50.52/165'9".

INVITATION DECATHLON—PENTATHLON

An invitation decathlon, organised by the BAAB, will be staged at Crystal Palace, this weekend (May 3rd/4th). The Southern Counties AAA decathlon championship will be held in conjunction. Amongst athletes competing are Mike Bull, "Snowy" Brooks, Mike Corden, David Kidner, Nick Phipps and Chris Youngs. The Board is also organising an invitation pentathlon on the Sunday, at the same venue. Athletes taking part include Sue Wright, Sue Mapstone, Gillian Smith and Pat McNab.

There will also be a number of additional track events on the Sunday afternoon. The Board are staging 400m hurdles and 3000m races for women, while the SCAAA is putting on 200m (Seniors, Juniors and Youths), 800m (Seniors, Juniors, Youths and Boys) and 2000m (Seniors and Juniors) open events.

OLYMPIC TICKETS

Thomas Cook Ltd of 45 Berkeley Street, London W1A 1EB, have been appointed the sole UK selling agents of tickets for the Olympic Games, Montreal, to British subjects living permanently in the UK. There will be a priority period for members of the BOA or athletic clubs from May 12th-31st. This will apply to the member and his wife/children only. Application forms may be obtained from Mr F. J. Martell, National Administrator, AAA, 70 Brompton Road, London, SW3 1EE.

Taken by mistake at Wolverhampton Floodlit Meet on April 23rd: navy blue with white piping tracksuit top (size 32-34). Postage refunded if returned to Mr D. Hicks, 14 Cowley, Lakeside Estate, Tamworth, Staffs.

WORLD BEST FOR WOODWARD

Cavin Woodward (27) set a world's best of 2:43:52 for 30 miles (track) at Ewell last Saturday—5:28 miling! Report next week.

BUTTERFIELD OPENS WITH 2.05m

At West London, April 19th

100: 1, L. Hoyte (TVH) 11.3; 2, D. Halliday (RAF) 11.3. 200: 1, I. Matthews (TVH) 22.8; 2, J. Wilson (TVH) 22.9; 3, S. White (OU) 22.9. 400: 1, P. Browne (TVH) 50.2; 2, J. Towers (OU) 50.8. 800: C. Monk (OU) 1:56.6. 1500: J. Goater (OU) 3:58.5. 3000SC: D. Wyatt (RAF) 9:49.4. 400H: 1, H. Smith (RAF) 56.3; 2, T. Dowie (OU) 57.2; 3, P. Thornburgh (RAF) 57.5. HJ: 1, M. Butterfield (RAF) 2.05/6'8 1/4"; 2, T. Hoyte (TVH) 1.90/6'2 1/4". PV: 1, P. Goulding (TVH) 3.80/12'5 1/2"; 2, S. Scott (RAF) 3.70/12'1 1/2"; 3, S. Ellesmere (OU) 3.40/11'1 1/2". LJ: D. Cole (TVH) 7.36/24'1 1/4". TJ: 1, P. Davies (TVH) 15.00/49'2 1/2"; 2, P. Knowles (TVH) 14.24/46'8 1/4"; 3, C. Curtis (RAF) 13.92/45'8". SP: 1, D. Roscoe (TVH) 14.00/45'11 1/4"; 2, P. Sharman (TVH) 13.25/43'5 1/4". DT: 1, Roscoe 48.52/159'2"; 2, L. Kidd (OU) 39.96/131'1". HT: 1, B. Fraser (RAF) 57.80/189'7"; 2, E. Johnston (RAF) 53.64/176'0"; 3, E. Lawlor (TVH) 48.62/159'6". JT: P. Stewart (RAF) 66.04/216'8". 4 x 100: 1, TVH 42.1; 2, Oxford 43.3; 3, RAF 43.5. 4 x 400: 1, TVH 3:23.5; 2, Oxford 3:24.0; 3, RAF 3:30.3. Teams: RAF 136, Oxford Univ 130, TVH 125.

The junior team of the Chicago Southern Suburban Striders Track Club—considered possibly the best junior club in the USA—is seeking inter-club competition in England between July 17th and 24th. Club members' (16-18) marks include 9.5 100y, 48.0 440y, 1:54.5 880y, 4:12 1M, 8:55 2M, 6'9" HJ and 63ft SP (12lb). Contact Mark Winzenried at 2005 Pike Drive 6, Madison, WI 53713, USA, by May 8th.

The reference to a normal count in the final paragraph (Haemoglobin) of the 'Reasons for physiological testing' article (April 26th issue) should have read: "Normal count 15 gms HB per 100ml of blood" and not 15mg as printed.

Telephone number of John Lofts (Aldershot, Farnham & Dist AC) is being changed to Camberley (91) 33118 as from May 7th.

Middlesex WAAA will hold the following Championships at Cophall Stadium, Hendon: Pentathlon on May 11th (10.30 am); Track & Field on May 17th (1.00 pm).

Correspondence on all matters concerning North London AC should be sent to the general secretary, D. Blackmore, 60 Whiteheath Avenue, Ruislip, Middlesex.

Who's Who In British Athletics

This week featuring two of our top walkers

AMOS SEDDON

Born at Leek (Staffs), 22.1.1941. Height: 1.76/5'9½"; Weight: 77kg/171lb; Pulse rate at rest: 45. Clubs: Borough of Enfield H, Met Police Race Walking Club and Southend AC. Occupation: Police Sergeant. Married (wife's name, Elizabeth); two children (David, 11; Mary, 9). Lives at Chingford. Hobbies and interests outside athletics: "Home and family, we like to go away in our 'caravanette' touring, but most of all sport". Coaches: Stan Mantor (1966), Charlie Fogg (1971 to date).

Became interested in athletics "at the age of seven when chosen to represent Burslem Schools in the Stoke-on-Trent City Sports. It was not until after the Burslem School Sports that I realised I had won the 60y race in my school 'sports'—one mass start race on a football field. It was at that time I heard about and became interested in the Olympics". Joined club in about 1956: "I helped to re-form Leek AC (Roy Fowler also had an interest in the club)". Never competed in English Schools Championships—"I did not even compete in the County Schools Championships". Athletes who inspired or influenced him in his early days: "McDonald Bailey very early on when I was a sprinter; Zatopek when I became less of a sprinter; Parry O'Brien during my shot-putting days". Athletes he particularly respects today: "Bernd Kannenberg—greatly impressed with his speed and power which normally enables him to dominate a race; Otto Bartsch—again because of his strength and style". Realised he could reach international level "after the first time I achieved over eight miles in an hour (September 1971)".

Personal bests (walking): Mile—6:32 (1974), 3000m—12:48.4 (1972), 5000m—22:15 (1974), 10,000m—44:52 (1974), 7M—50:53 (1972), 10M—

73:23 (1975), 20km—88:50 (1974), 20M—2:36:40 (1972), 50km—4:39:50 (1971). Annual progression at 20km: 1964—1:52:06, 1967—1:50:32, 1968—1:43:21, 1969—1:45:58, 1970—1:44:02, 1971—1:34:49, 1972—1:34:32, 1973—1:30:29, 1974—1:28:50. Competitive record: 1973—first international, 20th Lugano Trophy 20km; 1974—6th European 20km.

Most pleasing performances: "Winning section 'B' of Highgate Harriers One Hour Race in 1966 and doing over seven miles; doing over eight miles in Highgate Hour in 1971. Prior to both races I did what was for that time very hard training and the fact that I achieved what I was aiming for was very satisfying". Greatest disappointment: "Not making the 1974 Commonwealth Games Team—and every time I have been disqualified". This year's target is to "consolidate my position as one of the top walkers in Britain"; all-time goals are Olympic gold medal and world record. What he most likes about athletics is "competing; and chatting before and after a race". Dislikes "petty bickering between athletes and between athletes and officials". Advice to youngster taking up the sport: "Don't be in too much of a hurry to be 'the greatest'. Try and enjoy your event and other events as well. Get the advice of a coach early on".

Comment

Administration. "I am surprised how often there is friction between officials and active athletes, particularly above club level. It seems to me that when ex-athletes become officials many of them appear to have rather short memories and tend to forget the problems, both physical and mental, which top-class athletes, in particular, have to contend with. On the other hand I consider certain top performers expect too much to be supplied for them and are not prepared to work with the administrators."

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TWO OPEN MEETINGS

AT COPERS COPE ROAD, NEW BECKENHAM, KENT

MONDAY, MAY 19th, 1975

60m	7.00 p.m.	LJ	7.00 p.m.
150m	7.50 p.m.	DT	7.45 p.m.
300m	8.20 p.m.	JT	7.00 p.m.
600m	7.15 p.m.	SP	8.15 p.m.
1000m	8.05 p.m.		
3000m	7.35 p.m.		

MONDAY, JULY 14th, 1975

100m	7.00 p.m.	LJ	7.00 p.m.
200m	7.55 p.m.	DT	7.00 p.m.
400m	8.30 p.m.	JT	8.15 p.m.
800m	7.15 p.m.	SP	7.45 p.m.
1500m	8.10 p.m.		
5000m	7.30 p.m.		
10,000m	8.45 p.m.		

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Amateur rules. "Without going into it too deeply I feel that they could be relaxed to enable individual athletes to take advantage of sponsorship and advertising."

Selection. "In relation to walking only. Since 1973 we have had one race trials to decide selection for important races; although I am not completely in favour of this it is better than the old method (still partially used for less important internationals) where the walkers only had a vague idea of which races would affect selection."

Olympic Games. "As a race walker this is a very important point. I think that race walking has not been given a fair deal, and although the AAA have been very helpful and sympathetic in our fight to get both walking events back into the Olympics, the IAAF, IOC and BAAB appear to have been less so."

Coaching. "Again in relation to race walking only, I think we have some good coaches but not many of the walkers seem to be taking advantage of their experience."

Competitive set-up. "In general the competitive set-up in the South is good. But fairly recently there has been an increase in championship races which I think is bad because it creates too much pressure, especially on beginners, who find themselves competing too hard, too often."



Amos Seddon as a runner, competing in the Essex CC Championships.

Mike Street

Drugs. "Something I feel very strongly about, even more because of my job. To do well at sport is something I try very hard at, but I cannot see any justification in jeopardising your future health by taking anything which is likely to do that. Also I think that by taking drugs etc to artificially boost performance an athlete is taking unfair advantage over his fellow competitors and cheating is something with which I have no sympathy at any time."

Training

Trains 4-5 times a week in winter; every day ("but don't worry about the occasional missed day") in summer; normally for 1-1½ hours in evening. Usually trains from home; travels about 30 miles for circuit training. Coaching has been "very" important: "Even the brief spell with Stan Mantor in 1966 convinced me that my chances of doing well would be much better with a coach. This has been borne out by the results achieved since working with Charlie Fogg. It is important to note, however, that although I like to have someone to advise me I don't think it would work if I was expected to blindly follow a set schedule. I prefer to have a discussion on the things I've been set to do". Usually chats with coach at least a couple of times a week. Most enjoys easy training, dislikes hard training—"I very rarely ENJOY a training session".

Training cycles: Winter—very steady, with some running and circuits with weights. Summer—generally shorter sessions and interval track work.

Typical week's training in winter: Sunday—about 12 miles in about two hours. Monday-Friday—would include one walk session (about 1½ hours—nine miles), two running sessions (about 45 minutes—six miles), one circuit session with weights. Saturday—race. Total distance about 40-45 miles. "Especially during the winter I do mainly what I have time for and what I feel like doing. Charlie just keeps an eye on what's happening".

Typical week's training in summer: Sunday—12-14 miles steady in 2-2½ hours. Monday—circuit. Tuesday—nine miles road in about 90 min. Wednesday—6/7 miles hard on track in about one hour. Thursday—3/4 miles hard on track if important race on Saturday; or else as Friday. Friday—seven miles steady in about 70 min. Saturday—race. Total distance about 50 miles. "That is a general summer timetable, but for build-up to really important races it would vary a bit".

Warm-up: "I just take the first mile or two steady, unless it is a fast track session when I jog and sprint about 1½ laps". Does not like to rest before major competition. Likes to compete "at least once a week and not longer than two weeks between races. Ideally I would like to race about every three or four days—and give up training altogether!"

MARION FAWKES

Born in North Shields, 3.12.1948. Height: 1.51/4'11½"; Weight: 43kg/96lb; Pulse rate at rest: 66. Club: North Shields Polytechnic. Occupation: Civil servant. Married (husband's name: Peter); her maiden name was Adamson. Lives at Cramlington New Town (Northumberland). Hobbies and interests: Needlework and long country walks (not race walking). Never had a coach.

Became interested in athletics when "a friend from school who belonged to North Shields Poly persuaded me to go along to the club with her". Joined in June 1966. Began at 80y hurdles and 880y; favourite event now is 5000m walk. Never competed in English Schools Championships. "When taking up race walking I greatly admired Judy Farr and Betty Jenkins because they had been at the top for quite a few years". Athletes she particularly admires today are "race walkers in general (men and women) for all the difficulties they have to put up with". Realised she could reach international level after placing second in WAAA 3000m track championship in 1973.

Personal bests: (running) 800—2:27.0 (1967), 1500—5:10.2 (1971), 3000—10:44.0 (1974); (walking) 2000—9:34.2, 2500—12:06.0, 3000—14:33.6, 5000—24:59.2 (all track; all 1974). Annual progression in walking events 1967—8:42.0 (mile); 1968 14:01.6 (1½M); 1970—14:30.4 (2500m); 1971—13:46.2; 1972—13:21.4; 1973—12:53.2, 15:04.6 (3000), 25:28.0 (5000); 1974—12:06.0, 14:33.6, 24:59.2. Competitive record: 1973—first international; 1974—WAAA 3000 (track) & 5000 (road) champion. Holder UK bests for 2000, 2500, 3000 and 5000 walk.

Most pleasing performance was "winning the WAAA 3000m walk in 1974 in a UK best time". Greatest disappointment: "In 1974 when I

achieved my first three UK bests and each time they could not stand because of lack of the proper judges". This year's target is "to improve all my walking times". All-time: "I don't want to disappoint myself at setting all-time targets whilst walking is not included in any major Games". Intends competing "for as long as I enjoy the sport as at present". After retirement, "I suppose I would like to coach or advise in race walking as this is what the sport sadly lacks". Most likes "the travel involved and making friends with people from all over the country and world"; dislikes "dogs running wild while I'm out training".

Advice to youngster taking up the sport: "Do not become disheartened with early disappointments in competition. It is all a build-up for future years and to enjoy the sport at an early age leaves room for the 'seriousness' of hard training and competing later on".

Comment: "Women's 3000m and 400m hurdles are new events compared to women's race walking so I deplore the fact that British and world records are now recognised for the 3000 and 400 hurdles whilst women's race walking is still awaiting any sort of recognition for records".

Training

Trains on average six days per week, both winter and summer. "During the week I train after work at approx 5 or 5.15 pm; at the weekend it is usually in the morning. My training stints are usually one hour. I usually train from home along the roads and country lanes. The routes I have are ideal for stamina work in winter and summer. When I do track work I have a choice of three: my own club's track; Whitley Bay; and of course Gateshead. Whitley Bay is an all-weather track and second choice to Gateshead". Gateshead is a journey of approx ten miles. Favourite training is road training and



Marion Fawkes (centre) receiving her trophy at the WAAA Championships, flanked by Betty Jenkins (left), who was second, and Sally Wish (third).

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interval work on the track; dislikes short distance speed work on the track.

Typical week's training in winter: **Sunday**—steady road walk of seven miles with sprint bursts. **Monday**—three miles steady jog. **Tuesday**—1½ mile jog; six miles fairly fast road walk; 1½ miles jog. **Wednesday**—3½ miles jog, striding out over last 300m. **Thursday**—four miles steady road walk. **Friday**—rest. **Saturday**—2½ miles fast road walk. 'I do not do any weight training and very little exercise. During the winter I run cross-country and road running races for stamina'.

Typical week's training in summer: **Sunday**—steady road walk of six miles. **Monday**—four miles road walk with sprint bursts. **Tuesday**—1½ mile jog; exercises; track work: 20 x 400 continuous walking, progressively getting faster. **Wednesday**—2½ miles steady jog. **Thursday**—track work: warm-up (usually six laps steady walking); 1600-1200-800 half pace with one lap recovery. **Friday**—rest. **Saturday**—track: warm-up (two laps jog, six laps steady walking); exercises; 3 x 800 fairly fast, one lap recovery. "The above may vary a great deal according to my competitive programme. Before a major competition I ease down on my training". Likes one day's rest but no more before a major race. "I would prefer to compete more regularly than at present but geographical circumstances make this virtually impossible with most races being held in either the Midlands or South".

GARLAND TROPHY WOMEN'S RELAYS

At Brunel University April 5th

Junior 3 x 1750m

1, Feltham (W. Smith 5:53, D. Owen 6:48, K. Roger 6:49) 19:30; 2, Uxbridge (D. Wilkins 6:21, C. Holmes 7:05, L. Payne 6:16) 19:42; 3, Parkside (S. Buckland 6:43, H. Mayer 7:13, H. Werder 6:23) 20:19; 4, Hillingdon 20:50; 5, Middlesex 21:12; 6, Golden Vale 21:56; 7, LOAC 22:18; 8, Ealing 24:45. **Fastest:** Smith 5:53 (rec), Payne 6:16, Wilkins 6:21. **(Girls 3 x 1750m):** 1, Uxbridge (T. Birch 6:36, S. Spinks 6:43, D. Hilton 6:13) 19:32 (rec); 2, Hillingdon (C. Andrews 6:18, L. Kennett 6:47, J. Tudor 6:38) 19:43; 3, Rylands Middle Sch (D. Hughes 6:30, J. Gould 6:48, C. Jobson 6:27) 19:45; 4, Bournemouth 20:03; 5, Feltham 20:24; 6, Middlesex 20:54; 7, Uxbridge 'B' 21:24; 8, Feltham 'B' 21:32; 9, Parkside 22:30; 10, Hillingdon 'B' 22:40; 11, Feltham 'C' 23:08; 12, Uxbridge 'C' 24:57. **Fastest:** Hilton 6:13 (rec), Andrews 6:18, Jobson 6:27. **Overall Garland Trophy winners:** Uxbridge & Dist 7.

Brighton & Hove AC officers: President, S. Gradwell; gen secretary, K. Dale, 5 Birling Close, Brighton BN2 4DH (0273 685102); fixtures & promotions secretaries, Mr & Mrs M. Langmaid, 17 Wychperry Road, Haywards Heath, Sussex (Haywards Heath 52854); financial secretary, G. Markwick; winter fixtures secretary, L. Tilbury, 9 Horsham Avenue, Peacehaven, Sussex (Peacehaven 4110); men's captain, C. Carter; women's captain, B. Norish;



Margaret Coomber of Cambridge Harriers on her way to victory in the 400 metres at the Perkins Trophy Meeting at Ilford. Her time was 57.6.

Mike Street

Southend-on-Sea AC officers: President, P. Grumbridge; general secretary, D. Lilley, 46 Glynde Way, Southend-on-Sea SS2 4TS; treasurer, J. Atkinson; track & fixtures sec, Miss J. Cork; cc sec, M. Seaman; walking sec, F. Drake; ladies sec, G. Holroyd.

Havering AC officers: President, S. Edwards; general secretary, D. Stephenson, 39 Chase Cross Road, Romford, Essex (tel: Romford 43555); ladies secretary, R. Morris, 23 Kerry Drive, Cranham, Essex (tel: Upminster 29432); men's team manager, S. Maycock; ladies team manager, T. Chettleburgh; youths & boys manager, L. Lunny, 8 Victor Gardens, Hornchurch, Essex; track fixtures secretary, R. Ilott, 21 Tudor Gardens, Gidea Park, Romford (tel: Romford 40056).

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SCUNTHORPE HARRIERS & A.C. ATHLETICS AND CYCLING MEETING

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

SUNDAY, JUNE 15th, at 11 a.m.

QUIBELL PARK, SCUNTHORPE

Part of Scunthorpe Gala Family Day

TROPHIES 1st, 2nd, 3rd ALL EVENTS

Youths: 100m, 200m, 800m, 1500m, Shot, HJ.

Boys: 100m, 200m, 800m, DT, HJ.

Women's: 100m, 200m, 400m, 800m, HJ, DT.

Girls: 100m, 200m, 800m, LJ, HJ.

Relays: Youths, Boys, Women's, Girls 4 x 100m.

Entry Fees: 15p Individual, 40p Relays.

Entry Forms and Enquiries: Mr G. Fowler, 15 Humber Crescent, Scunthorpe, S. Humberside.

ENTRIES CLOSE MONDAY, MAY 19th

LINCOLN CITY AND COLLEGES A.C. OPEN SCRATCH

ATHLETIC MEETING

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

Sponsored by Lincoln Labour Party

BANK HOLIDAY MONDAY

MAY 26th, 2 p.m.

Events—Sen. Men: *100m, 300m, *1500m, *6 Mile Road Race, LJ. **Jun. Men:** 100m, 300m, *3000m. **Youths:** 100m, 300m, *3 x 800m Relay. **Boys:** 100m, 3 x 800m Relay. **Sen. Women:** 100m, 300m, *800m, Shot, Discus. **Inter. Women:** 100m, 200m. **Jun. Women:** 100m, 200m, 800m, 1500m.

Entry Fees: S.M., J.M., S.W. 15p, Yths, Boys, I.W., J.W. 10p. 6 Mile R. 60p team, 10p Ind. 3 x 800m 50p team.

Venue: City and Colleges Ground, Ravendale Drive, Longdales Road, Lincoln.

OVER £200 IN PRIZES & 6 TROPHIES

Entries close Monday, 5th May, on WAAA or AAA forms to A. Steel, 23 Bolton Avenue, North Hykeham, Lincoln. Tel: Lincoln 60281.

Spotlight on John Mills

BY BRENDON BYRNE

JOHAN MILLS proved himself to be the best youth cross-country runner in England this year, when he won the National race at Luton by seven seconds from Nigel Martin of Bracknell. In addition he won the Northern Youths race and finished second to Martin in the Inter-Counties event at Leicester in January.

John was born on September 8th, 1957 at Carshalton (Surrey), but moved north to his present home near Newcastle when he was three months old. He is 1.72/5'8" tall and weighs 63kg/140lb. At present he is employed in the printing and bookbinding business.

Since joining Gateshead Harriers three years ago, John's track performances have shown a rapid improvement, although he did not rank in the top 20 of any of the youths track events for 1974. His progress has been as follows: 1973—2:07.0 (800), 4:16.0 (1500); 1974—54.5 (400), 2:02.1, 4:03.5.

His cross-country improvement until this year has been steady rather than spectacular. John joined Gateshead Harriers after finishing 37th in the English Schools Junior Boys race at Hillingdon in 1972. The following year he placed 41st in the Intermediate race at Swindon, and in 1974 was 10th in the English Schools race at Brighton. In spite of his cross-country successes during the past winter John has a preference for track and road racing because of the firmer conditions underfoot. In fact he has broken most of the records for youths road races in the North East.

John's training under Stan Long has been no hit and miss affair; it has been based on a steady progression of quality and quantity of training from October onwards.

Please outline your training during the winter months?

Monday: We do four times one mile with a half mile jog between each fast stretch. In February this changes to doing fast 800m stretches.

Tuesday: We start in October with 12 repetitions of a hill about 100m long and build up to about 18 by February and March. (Stan Long says that four different hills are used for variety).

Wednesday: Stan makes me rest.

Thursday: Easy run if we have a race on Saturday. If not we do 6 x 800m with a 2 minute rest or 10 x 400m or a paarlauf. (The advantages of a Tartan track are obvious judging by Stan Long's comment, "Not once during the winter have we been stopped from using the track by bad weather").

Friday: Rest day.

Saturday: Race. If not racing, then a run of between 6 and 10 miles from home.

Sunday: 9 miles if there was a hard race on Saturday. Otherwise a 12 mile run in November, building up to 16 miles in February.

How does your training change during the summer?

The emphasis is away from mileage and there is a greater concentration on speed work. Usually two or three track sessions are done each week, such as



John Mills during his 'National' triumph

Mike Street

10 x 400m. Other sessions involving 200s, 600s and 800s are done for variety. The aim with the track sessions is to decrease the time for each fast stretch and to decrease the recovery time. A long run of about 10 miles is done on Sundays with a couple of easy runs during the week. I do no weight training but we do a circuit in Stan's garden on Monday nights.

How important has being a member of Gateshead Harriers been to you?

I had the choice of joining Morpeth or Gateshead and chose Gateshead. The atmosphere at Gateshead is lively and people are easy to talk to. Brendan Foster talks to all the lads as well. (John also rates being coached by Stan Long as an important factor in his success).

What are your impressions of the National?

I was not put off by the big field, having experienced the Northern Youths and several English Schools races. I managed to get near the leading group soon after the start as planned, and stayed with the leaders until the big hill about a mile from the finish. In spite of feeling very tired I found the strength to pull away from the others at the top of the hill and built up a lead which I held until the finish.

What are your athletic ambitions?

I want to improve all my personal best track times. I will be running against seniors in a number of races since there are not a lot of races for juniors, and that should give me good competition. I would very much like to run in the Commonwealth Games in 1978.

AAA ROAD RELAY contd. from page 6

14:38); 5, Cambridge H 2:45:20 (K. Harland 15:29); 6, Derby 2:45:33 (**J. Wild 14:20**); 7, Liverpool 2:45:58 (A. Farrell 14:56); 8, ASV 2:46:53 (E. Irving 14:29); 9, Birchfield 2:47:06 (P. Stewart 15:08); 10, Cardiff 2:47:15 (M. Critchley 14:24); 11, Sale 2:47:20 (M. Jones 15:29); 12, Small Heath 2:47:25 (R. Calvert 15:09); 13, Southampton 2:47:35 (M. Beavis 14:53); 14, AFD 2:47:41 (I. Logan 15:11); 15, TVH 2:47:49 (J. Douglas 14:22); 16, Invicta 2:47:53 (M. Davis 16:13); 17, Sheffield 2:48:15 (N. Spiers 16:00); 18, SLH 2:48:26 (W. Wyllie 15:16); 19, Leicester 2:49:13 (P. Lem 15:26); 20, Salford 2:49:19 (P. Martin 15:40); 21, Reading 2:49:22 (R. Wyatt 15:18); 22, W&B 2:50:09 (L. Peck 15:48); 23, C&C 2:50:58 (A. Roe 16:15); 24, Stoke 2:51:15 (P. Goodfellow 15:23); 25, Notts 2:52:00 (P. Hutchinson 15:34); 26, Westbury 2:52:34 (G. Hill 16:03); 27, Brighton 2:52:39 (D. Dorling 16:26); 28, Hercules W 2:53:39 (S. Webb 16:12); 29, Bristol 2:54:19 (G. Parsons 15:48); 30, Portsmouth 2:54:58 (A. Wale 15:41).

STAGE 9

Gateshead continued to close on Godiva, with Tipton (Allan Rushmer 25:55) making up ground on both. Aldershot, never previously higher than 11th, moved up to 7th as Bernie Ford scorched around in the day's fastest of 24:45, taking 16sec out of Dave Black (Small Heath).

1, Godiva 3:09:55 (C. Kirkham 26:14); 2, Gateshead 3:10:24 (D. Coates 26:05); 3, Tipton 3:10:45 (A. Rushmer 25:55); 4, ESH 3:11:47 (D. Logue 26:41); 5, Liverpool 3:12:18 (F. Davies 26:20); 6, Derby 3:12:24 (R. Bradbury 26:51); 7, AFD 3:12:26 (**B. Ford 24:45**); 8, Small Heath 3:12:26 (D. Black 25:01); 9, Cambridge H 3:13:13 (J. Wilkins 27:53); 10, Cardiff 3:13:39 (R. Evans 26:24); 11, Birchfield 3:14:28 (J. Patton 27:22); 12, ASV 3:14:42 (P. Bennett 27:49); 13, Sale 3:14:46 (S. Walker 27:26); 14, TVH 3:14:57 (P. Patterson 27:08); 15, Invicta 3:15:29 (C. Morrish 27:36); 16, Sheffield 3:15:33 (P. Rawnsley 27:18); 17, Leicester 3:15:34 (D. Lem 26:21); 18, Southampton 3:16:3 (G. Rowsell 28:38); 19, W&B 3:16:26 (T. Wright 26:17); 20, Reading 3:16:34 (M. Duff 27:12); 21, SLH 3:17:05 (T. Roden 28:39); 22, C&C 3:17:38 (C. Garforth 26:40); 23, Salford 3:17:44 (P. Lindsell 28:25); 25, Stoke 3:18:42 (N. Deakin 27:27); 25, Notts 3:20:34 (C. O'Carroll 28:34); 26, Westbury 3:20:38 (B. Popel 28:04); 27, Brighton 3:21:16 (D. Pellett 28:37); 28, Hercules W 3:22:43 (S. Badgery 29:04); 29, Portsmouth 3:23:06 (A. Cass 28:08); 30, Bristol 3:23:49 (C. Owen 29:30).

STAGE 10

Brendan Foster's record shattering run of 13:58, to become the first man to better 14min, enabled Gateshead to take the lead for the first time.

1, Gateshead 3:24:22 (**B. Foster 13:58**); 2, Godiva 3:24:58 (R. Maule 15:03); 3, Tipton

3:25:53 (S. Walton 15:08); 4, ESH 3:26:42 (R. Weatherburn 14:55); 5, Liverpool 3:27:01 (J. Woods 14:43); 6, AFD 3:27:09 (I. Turner 14:43); 7, Derby 3:27:34 (R. Gibbard 15:10); 8, Small Heath 3:27:37 (B. Rollason 15:11); 9, Cardiff 3:28:32 (G. Spencer 14:53); 10, Cambridge H 3:29:20 (M. Paul 16:07); 11, ASV 3:29:24 (J. Fox 14:42); 12, Birchfield 3:29:30 (R. Davies 15:02); 13, TVH 3:29:57 (D. Davies 15:00); 14, Sale 3:30:22 (W. Painter 15:36); 15, Leicester 3:30:38 (G. Balfour 15:04); 16, Invicta 3:30:57 (D. Townsend 15:28); 17, Sheffield 3:31:35 (N. Power 16:02); 18, Southampton 3:31:52 (A. Herrett 15:39); 19, C&C 3:31:59 (K. Steere 14:21); 20, Reading 3:32:22 (R. Dipper 15:48); 21, W&B 3:32:30 (D. Wildman 16:04); 22, Salford 3:33:10 (M. Sinkinson 15:26); 23, SLH 3:33:15 (D. Ashbourne 16:10); 24, Stoke 3:33:39 (R. Barrington 14:57); 25, Westbury 3:36:17 (D. Palmer 15:39); 26, Notts 3:36:18 (C. Seal 15:44); 27, Brighton 3:37:04 (J. Stephenson 15:48); 28, Portsmouth 3:38:15 (M. Harmer 15:09); 29, Hercules W 3:38:58 (J. Phelan 16:15); 30, Bristol 3:39:57 (J. Gingell 16:08).

STAGE 11

Dave Lowes lengthened Gateshead's advantage to over a minute, but 20-year-old Alister Hutton made up a good deal of ground for Edinburgh with his 25:46 stint.

1, Gateshead 3:50:56 (D. Lowes 26:34); 2, Godiva 3:52:03 (K. Rasmussen 27:05); 3, Tipton 3:52:25 (K. Rollason 26:32); 4, ESH 3:52:28 (**A. Hutton 25:46**); 5, Liverpool 3:53:33 (P. Carey 26:32); 6, Small Heath 3:53:38 (J. King 26:01); 7, Derby 3:54:13 (M. Tagg 26:39); 8, Cardiff 3:54:30 (B. Plain 25:58); 9, AFD 3:54:53 (T. Hassall 27:44); 10, ASV 3:56:11 (R. Harrison 26:47); 11, Birchfield 3:56:29 (M. Phillips 26:58); 12, TVH 3:56:58 (C. Thomas 27:01); 13, Cambridge H 3:57:41 (G. Taylor 28:21); 14, Sale 3:57:50 (L. Valentine 27:28); 15, Leicester 3:57:56 (R. Grove 27:18); 16, Sheffield 3:59:19 (R. Heathcote 27:44); 17, W&B 3:59:40 (H. Elder 27:10); 18, Invicta 3:59:49 (N. Brawn 28:52); 19, C&C 3:59:51 (L. Irvine 27:52); 20, Southampton 4:00:08 (B. Dawkins 28:16); 21, Salford 4:00:27 (C. Leigh 27:17); 22, Reading 4:01:06 (R. Alden 28:44); 23, SLH 4:01:09 (R. O'Mahoney 27:54); 24, Brighton 4:04:58 (M. Gratton 27:54); 25, Westbury 4:05:06 (B. Valentine 28:49); 26, Stoke 4:05:15 (M. Bishop 27:36); 27, Notts 4:05:38 (W. Eldridge 29:20); 28, Portsmouth 4:06:40 (G. Gough 28:25); 29, Hercules W 4:07:53 (D. Beard 28:55); 30, Bristol 4:09:40 (L. White 29:43).

STAGE 12

Ian Elliott ran a real stormer for Edinburgh Southern, his time of 14:04 (as against 14:28 last year) being the second fastest in the race's history. He brought his team up from 4th to 2nd, and was less than 150y down on Gateshead's Alex Amos at the finish.

Final Results

1, Gateshead 4:06:11 (A. Amos 15:15); 2, ESH 4:06:32 (I. Elliott 14:04); 3, Godiva 4:06:42 (J. Cadman 14:39); 4, Tipton 4:07:16 (J. Harvey 14:41); 5, Liverpool 4:08:22 (P. Burton 14:49); 6, Small Heath 4:09:00 (K. Scott 15:22); 7, Cardiff 4:09:15 (P. Ratcliffe 14:45); 8, Derby 4:09:47 (K. Daykin 15:34); 9, AFD 4:10:10 (P. Freeman 15:17); 10, ASV 4:11:04 (M. Longthorn 14:53); 11, Birchfield 4:11:39 (J. Potts 15:10); 12, TVH 4:11:53 (M. Davis 14:55); 13, Leicester 4:12:28 (M. Knowles 14:32); 14, Cambridge H 4:13:01 (J. Barnes 15:20); 15, Sale 4:13:05 (B. Goulden 15:15); 16, Sheffield 4:14:39 (M. Taylor 15:20); 17, W&B 4:15:05 (D. Eades 15:25); 18, Invicta 4:15:32 (E. Broad 15:43); 19, C&C 4:15:42 (D. Rucke 15:51); 20, Salford 4:15:52 (A. Walsham 15:25); 21, Southampton 4:16:22 (P. O'Malley 16:14); 22, Reading 4:16:46 (G. Reid 15:40); 23, SLH 4:16:53 (I. Cotton 15:44); 24, Brighton 4:20:30 (F. Maillardet 15:32); 25, Westbury 4:20:39 (B. Langton 15:33); 26, Notts 4:21:52 (G. Towler 16:14); 27, Portsmouth 4:22:25 (T. Townsend 15:45); 28, Stoke 4:23:38 (A. Adams 18:23); 29, Hercules W 4:24:17 (P. Mulholland 16:24); 30, Bristol 4:25:24 (J. Bassett 15:44).

Fastest Long Laps: B. Ford 24:45, I. Stewart 24:53, D. Black 25:01, Gren Tuck 25:34, J. Wigley 25:41, K. Angus 25:44, A. Hutton 25:46, K. Penny 25:49, L. Reilly 25:52, A. Rushmer 25:55, N. Jeffery 25:56, C. Falconer 25:56, B. Watson 25:57, B. Plain 25:58, J. Temperton 26:01, J. King 26:01, D. Coates 26:05, K. Bartlett

26:06, D. Moorcroft 26:06, R. Gevers 26:08.

Fastest Short Laps: B. Foster 13:58, I. Elliott 14:04, C. Youngson 14:16, J. Wild 14:20, K. Steere 14:21, K. Newton 14:22, J. Douglas 14:22, J. Robson 14:23, M. Critchley 14:24, M. Coleby 14:27, D. Evans 14:27.

TVH OPEN MEETING

At West London, April 2nd

200: 1, D. Hill (QPH) 22.2; 2, L. Hoyte (TVH) 22.4; 3, S. Payne (VPH) 22.8. 600: J. Barrow (TVH) 1:24.0. 400H: I. Arnold (TVH) 57.3. LJ: D. Cole (TVH) 6.85/22'5 $\frac{1}{2}$ ". HT: 1, C. Melliush (Camb H) 58.04/190'5"; 2, P. Gordon (Met P) 55.90/183'5"; 3, M. Petra (Met P) 52.46/172'1"; 4, M. Mason (Enf) 51.10/167'8"; 5, R. Williamson (Shaft) 44.44/145'9". (Senior Women) 200: B. Goddard (-) 25.1. BMC 600: S. Howell (NE) 1:32.6. BMC 1500: C. Tranter (NW) 4:30.8 (full details have already appeared).

LEICESTER CORITANIAN INTER-SCHOOLS FIVE STAR COMPETITION

At Leicester, April 19th

(Juniors) 3000: R. Callan 8:42.6. (Youths) 100/200: B. Ford 11.3/23.5. 3000W: 1, A. Worth 14:22; 2, A. Thompson 14:45; 3, A. Blythe 15:00. (Senior Women) DT: K. Mallard 38.04/124'10". (Inters) 200: J. Russell 26.9. 80H: A. Bonser 12.3. HJ: D. Grant 1.68/5'6". LJ: G. Morton 5.30/17'4 $\frac{1}{2}$ ". (Juniors) 800: 1, S. Johnson 2:21.9; 2, K. Boyce 2:27.8. 1500: 1, Johnson 5:11.0; 2, Boyce 5:11.8. 2000W: 1, C. Parker (U/17) 12:03.5; 2, W. Vowles (U/13) 12:11.5; 3, K. Burdett (U/15) 12:12.0.

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American Results

21.2. Champaign. (i) (oversize track) 440y: Ijirigho (Nig) 47.3; 880y: O'Shaughnessy (RoI) 1:49.1; 2M: NICK ROSE 8:37.4, Virgin 8:41.0. **22.2. El Paso.** HT: Farmer (Aus) 69.20/227'0". **1.3. Ypsilanti.** (i) 2M: TONY STAYNINGS 8:36.0. **1.3. El Paso.** PV: 2, Jernberg (Swe) 5.18/17'0". **22/23.3. Phoenix.** Women's HJ: Huntley 1.88/6'2½"; Mile Walk: S. Brodock 7:24.7. **29.3. Tempe.** 220y: Steve Williams II (not the 100m world record holder) 20.7. **Other marks in March:** 100y: Njoroge (Ken) 9.1w; 120yH: Shipp 13.5, Ngeno (Ken) 13.6; SP: Albritton 20.75/68'1", LeDuc 20.32/66'8"; DT: McGoldrick 61.64/202'3"; JT: Luke 81.06/265'11"; Dec: Warkentin 7880, Gough 7850.

2/3.4. Austin. Dec: Pihl (Swe) 7943. **4.4. Austin.** 120yH: Shipp 13.5. **4.4. Westwood.** LJ: R. Williams 7.87/25'10". **5.4. Long Beach.** PV: Baird (Aus) 5.33/17'6". **5.4. Austin.** Mile: Cummings 3:59.8; 440yH: Bolding 49.9, Cassleman 51.3; HJ: Stones 2.16/7'1" (sore ankle), Joy (Can) 2.11/6'11"; PV: Roberts 5.51/18'1" (attempted 5.69/18'8"), Jesse 5.33/17'6"; LJ: Seay 7.91/25'11½"; TJ: Pomaney (Gha) 16.13/52'11"; SP: Feuerbach 20.45/67'1½", Dolegiewicz (Can) 19.68/64'7". **5.4. Eugene.** HJ: Wilson 2.18/7'2"; PV: Taylor 5.18/17'0"; DT: Chambul (Can) 58.16/190'10". **5.4. Williamsburg.** 100m: Riddick 10.1, Sands (Bah) 10.1, Suggs 10.2, Meriwether 10.2; 120yH: Foster

13.8. **5.4. San Jose.** TJ: Livers 16.44/53'11½" (& 2.13/7'0" HJ). **6.4. Las Vegas.** HJ: Brown 2.13/7'0", Stones 2.08/6'10". **12.4. San Diego.** 100y: Gilkes (Guy) 9.4, Abrahams 9.5, R. Williams 9.6; 440y: Redd 46.2; 5000: Babiracki 13:51.2; 4 x 110y: USC 39.5; HJ: Causey 2.18/7'2". **12.4. Eugene.** 440y: Brown 46.2; 3M: Geis 13:23.8; 120yH: Jackson 13.3w; PV: Tully 5.36/17'7", Mooers 5.18/17'0"; TJ: Banks 16.19/53'1½" w. **12.4. San Jose.** PV: Ripley 5.38/17'8"; TJ: Livers 16.45/53'11½" (& 2.14/7'0½" HJ), Dupree 16.33/53'7", Haynes 16.32/53'6½". **12.4. Corvallis.** HJ: Woods 2.19/7'2½", Flee 2.19.

ITA PROFESSIONAL TOUR

Hampered by a pulled muscle in his back, Brian Oldfield was well beaten by Randy Matson in his first outing after the record, at Portland on April 11th. Star of the meet was Steve Smith with a world indoor pole vault best of 5.59/18'4". He became the first man to attempt 19 feet (5.79m). Results: 60y: Jackson 6.0, Ravelomanantsoa 6.1; 440y: James 48.8, Smith 48.9; 880y: Swenson 1:51.6, Fulton 1:51.7; Mile: Jipcho 4:00.7, Munson 4:03.1, Wottle 4:04.4; 2M: Jipcho 8:44.8, LaBenz 8:45.8; 60yH: Milburn 6.9, Coleman 7.0, Babb 7.0; HJ: Radetich 2.13/7'0"; PV: Smith 5.59/18'4" (rec), Seagren 5.33/17'6", Lipscomb 5.18/17'0"; LJ: Hines 7.75/25'5"; SP: Matson 21.26/69'9", Oldfield 20.77/68'1½", Salb 20.41/66'11½", DeBernardi 19.66/64'6½"; women's 60y: Tyus 6.8.

SATURDAY, AUGUST 9th, 1975

12th BRACKNELL RELAYS

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

Sponsored by Bracknell District Council
SPORTS CENTRE, BAGSHOT ROAD
BRACKNELL

EVENTS

Junior Ladies: 4x100m, 4x800m.

Inter Ladies: 4x100m, 4x200m, 4x400m.

Senior Ladies: 4x100m, 4x200m.

Boys: 4x800m.

Youths: 4x100m, 4x200m, 4x400m.

Juniors: 4x100m, 1600m Medley.

Seniors: 4x100m, 4x200m, 4x400m, 4x1500m, 1600m Medley.

Also: Senior Ladies Open 800m for the D. L. McJannet Trophy (entry fee 10p).

Entry Fees: 60p per team. Clubs limited to two teams per event. Entries to C. J. Hickey, 31 Farm Close, Bracknell, Berks. (Tel: Bracknell 28124).

ENTRIES CLOSE WEDNESDAY, JULY 9th

RED CROSS 'KARNIVAL'

OPEN ATHLETICS MEETING

SATURDAY, 12th JULY, 1975

AT MUNICIPAL SPORTS CENTRE
OSMASTON PARK ROAD, DERBY
(Under A.A.A. and W.A.A.A. Laws)

Senior/Junior Men

'The Red Cross' Open 10 mile Road Race.	
Individual prizes (value)	£7, £5, £3
Team (4 run, 3 score) 3 x	£4, £3, £2
100m, 300m, 3000m	£7, £5, £3

Youths

100m, 200m, 800m	£6, £4, £2
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Senior/Inter Ladies (O/15)

100m, 200m, 800m	£7, £5, £3
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Girls

100m, 200m, 800m	£6, £4, £2
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Entry Fees: Youths & Girls 15p, Men & Ladies 20p, 10 Mile team 40p.

Entries to A. Walsh, 29 Green Avenue, Chellaston, Derby.

ENTRIES CLOSE 28th JUNE, 1975

Please note: The athletics meeting is part of a large Sports and Gala Day with numerous attractions and events centred around a first-class track and within a large park—an ideal day out for all the family.

Meeting to commence at 2 p.m.

WALKING

VETERANS SHOW THE WAY IN 50Km

IT was a day for the Veterans when Roy Thorpe won the BRWC invitation track 50km at Wood Green on April 20th and Charlie Fogg made the international team. The times may look slow from an international viewpoint but on a day of unexpected mid-summer-like warmth with a sapping wind it was experience and endurance which came out on top. It is my opinion that even the biggest names at 50km would have been considerably down on their bests in the prevailing conditions and so men such as John Lees and Barry Ingarfield who slashed their previous bests can be satisfied indeed. The 17-man field did not include any 'no-hopers' and this is further emphasised when one considers the last man to finish was Peter Selby, in such good form at 20km recently. It is a very long time since this talented and consistent performer has finished in such a position.

On reflection the entire field probably took the first 20km too fast, all disregarding the temperature. Amos Seddon set the pace but there were seven pursuers within 1½ minutes at 10km:—Seddon (50:48), Thorpe and Lightman (51:03), Lees and Maidment (51:15), Banyard (51:58), Fogg and McCann (51:59). Soon after this point the leader lost time with a pit stop but again made ground rapidly to retake the lead while Thorpe and Lightman swapped positions and Maidment moved menacingly into fourth place. Suddenly at 20 miles fortunes quickly changed. Seddon retired as Thorpe closed right up, Lightman went through a series of bad times from which he never recovered and eventually retired, while Maidment and Lees moved to second and third. However the Yeovil man, still a novice at the distance, could not maintain his fine efforts and that old campaigner, Charlie Fogg, seized his opportunity to take third, followed by Alec Banyard. 40km:—Thorpe (3:29:04), Lees (3:31:06), Fogg (3:32:03), Banyard (3:34:35), Maidment (3:36:09), McCann (3:37:24), Ingarfield (3:38:33), Eddershaw (3:39:10).

On the tiring last 10km, excepting McCann, Maidment and Ashfield, the field virtually walked at the same pace. Thorpe held off Lees' gallant effort while Fogg found enough to hold off the ever consistent Banyard. The first three gained selection for the West Germany and Mexico match with Bob Dobson virtually certain of the remaining place. Altogether another excellent British Race Walkers promotion with enthusiastic announcing and plenty of practical support from all concerned.

Result: 1, R. Thorpe (SUH-V) 4:28:08; 2, J. Lees (B&H) 4:29:45; 3, C. Fogg (Enf-V) 4:32:19; 4, A. Banyard (S'end) 4:34:14; 5, B. Ingarfield (Met) 4:37:24; 6, J. Eddershaw (SUH-V) 4:41:14; 7, M. McCann (Yks) 4:41:57; 8, S. Maidment (Yeo) 4:42:33; 9, K. Harding (RSC-V) 4:43:03; 10, R. Michel (Sy) 4:45:26; 11, C. Young (Ex B) 4:46:36; 12, P. Markham (Leic) 4:47:13; 13, S. Ashton (SUH) 4:51:40; 14, P. Selby (Sy) 4:52:55.

Roger Mills wins Essex League 20km and records another course record, at Chelmsford, April 19th. Completely dominating the field and winning by over five minutes from international clubmate Steve

Gower, Roger Mills recorded his third victory in eight days and his second course record. With having now completed, and won, three 20km races, Mills obviously has no fears regarding distance when he competes in the National 20km at Coventry on May 11th. Gower was a clear second while Ken Carter narrowly edged out Bob Dobson, who detests this double out and back course, for third. Junior, George Nibre, recorded an excellent time and together with Barry Lines must be a strong contender for a place in the British team for the European Junior Championships. In the team race the very strong Ilford and Southend squads repeated the placings they achieved in the National 10 miles last month. 1, R. Mills (Ilf) 91:23; 2, S. Gower (Ilf) 96:24; 3, K. Carter (S'end) 97:54; 4, R. Dobson (S'end) 98:04; 5, D. Cox (S'end) 98:33; 6, L. Mockett (Ilf) 100:37; 7, G. Nibre (Met P) 100:45; 8, L. Ruddock (Ilf) 102:26; 9, K. Tuson (S'end) 104:26; 10, M. Scammell (New) 105:44; 11, D. Sheppard (Ex P) 106:13; 12, M. Oliver (New) 106:18. Teams: 1, Ilford 14; 2, Southend 28; 3, Essex Police 57.

Roger Mills puts in a 12:18.4 3km at SCAA Open Meeting at Crystal Palace, April 16th. Confirming that he is sharper and faster than ever before at this time of the year, the holder of the world's best for a mile put in a superb solo effort. Clocking just 10 sec outside his best, Roger obviously looks set for some sterling performances in the forthcoming track 20km internationals this summer.

John Warhurst holds off Tony Taylor to win Northern Championship at Sheffield, April 19th. Competing on an undulating out and back course, John Warhurst led throughout but lost ground in the latter stages as Tony Taylor finished powerfully after having duelled with Mike Holmes early on. 1, J. Warhurst (SUH) 95:27; 2, A. Taylor (B'burn) 96:08; 3, M. Holmes (Yks) 97:53; 4, P. Etches (SUH) 99:16; 5, C. Harvey (Lancs) 100:44; 6, J. Hopkins (B'burn) 101:18; 7, T. Stevenson (SUH) 101:40; 8, A. Malone (Lancs) 101:58.

Mexicans to compete in the UK v West Germany International on June 1st. Adding spice to an already interesting match, the Mexicans will prove tough opposition for both teams. Both events will be held on the Sunday, the 20km (11 am) and the 50km (2 pm), at the Ashton Playing Fields, Woodford. Our 20km representatives will be selected on their performance in the National 20km and this race together with the international will be taken into consideration in choosing our duo for the match against the GDR on June 21st/22nd.

Kannenberg and Weidner inside 90 minutes. Having just returned from a training holiday in Mexico with companions Leo Frey and Heinrich Schubert, world record holders Bernd Kannenberg and Gerhard Weidner finished yards apart in a West German 20km event as both ducked under 90 minutes.

Fast 50km for Raul Gonzales at altitude. Competing in the National Championships, that outstanding Montreal prospect Raul Gonzales clocked a sensational 4:07 at high altitude Mexico City.

McLEOD BACK ON WINNING TRAIL

THE Ladbroke-sponsored Jarrow & Hebburn road races, run in wet and windy conditions on April 19th, saw excellent turn-outs in all the events. Mike McLeod, unbeaten in open road races in the North East for seven months, except for a defeat at the hands of Brendan Foster, ended a two week rest period with another victory. It was left to marathon runner Steve Edmunds, now back to decent fitness, to set the pace on the twice out and back course. Edmunds had the field strung out by halfway and only McLeod was in contention, with the Gateshead contingent of John Myatt, Dave Lowes, Lindsay Dunn and John Trainor at regular 30y intervals. Up towards the finishing straight the 'writing was on the wall' for pacemaker Edmunds as McLeod spurred, gained a lead, and sat on it. If McLeod transfers his road racing class on to the track this summer, he will shock many established 5000m men.

Stretford's Christine Haskett showed a clean pair of heels to the opposition in smashing the record for the women's two miles race. In front from the gun, she had 200y to spare at the end. Gateshead's Alan Clifton just edged the Boys' race verdict from Aldred of Stretford with a

WALKING continued

Millan 30km trip off. Bad news for Mike Holmes and Amos Seddon is that their participation in this annual classic on May 1st has been cancelled due to lack of funds.

Colin Young

Sussex Clubs 220 v Met Police 245 (15M) at Steyning, April 19th. Dave Stevens opened a large lead from the start round this tough, hilly circuit but by 10 miles (84:00) his lead had been cut to 26 sec as Alan Buchanan came through the field to take the front at 12 miles and win. Among the finishers were two old stars now in their seventies: Harold Whitlock, the 1936 Olympic 50km champion who was 30th in 2:41:01, and one of his old rivals, Johnny Henderson who was 33rd in 2:50:50. 1, A. Buchanan (Sx) 2:07:06; 2, D. Steven (Sx) 2:09:22; 3, W. Wright (S&E-gst) 2:10:06; 4, C. Fisher (MP) 2:12:23; 5, K. C. Beng (Sx/Malaysia) 2:12:23; 6, G. Scott (MP) 2:14:07; 7, R. Claxton (MP) 2:14:30; 8, J. Bromley (MP) 2:17:31; 9, S. Elms (Sx) 2:18:52; 10, B. Saunders (Sx) 2:18:58.

2000m Track Races at Withdean, Brighton, April 20th (Senior Men): 1, G. Morris (Stey-J) 9:17; 2, D. Rowland (Stey) 10:27. (Youths & Boys) 1, C. Pope (Stey) 9:40; 2, A. Harman (Stey) 9:48; 3, D. Buchanan (B&H-b) 10:20; 4, T. Martin (Stey) 10:24; 5, K. Morris (Stey-b) 10:44. (Senior Women): 1, B. Francis (B&H) 10:40; 2, S. Martin (B&H) 11:50.

The team result of the Met WC Open 20km was 1, Brighton & Hove 27; 2, Surrey WC 36; 3, Belgrave 47, and not as printed.

Alan Buchanan

final burst to the tape—and helped Gateshead win the team race on countback.

Jim Alder

Men's 6½M

1, M. McLeod (Elswick)	31:51
2, S. Edmunds (Sale)	31:52
3, D. Lowes (Gateshead)	32:16
4, L. Dunn (Gates) 32:38; 5, J. Trainor (Gates) 32:49; 6, M. Goddard (NSP) 32:50; 7, G. Forster (Sund) 32:54; 8, J. Lunn (Leeds) 33:00; 9, J. Hillen (Salt) 33:04; 10, R. Dunn (Morp) 33:26; 11, M. Bateman (Morp) 33:36; 12, D. Dixon (Sund) 33:39; 13, K. Duckworth (A&SV) 33:41; 14, W. Wardle (J&H) 33:47; 15, G. Rippon (S Shields) 33:54; 16, P. Freeman (Darl) 34:08; 17, A. Mathieson (Morp) 34:09; 18, P. Harker (Darl) 34:14; 19, D. Corker (Heat) 34:15; 20, B. Cordes (Morp) 34:16; 21, T. Proctor (Roch) 34:17; 22, A. Richardson (S Shields) 34:17; 23, A. Leach (Gates) 34:20; 24, J. Clow (Sund) 34:26; 25, D. Prudham (Gates) 34:28; 26, B. Kilner (Leeds) 34:31; 27, S. Larkin (Salt) 34:32; 28, A. Lamb (NSP) 34:32; 29, P. Puckrin (Sund) 34:33; 30, S. Wrathmall (Sund) 34:33; 31, I. Kellie (Kes) 34:43; 32, A. Bone (S Shields) 34:46; 33, D. Kelly (Salt) 34:48; 34, A. Catley (NSP) 34:50; 35, R. Donkin (Sund) 34:53; 36, H. Barrow (Vic P) 34:58; 37, B. Kirkley (S Shields) 35:01; 38, D. Johnstone (S Shields) 35:06; 39, S. Bushell (Salt) 35:14; 40, D. Roberts (Gates) 35:17. Teams: 1, Gateshead 35; 2, Morpeth 58; 3, Sunderland 72; 4, South Shields 106; 5, Saltwell 108; 6, Darlington 121.	

Youths 3.2M

1, B. Bennett (Gos) 16:01; 2, P. Addamson (S Shields) 16:09; 3, N. Marston (Gates) 16:13; 4, S. Ridley (Gates) 16:19; 5, D. Pickering (Gos) 16:21; 6, S. Beckwith (J&H) 16:23; 7, J. Johnson (Els) 16:27; 8, J. Langlands (J&H) 16:29; 9, I. Davidson (Salt) 16:30; 10, K. Foster (Salt) 16:30; 11, A. Wears (J&H) 16:33; 12, J. Liskill (Gates) 16:41; 13, G. Maddison (Gates) 16:47; 14, P. Porter (Vic P) 16:48; 15, J. Sinclair (Morp) 16:52. Teams: 1, Gateshead 19; 2, Gosforth 22; 3, Jarrow & Hebburn 25; 4, Saltwell 60; 5, South Shields 63; 6, Elswick 65. (Boys 2M): 1, A. Clifton (Gates) 9:43; 2, P. Aldred (Stret) 9:43; 3, D. Kenyon (Stret) 9:48; 4, J. Cram (J&H) 9:48; 5, S. Mulcaley (Hal) 9:48; 6, M. Brown (Darl) 9:56; 7, G. Adams (Vic P) 9:58; 8, J. Grey (Edin) 10:01; 9, W. Johnson (Gates) 10:03; 10, P. Pilkington (Gates) 10:03; 11, S. Halliday (J&H) 10:10; 12, A. McCulloch (Gos) 10:10; 13, P. Goodfellow (Gates) 10:20; 14, B. Herron (J&H) 10:20; 15, F. Peters (Stret) 10:20. Teams: 1, Gateshead 20; 2, Stretford 20; 3, Jarrow & Hebburn 39; 4, Darlington 55; 5, Elswick 74; 6, Victoria Park 83. (Colts 2M): 1, A. Lawrence (Darl) 10:18; 2, S. Donnelly (Els) 10:21; 3, P.
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Adidas 'Apollo'. Yellow super lightweight nylon uppers, with black trim. Thick rubberised padding for extra protection. Four interchangeable spikes. Sizes: 5 **£6.95**, 6½-8½, 10½, 11 **£7.50**. Other sizes due in.

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Gola 'Firebrand'. A superb soft, lightweight suede shoe in orange with white trim. One of last year's best sellers, but now with extra protective padding. Sizes: 5, 5½, **£8.57**, 6-11 (no 6½) **£9.75**.

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Please enclose part postage, i.e. 25p for track-suits, 20p shoes, 10p shorts, vests, etc.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone: Medway 47055

Dodds (Morp) 10:28; 4, S. White (Gos S) 10:29; 5, C. Karim (Darl) 10:32; 6, G. Nagel (Gates) 10:33; 7, A. Mathewson (Gos) 10:35; 8, G. Mathieson (Berw) 10:44; 9, G. Bracken (NSP) 10:46; 10, S. Heaney (NSP) 10:48. **Teams:** 1, Darlington 25; 2, Morpeth 40; 3, Victoria Park 51.

Women's 2M

1, C. Haskett (Stret) 10:37 (rec); 2, M. Brown (Berw) 11:15; 3, J. Lochhead (A&SV) 11:21; 4, E. Wishart (NSP) 11:32; 5, J. Higgins (Vic P) 11:32; 6, J. Schusler (Salt) 11:38; 7, M. Fawkes (NSP) 11:42; 8, M. Belk (A&SV) 11:53; 9, H. Matthews (B'burn) 11:59; 10, S. Sugden (A&SV) 12:04; 11, A. Lewis (Salt) 12:19; 12, P. Fish (NSP) 12:20; 13, L. Whittaker (A&SV) 12:21; 14, N. Campbell (Blay) 12:21; 15, K. Yates (S Shields) 12:30. **Teams:** 1, Airedale & Spen Valley 21; 2, North Shields Poly 23; 3, Saltwell 42; 4, A&SV 'B' 47. (**Juniors 2M:**) 1, T. McQueen (Vic P) 11:31; 2, J. Moss (Darl) 11:40; 3, S. Kirkwood (Blay) 11:49; 4, F. Lawson (Darl) 11:54; 5, J. Bell (J&H) 12:05; 6, F. Duff (Darl) 12:11; 7, L. Cook (Bly) 12:12; 8, J. Hull (Darl) 12:14; 9, L. Hesford (J&H) 12:26; 10, G. Hawyes (J&H) 12:29. **Teams:** 1, Darlington 12; 2, Jarrow & Hebburn 24; 3, Victoria Park 39.

COLEBY SHARPENS UP IN NORTH TYNESIDE '10'

THE Tynemouth Sports Council Boundary 10 miles road race on April 13th saw a powerful display of running from Max Coleby. Selected to run in the Karl-Marx-Stadt Marathon in East Germany this month and clocking 130 miles per week in training, Coleby used this race as a workout.

Heading a bunch of a dozen runners at one mile, including Bob Dunn, Mike Goddard and John Hillen, Coleby was 40y up on Dunn at three miles with the 70-strong field strung out. At halfway Coleby was 200y clear of Dunn with Goddard, Glen Forster and Dave Dixon, John Hillen, Doug Padgett at 40y intervals. Despite losing 30y at a roundabout through misdirection, Coleby won by 150y and reduced the course record by 50 seconds. Jim Alder came from eighth to second, 50y ahead of Forster and Dixon, while Dunn slipped from second to seventh in the last two miles.

Jim Alder

1, M. Coleby (Gateshead)(rec) 48:54
2, J. Alder (Morpeth) 49:25
3, G. Forster (Sunderland) 49:35
4, D. Dixon (Sund) 49:41; 5, M. Goddard (NSP) 49:51; 6, J. Hillen (Salt) 49:57; 7, R. Dunn (Morp) 49:59; 8, W. Padgett (Bing) 50:52; 9, D. Kelly (Salt) 51:26; 10, D. Coker (Heat) 51:35; 11, C. Haggie (Gos) 52:14; 12, R. Donkin (Sund) 52:16; 13, A. Lamb (NSP) 52:32; 14, D. Prudham (Gates) 52:39; 15, D. Taylor (NSP) 52:46. **Teams:** 1, Sunderland 19; 2, North Shields Poly 33; 3, Saltwell 35. (**Vets:**) P. Pattison (Gos). (**Handicap:**) G. Freeman (Sund) (7:45) 53:57.

LETTERS

TRIBUTE TO REG KERSLAKE

Dear Sir,

May 1, on behalf of London Athletic Club, add to the tribute paid to the late Reg Kerslake in your issue of March 29th.

Reg Kerslake joined LAC in 1933 and was soon thereafter elected to the committee, his administrative ability and reputation having preceded him from the UAU. In 1945 he took on the office of club general secretary, which post he combined with that of organiser of the LAC Schools Meeting, duties which he performed with great distinction and dedication, overcoming all the problems resulting from the aftermath of the Second World War. In addition, he was closely connected with the inter-city meetings and London v Paris Schools matches, and continued his association with these latter long after handing over the club secretaryship and organisation of the Schools Meetings to Guy Basan in 1950. He was elected president of LAC in 1958, and maintained a close connection with the club and its affairs until his death.

In addition to acting as announcer at the LAC Schools Meetings for many years, he was a meticulous recorder of the results, and acted as correspondent for numerous provincial newspapers, to which he sent reports of the accomplishments of their local boys in the Schools Meetings.

All these activities he combined with the great service he rendered to university sport and it was for fifty years of such service that he was appointed an MBE (not OBE as previously reported) in the 1974 New Year's Honours. During that period he held nearly every office in the UAU, culminating with his being elected a life vice-president in 1972. I am sure you and your readers will agree that both these honours were fitting rewards for a lifetime of service and dedication to sport in general, and athletics in particular, especially among the youth of this country.

Norman Simons,
Hon Press Officer, London AC

... AND TO ERNIE HALEY

Dear Sir,

Reading of the recent death of HHH club member E. W. Haley brings back very happy memories of the few times we met. The most vivid one was at the ESAA Championships in 1973, where I met him for the first time. He injected most of his enthusiasm into myself, before the crucial final. Ernest was one of the most enthusiastic men I have ever known. I regret to hear of his death, a great loss to our club.

Wayne Tarquini,
Herne Hill Harriers

NORTHERN COUNTIES ATHLETIC ASSOCIATION

NORTHERN CHAMPIONSHIPS 1975

(Under A.A.A. Laws)

WITTON PARK, BLACKBURN

**SATURDAY, 28th JUNE — SENIOR
CHAMPIONSHIPS**
JUNIOR 4x100: 3000m
YOUTHS 4x100

Entries close 28th May

GATESHEAD STADIUM

**SATURDAY, 21st JUNE — YOUTH
CHAMPIONSHIPS.** (Except Relay)
JUNIOR CHAMPIONSHIPS. (Except
Relay and 3000m)
SENIOR 4x100: 4x400: 10,000m

Entries close 21st May

ALLOCATED CHAMPIONSHIPS:

DECATHLON/JNR. DECATHLON at
BLACKBURN, 16th/17th AUGUST.

MARATHON at ROTHERHAM, 21st
SEPTEMBER.

ALL TRACK WALKS at BLACKBURN,
16th AUGUST.

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CONSEQUENCES OF AMALGAMATION

Dear Sir,

May I crave space to ask those who are anxious to rush headlong into amalgamating men's and women's athletics to pause and give it a little thought. Mixed athletics can be very pleasant, but consider the practical consequences.

To replace a men's meeting and a women's meeting by a mixed meet means a meeting twice as long, or does it? No, of course it doesn't. It means events are going to be cut out, and who is going to suffer? The athlete, as usual.

Introducing the athletics league was a good idea—to encourage the cinderella events. But the National League and the Southern League were for senior men. Where were the events for the youngsters which nearly all club meets included until then? More of one thing means less of another. Who is going to be for the chop this time?

May I now ask the reader to look at the top clubs in the country, particularly on the women's side? He will find that the top clubs are all single-sex or each sex is run as a separate unit. Speaking as one who has tried to run an integrated club track section, I know the effort is doomed to failure.

There is certainly a case for closer linkage between men's and women's athletics but not total amalgamation. We already have an umbrella in the BAAB. Our sport does not need watering down.

C. J. White,
Slough

UNIVERSITIES HAVE OWN CHAMPIONSHIPS

Dear Sir,

I read with interest the letter from Chris Vodden (March 22nd issue) regarding the National Junior CC Championship: is it for club teams or university teams? My club would have won the 1973 National Junior title had two of our athletes been running for us and not their university team. Maybe this sounds like sour grapes to some people, but it's hard enough for clubs to build up a successful team, without the universities taking all the cream, and racing them in one team. So please let the ECCU rule that the National should be for club teams only. After all, the universities have their own championships.

Mike Chandler,
Westbury Harriers

NEW FIVE-STAR TABLES FOR TESTING

Dear Sir,

Last year I took on the responsibility of revising the AAA Five Star Award scoring tables with a view to having a completely new set of tables ready for use in 1976. These tables were not only meant to correct any anomalies which exist in the present ones, but also to cater for the varied demands of PE teachers and the pupils

to whom they present our sport. There are many different features in this new set of tables which I hope will prove satisfactory to those who use the scheme.

The first draft of the tables is now completed. It is my hope that many interested people will examine this first draft and pass on to me any observations they may wish to make. I am most concerned that when these tables go for printing in October this year, they should be as accurate as possible. The publication of the first draft of these tables at this stage enables people to try them out this year and thus unearth any problems so that these may be corrected when the final touches are put on in August and September.

Anyone who is willing to examine my first draft and give their opinions are most welcome. A stamped addressed envelope to 82A Birstall Road, Birstall, Leicester will acquire a copy and I look forward to having my work put to the test.

David Couling

AMATEURISM A MALE PRESERVE?

Dear Sir,

I have just received an entry form for the AAA marathon championship which contains the following rather surprising statement in the declaration of amateur status! "An amateur is a person of the male sex who, since reaching the age . . .".

Does this mean that all women are deemed to be professionals by the AAA?

Brian Kemp,
Ealing & Southall

PAST AND PRESENT MATCH

Dear Sir,

In its first year of existence the Avon Schools AA is keen to keep up good relations with the counties of Somerset and Gloucestershire and, in this connection, we intend holding a match between the past and present teams of those counties at Whitchurch Track, Bristol on September 20th.

Over the years the area has produced some fine athletes, many of whom have now moved away, and we are anxious to make contact with individuals who would like to represent any of the teams that will take part. Such individuals would need to have represented Gloucestershire or Somerset Schools at some time or have been associated with the teams in some way. Such athletes would represent one of the following teams:—(1) Avon Schools Past; (2) Gloucestershire Schools Past and Present; (3) Somerset Schools Past and Present. The fourth team would comprise the present Avon Schools Team.

The teams would be decided upon the area in which the athlete lived whilst representing one of the schools organisations, ie those who lived in the new Avon area would represent Avon Past.

I would be glad if eligible athletes write to

me stating age, best performances, place of residence when living in the area if now living outside of Somerset, Gloucestershire and Avon, and their events.

Clive Smith,
75 Chiltern Close,
Warmley, Bristol

STAYING THE DISTANCE

Dear Sir,

I'm completely in favour of women racing longer distances. Although we shall never possess as much speed as men I believe that stamina-wise we are almost on the same level. This has been proved in cycling where both sexes compete over the same distances right up to 24 hour races.

On the race walking scene a 10,000m walk has already been staged with another one possibly due early in May. I hope this is the start of many such walks and that this distance will soon be used for the National Women's Road Walk Championships.

Let us be given the chance to prove that we can stay the distance and enjoy it!

Christine Coleman,
Highgate Harriers

AREA EVENT STAFF COACHES

The following changes have been notified to us since the publication of the list in April 5th issue. (North) delete J. Weatherley (LJ); the following are event organisers: A. Storey (LD & CC), P. W. Stevens (HJ), L. Williams (Dec/Pen).

GREAT YARMOUTH & DIST. A.C.

YOUNG ATHLETES TROPHY MEETING

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

WELLESLEY RECREATION GROUND
GT. YARMOUTH, NORFOLK

SATURDAY, 2nd AUGUST 1975

EVENTS: (Ages as at 1.9.75)

Boys (U/11) 80m, LJ.

Boys (U/13) 100m, 200m, 800m, 1500m, LJ.

Boys (U/15) 100m, 200m, 400m, 800m, 1500m, LJ, HJ.

Youths (U/17) 100m, 200m, 400m, 800m, 1500m, TJ.

Junior/Senior Men 100m, 200m, 400m, 800m, HJ, LJ.

Girls (U/11) 80m, LJ.

Minors (U/13) 100m, 200m, 800m, LJ.

Girls (U/15) 100m, 200m, 800m, 1500m, LJ, HJ.

Girls (U/17) 100m, 200m, 400m, 800m, LJ, HJ.

Trophies to the value of approx £500.

Entry Fee: 15p per event.

Entries/Enquiries: Mr F. W. Barwick, 31 George St., Gt. Yarmouth, Norfolk NR30 1LE. Tel: G.Y. 4284.

ENTRIES CLOSE 21st JUNE

NO LATE ENTRIES

ALPHA & BETA TROPHIES MEETING

At Enfield, April 19th

Senior Women: 1, Notts; 2, Enfield; 3, Croydon; 4, Feltham; 5, Oxford; 6, Verlea; 7, Middlesex.

100: 1, R. Kennedy (N) 11.8; 2, R. Ashieda (Mx) 12.2; 3, B. Levy (E) 12.4; 4, A. Lyne (F) 12.5. (B): S. Andrews (E) 12.5. 200: Kennedy 24.8. (B): B. Gauntlett (E) 26.2. 400: S. Walter (N) 59.8. 800: 1, H. Edwards (N) 2:19.4; 2, A. Yeoman (F) 2:20.3. 100H: 1, A. Sutton (O) 15.1; 2, A. Manley (C) 15.4; 3, Andrews 15.4; 4, D. Mason (Felt) 15.5. (B): C. Mathers (E) 15.1. LJ: Andrews 5.34/17'6¼". SP: 1, E. Elliott (E) 12.19/40'0"; 2, J. Frampton (N) 11.94/39'2¼"; 3, L. Newell (C) 11.30/37'1"; 4, E. Service (Mx) 11.23/36'10¼"; 5, S. Goddard (V) 11.11/36'5½". (B): L. Lee (E) 10.39/34'1¼". DT: 1, Frampton 42.46/139'4"; 2, Newell 35.96/118'0"; 3, Goddard 35.56/116'8"; 4, Lee 35.52/116'6". (B): F. Vittles (N) 40.12/131'7". JT: 1, J. King (C) 42.46/139'4"; 2, A. Goodall (E) 40.46/132'9"; 3, J. Moores (O) 34.04/111'8". (B): E. Little (O) 34.80/114'2". 4 x 100: Enfield 50.6.

Juniors: 1, Feltham; 2, Notts; 3, Middlesex; 4, Croydon; 5, Enfield; 6, Oxford; 7, Verlea.

100: 1, P. Gauntlett (E) 13.2; 2, A. Lennox (C) 13.2; 3, A. Gash (N) 13.2. 200: Lennox 27.0. 800: 1, A. Soar (N) 2:22.9; 2, A. Rowe (V) 2:25.9. 75H: C. Pryce (N) 12.2. LJ: N. McGee (F) 4.89/16'0¼". SP: 1, Pryce 10.61/34'9¼"; 2, K. Lyne (F) 10.11/33'2"; 3, A. Watton (C) 9.77/32'0¼". JT: S. Hills (V) 28.16/92'5". 4 x 100: Feltham 53.7.

Beta Trophy

100: 1, G. Taylor (Ex) 11.9; 2, D. Showler (Hav) 12.4; 3, J. Long (Wyc) 12.5. 200: 1, Taylor 24.4; 2, S. Reed (Wig) 25.8. 400: Reed 59.9. 800: P. Turner (Hill) 2:19.3. 100H: Long 14.6. SP: 1, P. Woodhouse (Ex) 10.25/33'7¼"; 2, M. Day (Nor) 10.24/33'7¼". JT: 1, M. Mendham (Ex) 37.46/122'11"; 2, Day 35.36/116'0". (Inters n/s) 100: A. Drakes (Notts) 12.8. (B): L. Ward (Enf) 12.7. (C): C. Stone (Enf) 12.7. (D): B. Gauntlett (Enf) 12.4. 200 (B): Ward 26.7. 80H: 1, J. Duffield (Enf) 11.8; 2, M. Prendergast (Mx) 12.0; 3, F. Sluman (Mx) 12.2; 4, B. Chilleystone (Nor) 12.4; 5, C. Stone (Enf) 12.6. 4 x 100: Enfield 49.8. (Juniors) 100/200: S. Callow (Wyc) 12.7/26.7. 800: J. Priest (Wyc) 2:28.7. 75H: 1, M. Ferris (Hill) 12.0; 2, W. Humphries (Ex) 12.3. SP: 1, J. Seldon (Hill) 9.37/30'9"; 2, R. Williams (Hav) 9.13/29'11¼"; 3, V. Simpson (Ex) 8.96/29'4¼". JT: 1, J. Seldon (Hill) 30.60/100'5"; 2, Simpson 28.76/94'4". (B): S. Wells (Ex) 32.52/106'8".

200 COMPETITION WINNERS

SCAAA: Half-yearly jackpot—J. G. B. MacHorton £280; March—D. L. Firmin £25, F. J. Martell £15, C. W. A. Campbell £5. SCWAAA: March—Aldershot, Farnham & District AC £25, Mrs J. Jones £15, R. Scruton £5.

ESSEX AAA 258 v ESSEX BEAGLES 203**At Barking, April 19th**

100: 1, T. Collins (B) 10.6; 2, A. Ross (Ex) 10.8; 3, D. Thompson (B-Jnr) 10.9; 4, A. Cearn (Ex-Jnr) 10.9; 5, D. Baptiste (B-Yth) 11.0. **200:** 1, Collins 22.1; 2, I. Emmanuel (Ex-Jnr) 22.5; 3, B. Pope (Ex) 22.6; 4, Thompson 22.9. **400:** Cearn 50.0. **800:** R. Green (Ex) 1:56.9. **3000SC:** J. Willoughby (Ex) 9:51.0. **110H:** 1, W. Greaves (Ex-Jnr) 15.1; 2, T. Clifton (Ex) 15.9; 3, R. Honey (B) 15.9. **400H:** 1, Greaves 55.7; 2, J. Lay (B-Jnr) 58.4. **HJ:** 1, S. Faint (Ex) 1.91/6'3 1/4"; 2, J. Davis (B-Jnr) 1.88/6'2"; 3, D. Thompson (B-Jnr) 1.85/6'0 1/4"; 4, D. Hewitt (Ex-Jnr) 1.85; 5, A. Dainton (Ex-Jnr) 1.80/5'10 1/2". **PV:** 1, T. Gardner (Ex) 3.96/13'0"; 2, G. Patel (Ex) 3.81/12'6"; 3, T. Brooking (B-Jnr) 3.66/12'0"; 4, A. Wadhams (B) 3.50/11'6". **TJ:** Wadhams 14.33/47'0 1/4". **SP:** 1, G. Tyler (Ex) 15.47/50'9 1/4"; 2, M. Eyres (B-Jnr) 14.11/46'3 1/2"; 3, S. Francis (Ex) 13.57/44'6 1/2". **DT:** 1, Tyler 49.18/161'4"; 2, P. Bullock (Ex) 42.04/137'11"; 3, C. Burns (Ex-Jnr) 39.30/128'11". **HT:** 1, G. Curtis (B) 40.50/132'10"; 2, T. Woods (Ex) 40.48/132'9". **JT:** 1, D. Heath (Ex) 66.36/217'8"; 2, W. Bushnell (Ex) 59.84/196'4"; 3, S. Hollywood (Ex) 57.78/189'7"; 4, B. Fuller (B) 58.86/186'6". **4 x 100:** 1, Essex Beagles 43.4; 2, Essex 43.5. **4 x 400:** 1, Essex 3:29.5; 2, Essex Beagles 3:33.9.

OPEN TRACK & FIELD MEETING**At Crawley, April 20th**

800: K. Crew (Enf) 1:55.6. **3000:** 1, R. Church (P'boro) 8:32.2; 2, M. Patterson (B&H) 8:35.6. **HJ:** 1, G. Vose (Sy B) 1.90/6'2 1/4"; 2, P. Redmond (Enf) 1.86/6'1 1/4". **SP:** 1, R. Slaney (Craw) 14.29/46'10 1/2"; 2, C. Youngs (Worth) 13.14/43'1 1/2"; 3, N. Phipps (Enf) 13.00/42'8". **DT:** 1, Slaney 46.16/151'5 1/2"; 2, P. Sharman (TVH) 42.88/140'8"; 3, D. Clarke (Enf) 40.78/133'9". **JT:** C. Byerley (B&H) 62.08/203'8". **(Youths)** **100:** K. Biggs (Enf) 11.4. **200:** R. Bishop (B&H) 23.4. **(Senior Women)** **100:** L. Kerr (Worth) 12.5. **100H:** D. Humphrey (B&H-Int) 16.8. **SP:** S. Wright (Ex) 10.59/34'9". **DT:** 1, A. Hildersley (Craw) 39.18/128'6"; 2, M. Bothamley (Sy B) 36.12/118'6". **JT:** J. Lintern (Craw) 41.06/134'8". **(Inters)** **200:** D. Bain (Worth) 26.2. **(Juniors)** **SP:** M. Russell (Bognor) 9.50/31'2".

Shettleston Harriers Ladies officers: President, Miss J. Rennie; treasurer, Mrs T. Fletcher; secretary, Mrs D. Stephen, 162 Brownside Road, Glasgow G73 5AZ.

SCOTTISH A.A.A.

Junior, Youth, Senior Boys Championships
MEADOWBANK STADIUM,
EDINBURGH

From 10 am Saturday, 21st June, 1975

Entries close 31st May with Mr R. W. Greenoak, 41 Greenfield Crescent, Balerno, Midlothian.

RANKING LISTS AMENDMENTS

UK Boys: (January 25th issue) 200: add 22.8 Michael Garmston (Cannock). 800/1500: note **Tom Young (4:07.5 for 1500)**. **HJ:** add 1.85 Colin Mitchell (H&S), 1.85 Len Lafond (Essex B), 1.83 Julian Powell (Shaft), 1.78 Augustine Udo (Shaft); note **1.85 Duffin**. **PV:** add 3.40 David Willis (Chelm); note **Robert Dellow**. **SP:** add 14.30 Andrew Vince (Chelm).

Commonwealth: (March 8th issue) **Women's** 100: note **legal** 11.0 by Boyle & Robertson, 11.2 by Lamy; add 11.3 Robyn Boak (Aus). 200: note 22.7 by **Denise Robertson (Aus)**; Lamy's best was 22.9. **HJ:** note **1.83** by Bruce. **JT:** note **59.00** Rivers, **52.26** Hunt. **4 x 400:** add 3:45.5 Jamaica.

UK indoor: (April 5th issue) 3000: add 8:11.2 Ron Martin. 2M: note **8:46.2** Davies. **HJ:** add 1.94 Stephen Flemming (at Antrim Forum, NI on January 17th), note 1.93 **Norman Duffin**. **TJ:** add 15.25 Frank Attom. **Women's** 60: delete 7.5 by Boothe (best of 7.7). 400: add 56.9 Gillian Spurgin. 800: add 2:13.0 Pam Reece (at Arnheim, January 25th). 60H: add 8.9 Jane Driffield. **HJ:** note **1.72** Hitchen, add 1.72 Val Kelly.

CLASSIFIED ADVERTISEMENTS

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

RACING AND TRAINING GEAR . . .

Adidas SL72 £10.24; Gazelle £9.45; Blue Star £5.49; Apollo Spikes £7.49; Tiger Marathon (Blue) £6.84; Freedom Shorts £1.48; Tracksters £2.94; Rainsuits: complete £8.30; Jackets £5.25. Also printed T-Shirts, Sweat Shirts for clubs, colleges. Send SAE for details and bargain lists. **Martin Evans Sports, 226 Tiverton Road, Selly Oak, Birmingham 29.**

HURDLING FILMS REQUIRED. Past and present British and World performers, period unimportant. **Dennis Whitby, 24 Alder Court, Thorplands, Northampton.**

TENDOTECTORS £6.50, Country £9.45, Jet tarten spikes £8.60, Apollo £7.50, Saturn £8.99, San Jose £7.20, Intervall (9 only) £11.90, Men's Nylon vests 90p, Freedom shorts £1.45. **Holme Valley Sports, 76 Huddersfield Road, Holmfirth, Yorks.**

WANTED URGENTLY. 14/30 pole. Box No 450.

SALE, AW's (1946-66). **D. Pickup, 96 Sheriff's Highway, Gateshead. Tel: 872763/770524.**

CAN'T GET REEBOK OR TIGER Shoes? Try specialist dealers. **Javro Sports, 14 Rochdale Road, Middleton, Greater Manchester.**

ATHLETIC EVENTS

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

CANNOCK CHASE ATHLETIC CLUB 3rd ANNUAL YOUNG ATHLETES TRACK AND FIELD MEETING

Sponsored by Butlers Foundries Ltd—one of Europe's Leading Foundries

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

**ON SUNDAY, AUGUST 24th
AT CANNOCK STADIUM**

First Event 1 p.m.

Events—Ages as at midnight 31.8.75

Awards—Medals first three all events

Trophies to winners of events marked*

Colts U/13—100m, 800m. Boys U/15—100m* 200m*, 400m*, 800m, 1500m*, High Jump*, Long Jump*, Discus, Shot, Javelin. Youths U/17—100m, 800m, 3000m. Girls U/13 100m, 800m, Junior Ladies U/15—100m*, 200m*, 800m*, 75m Hds, High Jump*, Long Jump*, Discus, Shot, Javelin. Inter Ladies U/17—200m, 800m.

Entry Fees: 25p per event. Forms from Mr D. G. Bushnell, 3 Brendon Close, Weeping Cross, Stafford, Staffs. ST17 0BJ, to whom they should be returned before August 13th. No late entries accepted. SAE appreciated.

YEOVIL OLYMPIADS A.C. SPRING BANK HOLIDAY GAMES

MONDAY, 26th MAY, 12.30 pm
(Under AAA, WWW & RWA Laws)

At Yeovil Recreation Centre

Chilton Grove, Mudford Rd, Yeovil

Commemorative Badges sponsored by the

Yeovil Dist. Council to all athletes.

Field Events: PV (M, Y, B), Ham. (M, Y, B), TJ (M, Y, B), HJ (L, JL, M, Y), LJ (L, JL, M, Y, B), Jav. (L, JL, M, B), SP (L, JL, M, Y), Dis. (L, JL, Y, B).

Track Events: 100 & 200m (M, JM, Y, B, L, IL, JL), 400 (M, B, L, JL), 800 (JM, Y), High Hds (M, JM, Y, B, L, IL, JL), 400 Hds (M, JM, L), 3000m Road Walk (M, Y, B, L), 4 x 100 (M, Y, B, L, JL), 4 x 400 (M, Y, L), 3 x 800 (B, JL). A & B events at the Organisers discretion. Entries to A. Middleton, 13 Asney Road, Walton, Street, Somerset. Ind. 15p first, 10p each add. event, Relays 50p per team, close Monday, 19th May. No entries by phone, s.a.e. if reply required.

ALSO—THE YEOVIL "10" sponsored by Wexen Industries. Entries 30p to J. Flatters, 24 Elliotts Drive, Yeovil.

NOTE: YEOVIL MINORS MEETING U/13, U/12, U/11 Friday, 4th July, at 6 p.m. Details (s.a.e.) from Mrs P. A. Whistlecroft, 89 Elliotts Drive, Yeovil.

NORTH STAFFS ROAD RUNNERS ASSOC.

present

KIDSGROVE '6' ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 24th MAY, 1975 at 3 p.m.

Clough Hall School

Kidsgrove, Stoke-on-Trent

Public Admission by Programme Only to:

Road Race

Children's Races

Side Shows etc.

Prizes:

1st 3 Individuals, 1st Veteran (O/40, O/45, O/50), 1st 3 Teams, 1st 'B' Team, Spot Prizes.

Entry Fees:

25p per Individual, 50p per Team (3 score). All enter as Individuals. (Members 10p).

Entries by Saturday, 10th May, to Terry Deighton, 22 Crossway Road, Church Lawton, Stoke-on-Trent. Tel: Alsager 3040 (Home), Stoke 29681 ext 3437 (Office).

CITY OF MANCHESTER

Recreational Services Department

SENIOR MEN'S 5 MILES

OPEN CROSS-COUNTRY TEAM RACE

(Under A.A.A. & E.C.C.U. Rules)

To be held on Sunday, 18th May

commencing at 2.30 p.m.

Teams: 8 to run, 4 to count

At Boggart Hole, Clough Park,

Rochdale Road, Blackley, Manchester

A perpetual Challenge Trophy will be awarded to the winning team. Remaining prizes to value of amounts stated:

Individual: 1st £10, 2nd and 3rd £5.50.

Team Prizes: £6 to first four in winning team; £5 to four members of 2nd, 3rd and 4th teams.

Veterans Prizes: £5 to first runners home over 40 & 50. If no runner in O/50 group, prize to be awarded to 2nd runner O/40.

Entry Fees: 45p per team. Individuals not competing as part of a team 20p. Cheques/Postal Orders payable to "MANCOR".

Entries on A.A.A. forms or obtainable from and returnable to The Director, Recreational Services Dept., Cumberland House, Crown Square, Manchester M60 3BB. (Telephone 061-236 3377, Ext. 7437).

Closing date: Sat., 10th May postmark
Stewarding by members of Salford H. & A.C.