

a

thletics **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

★ National Road Relay
Championship

★ Lillian Board—How She
Raced

★ Rita Ridley answers the
Questionnaire

★ Latest Overseas
Results



10p

RITA RIDLEY,
Commonwealth
1,500m. champion
—featured on
page 26.

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Enterprising Moves By Hastings AC

The Town of Hastings, on the Sussex coast, may not exactly be the thriving centre of athletic activity, but two events organised by the local club, Hastings AC, provide a lead which could well be followed to effect throughout the country.

On April 27th an "Athletics Teach-In" attracted a large audience, including many people with just fringe interest in the sport. They assembled to hear, and question AAA Senior National Coach John Le Masurier, Olympic runner Chris Carter, and Sussex AAA secretary Ray Stroud, as they gave a potted informative, and often humorous, insight into athletics in this country.

Far too often the lack of interest shown by those outside the sport is bemoaned by those in it; this time a positive attempt was being made to forge a link. John Le Masurier explained the administrative set-up, and expressed the view that as far as presentation of meetings was concerned "a lot more showmanship is needed if athletics is to survive".

Chris Carter, an amusing and frequently self-effacing speaker, illustrated aspects of being an international athlete with some film of his preparation for, and participation in, the 1968 Olympics. And Ray Stroud, not to be outdone, revealed his innermost secrets, as he showed his audience just what it is that officials carry round in those briefcases: by the time he had emptied it, he was just about ready to start his own one-man meeting—right down to the assortment of tea tickets he carries round, because "they always forget to give me one!"

This successful evening was a prelude to an even more ambitious attempt to attract local interest: the staging on May 9th of a cross-country race in Hastings, aimed not at established members of clubs, but at individuals who would like to try the three-mile event knowing they will be competing only against other non-athletes.

A shield and medals were offered, and entries invited from works, offices, youth clubs, and other sports organisations. Hastings AC stressed

that it was not their aim to stage a top standard athletic event, though they hoped it would increase interest in distance running as a basis for general sports training. And, of course, that perhaps there might be lurking, deskbound, somewhere in the town some unsuspected talent.

A similar effort by other clubs around the country would not only stimulate interest in the sport, it might also uncover some of that talent we all know exists but just needs bringing out. It's worth thinking about.

Cliff Temple

WEEKEND ROUND-UP

Stretford. Women's 1500m/800m: G. Tivey 4:30.0—2:09.7.

1 Mile End. Women's 100mH: S. Garnett 14.2; LJ: J. Franklin 5.78/18'11½".

Sutton. Women's LJ: B-A. Barrett 5.96/19'6½"; SP: J. Kerr 13.30/43'7½"; JT: A. Farquhar 42.68/140'0".

Brighton. TJ: D. Boosey 15.11/49'7".

Loughborough. 1500m: R. Steele 3:51.3, Colin Campbell 3:51.5.

Woodford. JT: N. Hart-Ives 69.26/227'3".

Crystal Palace. Herne Hill '10': P. Romaine 51.15, S. Badgery 51.36, K. Wallis 51.41.

Chigwell Row. Essex '20': D. Horsup 1:46:10, P. Richardson 1:47:14, M. Madders 1:47.45, D. Staines 1:48:29.

Hull. East Hull '20': K. Angus 1:43:16, J. Newsome 1:43:59, J. Lunn 1:44:40, A. Spence 1:45:01, M. Child 1:45:08, J. Craven 1:45:31, A. White 1:47:42.

Royton. S. B. Crosland '10': S. Edmunds 50.46, P. Morris 50.51, J. Norman 52.01.

Enfield. Ponders End Relay: Windsor SE 88.19, Shaftesbury 89.16, Aldershot FD 89.36. Fastest: J. Jones 17.02.

May 2nd

Harlow. Mile: R. Young 4:03.4, C. Stewart 4:05.0, A. Gerrard 4:07.1.

The Chiltern Cross-Country League would be pleased to hear from any club interested in joining the league for the 1971/72 season: two divisions, four fixtures, with races for seniors/juniors, youths/boys. Write or phone D. Rikly, 34 Saffron Road, Bracknell, Berks (Bracknell 3993).

Cover photo by Peter Tempest

SCOTTISH UNIVERSITIES ATHLETIC CHAMPIONSHIPS

Pitreavie Stadium, Dunfermline

Saturday, 15th May, 1971

10.30 a.m. 2 p.m.

Programme: 10p

Stand: Adults 10p Children 5p

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, May 8th: Kinnaird Trophy, at Chiswick; Midland Counties AAA Marathon, at Rugby; Edinburgh to North Berwick Marathon; Middlesex AAA Decathlon, Relays & 10,000m at Southall; Shettleston Marathon; Chichester to Portsmouth '16'; Cheshire Championships at Sale; Rex Foulkes Memorial Race at Aylesbury; Rowland Shield at Durham; Midland Leagues; Kent '20', at Hayes; Four Counties League, at Bristol; Exeter to Plymouth 44M Road Race.

Sunday, May 9th: Middlesex Decathlon (2nd day) at Southall; Westward League at Par; Stretford Relays.

Wednesday, May 12th: Army v. Alsager College v. Loughborough Colleges, at Loughborough; Southern Counties AAA Open Meeting, at Crystal Palace; ULAC v. Middlesex CAAA v. Borough Road College, at Motspur Park; Graded meeting at Peterborough. Birmingham University v. MCAA at Birmingham University, Edgbaston (5.45); Polytechnic H. Open Youths & Boys Events at Chiswick.

Saturday, May 15th: Northern AA Championships (Part 1) at Cleckheaton; Staffordshire AAA Open Standards Meeting, at Stafford; Scottish Universities Championships at Pitreavie; Oxford University v. Cambridge University at Crystal Palace; Surrey Relays, Pentathlon and Decathlon, at Wimbledon (1st day); Sam Waller Trophy at Enfield; Exeter Young Athletes Meeting; Yeovil Schools Championships; Hampstead '10'; Isle of Wight Marathon.

Sunday, May 16th: Vancouver Trophy at Newham; Surrey Decathlon and 10,000m, at Wimbledon; Hampshire Women's Championships, at Southampton; Kent Women's Championships, at Crystal Palace; Chevy Chase Fell '17'; Rossendale Half-Marathon; Avalon League; Lancashire WAAA Pentathlons, at Stretford; Cornwall League, at Par; Midland Women's Field Events League, at Birmingham; Havering AC Open Junior Ladies 3x800m at Hornchurch.

A remarkable weekend for British athletes abroad

Jack Lane Enters World Class

Anita Neil equals UK record: Ridley, Carey, Nihill victories

JACK LANE (20), the National junior cross-country champion, scored the first major international victory of his career in Warsaw last Saturday, and in so doing returned the world class 10,000m time of 28:24.4. At one blow he thus removed 44.4 sec from his previous best, recorded when winning the silver medal at last year's World Student Games in Turin.

Reportedly leading throughout on the Tartan track in Warsaw, Lane defeated two of the big names of European athletics in Francesco Arese (Italy) and Lajos Mecser (Hungary). Arese, showing the benefit of a successful cross-country season, set a national record of 28:27.0—an extraordinary performance by a man who has run 800m in 1:47.3 and 1500m in 3:37.6 and one which will be of particular interest to Ian Stewart and Harald Norpoth. Mecser missed his 1966 national record by a fifth of a second with 28:27.2 and in fourth place Henryk Legowski set new Polish figures of 28:34.6.

Lane's 28:24.4 is the fastest time in the world this year although Frank Shorter (US) has run a comparable 27:24.4 for 6 miles. It places him fifth on the UK all-time list behind Dave Bedford 28:06.2, Dick Taylor 28:06.6, Lachie Stewart 28:11.8 and Roger Matthews 28:21.4.

Rita Ridley, our cover girl this week, in equally brilliant form in Warsaw, winning the 1500m in 4:18.6 which is only 3.2 sec outside her

UK record. She, too, defeated a high quality field. Bernie Lenferink, the Dutch girl who unexpectedly followed Doris Brown home in the International cross-country championship, was second in 4:18.9 and Regine Kleinau (E. Germany) third in 4:19.0.

It was indeed a good weekend for British distance runners, because at the Hapoel Games in Tel Aviv on Sunday Sheila Carey won the 1500m in 4:22.0 ahead of Israel's Asian champion Hannah Shezifi. Ann Wilson was third in the 100m hurdles, won in a windy 13.4 by another Asian champion, Esther Shakhmorov, but no further details are to hand.

On Monday, still in Tel Aviv, Anita Neil equalled the UK 100m record of 11.3 shared by Dorothy Hyman, Val Peat and (unofficially) Della Pascoe in finishing second to the 11.2 by Ghana's Alice Annum. Wilma v.d. Berg (Netherlands) was third in 11.4. Pete Browne won the 800m in 1:51.8.

Paul Nihill had over 5½ minutes to spare in his 20km walk in Zurich on Sunday, registering the superb time of 1:28:38, only 9 sec outside his best. He was followed in by Pfister (Switzerland) 1:34:16 and Schubert (West Germany) 1:34:24.

Shaun Lightman was second and Bill Sutherland sixth in a 30km walk in Milan on Saturday. Result: 1, Meier (West Germany) 2:26:05.4; 2, Lightman 2:27:28.8; 3, Visini (Italy) 2:27:43.4; 4, Kannenberg (West Germany) 2:31:18.4; 5, Andersson (Sweden) 2:31:27.2; 6, Sutherland 2:31:45.6.

DAWN CHURCHILL RUNS 56.8 400 METRES IN PERKINS TROPHY

At Ilford, April 24th

1, Cambridge H. 133; 2, Kent AC 97; 3, Southend 73; 4, Ilford 69; 5, Hadleigh Oly. 44; 6, Chelmsford 37; Havering 15; 8, Cambridge & Coleridge 7; 9, Thurrock 3. 800: J. Huntingford (Camb) 1:58.9. 1500: M. Benn (Camb) 4:00.1. (B) K. Penny (Camb) 4:00.0. 5000: Benn 14:36.8. SP: M. Elliott (Camb) 14.60/47'11". DT: G. Tyler (Chelms) 44.98/147'7". JT: D. Heath (Ilf) 66.72/218'11". (Women) 100m: P. Turner (Ilf) 12.6. 200: M. Neufville (Camb) 26.0. 400: D. Churchill (S'end) 56.8. 800: P. Bagley (Camb) 2:17.5. 4x100: Cambridge 49.5. HJ: Brown (Kt. AC) 1.57/5'2". LJ: Byng (Kt. AC) 5.26/17'3". SP: M. Elliott (Camb) 11.88/38'11½". DT: Y. Fountain (S'end) 30.72/100'9".

BIRMINGHAM UNIV. v. MIDLAND A.A.A.

We only learned after the publication of last week's issue that the above match will be held on May 12th and not May 5th, too late to alter the copy for the advertisement and inclusion in "The Week Ahead". Our apologies to anyone who may have been misled through no fault of ours.

BRITAIN v. FRANCE MATCH SWITCHED

Because it is not possible to accommodate a six-man 110m hurdles field with complete safety at Middlesbrough, the three-a-side Britain v. France men's match—together with the European 10,000m selection trial and women's events—or July 9th/10th has been switched to Alexandra Park, Portsmouth.

UK TEENAGE DISCUS BEST

Bracknell's Jackie Elsmore (17) hurled the discus 46.12/151'4" at Feltham last Sunday. This beat the previous best by a UK teenage girl set by Jenny Bloss with 44.80/147'0" in 1968. Jackie's clubmate, Janet Thompson (17) had earlier in the competition thrown 45.04/148'9".

A series of 800m and 200m races against the clock will be staged at the Middlesex County AAA meeting at Southall on May 8th. All interested may compete. The County AAA regret there is no discus cage at Hayes and the senior discus will now be held at Hurlingham on Friday, June 4th.

Next week's "Who's Who" features Avril Beattie, Angela Lovell and Janet Stroud.

Retired Bill Tancred Smashes UK Record

BILL TANCREED was supposed to have retired—he informed the BAAB of his decision some weeks ago—but he must be glad he reconsidered for at Shotley, near Ipswich, last Saturday he took advantage of a helpful wind to throw the discus 58.00/190'3" for a UK record! The previous mark of 189'6" was shared by John Watts (measured metrically at 57.78) and Tancred (at 57.76).

Geoff Capes, whose dedication to athletics is such that he travelled down to London to join the team for the European Indoor Championships at Sofia on the same day that he was married, also had cause for celebration. In one afternoon he not only broke through the 60-foot barrier (with 18.33/60'1½") for the first time but also emerged as a discus thrower of distinction by placing second with 53.08/174'2". Peter Tancred was third with 51.26/168'2". Next day Capes reached 18.55/60'10½" in an exhibition and now can set his sights on the more meaningful target of 19 metres (62'4").

More good news from the discus circle: Mike Cushion threw a personal best of 55.34/181'7" at Woodford on Saturday.

GABBETT'S SECOND BEST

PETER GABBETT scored the second highest decathlon total of his career when he amassed 7356 points at Leicester last Saturday and Sunday. His individual marks included 10.9 for 100m, 48.8 for 400m, 15.4 for 110m hurdles (personal best), 4.20/13'9½" pole vault and 13.47/44'2½" shot (personal best). Stewart McCallum (21) confirmed his recent marked progress in several events by setting a Scottish best performance of 6919 (7th on the UK all-time list) including such marks as 50.3 400m, 15.4 110mH, 1.83/6'0" HJ and 4.00/13'1½" PV. Stuart Scott was 3rd with 6606 (15.3 110mH) and Derek Clarke (34 on May 11th) 4th with 6577 (61.06/200'4" JT).

Other scores: Nick Phips 6189, Roy Wall 6086, Dave Turner 6085, Trevor Walhen 6083, Michael Gorham 6063, Cliff Brooks 6016.

This, one of the more notable competitions in Britain's modest decathlon history, served as a selection trial for the match against Belgium and

UK Discus Record Progression

The first British thrower to exceed 120ft was Walter Henderson with 37.88/124'3" in 1912; Kenneth Pridie led the way beyond 130ft with 40.00/131'3" in 1930; Douglas Bell reached exactly 140ft (42.68) in 1934; David Young was the first 150-footer with 46.84/153'8" in 1938. Mark Pharaoh, Britain's greatest ever discus exponent (he was 4th in the 1956 Olympics), added over 22ft to the national record between 1953 and 1956—becoming on the way the first Briton to throw 160ft, 50 metres and 170ft. Here is how the record has advanced since Pharaoh.

54.26/178'0"	Mark Pharaoh	27.11.1956
54.54/178'11"	Gerry Carr	21.5.1958
55.22/181'2"	Gerry Carr	23.4.1960
55.32/181'6"	Mike Lindsay	4.5.1960
55.32/181'6"	Gerry Carr	6.8.1964
56.40/185'0"	Gerry Carr	15.8.1964
57.00/187'0"	Gerry Carr	17.7.1965
57.26/187'10"	Bill Tancred	18.5.1968
57.78/189'6"	John Watts	2.9.1968
57.76/189'6"	Bill Tancred	13.8.1969
58.00/190'3"	Bill Tancred	1.5.1971

the Netherlands to be held at Leicester on May 22nd/23rd. There will be four in the team, and McCallum can look forward to his first international vest.

Preparations for the women's pentathlon in that match, however, have been non-existent and it is difficult to see on what basis Britain's team of three is to be picked. One who should certainly be selected, particularly after her inexplicable omission from the European Indoor Championships, is Ruth Martin-Jones—who, incidentally, has been 'flopping' consistently around 1.57/5'2" (her personal best) in training.

ANOTHER NOTABLE BIRCHFIELD EVENT

Last Saturday was a notable day for Birchfield Harriers; while the road relay team was scoring a great triumph in the National Championship international pentathlete Sue Scott (19) was being married to long jumper Kevin Reeve (20). "AW" wish the young couple every happiness.



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Alan Pascoe In Sparkling Form

ALAN PASCOE was in exhilarating form at Oxford on April 28th, clocking 14.2 for 110m hurdles in wind-free conditions on a slowish track. The occasion was a match in which a well balanced Borough Road College team defeated a Southern Counties side 156-144, with the host university trailing far behind with 99 points.

Pascoe, who suffered such appalling misfortune last season, had every justification for feeling delighted with his time. It is his fastest ever start to a season and he might well have run 14.1 or even better but for a ragged start. It took him until the fourth flight to catch Graham Gower, but from that point onwards Pascoe displayed dazzling speed and rhythm to open up a gap of four metres. He later breezed over 200m hurdles in 23.9.

As a precaution against any recurrence of the foot trouble that destroyed his chances at Edinburgh, Pascoe now runs permanently with a bandage around his right ankle for support ("I need it to hold my foot together under pressure"). Although he hurdled only about twice a month in training in recent months and, much to his regret, had to miss the indoor season Pascoe has wintered well and—once his final degree (B.Ed.) examinations in June are over—he will be ready for some exciting exploits.

Alan Lerwill brought off a sparkling jumps triple. His winning long jump was only 7.38/24' 2½", only just holding off Stewart Atkins, but that was his one valid leap and he was consistently covering 25-25½ft in his fouls. Then he moved over to the high jump, an event he enjoys enormously, and Fosbury-flopped a personal best of 1.90/6'3" (an inch below his best in training) and retired after one attempt at 1.95/6'5". Finally he triple jumped 15.45/50'8¼" and 15.38/50'5¼", the two longest valid efforts of his career.

Phil Banning, whose fondness for fast front running promises to enliven British 1500m running this year, reached 800m in 1:59.2 and 1200m in 3:00, followed closely by Phil Lewis. Banning drew away from the European indoor 800m medallist along the final back straight to register a 25m victory in a sharp 3:45.5. Lewis's 3:49.2 was a personal best.

In other action, Martin Bilham clocked a powerful 47.5 400m, Chris Carter front ran a 1:52.0 800m (and later contributed a 48.8 relay leg) ahead of junior Mike Fromant, John Valentine out-kicked Roy Young in his fastest 3000m and Steve Black overhauled Bob Roberts at the final flight in the 400m hurdles.

Mel Watman

100m: 1, I. Green (BR) 10.7; 2, C. Monk (BR) 10.8; 3, P. Barrett (SC) 10.9; 4, R. Griffiths (SC) 11.1; 5, S. White (O) 11.1. **200:** 1, Monk 22.0; 2, Green 22.2; 3, White 22.3; 4, I. Matthews (SC) 22.3. **400:** 1, M. Bilham (SC) 47.5; 2, J. Wilson (BR) 48.1; 3, J. Harrison (BR) 48.8; 4, A. Hobson (SC) 49.6; 5, P. Temporal (O) 50.2. **800:** 1, C. Carter (SC) 1:52.0; 2, M. Fromant (SC) 1:52.8;

3, A. Sutton (BR) 1:52.8; 4, R. Forbes (O) 1:54.3; 5, C. Hudson (guest) 1:55.6; 6, A. Reekes (O) 1:56.2. **1500:** 1, P. Banning (BR) 3:45.5; 2, P. Lewis (O) 3:49.2; 3, K. Penny (SC) 3:53.0; 4, I. Lymath (SC) 3:57.8. **3000:** 1, J. Valentine (O) 8:08.4; 2, R. Young (SC) 8:09.6; 3, M. Absalom (BR) 8:13.0; 4, J. Waterhouse (guest) 8:14.6; 5, A. Moore (O) 8:15.0e; 6, P. Beacham (SC) 8:21.8; 7, D. Michael (BR) 8:43.8. **3000mSC:** 1, Moore 9:15.0; 2, H. Richards (SC) 9:20.6; 3, R. O'Brien (O) 9:36.4. **110H:** 1, A. Pascoe (BR) 14.2; 2, G. Gower (SC) 14.7; 3, H. Rooks (SC) 15.2; 4, R. Linter (BR) 15.6. **200H:** 1, Pascoe 23.9; 2, R. Roberts (SC) 25.3; 3, S. Nussey (O) 25.5; 4, Rooks 25.5. **400H:** 1, S. Black (BR) 53.2; 2, Roberts 53.5; 3, Nussey 54.9; 4, P. Ley (BR) 55.7; 5, M. Ford (SC) 56.6; 6, P. Aylward (O) 58.0. **4x100:** 1, BRC 42.0; 2, SCAAA 42.3; 3, Oxford 43.6. **4x400:** 1, BRC 3:14.9 (Wilson 47.7); 2, SCAAA 3:15.2; 3, Oxford 3:21.5.

HJ: 1, A. Lerwill (BR) 1.90/6'3"; 2, D. Tank (SC) 1.70/5'7"; 3, B. Hull (O) 1.70. **PV:** 1, B. Hooper (SC) 4.44/14'7"; 2, S. Tufton (SC) 4.19/13'9"; 3, R. Reeves (BR) 3.66/12'0"; 4, C. Heath (O) 3.50/11'6"; 5, D. Adams (BR) 3.35/11'0"; 6, Sneideris (O) 3.35. **LJ:** 1, Lerwill 7.38/24' 2½"; 2, S. Atkins (BR) 7.33/24'0¼"; 3, White 7.01/23'0"; 4, R. Gyles (O) 6.84/22'5¼". **TJ:** 1, Lerwill 15.45/50'8¼"; 2, Hull 14.68/48'2"; 3, D. Smith (SC) 14.39/47'2¼"; 4, R. Edwards (SC) 14.02/46'0". **SP:** 1, M. Winch (SC) 15.43/50'7¼"; 2, J. Wood (SC) 13.85/45'5¼"; 3, N. Griffin (guest) 13.36/43'10". **DT:** 1, Winch 48.28/158'5"; 2, H. Eberlein (BR) 46.50/152'7"; 2, P. Dickenson (BR) 42.14/138'3"; 4, Griffin (SC) 41.18/135'1"; 5, N. Nops (O) 40.48/132'10". **JT:** 1, N. Hart-Ives (SC) 68.90/226'0"; 2, J. Greasley (guest) 66.10/216'10"; 3, V. Mitchell (BR) 64.80/212'7"; 4, F. Brown (O) 64.40/211'3"; 5, A. Diffey (BR) 63.46/208'2"; 6, P. Greenwood (O) 59.50/195'2". **Result:** BRC 156, SCAAA 144, Oxford Univ. 99.

Oxford University Trials, April 21st/22nd. 100m: R. Gyles 10.8, S. Nussey 10.8, S. White 10.9, P. Temporal 11.0; 200: White 21.9, Nussey 22.5, Temporal 22.6; 400: R. Forbes 49.6, Nussey 49.7, Temporal 50.3; 1500: J. Valentine 3:53.9, A. Moore 3:57.0; 3000SC: R. O'Brien 9:45.6; 110H: P. Aylward 15.8; 400H: Nussey 56.1; PV: C. Heath 3.35/11'0"; LJ: White 7.05/23'1½"; Gyles 6.91/22'8"; TJ: B. Hull 14.01/45'11¼"; JT: F. Brown 57.76/189'6".

Cambridge University Trials, April 21st/22nd. 100m: A. Conteh 10.8; 200: D. Roberts 22.4; 400: A. Martin 50.8; 800: M. Wingfield 1:56.5; 110H: R. Young 15.5; 200H: P. Thompson 25.6; HJ: J. Ellicock 1.90/6'2¼"; N. Norman (Aus) 1.90; LJ: A. Roulstone 6.68/21'11"; TJ: M. Haggard 13.23/43'5"; SP: S. Maddrell 14.20/46'7"; JT: C. Alston 59.16/194'1".

Jim Ryun won over 5000m in 13:59.4 at Vancouver last week-end. Arch-rival Marty Liquori clocked 13:52.4 at Quantico.

National Road Relay Championship**At Sutton Coldfield, May 1st**

Godiva Went Down Fighting

COVENTRY GODIVA'S winning sequence in the National Road Relay Championship came to an end at last but, in defeat, the club was as glorious as it had been in previous victories. Having finished only third, over seven minutes behind Birchfield, in the Midland Road Relay a month earlier, it looked as though Godiva would play a minor role at Sutton Park last Saturday... but not so. They were ahead for much of the race and with two stages to go were just one second behind Birchfield. At the finish Birchfield were 33 sec in front but Godiva's time of 4:11:31 was well inside their winning 4:13:52 of last year. With Tipton third, it was a field day for the Midlands.

A determined effort by Godiva, then, but Birchfield—the favourites—were not to be denied. Without a weak link in the whole twelve-man chain, the Birmingham club improved six minutes and five places over last year's performance and smashed all records for the course.

The most crucial stage of the race was the 9th. Ian Stewart (Birchfield) took over 26 sec behind Dick Taylor (Godiva), providing the basis for a classic confrontation although admittedly neither man was anywhere near his best. The outcome was that Stewart finished 12 sec clear and from then on Birchfield were not headed.

Last year Stewart had the fastest long leg (5.6 miles) time of 25:13; this year he ran 26:01 and was fifth fastest of the race behind Mike Freary, Allan Rushmer, Bob Holt and Dave Black (who could be challenging Stewart's age 18 records this summer). Another tremendous prospect, Dave Moorcroft, set the fastest time for the short (3.1 miles) stage. The overall standard was extra-

ordinary; for instance: Christ Perry's time of 26:59—better than 30 min 10,000m pace—was beaten by 42 other runners!

STAGE 1

There was one non-starter—Blackheath—for the race which was blessed throughout with delightful sunshine, a striking contrast from the monsoon last year. It was windy, though, and thus many runners failed to match their times in the Midland event held on the same course. The opening stage could hardly have been closer: Peter Francis brought Hillingdon in first but five other runners were within four seconds of him.

1, Hillingdon (P. Francis) 26.32; 2, Cardiff (M. Critchley) 26.33; 3, Cambridge H. (K. Penny) 26.33; 4, Reading (G. Stevens) 26.35; 5, Hercules Wimbledon (M. Fuller) 26.35; 6, Bristol (M. Swinbank) 26.36; 7, Notts AC (J. Richardson) 26.42; 8, Tipton (J. Wright) 26.44; 9, Coventry Godiva (A. Grant) 26.51; 10, Birchfield (P. Lem) 26.56; 11, Salford (S. Clegg) 27.04; 12, Small Heath (G. Taylor) 27.06; 13, Manchester & Dist. (D. Hogg) 27.10; 14, Belgrave (L. O'Hara) 27.11; 15, City of Stoke (L. Austin) 27.14; 16, Wirral (T. Harper) 27.17; 17, TVH (D. Davies) 27.19; 18, Bolton United (A. Byrne) 27.24; 19, Derby (P. Calladine) 27.30; 20, Medway (M. Brameld) 27.31; 21, Blackburn (H. Walker) 28.29; 22, Portsmouth (J. Cain) 28.38.

STAGE 2

Dave Moorcroft, who turned 18 only on April 10th, ran a blinder for Godiva, whisking them from 9th to first in 14.27—which stood up as the fastest short leg time of the race. Of the seven

Dave Holt (41) and Barry Watson fight for the lead in the Finchley "20", closely followed by Bernard Plain (170). They filled first three places in that order.



Gerald A. Pells

sub-15 min stages in the race, four came on this leg.

1, Coventry 41.18 (**D. Moorcroft 14.27**); 2, Cardiff 41.29 (G. Spencer 14.56); 3, Small Heath 41.53 (J. King 14.47); 4, Hillingdon 41.56 (K. Wainer 15.24); 5, Salford 41.59 (R. Haswell 14.55); 6, Tipton 42.03 (J. Edwards 15.19); 7, Birchfield 42.05 (R. Bartlett 15.09); 8, Notts 42.06 (J. Eley 15.24); 9, Reading 42.10 (K. Whyte 15.35); 10, Hercules W. 42.17 (G. Bradbury 15.42); 11, Belgrave 42.34 (J. Bicourt 15.23); 12, Bristol 42.38 (A. Williams 16.02); 13, Wirral 42.41 (D. Dutton 15.24); 14, Cambridge 42.42 (B. Middleton 16.09); 15, Medway 42.49 (B. Smith 15.18); 16, TVH 42.52 (F. Bell 15.33); 17, Stoke 42.52 (A. Walker 15.38); 18, M&D 43.01 (M. Smith 15.51); 19, Derby 43.07 (D. Rhodes 15.37); 20, Bolton 43.15 (E. Haslam 15.51); 21, Portsmouth 44.27 (C. Plumpton 15.49); 22, Blackburn 44.54 (G. Woodburn 16.25).

STAGE 3

Colin Kirkham lengthened Godiva's lead by 28 sec, only now their closest pursuers were Birchfield, Peter Stewart having passed five men. The European indoor 3000m champion clocked 26.36, compared to 26.04 in the Midland event, but he was not at his best after losing training recently because of back trouble. Nick Rose, the International junior cross-country champion, distinguished himself by clocking 26.19 to hoist Bristol from 12th to 3rd. Reading took up the challenge on behalf of the South, with Geoff Biscoe moving through from 9th to 4th.

1, Coventry 1:08.02 (C. Kirkham 26.44); 2, Birchfield 1:08.41 (P. Stewart 26.36); 3, Bristol 1:08.57 (**N. Rose 26.19**); 4, Reading 1:09.02 (G. Biscoe 26.52); 5, Tipton 1:09.04 (K. Rollason 27.01); 6, Cardiff 1:09.08 (R. Evans 27.39); 7, Hillingdon 1:09.11 (S. Buchanan 27.15); 8, Hercules W. 1:09.18 (M. Beevor 27.01); 9, Salford 1:09.40 (A. Walsham 27.41); 10, Derby 1:09.44 (K. Hinton 26.37); 11, Medway 1:09.46 (J. Wigley 26.57); 12, Notts 1:09.50 (K. Lee 27.44); 13, TVH 1:10.11 (R. Aukett 27.19); 14, Small Hth 1:10.16 (R. Calvert 28.23); 15, Cambridge 1:10.23 (K. Harland 27.41); 16, Belgrave 1:10.32 (W. Kerr 27.58); 17, Stoke 1:10.46 (A. Adams 27.54); 18, Bolton 1:10.53 (D. Hopkinson 27.38); 19, Wirral 1:11.03 (D. Jeffs 28.22); 20, M & D 1:11.23 (D. Blakeley 28.22); 21, Portsmouth 1:12.22 (R. Ingleton 27.55); 22, Blackburn 1:12.58 (P. Lynch 28.04).

STAGE 4

John Potts brought Birchfield closer into contact with Godiva; there was now only a quarter of a minute in it. Good running, too, by Hillingdon's Peter Griffiths, who went from 7th to 3rd, and Medway's Tim Briault, who had been a doubtful starter.

1, Coventry 1:23.30 (M. Jones 15.28); 2, Birchfield 1:23.45 (**J. Potts 15.04**); 3, Hillingdon 1:24.16 (P. Griffiths 15.05); 4, Reading 1:24.19 (R. Stevens 15.17); 5, Tipton 1:24.30 (A. Birkett 15.26); 6, Hercules W. 1:24.41 (T. Beagent 15.23); 7, Bristol 1:24.56 (C. Mattock 15.59); 8, Medway 1:24.58 (T. Briault 15.12); 9, Cardiff 1:24.59 (A. Elgie 15.51); 10, Derby 1:25.01 (K. Daykin 15.17); 11,

Notts 1:25.30 (C. Rogers 15.40); 12, TVH 1:25.42 (D. Patterson 15.31); 13, Small Hth 1:25.59 (G. Davis 15.43); 14, Salford 1:26.02 (S. Heap 16.22); 15, Belgrave 1:26.15 (P. Carton 15.43); 16, Stoke 1:26.20 (C. Roberts 15.34); 17, Cambridge 1:26.29 (M. Paul 16.06); 18, M & D 1:26.35 (N. Poole 15.13); 19, Bolton 1:26.51 (K. Baum 15.58); 20, Wirral 1:27.29 (W. Drake 16.26); 21, Portsmouth 1:28.35 (A. Wale 16.13); 22, Blackburn 1:28.53 (S. Breckell 15.55).

STAGE 5

What seemed to be developing into a private duel between Godiva and Birchfield was rudely interrupted by Tipton, runners-up in the Midland race. Allan Rushmer was out to restore his own confidence after a poor track run in Milan the previous week (he was 7th in the 5000m in 14:20), and he did precisely that by storming through into the lead with 25.58. Further down the field John Jackson showed good form in taking Stoke up six places, and Chris Fay did well to take Blackburn away from last position.

1, Tipton 1:50.28 (**A. Rushmer 25.58**); 2, Coventry 1:50.42 (J. Cadman 27.12); 3, Birchfield 1:51.00 (J. Boggis 27.15); 4, Hillingdon 1:51.45 (J. Brown 27.29); 5, Cardiff 1:51.47 (B. Hayward 26.48); 6, Reading 1:51.51 (B. Bacon 27.32); 7, Derby 1:52.28 (J. Eley 27.27); 8, Hercules W. 1:52.37 (R. Raymen 27.56); 9, Bristol 1:52.38 (P. Lonnen 27.42); 10, Stoke 1:52.46 (J. Jackson 26.26); 11, Salford 1:52.59 (C. Leigh 26.57); 12, Notts 1:53.08 (B. Lee 27.38); 13, Cambridge 1:53.27 (M. Benn 26.58); 14, Medway 1:53.27 (M. Dennett 28.29); 15, Small Hth 1:53.52 (Michael Rollason 27.53); 16, TVH 1:54.34 (R. Brandon 28.52); 17, Bolton 1:54.36 (R. Swann 27.45); 18, Belgrave 1:54.42 (P. O'Connor 28.27); 19, M & D 1:55.11 (G. Brockbank 28.36); 20, Blackburn 1:55.30 (C. Fay 26.37); 21, Portsmouth 1:55.36 (P. Baker 27.01); 22, Wirral 1:56.06 (J. Alcock 28.37).

STAGE 6

Godiva recaptured the lead but, at the half-way mark of the race, a mere 17 sec or about 100 yards separated the three Midland clubs. Fastest leg honours went to 19-year-old Jim Kendrick. Dick Piotrowski gave Reading the 4th place they were to hold to the end, while Cardiff—5th at the start of this stage—began a slide that ended in 19th place.

1, Coventry 2:06.02 (J. Miller 15.20); 2, Tipton 2:06.17 (M. Orton 15.49); 3, Birchfield 2:06.19 (R. Tilling 15.19); 4, Reading 2:07.01 (R. Piotrowski 15.10); 5, Hillingdon 2:07.41 (R. Fisher 15.56); 6, Cardiff 2:08.01 (B. Donovan 16.14); 7, Derby 2:08.26 (A. Walsh 15.58); 8, Stoke 2:08.29 (E. Johnson 15.43); 9, Bristol 2:08.36 (D. Sherman 15.58); 10, Notts 2:08.46 (P. Hutchinson 15.38); 11, Small Hth 2:08.54 (**J. Kendrick 15.02**); 12, Salford 2:08.55 (B. Murphy 15.56); 13, Hercules W. 2:09.13 (J. Phelan 16.36); 14, Cambridge 2:09.27 (J. Huntingford 16.00); 15, TVH 2:09.50 (P. Varney 15.16); 16, Belgrave 2:09.51 (Gerry North 15.09); 17, Bolton 2:10.13 (W. Yale 15.37); 18, Medway 2:10.39 (M. Reader 17.12); 19, M & D 2:10.54 (P. Morris 15.43); 20, Portsmouth 2:10.56 (D. Fudge 15.20); 21, Blackburn 2:11.58 (E. Too-

good 16.28); 22, Wirral 2:12.31 (G. Williams 16.25).

STAGE 7

John Hammond drew Godiva a few more seconds ahead of Birchfield, while Ron McAndrew enabled Reading to close in on Tipton. The really fast running came from Dave Black, who took Small Heath from 11th to 6th, and Bob Holt (Hercules Wimbledon) who passed six men. Both recorded 25.59. Almost as quick was Medway's Richard Newble.

1, Coventry 2:32.56 (J. Hammond 26.54); 2, Birchfield 2:33.15 (C. Perry 26.59); 3, Tipton 2:33.20 (K. Boyden 27.03); 4, Reading 2:33.42 (R. McAndrew 26.41); 5, Hillingdon 2:34.28 (A. Moore 26.47); 6, Small Heath 2:34.53 (D. Black 25.59); 7, Hercules W. 2:35.12 (R. Holt 25.59); 8, Derby 2:35.44 (W. Bent 27.18); 9, Bristol 2:35.50 (M. Hurd 27.14); 10, Stoke 2:36.00 (S. Hope 27.31); 11, Cardiff 2:36.06 (J. Kirby 28.05); 12, Cambridge 2:36.10 (B. Watson 26.43); 13, Notts 2:36.40 (R. Milne 27.54); 14, Medway 2:36.42 (R. Newble 26.03); 15, Bolton 2:36.56 (R. Hill 26.43); 16, TVH 2:37.28 (M. Davis 27.38); 17, Belgrave 2:37.46 (L. Mann 27.55); 18, Salford 2:37.54 (A. Sladen 28.59); 19, Portsmouth 2:38.03 (M. Hyman 27.07); 20, M & D 2:38.58 (G. Lawson 28.04); 21, Wirral 2:40.01 (T. Overington 27.30); 22, Blackburn 2:40.52 (T. Parker 28.54).

STAGE 8

While Tipton overtook Birchfield for 2nd spot, Bill Adcocks opened up Godiva's lead a little more. Unfortunately (except for those marathoners with an eye for Helsinki selection) Adcocks will not be racing in the "big time" again this year; he needs intensive treatment for a foot injury that has been hampering him since before the Mexico Olympics and prefers to miss this season in order to be fully fit for Munich.

1, Coventry 2:48.10 (W. Adcocks 15.14); 2, Tipton 2:48.35 (P. Allen 15.15); 3, Birchfield 2:48.36 (R. Panter 15.21); 4, Reading 2:49.19 (R. Alden 15.37); 5, Hillingdon 2:49.32 (J. Mouat 15.04); 6, Small Hth 2:50.49 (V. Rollason 15.56); 7, Stoke 2:51.10 (A. Dean 15.10); 8, Derby 2:51.22 (E. Guilford 15.38); 9, Cambridge 2:51.24 (F. Maillardet 15.14); 10, Hercules W. 2:51.33 (D. Beard 16.21); 11, Bristol 2:51.59 (J. Gingell 16.09); 12, Cardiff 2:52.09 (D. Walsh 16.03); 13, Medway

2:52.28 (J. Mankelow 15.46); 14, Notts 2:53.05 (G. Astill 16.25); 15, TVH 2:53.06 (D. Morgan 15.38); 16, Bolton 2:53.18 (M. Chapman 16.22); 17, Belgrave 2:53.38 (A. Binda 15.52); 18, Salford 2:54.04 (S. Bullen 16.10); 19, Portsmouth 2:54.28 (A. Harmer 16.25); 20, M & D 2:54.30 (B. Boxen 15.32); 21, Wirral 2:56.08 (A. Roberts 16.07); 22, Blackburn 2:57.25 (D. Burch 16.33).

STAGE 9

It was an intriguing situation as Dick Taylor started off 26 sec. clear of Ian Stewart. Within 1½ miles Stewart had reduced the deficit by 10 sec, and with 1½ miles to go the gap had shrunk to 6 sec. It was in the last mile that Stewart passed Taylor and by the change-over he was a precious 12 sec in front. Neither man was near last year's form, when Stewart clocked 25.13 and Taylor 25.38, but there were good reasons for that. Stewart has not been too well of late and suffered stomach trouble during the race, while Taylor—following an unhappy winter—had only just recovered from flu. Dick was, however, encouraged by his time which was 24 sec faster than in the Midland event and is hopeful of giving Dave Bedford (whom he calls "Bootsie") a run for his money this summer. Meanwhile, the run of the day came from Mike Freary who carried Bolton up seven places with a crisp 25.47.

1, Birchfield 3:14.37 (I. Stewart 26.01); 2, Coventry 3:14.49 (R. Taylor 26.39); 3, Tipton 3:15.21 (A. Richards 26.46); 4, Reading 3:16.16 (A. Ashton 26.57); 5, Stoke 3:17.44 (A. Birks 26.34); 6, Hillingdon 3:18.02 (R. Grice 28.30); 7, Small Hth 3:18.20 (T. O'Reilly 27.31); 8, Derby 3:18.22 (A. Domleo 27.00); 9, Bolton 3:19.05 (M. Freary 25.47); 10, Cambridge 3:19.36 (A. Jones 28.12); 11, Hercules W. 3:20.09 (J. Halliday 28.36); 12, Bristol 3:20.32 (M. Hewer 28.33); 13, Medway 3:20.51 (J. Simmons 28.23); 14, TVH 3:21.20 (B. Ellis 28.14); 15, Cardiff 3:21.35 (W. Pryce 29.26); 16, M & D 3:21.42 (R. Gregory 27.12); 17, Belgrave 3:21.43 (G. Dance 28.05); 18, Notts 3:22.45 (I. Barnard 29.20); 19, Portsmouth 3:22.47 (A. Cass 28.19); 20, Salford 3:23.03 (B. Aspdon 28.59); 21, Wirral 3:23.54 (J. Myatt 27.46); 22, Blackburn 3:26.01 (R. Davis 28.36).

STAGE 10

What a race this was! Just two stages to go, and Birchfield's lead was all of one second thanks to a fine effort by Godiva's John Wheway.

1, Birchfield 3:29.48 (M. Bardsley 15.11); 2, Coventry 3:29.49 (J. Wheway 15.00); 3, Tipton 3:30.45 (A. Bradley 15.24); 4, Reading 3:31.46 (B. Baldero 15.30); 5, Stoke 3:33.09 (J. Godding 15.25); 6, Hillingdon 3:33.30 (M. Wands 15.28); 7, Derby 3:33.57 (G. Lawrence 15.35); 8, Small Hth 3:34.18 (C. Simpson 15.58); 9, Bolton 3:35.38 (A. Morgan 16.33); 10, Hercules W. 3:35.53 (A. Trowell 16.44); 11, Cambridge 3:36.03 (R. Holman 16.27); 12, Medway 3:36.47 (A. Whiting 15.56); 13, TVH 3:36.49 (A. Pretty 15.29); 14, M & D 3:37.03 (P. Ravald 15.21); 15, Bristol 3:37.12 (D. Hough 16.40); 16, Belgrave 3:37.42 (A. Fairclough 15.59);

continued on page 25

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SCAAA INFORMATION SUMMARY

New Affiliation: University of Essex Sports Federation (Hon. Secretary: G. Tebbutt, Student Pigeon Holes, University of Essex, Wivenhoe Park, Colchester, Essex).

Change of Name: Border AC to Haslemere Border AC.

AAA Standards: The AAA have passed the administration of the Standards Scheme to the Area Associations. Orders for badges and any correspondence relating to Standards concerning Southern athletes should be sent to the Acting Hon. Secretary, SCAAA, 26 Park Crescent, London, W1N 4BQ.

Championships: Senior at Crystal Palace, June 25th/26th—entries close May 31st; Junior and Youth at Crystal Palace June 19th/20th—entries close May 24th. Prospectus and Entry Forms are now available from the above address. The 4x100 and 4x400 Senior Relays will be held at West London Stadium on September 4th in conjunction with the GLC Meeting.

Open Meetings: The next Open Meeting at Crystal Palace will be held on May 19th. Now that the postal strike is over it will no longer be possible to accept entries at the track.

First Claim Qualifications: Athletes wishing to change clubs and to claim exemption from the normal 9 months waiting period must complete an application form and pay a £1 fee. Forms can be obtained from the above address. The £1 fee does not have to be paid by athletes seeking to change clubs through a change of residence. Overseas athletes (and this includes athletes from Scotland and Ireland) must now be a member of a club for a period of 3 months, before becoming eligible to represent the Club in Open competition.

Southern Athletic League: 104 Clubs have entered this year's competition, in addition to Southern Clubs competing in the National League.

5 Star Award Scheme: It is suggested that clubs should consider staging Special 5 Star Award Days so that local youngsters could take part in events in order to qualify for an award. If carried out this should mean that young athletes would have contact with the club to the benefit of both sides. Further information can be obtained from the above address.

AGM This will be held on Friday May 14th (7 p.m.) at 26 Park Crescent. The Committee have nominated C. S. P. Dale, L. H. Golding, H. A. Hathway, A. T. Liffen and C. A. Sinfield, M.B.E., as Vice Presidents.

Coaching: R. J. Murray (High Jump) and C. Elliott (Steeplechase) have been invited to become Staff Coaches. As from May 1st H. Wilson is the Southern Hon. Coaching Secretary.

First Claim Qualifications: The following have been approved:—A. Harmer, Lancaster & Morecambe to Portsmouth; G. Biscoe, Mitcham to Reading; A. Hobson, Bedford & Cty. to TVH; G. Gaskell, Horsham BS to Crawley; S. Mead, Essex B. to Thurrock; K. Salmon, City of Plymouth to Exeter H.; A. Purves, Liverpool H. to Hillingdon; J. Callow, Boundary to Belgrave.

FESTIVAL OF SCOTLAND IN LONDON

HIGHLAND GATHERING

(Under AAA, SAAA and WAAA Laws)

**Richmond Athletic Ground
Richmond, Surrey**

Saturday, 12th June, 1971

Prizes—Individual Events: £5, £3, £1.
Relays 4 at £2, 4 at £1.

Entry Fees: 10p per individual event;
25p per relay event.

Athletic Events commence at 2.15 p.m.

OPEN EVENTS—MEN

Senior — Track: 100m, 200m, 400m, 800m, 1500m, 3000m, 4 x One Lap Relay. Field: Putting the Shot, Throwing the 28 lbs. Weight for Distance, Throwing the 56lbs. Weight for Height, Throwing the Scots Hammer, Tossing the Caber.

Veterans—100m Handicap.

OPEN EVENTS—LADIES

Senior — Track: 100m, 200m, 400m, 800m, 1500m, 4 x $\frac{1}{2}$ Lap Relay.

Track—One Lap measures 300m.

Entries Close—Sat., 22nd May, 1971

Entry Forms and Enquiries:

George Darroch,

**Hon. Secretary Anglo Scottish A.C.,
103 King's Court, London W6 ORW**

WALES

FINE START TO TRACK SEASON

THE season in Wales got off to a fine start with the Cardiff AAC Open Meeting at Maindy on April 24th. Almost 200 athletes took part, most of whom were athletes under the age of 15. So many competitors turned up for the junior girls 100m that 4 races had to be held. The day's star performance came from first year intermediate Susan James, who hurled the javelin a personal best 40.54/133'0", while Liz Johns regained her mantle as Wales' sprint queen with fine wins over all of her rivals for this title, clocking windy times of 11.8 and 25.4. The senior women's events were being used as trials as a means of selecting the Welsh team for the coming International in Belfast.

Clive Williams

100m: 1, H. Griffiths (Swan) 10.8w; 2, G. Ashcroft (Card) 11.1; 3, A. Gore (Swan) 11.5. 200: Griffiths 23.2. 800: 1, R. Yarrow (Card-J) 1:56.5; 2, G. Spencer (Card) 1:57.4; 3, K. Jones (Card) 2:00.2. 1500: 1, B. Hayward (Card) 3:58.0; 2, P. Ratcliffe (Card-J) 3:58.0. 5000: R. Winter (Bristol) 15:33.6. (Juniors) 100m: 1, R. Rees (Carm) 11.4; 2, G. Powell (Carm) 11.5. (Youths) 100m: 1, S. Bailey (Cwm) 11.0w; 2, P. Evans (Card) 11.1; 3, M. Jones (Swan) 11.4; 4, R. Thomas (Carm) 11.5. (B) A. Powell (Swan) 11.8. 200: 1, Bailey 23.7; 2, Evans 24.2. 800: A. Dyke (Swan) 2:06.2. TJ: N. Gwilliam (Cwm) 12.80/42'0". (Women) 100m: 1, E. Johns (Card) 11.8; 2, H. Davies (E & E) 11.9; 3, M. Smith (Card) 12.3; 4, J. Wicks (Mx. L) 12.4; 5, P. Sheils (Hav) 12.7; 6, B. Spencer (Card) 12.8. (B) 1, G. Blackwell (Swan) 12.6; 2, S. Lloyd (Swan) 12.9. 200: 1, Johns 25.4; 2, Lloyd (Wirral) 25.7; 3, Davies 26.3; 4, Wicks 26.3; 5, Smith 26.5; 6, Sheils 26.8. 400: C. Checketts (Card) 63.5. 1500: B. Cardy (Broms & R) 4:49.0. 4x100: Cardiff 50.6. SP: F. Uincock (Carm) 10.06/33'0". JT: S. James (Afon Taf HS-Int) 40.54/133'0". (Intermediates) 100m: 1, C. Morgan (Card) 12.7; 2, H. Watts (Card) 12.7. 200: Morgan 27.6. (Juniors) 200: L. Dando (Card) 28.5. 400/800: S. Toulon (Cwm) 66.8/2:33.5. 4x100: Cardiff 55.8. Minor Girls' 100m: T. Lovell (Swan) 13.9.



Wales' fastest ever steeplechaser, Bernard Hayward, who clocked 8:39.8 last year.

Mark Shearman

4.56, K. Page 5.09, S. Cottrell 5.10) 20.14; 2, Newport (L. Wallace 5.01, M. Littlejohn 4.56, R. Sampson 5.20, T. Brown 5.37) 20.54; 3, Cwmbran (A. Parker 5.13, D. Wells 5.42, J. Putnam 5.56, W. Ashford 5.07) 21.58. (Fastest): Harries and Littlejohn 4.56, Cuthbert 4.59, L. Wallace 5.01.

(Senior Women): 1, Cardiff (S. Davies 13.58, C. Checketts 13.32, D. Davies 13.12) 40.42; 2, Newport (S. Brown 14.59, C. Brown 13.18, A. Disley 12.38) 40.55; 3, Swansea (K. Walker 13.58, A. Sullivan 13.55, S. Jones 13.10) 41.03. (Fastest): Disley 12.38, Jones 13.10, Davies 13.12.

(Junior Women): 1, Swansea (D. Minney 6.33, J. Hulbert 6.06, K. Lewis 6.21) 19.00; 2, Cwmbran (L. Lippett 6.28, S. Tolan 6.35, S. Morgan 6.16) 19.19; 3, Newport (F. Hewish 6.39, P. Isaac 7.13, J. Hughes 6.31) 20.23; 4, Swansea "B" 20.26; 5, Cardiff 20.47; 6, Cwmbran "B" 21.44; 7, Bridgend YMCA 22.00; 8, Cardiff "B" 24.29. (Fastest): A. Morris (B. YMCA) 6.00, Hulbert 6.06, Morgan 6.16, Lewis 6.21, Lippett 6.28, N. Mackie (Card) 6.30.

(Courtesy of Clive Williams)

CARDIFF OPEN "20"

Only ten competitors faced the starter for this year's Cardiff "20" which incorporated the

WELSH ROAD RELAYS—FURTHER DETAILS

At St. Athan, April 3rd

(Senior Men): 1, Cardiff (B. Donovan 14.27, G. Spencer 14.15, R. Evans 29.09, J. Ingram 29.21, J. Kirby 29.47, D. Fowles 31.16) 2:28.15; 2, Swansea (S. Seaman 14.10, J. Theophilus 14.44, D. Robbins 30.17, J. Collins 31.19, J. Griffiths 30.48, R. Davies 31.53) 2:33.11; 3, Cardiff "B" (K. Griffin 14.42, C. Williams 14.44, B. Griffiths 31.51, S. Slocombe 30.56, G. Roberts 31.22, P. Darney 32.03) 2:35.38; 4, Newport 2:37.14; 5, RAF St. Athan 2:41.08; 6, Bargoed 3:02.50.

Fastest: (3 miles) Seaman 14.10, Spencer 14.15, A. Elgie (RAF) 14.20, Donovan 14.27, Griffin 14.42, Williams and Theophilus 14.44. (6 miles) Evans 29.09, Ingram 29.21, D. Hopkins (Newport) 29.28, Kirby 29.47, Robbins 30.17, Griffiths 30.48, Slocombe 30.56.

(Youths): 1, Cardiff (F. Cuthbert 4.59, P. Harries

Glamorgan Trial to select the Inter Counties team. From the gun clubmates Mike Critchley and Bill Pryce took the lead and passed 5M together way ahead. Critchley then pushed out on his own, passing 10 in a fast 50.30, over two minutes up on Pryce (52.47). John Griffiths (54.17) held third. Critchley slowed somewhat in the final five miles, but still won easily by over five minutes. Pryce faded at 17, and was passed by Griffiths for second. 1, M. Critchley (Cardiff) 1:45.39; 2, J. Griffiths (Swan) 1:50.50; 3, W. Pryce (Card) 1:51.04; 4, J. Walsh (Card) 1:54.39; 5, S. Seaman (Swan) 1:54.55; 6, B. Adamson (Bridgend) 2:04.03; 7, R. Weston (Card) 2:06.04. (No team race.)

J. Walsh

BARGOED ROAD RACES

April 24th

There were more English than Welsh competitors at the annual Bargoed road races, and naturally enough they took most of the prizes. This is difficult to understand when Welsh athletes so often cry out for competition. John Jones of Mountain Ash, running in the colours of his club, Windsor Slough & Eton, had a clear-cut victory in the senior 5½ miles. He beat fellow Welsh cross-country international Bryan Davies of Carmarthen by 31 seconds and clipped two seconds off the record of 27.27. Bryan, I understand, scarcely ever trains and is seldom seen in competition, yet he always manages to place well up. More than one person has remarked that if he undertook a normal training and racing schedule he could probably step into the top bracket of runners in this country.

1, Jones (Windsor) 27.25; 2, B. Davies (Carm) 27.56; 3, D. Burborough (West) 28.05; 4, P. Lonnen (Bristol) 28.22; 5, J. Bartley (Bargoed) 28.52; 6, M. Lane (Gilwern) 29.03; 7, J. Maskell (Swin) 29.05; 8, G. Blackburn (West) 29.33; 9, D. Vaughan (Swan) 29.44; 10, R. Locke (Gilwern) 29.53; 11, S. Seaman (Swan) 29.58; 12, M. Hoffman (Gil) 30.01; 13, J. Townsend (Swin) 30.04; 14, B. Flanagan (Bris) 30.13; 15, M. Chandler (West) 30.19; 16, A. Jones (Bargoed) 30.25; 17, D. Boualt (Bris) 30.39; 18, D. Ford (Bris) 30.39; 19, R. Lally (Here) 31.29; 20, F. Westall (Gil) 31.32; 21, D. Brown (Bargoed) 31.58; 22, — (Swin) 32.13; 23, R. Wallis (Swin) 32.28; 24, S. Jackson (Bris) 33.03; 25, D. Mulcock (Swin) 33.44; 26, C. Oakley (Bargoed) 33.54; 27, K. Cross (Swin) 35.04. **Teams:** 1, Westbury 26; 2, Gilwern 28; 3, Bristol 35; 4, Bargoed 42; 5, Swansea 42; 6, Swindon 43.

Youths

1, T. Staynings (Westbury) 15.49; 2, R. Crabb (Swindon) 16.05; 3, G. Morgan (Bar) 16.16. **Teams:** 1, Swindon 13; 2, Gilwern 24; 3, Barry CS 25.

Boys

1, R. Matthews (Bristol) 9.34; 2, R. Games (Brecon) 9.39; 3, P. Robbins (Bris) 9.50. **Teams:** 1, Bristol 13; 2, Abertillery 39; 3, Swindon 39.

Colts

1, S. Evans (Abert) 7.16; 2, K. Norman (Rhondda) 7.19; 3, P. Nicol (Bris) 7.23. **Teams:**

1, Bristol 12; 2, Barry CS 23; 3, Brecon 50. Men's 100y: P. Briggs (Gilwern) 10.7.

New Welsh AAA Team Manager Reg Snow will continue to act as Championships Secretary for the time being and his assistant will be Ken Griffiths, 7 Channel View, Marcross, Llantwit Major, Glam. Tel: Wick 222. Full particulars, entry forms, etc., for the Glamorgan AAA Champs at Jenner Park, Barry, on May 29th are obtainable from T. Notman, 35 Oaklands Ave., Bridgend. Tel: 3606.

The Welsh Tug of War Association Championships will now be held at Seaway Parade Track, Aberavon, Port Talbot in conjunction with the walks and marathon on August 14th. The marathon will be an Open event, incorporating the Welsh Championship. (See adverts in later editions of "AW".) Full particulars from W. Allen, 27 Blodwen St., Aberavon, Port Talbot, Glam. Tel: 3832.

Bernard Baldwin

Bolton Take Egerton Relay

April 24th

IN rainy and windy conditions, Bolton United Harriers retained the "Evening News" Trophy. At the end of the first 3½ mile lap, started by 46 teams, Tom Dwyer of Liverpool Pembroke came in first in 17.44, followed by Barlow of Sutton and Tony Byrne of the defending club. Ron Hill quickly went to the front on stage two, clocking 17.44, whilst the fastest time so far went to Blackpool's Peter Morris (17.32). Bolton went further away thanks to Mike Freary's 17.10 in the next act; though good runs by John Jackson (17.12) and Ricky Wilde kept their clubs in contention. Blackburn, without Chris Fay, continued to amaze everyone with a high quality performance. Steve Kenyon for Bolton lost only 4 seconds to Joe Calvert on the anchor, and Manchester, in spite of Bob Gregory's 17.42 contribution, went back to third.

1, Bolton UH (A. Byrne 17.52, R. Hill 17.44, M. Freary 17.10, S. Kenyon 17.37) 1:10.23.

2, Blackburn (P. Lynch 17.54, T. Parker 18.03, R. Davis 18.06, J. Calvert 17.33) 1:11.36.

3, Manchester & Dist. (B. Boxen 18.31, G. Lawson 18.23, R. Wilde 17.45, R. Gregory 17.42) 1:12.21.

4, Sutton (R. Barlow 17.46, C. Johnson 18.13, B. Renshall 18.13, S. James 18.14) 1:12.26.

5, City of Stoke 'B' (A. Adams 17.59, D. Shelley 18.36, J. Jackson 17.12, E. Johnson 18.31) 1:12.28.

6, Bolton 'B' (W. Yale 18.22, R. Swann 18.06, B. Ward 18.07, D. Hopkinson 17.57) 1:12.32.

7, Manchester & Dist. 'B' 1:12.36; 8, Stoke 1:13.20; 9, Blackpool & Fylde 1:13.39; 10, Wirral 1:13.51; 11, Salford 1:13.55; 12, Liverpool Pembroke 1:14.37; 13, Airedale & Spen Valley 1:14.49;

14, Stoke 'C' 1:15.54; 15, Bolton 'C' 1:16.24; 16, Salford 'B' 1:16.30; 17, Stoke 'D' 1:16.31; 18, Blackburn 'B' 1:17.20; 19, Preston 1:17.59; 20, E. Cheshire 1:18.15.

Fastest: Freary 17.10, Jackson 17.12, Morris 17.32, Calvert 17.33, Kenyon 17.37, Gregory 17.42.

Lillian's still fighting cancer



Even death has failed to halt Lillian's struggle. In her name, and with your support, as many as 10 new cancer clinics throughout the country will soon be helping others fight for life.

Please send as much as you can by cheque or money order—maybe even jewellery. Alternatively, you might prefer to discuss with NSCR the possibility of including this charity in your will.

Lillian Board Cancer Clinic Appeal

Appeal promoted by: National Society for Cancer Relief, Michael Sobell House, 30 Dorset Square, London N.W.1.

DUTIES OF A PRESS OFFICER

By Michael Long

THE recent correspondence on Press coverage and liaison has raised, once more, several vital issues. Everyone will agree that press coverage, with some notable exceptions, both before and after the event could be improved. Many of the faults have already been highlighted—but unless there is some radical re-thinking and change of attitude at many levels I can see little hope of change.

Starting with pre-event publicity, few organisers dare commit themselves on other than which clubs are competing. As one who has been involved on both announcing and press liaison over some years and at many levels I have known team managers unable to confirm names of competitors sometimes until an event is actually in progress. Even with championships and events which close a week or so earlier the promoter can only hope that the big names will be there.

As far as local coverage of club activities goes there is only one solution: get to know the local editor, sports editor or reporter. Like yourself these men are interested in what goes on and will assess it on its news-value. The mere fact that X will be unable to compete next Saturday due to a bruised foot means exactly what it says and no more. That his non-appearance will seriously hamper the club's chances against their local rivals has the makings of a story, and if the injury could also damage his chances of making the county/area/national team then it has even more news value.

Football clubs and their players get press coverage because the news never stops. One event leads into another and the success or failure of the local side is often a source of pride (or discomfort). If a club can establish that they are equally newsworthy then most local papers will be glad to hear from them.

It would do no harm to study the paper's style in preparing reports. If information is being supplied each week the editor will probably say just how much he is likely to want. His sub-editor will have a go too—but if it is already near usable less is likely to be cut out—and, if you do happen to have a story worth more than expected, the paper must know where they can contact you (or some other club official who knows what it is all about) during normal working hours—which for a newspaper can be from about 0800-0100 hrs. (Those are the hours of the Press Centre at the Commonwealth Games and during which it was fully staffed).

During the event there must be one point from which information can be got—and that is definitely NOT the announcer's table. The recorders should be nearby and they are the people who should be able to answer questions. Ideally there

should be a press liaison man who not only has a good general knowledge of athletics but also has some idea of the mechanics of newspaper production.

The needs of journalists vary enormously. Those under the greatest pressure are those representing the agencies and evening papers. These men must have a table and, if they do not know already, should be told of the whereabouts of the nearest telephone. Unless it is an evening meeting the Sundays and Dailies have a little more time to spare. The weeklies also have their own problems and, if they are specialist like "AW", need every scrap of information they can get—including a sight of the completed field event cards (also appreciated by the more knowledgeable men from the other media).

The larger and more important the meeting the more planning is needed. The press working area should be kept as clear as possible of "strangers". There is a tendency both at Cosford and Leicester for the area at the back of the press tables to become a focal point for the cognoscenti. This is not because the press have the best seats (at Cosford the start of the 60m is invisible to those sitting) but at least the information is good and often faster than over the loudspeakers. At this size meeting a recorder, working solely for the press, is essential. I know that Alan King, Jack Boggis and I would hate to tackle a major event without having the unflappable Carole Pike to keep us in order. The fact that the men from the Press Association, Extel and "AW" usually choose to sit alongside her proves my point.

Press stewards are in a somewhat similar position to the man who follows round behind the greyhounds when they parade before the race. He really comes into his own when something unusual happens. At the same time he should be alert to something which might be of interest to a local journalist but not perhaps to one from a national daily. He should be able to express himself briefly and accurately in accordance with the facts—although every press steward must at some time or another have expressed themselves in a somewhat politer phraseology than the form of reply originally made to them.

Problem of interviews

This leads naturally to the thorny problem of interviews. One of the reasons other sports get more coverage than athletics is that their participants have been ready to talk to the press. Writers have to write about something (see my third paragraph). One of the reasons we take "AW" is to learn more about the people and the story behind the achievement. Some people are better

talkers than others: in fact, talking after the event is for them part of the winding-down. Others can only talk to those whom they know well. I have the deepest sympathy for people such as Ian Stewart for whom a press interview is a worse ordeal than the race, but the inescapable fact is that news coverage lives on the personalised story.

Not every quote is used. I was once asked by a local man at Meadowbank to find out when a certain steeplechaser knew he had disposed of the opposition. I found him sitting alongside his chief rival in the tunnel under the track. His reply: "When I came up to him on the back straight he looked over his shoulder as I went by and said 'I'm b*****d'." It is a great pity that there was a printing strike on at the time as remembering the way Neil Allen once reported one top athlete's briefer quote ("monosyllabic and plural") I'm sure one of them would have been able to use it.

I and my colleagues have always tried to strike a balance of tact and persuasion and certainly I believe that there are a fair number who know us and that we are trying to help.

To all athletes I can only add that the press liaison staff are only trying to bridge the gap between the arena and the press tables. It is not a one-way street. If you have something you want passed to a journalist (who may be covering for your local paper) then, if you don't know the man, ask the press steward. Journalists are just as human as athletes (which may be begging the question: are athletes human?). You only have to be in their company for a time to realise that to those who specialise in athletics it is not just a job of work to be done. Of course everyone can quote examples of journalistic boos. On the whole they are remarkably few but, unlike boos by athletes or officials, theirs are in black and white for all to see. Equally, I would add, when it comes to accuracy of information, journalists often correct each other and I am grateful for the occasions when they have drawn my attention to my own (speed sometimes beating accuracy).

When it comes to errors in names I would ask those who criticise to ask themselves if they never made an error when taking down a telephone message. Put yourself in the place of the man or woman sitting at a typewriter in a newspaper office, wearing a headset, and trying to make out what is being said at the other end of a not-always-too-good line. When speed is essential phonetic spelling sometimes goes astray too—and don't forget that after that the copy goes to a sub-editor whose knowledge may not extend much below the top names.

In an ideal world we would know two or three days before each event who would be appearing, events would run to time and no-one would ever make a mistake. Newspapers would be able to sell so much advertising that there would be no pressure to restrict editorial pages. (One of the reasons space in the Monday papers is so restricted is that comparatively few companies want their advertisement to appear on a Monday, and taking the week as a whole, publishers naturally tend to keep

their larger issues for later in the week when there is more "hard" news around.)

For those who complain that their daily paper does not cover athletics as well as do some of the others then I can only suggest that on Mondays at least you change your paper.

Finally, athletics does need more people to specialise in Press Liaison. At present there are, perhaps, about ten of us around of whom four are based in the Midlands (Naturally I include Carole Pike in our team). I believe Scotland have appointed a man this season and with all the events due at Meadowbank this summer he is going to have a busy time. Every venue needs a system of its own even if objects remain the same.

Up to County and League level one steward can probably cope on his own provided he has a good recorder. At Area level two are desirable and for Championships at least three. Indoor meetings with their more compact timetable really need two if the results service is not to suffer although an Indoor international can be the easiest of all to handle (although the East German match at Cosford produced, unintentionally, its moments of exasperation and high comedy and probably momentary confusion in the offices of the Press Association and Extel.)

Not a male preserve

If I have given the impression that Press Liaison is an exclusively male preserve this is not intended. At a mixed meeting having a lady in the team is a great asset. Again quoting a Meadowbank meeting, Neta Sinclair once did yeoman service in the ladies lavatory relaying information from the fourth member of a successful relay team who was at that moment unable to attend the interview session with her three colleagues. Strangely though at the Commonwealth Games the need for feminine help never arose.

I hope it will not be too long before every Area can call upon its own Press team. The great thing is: always try to be helpful. Often the questions can be anticipated. Never try to pull the wool over anyone's eyes. You might just get away with it once—but your reputation for credibility will be gone for ever. Be ready to admit a mistake. If a result is queried check it with the referee (having checked with your recorder first). Timekeepers and referees do sometimes make a slip of the pen or tongue and all those I have met have never objected to my query—and occasionally a correction has had to be made.

Above all be tactful. Stay in the background and work with as little fuss as possible. Think ahead. Imagine yourself as the host of the visiting pressmen, some of whom may come from overseas, and may not be as conversant as the "natives" with our organisation.

Press stewards can learn much from each other. I have been lucky enough to work on several occasions with Ken Finding and realised just how little I knew of the finer arts. If anyone wants to know a bit more about the job I will be happy to add to what I have already written.

LETTERS

WOMEN'S 400 AT MEADOWBANK

Dear Sir,

I am writing about the article published on page 5 of "AW", dated November 28th, 1970; under the photograph showing the finish of the Women's 400 metres final at the Commonwealth Games.

I regret that for a number of reasons I did not write sooner, and now the matter may have lost some of its topicality. I can however assure you that lane umpires at the west end of the ground were well aware that when coming off the bend at the top of the home straight Judith Ayaa moved into lane 7 and subsequently Sandra Brown moved into lane 6. The facts were duly reported to the Track Referee who in his discretion did not disqualify either runner. In coming to this decision he was influenced by the fact that earlier in the Games when Gary Knoke strayed into the wrong lane in the straight the Jury of Appeal asked the Track Referee to reconsider his decision to disqualify Knoke as no other runner had been impeded.

While I would not disagree that it is possible that both runners may have run fractionally less than 400 metres the distance involved must be so small that it could well have been offset by the reading of the times taken to the nearest tenth of a second.

This particular case does however raise a very interesting point of principle. It seems to me that it would be manifestly unjust to disqualify a runner who moves into the next lane when she sees in front of her a runner in the same lane. I would question whether at this point in the race any runner is in a position to count the number of lanes from either the outside or inside of the track. Unless therefore there is any interference or impedence I suggest that none should be disqualified if the drift occurs at the entry to the home straight.

It might, however, be helpful to ascertain through the medium of your magazine the views of runners on whether they find it difficult because of the intersection of the lines for the sprint races which occurs at the top of the home straight to determine whether they remain in the correct lane on entering it, and whether it would be better if the lines for the sprint races were broken on either side of the circle line, or alternatively, were of a different colour.

George Aithie,
Chief Umpire, West,
Commonwealth Games
Musselburgh

RAW DEAL FOR SCOTLAND?

Dear Sir,

Could some reader humbly explain to me the logic behind the choice of venues for this year's National League Division 4 fixtures? As it stands, there are 6 clubs, 2 from the South of England,

2 from the North of England, 1 from South Wales and 1 from Central Scotland, each competing at four chosen venues, i.e., London, Swansea, Stoke and Blackburn.

This arrangement appears to be totally unrealistic, as Bellahouston Harriers from Glasgow do not have a home fixture and, in fact, have to travel three times the distance required by each of the remaining five Clubs in order to complete the fixture list. Surely the four venues should have been London, Swansea, Glasgow, and either Stoke or Blackburn. Even if Bellahouston had a home fixture, they would still be travelling double the mileage of the next club.

Many observers would say that the arrangements for this year's league have been neatly weighted in favour of our Southern brethren. Of course, Scotland has had many raw deals in sport when a "British" sports body has voiced opinions or selected teams. With an English majority on such bodies, it is not unexpected, as the Scottish Olympic soccer and hockey players realised in 1968.

Scottish athletes could be excused from not copying their fellow-countrymen's actions, by competing in this year's League, but I am of the opinion that English domination in British sport is very often unjustifiably harmful to Scotland's interests, and should be strongly resisted with positive action. Anyway, the Scottish Junior Championships clash with one of the League fixtures, so how about selecting the date of one of next year's matches to coincide with the English Junior Championships.

Lindsay M. Pennycook,
Glasgow, S.1

LILLIAN BOARD RELAY

Dear Sir,

As many of our lady readers will be aware, the Medley Relay in the Norkopping Trophy competition at Chiswick Stadium on June 12th will also incorporate the "Polytechnic Harriers Lillian Board Relay"—this is for a trophy given by ourselves.

We are learning however, that many clubs are finding it difficult to enter a team in the Relay as it means entering a full team in the Norkopping Trophy. However, if clubs would like to enter a team in the Medley Relay (800 x 400 x 200 x 200m) only, we can adjust the trophy scoring so that these clubs positions can be ignored, and at the same time they can take part in the "Polytechnic Harriers Lillian Board Relay".

I would be glad if clubs willing to participate in the Relay only would contact Mrs. Swallow or myself.

A. E. H. Winter,
309 Regent St., London, W1R 8AL
(Phone: 286-6727)

ON BEHALF OF JACK LANE

Dear Sir,

As Jack Lane is out of the country I feel that, as his coach, I would like to reply promptly to Dave Holt's letter published in "AW".

Firstly, let me say that both Jack and I also feel that his annoyance over the non-selection has received too much publicity, but we can honestly state that none of this was sought.

We both appreciated that to be sure of selection for the Senior International team he needed to run in the Senior National race but, despite this, preferred to concentrate on the Junior race in his final year as a Junior. In January of this year, when drawing up Jack's schedule and race plan, I had, in fact, written against the International "Possible but not essential" as this race did not form part of our progression to, we hope, major track honours.

In the event, of course, Jack won so convincingly and thus completed a cross-country season during which he had only ever been defeated in one race—the Inter-Counties. Looking at precedents, it seemed that he should have been selected. Indeed, after the selections were announced, the first person to speak to Jack was one of the International team who expressed astonishment at Jack's non-selection. I would not disagree with Dave Holt's selection procedure—so long as it is consistently adhered to.

The disappointment, therefore, was only as matters turned out, not because he had been thwarted in an attempt at something that he had wanted to achieve from the outset.

I hope this sets the record straight. At least it is publicity for athletics, about which we have seen so many letters in recent weeks, and it indicates how, even if the press do seize upon a story, they may not be entirely accurate.

C. L. Milton,

AAA Honorary Coach

As reported elsewhere, Jack Lane won over 10,000m in Warsaw last Saturday in 28:24.4—Ed.

ANY IDEAS?

Dear Sir,

The AAA has an Organisation and Development Committee whose terms of reference are "to put forward ideas for the development of athletics and the improvement of its organisation under the Association". During the past few years its members have discussed a large number of

possible changes and innovations; some of these have been suggested to them, some were of their own devising. The introduction and administration of the National League; a publicity unit for operation at school and junior championship meetings; the easing of competition restrictions on juniors and youths; a training course for announcers—these are a few of the ideas which they have vetted and recommended to our General Committee, and which have then been put into operation successfully.

The committee's Hon. Secretary is Mike Fleet (still an active athlete!), and I know that he would welcome new ideas from readers of *Athletics Weekly*. These should be set down on paper fairly briefly and sent to Mike at 21 Redford Avenue, Wallington, Surrey for consideration at the next meeting of his committee.

Barry Willis,

Honorary Secretary, AAA

LOYALTY TO THE SCHOOL

Dear Sir,

I must comment on the statement of Mr. R. Moorcroft, quoted in your April 3rd issue, that if David Glassborow had run for Coventry Godiva in the ECCU Championships the Club would probably have won the youths' title, and that the fact that he competed elsewhere for his School on that day showed a lack of understanding or co-operation by "Schools officials".

As the "Schools official" concerned—i/c Athletics and Cross-Country at King Henry VIII School—I would like to make a few points.

Firstly, I am only writing now because Mr. Moorcroft's words compel me to do so. I think it would have been kinder, and more in the interest of the athlete himself, who was in an embarrassing situation through no fault of his own, if Mr. Moorcroft had been content to let this matter rest. Our position was explained to him on more than one occasion.

I have helped David Glassborow with his running since the time that he joined the School at the age of eleven. Since that time he has progressed steadily as a member of our Athletics and

continued on page 39

SCUNTHORPE FEDERATION OF COMMUNITY ASSOCIATIONS

SCUNTHORPE SPORTS

Under A.A.A. & W.A.A.A. Laws

ON SATURDAY, 19th JUNE, 1971, AT QUIBELL PARK, SCUNTHORPE

Commencing at 3 p.m.

MEN'S 200 Metres, 400 Metres, 1500 Metres

MEN'S 5000 Metres Lincs. A.A.A. County Championship

JUNIOR MEN'S 100 Metres, 400 Metres, 1500 Metres

YOUTHS AND BOYS 100 Metres, 200 Metres, 800 Metres

LADIES 100 Metres, 200 Metres, 400 Metres, 800 Metres

GIRLS (Under 15 years) 100 Metres, 200 Metres, 400 Metres

FEE 10p per event

FEE 25p

FEE 10p per event

FEE 8p per event

FEE 10p per event

FEE 8p per event

ALL EVENTS SCRATCH

TROPHIES OR PLAQUES ALL EVENTS

Entries to:—Mr. E. A. KING, 42 FAIRMONT CRESCENT, SCUNTHORPE

CLOSING DATE THURSDAY, 3rd JUNE, 1971

Spotlight on Pat Bagley**By Dave Cocksedge****The Girl In Mary Sonner's Shadow**

SPECTATORS at the 1969 Southern Women's Championships are astonished to see a long-striding girl in the colours of Cambridge Harriers up with favourite Mary Sonner approaching the climax of the Intermediate 800m final. The unknown girl is Pat Bagley, fresh from running 2:16.9 in the South London Schools Championships; and as Mary, the reigning WAAA Junior Champion, attempts to run her rivals off their legs from the bell, Pat suddenly bursts past her with 200m remaining and sprints three metres clear. The gap continues to widen along the straight, and the Cambridge girl wins—still going away—in a Championship Best of 2:15.2. The truly astounding aspect is the fact that this is Pat Bagley's first season of serious competition.

"I really was determined to win that day," Pat muses, "nothing was going to stop me—I just knew I could do it. But, of course, it was different in the English Schools that year. Mary was ready, and when she shot past me just before the final bend there, I just gave up, and lost second place to Sandra Marquis. It took me a long time to get over that race." Sonner won that day in a staggering 2:12.4 at the age of 14, and has hardly looked back since, whilst, somewhat sadly, the further progress of Miss Bagley has tended to go un-

noticed, over-shadowed by the spectacular achievements of the lass from Watford.

Where did this determination begin? "Running at Crawley in one of my first races in 1969, I found myself in third place at the bell. I wasn't thinking of winning, just hoping I wouldn't be last. Then with about 300 to go I heard someone shout: 'She's tiring!' and I suddenly realised that it was me they were referring to...! Well, this seemed to give me the urge to get going, and I moved up to the front. I sprinted with everything I had left off the final turn and won in 2:21.7. Nothing has ever pleased me so much as my running that day."

Patricia Anne Bagley is a contented, unspoilt young lady from Bermondsey with a lot of unrecognised potential. She was born in London on April 15th, 1954, stands 1.62/5'4" and weighs 52kg/115lb; measurements: 35-25-33. She attends Walworth Comprehensive School, is a member of Cambridge Harriers, and is coached by Brian Boulton. She hopes to teach at an Infants school sometime, but doesn't see herself as a PE Mistress ("Everyone seems to go in for that, don't they?").

Pat possesses a good measure of speed, as her 200 and 400 personal bests of 26.3 and 57.4 indicate. Her favourite events are the 800 and

**PLESSEY BEESTON
SPORTS AND SOCIAL CLUB**

10th ANNUAL

ATHLETIC CYCLING MEETING

(Inc. Midland Women's 4x100m Relay Champ.)

& OPEN 15 MILE ROAD RACE

(Inc. Nottinghamshire A.A.A. Championship)

SATURDAY, 12th JUNE, 1971

TRENT VALE RD. GROUND, BEESTON

Commencing 2 p.m. Road Race 3 p.m.

(Under A.A.A., W.A.A.A. & B.C.F. Laws)

Men: 100m, 200m, 1500m H'caps, 3000m Scr. & 1st Team (4 run, 3 count), 5000m 2-Man Paarlauf, 4x100m Relay, Javelin & 1000m Invitation.

Ladies: 100m, 200m, 400m H'caps, Javelin, Shot, MCWAAA 4x100m Championship.

OPEN 15 MILE ROAD RACE

Nottinghamshire AAA 15 Mile Championship
—Champ. medals first 3 with County qualification.

Entries: 10p per event, Relays 25p per team, 3000m and 15M Road Race 25p per team (all comps. inc. team members must make ind. entry). Special form for 15M inc. Champ. available on request.

ENTRIES CLOSE 21st MAY, 1971

Entries to the General Secretary, P.(B)S.S.C., Plessey Telecommunications Ltd., Beeston, Notts. NG9 1LA.

**ENJOY A DAY OUT AT THE
VAUXHALL SPORTS
AND SPECTACULAR**

(Under AAA, WAAA, RWA & BCF Rules)

SATURDAY, 12th JUNE

at 2 p.m.

MINIMUM £120 PRIZE VALUE

Girls' & Youths 100m, Ladies 800m, 3000m Team and Individual Open/Handicap 10Km Road Walk, Ladies 2000m Handicap Walk.

Entries 15p each event, to N. Gardner, Route 2270, Vauxhall Motors, Luton, Beds. (Tel: Luton 21122, ext. 2270/3950).

ENTRIES CLOSE 28th MAY

ALSO CYCLING, SCHOOLS RELAYS AND SPECTACULAR FAMILY ENTERTAINMENT AT VAUXHALL SPORTS GROUND, LUTON.

1500m, however, where she has run 2:10.8 (the second fastest ever by a UK Intermediate) and 4:46.1. "I intend to remain at 800's this year," she says, "but I think I will eventually become a 1500 runner. This is because of other coaches' opinions, and because I so much enjoyed the one 1500m that I have run."

Her rate of improvement is worth noting: she was no faster than 2:30.5 as a Junior in 1968, and may well have bettered her 1970 times had injury not halted her. "I was not entirely satisfied with things last summer. Just before the WAAA Intermediate Championships I had a foot injury which I tried to ignore. I ran in the Southern Inter-Counties a week later, and really finished it by pushing through the first lap in 62. I came fifth in 2:12.0, but that was my lot for three months. I missed selection for the European Junior Championships, and also had to miss consideration for the German Junior match in September."

But Pat hit a plateau of high quality running last year; ducking under 2:13.0 five times, and posting personal bests at 400 and 1500m. Yet in the Southern, English Schools and WAAA Intermediate races, she had to be content with the runner's-up spot to Mary Sonner. "In the Schools", I seemed to be waiting for her to sprint past me as we turned into the straight. I can't exactly describe the feeling, but that's the way it seemed."

Pat's interest was originally stimulated at school: "After running my second 880y in the 1968 London Schools Junior without any sort of training, my PE teacher suggested that I join a club. At first I wasn't too keen, but after a few training runs I realised that I was hooked on it . . . when my studies are over, I'm going to give 100 per cent effort to athletics, and see just what I can do."

A typical week's training for Pat in summer last year went thus: Sunday—9 miles cross country run; Monday—15 minutes fartlek; Tuesday—8 x 300m. Jog 200 recovery. Wednesday—Rest. Thursday—6 x 110y. 10 minutes jog. Friday—Rest. Saturday—Race or rest. A typical week in winter: Sunday— $\frac{3}{4}$ hour cross country running. Monday—Rest. Tuesday—600/500/400/300/200/100 pyramid session, reducing recovery. Wednesday—4 x 400m. 200 jog. Thursday—4 x 150m, 4 x 100m, 4 x 60m sprints. Friday—Rest. She can be seen working through her interval sessions twice a week at Crystal Palace, often with young sister Susan (11) joining in. ("Sue could be good, but she's still very small for her age.")

Patricia Bagley, a girl who feels that the social side of Cambridge Harriers has helped her immeasurably in overcoming her once "terrible" shyness, will be striving for that same uncompromising determination that enabled her to defeat Mary Sonner two years ago. Her immediate target, though, is merely to go on improving. She'd like to compete in at least one Olympics, too, of course. How great is your desire to succeed? I asked her. "Pretty great," she replied, with just the barest trace of hesitation. In only two years of competition, Pat has come to involve herself pretty securely in the athletics scene. "It's a great sport, both to take part in and to watch.



PAT BAGLEY

Peter Tempest

What a pity our track meetings have such poor attendances in comparison to other sports. People just don't know what they're missing."

* * *

THE 1971 season has certainly started off with a bang for Havering AC's Lesley Kiernan. Already holder of the World's age best for 800m at the tender age of 12 (2:18.6 last year) she collected the World-age 13 best at Crystal Palace on April 25th, returning 2:14.0 in the Intermediate race of the BMC Southern Counties Championships. Betty Price of Uxbridge dashed through the first lap in a fast 63 sec before Lesley assumed the lead going into the backstraight. Instead of weakening, she proceeded to pull right away from Joyce Dunt and Betty, sprinting home full of running. If this is what she is running in her first race of the year, the mind boggles at what is likely to follow. Lesley has been in athletics two years, attends Sutton School in Hornchurch, and has only just got back to form after an injury kept her out of the top cross country events these past few months. The previous World age best was held by Nancy Paul (USA) who ran 2:15.9 for 880y last year. Lesley turns 14 on August 9th and her time also clips 1 second off Lesley Cobden's UK Junior "Record".

Brian Hooper's relentless progress continues. The only thing, it seems, that manages to hamper him is the inevitable shortage of poles. He raised his short-lived UK age-17 pole vault best to 4.65/15'3" at Bracknell on April 18th, and has been consistently over 4.67/15'4" in training lately. At this rate, he should eclipse Steve Chappell's British Junior record (4.72/15'5 $\frac{1}{4}$ ") shortly. Woking AC have started up a "Brian Hooper Poles fund" to help him achieve his aim of 16ft (4.87) this year.

Shortly after an intensive week's training at Lilleshall, Susan James from Afon Taf High School

in Merthyr Tydfil raised her javelin personal best to 40.53/133'0" at Cardiff on April 24th to lead the UK Intermediate rankings from Janeen Williams of Stoke, who had deprived Sue of her UK age-14 mark with 40.36/132'5" early in the month. Susan had a training cast of around 138ft (42.06m) at Lilleshall.

Young Athletes' Results

HHH Inter Schools Road Race, at Streatham, March 27th. (3rd & 4th Yrs) 1, eq. Mepsted & McGann (Road) 20.59; 3, P. Aulsberry (Stockwell M) 21.07. (1st/2nd Yrs) 1, B. Dickens (Dunraven) 13.09; 2, M. Tompkins (Roan) 13.13; 3, Mortimore (Roan) 13.25. Teams: 1, Roan 18; 2, Dunraven 23; 3, St. Michaels 51.

Staffordshire Schools Meeting, at Cannock, April 4th. (Intermediate Boys) 100m: 1, G. Peters 11.2; 2, K. Rollins 11.9. 200: 1, Peters 22.7; 2, D. Price 23.6. DT: 1, J. Howell 43.42/142'5"; 2, E. Maddox 40.02/131'3". **(Junior Boys)** 100m: N. Gibbons 12.1. (B) P. Brookes 12.2. 200: 1, Gibbons 25.5; 2, Brookes 25.6. JT: S. Hunter 40.92/134'3". **(Intermediate Girls)** 200: 1, L. Adams 27.4; 2, M. Williams 27.8. (B) 1, T. Sanderson 26.7; 2, L. Bishop 27.5. 800: 1, M. Cope 2:19.9; 2, E. Rudnicki 2:26.8. 80mH: 1, Bishop 12.5; 2, P. Ashcroft 12.5; 3, M. Steadman 12.6. HJ: M. Nicholson 1.45/4'9". LJ: T. Sanderson 5.38/17'8". DT: 1, E. Bali 33.08/108'6"; 2, C. Bereton 31.38/102'11". JT: 1, J. Williams 40.36/132'5" (UK age-14 Best); 2, S. Williams 33.80/110'10". **(Junior Girls)** 100m: 1, G. Spurgin 12.3; 2, L. Kais 12.8. (B) 1, Spurgin 12.4; 2, Kais 12.8. 200: S. Cotton 27.5. (B) Kais 27.1. 75mH: V. Thornhill 12.9. (B) 1, M. Mountford 12.7; 2, L. Wright 12.7. LJ: 1, G. Spurgin 4.96/16'3"; 2, R. Percival 4.86/15'11". SP: 1, A. Stevenson 10.25/33'7"; 2, L. Williams 10.19/33'5".

Salce Easter Relays, April 10th (Youths). 1, Liverpool Pembroke (S. Deegan 4.57, B. Lyonette 5.02, K. Carroll 4.58) 14.57; 2, Worksop (Andrews 5.13, T. Beil 5.16, T. Colton 4.49) 15.18; 3, Liverpool Pembroke 'B' (Williams 5.06, G. Kenyon 5.07, D. Gaynor 5.17) 15.30; 4, Liverpool H. 15.36; 5, Sale 15.44; 6, Moseley GS 15.53; 7, Manchester AC 16.21; 8, M & D 16.23; 9, MAC 'B' 16.33; 10, Stoke 16.49. **Fastest:** Colton 4.49, D. Allen (Moseley) 4.55, Deegan 4.57, Carroll 4.58, N. Fennell (L'pool) 4.59, Lyonette 5.02. **(Boys U/16)** 1, Sale (L. White 5.10, L. Valentine 5.22, A. Royle 4.58) 15.30; 2, Liverpool Pem. (V. Loews 5.19, Y. Knowles 5.24, R. Walker 5.16) 15.59; 3, Liverpool H. (J. Lasyley 5.20, G. Kinnear 5.29, J. McEvoy 5.25) 16.10; 4, Lancaster & Morecambe 16.18; 5, Man. AC 16.26; 6, Liv. Pembroke 'B' 16.41. **Fastest:** Royle 4.58, White 5.10, D. Harrison (L & M) 5.12. **(Boys U/15)** 1, Wakefield (E. Moxon 5.27, A. Hitchen 5.13, S. Long 5.23) 16.03; 2, Sale (M. Seller 5.22, S. Ridings 5.26, S. Grinnyer 5.16) 16.04; 3, Liverpool Pem. (C. Norman 5.30, A. McQuillan 5.36, K. Topping 5.34) 16.40; 4, Liverpool H. 16.57; 6, Liv. Pembroke 17.12; 6, Sale 'B' 17.22. **Fastest:** Hitchen 5.13, Grinnyer 5.16,

Seller 5.22. **(U/12)** 1, T. Brookes (Worksop) 5.51; 2, M. Burgess (Sale) 5.52; 3, Lyncy (Liv) 5.53; 4, R. Harrison (Liv) 6.00; 5, A. Morris (Sale) 6.04; 6, S. Marsland (Sale) 6.05. Teams: 1, Sale 13; 2, Liverpool H. 17; 3, Stoke 32. **(Colts)** 1, Manchester AC (M. Naldrett 5.24, J. Travis 5.36, M. Plant 5.21) 16.21; 2, Liv. Pembroke (P. Norman 5.46, B. Griffiths 5.46, T. Quinn 5.10) 16.42; 3, Sale (L. Parker 5.25, A. Dean 5.44, W. Painter 5.40) 16.49; 4, Worksop 16.58; 5, Liverpool 17.14; 6, Yeovil 17.15. **Fastest:** Quinn 5.10, Plant 5.21, Naldrett 5.24.

Ian Stewart Fastest Up In Warwickshire Road Relay

April 17th

1, Birchfield (R. Panter 20.49, J. Boggis 20.35, R. Bartlett 21.24, I. Stewart 19.17, J. Potts 21.17) 1:43.22; 2, Small Heath (G. Taylor 20.55, J. King 20.53, L. Cooper 21.01, T. O'Reilly 21.08, D. Black 20.00) 1:43.57; 3, Tipton (M. Orton 21.07, D. Fownes 20.49, J. Edwards 21.14, K. Boyden 21.24, A. Richards 20.40) 1:45.14; 4, Coventry Godiva (K. Bartlett 20.25, J. Wheway 21.16, G. Horne 22.02, P. Miller 21.36, P. Lancaster 21.29) 1:46.48; 5, Small Heath 'B' (G. Davies 21.33, J. Kendrick 21.52, R. Lalvelt 21.36, V. Rollason 21.57, Brooks 21.47) 1:48.45; 6, AEI Rugby (T. Thomas 21.18, M. Childs 21.50, C. Neville 21.32, R. Bate-man 22.26, S. Lynch 21.52) 1:48.58; 7, Birchfield 'B' 1:49.13; 8, Tipton 'B' 1:49.16; 9, Leamington 1:51.21; 10, Worcester YMCA 1:51.47; 11, Coventry Godiva 'B' 1:52.51; 12, Small Hth. 'C' 1:53.50; 13, Sparkhill 1:54.47; 14, Tipton 'C' 1:55.32; 15, Nuneaton 1:55.40. 27 teams finished. **Fastest (4M):** Stewart 19.17, Black 20.00, Bartlett 20.25, Boggis 20.35, K. Bond (Worcs. YMCA) 20.39, Richards 20.40.

Youths

1, Coventry Godiva (D. Glassborow 10.05, P. Eales 10.15, R. Maule 10.35, D. Moorcroft 10.06) 41.01; 2, Small Heath (A. Marley 10.13, D. Tierney 10.39, M. Rollason 11.01, J. Tierney 10.44) 42.37; 3, Birchfield (G. Jackson 10.27, F. Davin 10.49, J. Wells 11.19, M. Densley 10.21) 42.56; 4, Westbury 10.20; 5, Cov. God. 'B' 44.04; 6, Halesowen 45.46; 7, Tipton 45.51; 8, GEC/AEI Rugby 46.03; 9, Solihull 46.39; 10, Sparkhill 47.29. **Fastest (2M):** Glassborow 10.05, Moorcroft 10.06, A. Staynings (Westbury) 10.09, Marley 10.13, R. Sherlock (Leam) 10.15, Eales 10.15.

MIDLAND WOMEN'S FIELD EVENTS LEAGUE

At Stoke, March 27th

100mH: P. Whitehead (Stoke) 16.0. SP: G. Wilshaw (Stoke) 9.29/30'6". DT: 1, M. Isom (Stoke) 35.42/116'2"; 2, G. Wilshaw (Stoke) 34.92/114'7"; 3, M. Holland (Stoke) 33.92/111'3". HJ: 1, V. Thornhill (Stoke) 1.40/4'6"; 2, R. Woodward (Stoke) 1.40/4'6".

WAAA STANDARDS SCHEME

THE only performances recognised are those achieved at approved meetings controlled by a permit issued by the National Standards Secretary and for which official Returns and Certificates are issued.

National, Territorial, Territorial Inter-County and County Championships will be considered as approved meetings, provided that the necessary graded officials are present, but ALL meeting secretaries must apply for certificates, etc., and submit Return Forms.

Secretaries of Trophy and other meetings may apply for them to be considered approved meetings. The names of Track and Field Referees and of Chief Timekeepers must be included on forms of application obtainable from the Hon. Secretary of the scheme—Mr. G. Clarke, "Dunrunin", 9 Whitehouse Avenue, Great Preston, Woodlesford, Leeds, LS26 8BN (Phone Garforth 2590).

Applications for the awards shall be made on Certificates obtainable from the Secretaries of approved meetings. These Certificates will be sent to the Secretaries concerned when their applications for approval are confirmed, and Secretaries

are asked to complete and issue the Certificates on the day of competition. Standard Return Forms must also be completed (in duplicate), and these must be signed by the Referee and/or Chief Timekeeper who, for this purpose, must be WAAA Grade 1 or 2 or AAA Grade 1, 2 or 3 Officials.

Badges cannot be issued to the athletes until these Return Forms are received by the Standards Secretary confirming the performances.

Standards will be awarded in two grades for each individual event in each age group, but as the badges only show the grade and age group, only one badge for each grade in the three groups will be issued to any competitor, the cost of these being 25p each.

If Meeting Secretaries do not wish to issue Standard Certificates to athletes who may not require these, they are advised to state in their programmes that athletes requiring certificates should apply for them to the MEETING Secretary. The Hon. Standards Secretary will only issue certificates for the National Championships and other WAAA National Meetings, and athletes requiring Certificates for these meetings may apply direct.

THE 1971 STANDARDS

EVENT	SENIOR		INTERMEDIATE		JUNIOR	
	I	II	I	II	I	II
100 metres	11.8	12.0	12.2	12.5	12.6	12.9
200 metres	24.5	25.0	25.3	26.1	26.2	27.0
400 metres	56.0	57.5	59.0	62.5	—	—
800 metres	2:08	2:15	2:18	2:21	2:22	2:27
1500 metres	4:30	4:50	4:55	5:15	—	—
3000 metres	10:30	11:00	—	—	—	—
2000 metres Walk	11:30	12:10	12:10	12:30	12:30	13:00
2500 metres Walk	13:45	14:25	—	—	—	—
75m. Hdls.	—	—	—	—	11.8	12.1
80m. Hdls.	—	—	12.0	12.4	—	—
100m. Hdls.	14.4	15.2	—	—	—	—
200m. Hdls.	29.0	31.5	—	—	—	—
High Jump	1.65	1.55	1.54	1.50	1.49	1.45
Long Jump	5.90	5.60	5.45	5.20	5.19	5.00
Shot	12.65	12.30	10.80	9.50	10.80	9.50
Discus	42.00	36.00	37.00	30.50	29.50	25.60
Javelin	41.20	36.00	34.10	30.40	30.00	26.00
Pentathlon	4000	3600	3500	3100	3100	2800

JUNIORS are 11 years and over and under 15 years of age at midnight 1st/2nd September in year of competition.

INTERMEDIATES are 15 years and over and under 17 years of age at midnight 1st/2nd September in year of competition.

SENIORS are 15 years of age and over at midnight 1st/2nd September in year of competition.

Competitors obtaining a Standard Certificate in their own age group with a performance better than Grade II in a higher age group may compete in that group and at that event in other meetings upon display of the Certificate.

LILLIAN BOARD —HOW SHE RACED

By Brian Mitchell

MUCH has been said in recent months about the athletic greatness of Lillian Board, and all of it justified; but little is written of her approach to, and domination of, the central situation of athletics—the race. When preparing a chapter on “the racing situation” for my book, *TODAY'S ATHLETE*, I was fortunate enough to receive detailed information from Lillian about her handling of the complete process of competition, right through from the days before the race to the assessment of it afterwards. This article describes all that Lillian told me; I believe we can learn a lot from what she said, whether we are athletes or not.

During the week or so preceding a big race, Lillian made sure that she had as many early nights as possible and that her meals were substantial and taken at regular intervals. It was natural for her to get nervous before a big race, but this nervousness did not burgeon until the day; she was well able to sleep deeply the night before and got ten hours as a matter of course. Prior to running 200 metres against West Germany in 1968, she slept eleven.

Her last meal before the race was light and easily digested; for example a boiled egg and brown bread, or a salad or chicken with a little bread, followed by some tinned fruit, all taken three hours before the event. She would be feeling a bit “edgy” by this time, but able to control the feeling. As this tension built up, so she became “more than ever determined to go out and give it all I have got”, so that, win or lose, she would have the satisfaction of knowing that the result derived from personal effort as much as from any purely physical gifts.

Lillian's warm-up was something like 3 laps striding, then limbering exercises, then four laps of walking the bends and striding the straights fast. Her attitude of mind as she went to the start was, exactly in her own words, “Well! This is it. What a relief it will be when that gun goes off and I can do something about it”. It is worth noting here that this superlative athlete at no point was content to theorise or to hope. She was in the race to act, and when the chance came to act, she was most happy; going to the start of a race was the precise moment at which action offered itself to her, and it was the precise moment she had planned and trained and prepared herself for. She liked the situation where there was an athlete in the race whose known previous ability was better than her own: “I like this situation—everything to gain”.

Her tactic in the 400m was to go from the blocks as fast as she could, to gain as much ground as possible early on. In the one lap race, for fairly obvious reasons, she did not try to dictate tactics to other runners. “I run my own race to get the most out of myself. If my pattern or planned race upsets my opponents, all well and good.” The real fatigue set in for her, as for any top-class 400m runner, somewhere near the beginning of the home straight (sooner, of course, if she were not fully fit or if it were very early season). There was no chance of Lillian giving way to discomfort, though, and she made the most pointed and unfussy reply to the question “Do you ever give way?” by saying, “No. This is the challenge. This is what I train for”.

The late phases of any severe race, to any serious athlete at least, must present the core of the racing situation, and it is here that attitude,



A characteristic 100 per cent effort by Lillian Board: she defeats Colette Besson in a 53.7 400m at Middlesbrough in 1969.
Tony Duffy

feelings, intentions really matter and become significant. Lillian Board said of this stage, "I try to have confidence in myself and my training . . . I keep striving for the tape and hope that my way of life, training, will to win, will get me there". On many occasions, she was able to finish with energy in reserve and in these specific situations she did not blame herself, because it was usually when she was teaching herself to race intelligently and to finish maintaining good running form.

She said it was very difficult to give everything in a race and only the experienced athlete could truly do it. Perhaps only the true athlete can do it, perhaps most athletes finish most times with reserves untapped, partly being scared to give everything in case they do not reach the tape, partly being not capable of matching the physiological limit and the physiological. At least, Lillian believed that will-power could be developed by hard training and racing, and would grow as confidence grew. She felt that racing successes depended to a great extent upon character and attitude. "Especially in the 400m and upwards one has to be courageous and confident. There is no room at the top for those of weak character and negative attitude".

An athlete of her calibre did not forget the race as soon as it was over, and she discussed the competitions with her father at great length: "I can learn from mistakes and profit from reflecting on past runs and altering my tactics as I gain experience. The 400m and the various ways it can be run afford us much food for thought".

Recovery from arduous racing was quick. With

a low pulse rate, with high quality training (fast, with short recoveries) behind her, she did not have much of a problem here, and was prepared to race quite seriously every fortnight or three weeks; at club level, she would race weekly. In 1967, she had a very busy international season, because of her somewhat unexpected success early on, and really competed more than she would have wished. But she was able to use this racing to gain the then much-needed experience, which she thought so vital in the 400m. Anyway, she was thinking of the Olympics and gaining much confidence and pace judgment; she did get slower as the season went on, but she was still running within the Olympic qualifying time. All but one of her international races were abroad and she had insufficient time for proper training between races.

Helped at all times by George Board's most unflamboyant coaching and deep concern for what she was trying to achieve, Lillian was going to become a legendary figure in our sport. She has, of course, become one, but the sport has had a piece of its skin torn away. It will no doubt heal, yet there will always be a scar there which we could well have done without. Perhaps what younger athletes can learn from her example will compensate in some small way for the loss of this young woman, and it is in this hope that I have (with the agreement of her family) attempted to cohere what she told me about how she raced.

© Brian Mitchell, 1971.

The fee for this article has been donated, at Brian Mitchell's request, to the Lillian Board Cancer Clinic Appeal.—Ed.

SOLIHULL SPRING RELAYS

April 24th

4x400m: Coventry Godiva 3:31.8. TJ: 1, J. Crotty (Madeley C) 15.38/50'54"; 2, D. Boosey (Sx. Univ) 15.01/49'33"; 3, J. Vernon (Notts) 14.88/48'10"; 4, D. Johnson (Hallam-J) 14.22/46'8". SP: 1, R. Gardner (Reading) 15.14/49'8"; 2, A. Drzewiecki (Stoke) 14.88/48'10". DT: 1, Drzewiecki 49.90/163'8"; 2, Gardner 48.12/157'10". (Youths) 4x100: 1, Wolverhampton & Bilston 46.3; 2, Salford GS 47.1 (47.1 ht). 4x400: 1, Wolv. & Bilston 3:49.7; 2, Bromsgrove & Redditch 3:52.2; 3, Coventry Godiva 3:52.3. TJ: J. Rees (Bristol) 13.34/43'94"; 2, D. Atkins (Birchfield) 12.62/41'44". SP: P. Andrews (Solihull) 12.51/41'03". DT: 1, P. Carder (W & B) 44.78/146'11"; 2, Andrews 40.08/131'6"; 3, J. Howell (Stoke) 39.16/128'6". (Boys) 4x100: 1, Sparkhill 51.7 (51.0 ht); 2, Wolv. & Bils. 52.2 (51.2 ht). Cannock AC 51.1 ht disq. 4x400: 1, Wolv. & Bilston 4:04.4; 2, Solihull 4:20.3. (Women) 4x100m: 1, Wolverhampton & Bilston 50.2 (50.0 ht); 2, Solihull 51.1 (51.0 ht). 4x200: 1, Bristol 1:43.2; 2, Wolv. & Bilston 1:46.9; 3, Stoke 1:49.4. SP: 1, S. Corbett (Solihull) 10.43/34'24"; 2, S. Thomas (Spark) 10.18/33'5". DT: 1, C. Cornhill (Cannock-I) 33.08/108'6"; 2, E. Bali (Cannock-I) 32.08/105'3". (Intermediates) Medley Relay (200x200x400x800): 1, Coventry Godiva 4:38.4; 2, Bromsgrove & Redditch 4:42.2; 3, Bristol 4:45.0; 4, Solihull 4:55.4; 5, Oxford

LAC 4:56.3. (Juniors) 4x100m: 1, Stoke 52.9 (52.7 ht); 2, Cannock 53.5; 3, Wolv. & Bilston 53.7 (53.6 ht). 3x800: 1, Solihull 7:50.4; 2, Cannock 8:02.0; 3, Bristol 8:06.0; 4, Westbury 8:16.4. SP: M. Orton (Bristol) 9.64/31'74".

STRETFORD TRACK LEAGUE

April 17th

100m: 1, K. Rimmer (MAC) 11.0; 2, J. Kirwan (Stret) 11.3. 200: Kirwan 22.7. 800: 1, J. Gerrard (Sale) 1:54.7; 2, G. Whittleston (Sheff. U) 1:54.9; 3, P. Lewis (Wall) 1:55.6; 4, S. Dodwell (Stret) 1:55.8. 5000: 1, J. Boulter (Sheff. U) 14:50.4; 2, K. O'Toole (Liv'pool P) 14:51.2; 3, M. Newport (Mid-Ches) 14:52.2; 4, W. Domoney (Sheff. U) 14:54.6; 5, J. Fox (E. Ches) 14:55.0. BMC Mile: 1, F. Davies (L'pool) 4:06.4; 2, A. Binston (Alt) 4:07.7; 3, C. Cusick (M&D) 4:15.7; 4, G. Greaves (Roth) 4:18.5; 5, J. Stimpson (Roth) 4:18.5. 1500mW: D. Ward (Lancs. WC) 6:27.8. Veterans: 100m/200: K. Whittaker (Airedale) 12.3/24.8. 800: F. Wrigley (Michelin) 2:08.5. Junior JT: A. Sellers (Stret) 52.26/171'5". (Women) 1500: W. Green (Stoke) 5:17.6. (Intermediates) 400: 1, S. Hodgetts (Pilk) 60.0; 2, D. Brooks (Pilk) 60.4; 3, C. Helsby (Pilk) 60.8. (Juniors) 800: J. Lawrence (Pilk) 2:23.0. 75mH: K. Allinson (Stret) 12.5. SP: 1, J. Pickering (Stret) 10.78/35'44"; 2, A. Jackson (Stret) 10.15/33'34". DT: Pickering 30.38/109'6".

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Travel by: (B.R.) Waterloo — Chiswick
(trains every 30 minutes)

District Line to Turnham Green
then E3 Bus to Chiswick (B.R.)

290 Bus from Richmond

Students especially welcome

Boys under 16 free admission

NAT. ROAD RELAY continued from page 9

17, Cardiff 3:38.10 (K. Griffin 16.35); 18, Notts 3:38.15 (G. Thompson 15.50); 19, Portsmouth 3:38.43 (S. Harrison 15.56); 20, Salford 3:39.39 (G. Claff 16.36); 21, Wirral 3:40.35 (P. Weatherhead 16.41); 22, Blackburn 3:42.36 (G. Peel 16.35).

STAGE 11

Dave Lem's excellent run, 7th fastest of the entire race, as good as settled the issue in Birchfield's favour. He came in to the final exchange 18 sec up. The 26.23 leg by young Steve Kenyon deserved better than just a one-place improvement.

1, Birchfield 3:56.01 (D. Lem 26.13); 2, Coventry 3:56.19 (K. Bartlett 26.30); 3, Tipton 3:57.58 (D. Fownes 27.13); 4, Reading 3:58.52 (D. Dipper 27.06); 5, Hillingdon 4:00.21 (A. McKeen 26.51); 6, Stoke 4:00.28 (N. Deakin 27.19); 7, Derby 4:00.48 (H. Leeming 26.51); 8, Bolton 4:02.01 (S. Kenyon 26.23); 9, Small Hth 4:02.23 (L. Cooper 28.05); 10, Hercules W. 4:02.48 (D. Holt 26.55); 11, Cambridge 4:03.07 (J. Julian 27.04); 12, TVH 4:04.10 (J. McNamara 27.21); 13, Bristol 4:05.02 (R. Winters 27.50); 14, M & D 4:05.14 (G. Entwistle 28.11); 15, Medway 4:05.17 (S. Farley 28.30); 16, Belgrave 4:05.20 (T. Hart 27.38); 17, Portsmouth 4:06.29 (G. Gough 27.46); 18, Notts 4:06.53 (P. Bourne 28.38); 19, Cardiff 4:07.53 (J. Walsh 29.43); 20, Salford 4:08.01 (S. Curran 28.22); 21, Wirral 4:08.25 (D. Watson 27.50); 22, Blackburn 4:10.26 (J. Calvert 27.50).

STAGE 12

Robin Davies made no mistake for Birchfield, drawing another quarter minute clear. Mike Tagg came up with the second best time of the day, while Ricky Wilde—who has been training only three or four times a week and remains disenchanted with international class athletics—also broke 15 min. Best finish of the day came when former AAA marathon champion Graham Taylor may have broken Sutton Park's 20 mph speed limit in outprinting Ferdie Gilson!

RESULT

1, Birchfield 4:10.58 (R. Davies 14.57); 2, Coventry Godiva 4:11.31 (P. Lancaster 15.12); 3, Tipton 4:13.17 (J. Harvey 15.19); 4, Reading 4:13.53 (M. Duff 15.01); 5, Derby 4:15.22 (M. Tagg 14.34); 6, Hillingdon 4:16.12 (G. Power 15.51); 7, City of Stoke 4:16.45 (P. Goodfellow 15.17); 8, Bolton United 4:17.27 (N. Ward 15.26); 9, Small Heath 4:18.06 (B. Brookes 15.43); 10, Cambridge H. 4:18.23 (G. Taylor 15.16); 11, Hercules Wimbledon 4:18.24 (F. Gilson 15.36); 12, TVH 4:20.04 (G. Smith 15.54); 13, Manchester & Dist 4:20.09 (R. Wilde 14.55); 14, Belgrave 4:21.00 (W. Curtin 15.40); 15, Medway 4:21.31 (E. Broad 16.14); 16, Bristol 4:22.07 (B. Flanagan 17.05); 17, Portsmouth 4:22.29 (S. Gallaway 16.00); 18, Notts AC 4:23.10 (J. Aldington 16.17); 19, Cardiff 4:24.08 (B. Griffiths 16.15); 20, Salford 4:24.18 (R. Proffitt 16.17); 21, Wirral 4:24.33 (M. Knisz 16.08); 22, Blackburn 4:27.41 (K. Metcalfe 17.15).

FASTEST LAPS

Short Stage: D. Moorcroft 14.27, M. Tagg 14.34, J. King 14.47, R. Haswell 14.55, R. Wilde 14.55, G. Spencer 14.56, R. Davies 14.57, J. Whewy 15.00, M. Duff 15.01, J. Kendrick 15.02.

Long Stage: M. Freary 25.47, A. Rushmer 25.58, D. Black 25.59, R. Holt 25.59, I. Stewart 26.01, R. Newble 26.03, D. Lem 26.13, N. Rose 26.19, S. Kenyon 26.23, J. Jackson 26.26, K. Bartlett 26.30, P. Francis 26.32, M. Critchley 26.33, K. Penny 26.33, A. Birks 26.34, G. Stevens 26.35, M. Fuller 26.35, M. Swinbank 26.36, P. Stewart 26.36, K. Hinton 26.37, C. Fay 26.37, R. Taylor 26.39, R. McAndrew 26.41, J. Richardson 26.42, B. Watson 26.43, R. Hill 26.43, J. Wright 26.44, C. Kirkham 26.44, A. Richards 26.46, A. Moore 26.47.

Mel Watman

Lost: At National Road Relay, near the start. One blue nylon tracksuit top. Finder will have postage refunded if returned to Dave Hogg, at 15 Redcar Avenue, Davyhulme, Manchester.

LYNN DAVIES IN ACTION

At Cardiff, May 1st

Madeley College 149, Cardiff College 131, Cardiff AAC 123. 100m: 1, L. Davies (CC) 10.9; 2, A. Barwood (CC) 11.0; 3, J. Chivers (M) 11.2. 200: 1, Chivers 22.7. 400: 1, T. Rodwell (M) 48.2; 2, P. Webb (M) 49.7; 3, G. Ashcroft (CAAC) 50.2; 4, V. James (CC) 50.7. 800: 1, K. Jones (CAAC) 1:54.1; 2, R. Yarrow (CAAC) 1:57.4. 1500: 1, I. Hendry (M) 3:58.0; 2, D. Hopkins (CC) 3:59.4; 3, S. Slocombe (CAAC) 4:01.4. 3000: 1, P. Ratcliffe (CAAC) 8:40.8; 2, D. Hopkins (CC) 8:44.4; 3, R. Hollings (M) 8:55.4. 110H: 1, R. Bergiers (CC) 16.0; 2, J. Lister (CAAC) 16.0. 400H: 1, Burton (M) 56.1; 2, Hooror (M) 56.9. 4x100: 1, Madeley 43.4; 2, Cardiff Coll. 44.3. 4x400: 1, Madeley 3:23.8; 2, Cardiff AAC 3:24.8. LJ: 1, J. Crotty (M) 7.05/23'11"; 2, J. Phillips (CC) 6.84/22'51"; 3, M. King (CAAC) 6.56/21'61"; 4, C. Woolgrove (CC) 6.55/21'51". TJ: 1, Crotty 15.03/49'31"; 2, J. Webb (CAAC) 14.50/47'7"; 3, Phillips 14.00/45'11"; 4, A. Boosey (M) 13.83/45'41"; 5, A. Ward (CC) 13.33/43'81". SP: 1, J. Walters (CAAC) 15.35/50'41"; 2, P. Sutton (CAAC) 13.85/45'51". DT: Walters 45.02/147'8". HT: 1, A. Martin (CC) 43.34/142'2"; 2, D. Benning (M) 42.26/138'8"; 3, G. Window (CAAC) 40.82/133'9"; 4, P. Jensen (CAAC) 39.04/128'1". JT: W. Phillips (CC) 55.78/183'0".

STEVENAGE & NORTH HERTS A.A.

STEVENAGE "10" ROAD RACE

SATURDAY, 29th MAY, 1971, at 3 p.m.

**FROM RIDLINS END RUNNING
TRACK**

Entries: D. G. Mercer, 33 Wellington Road, Stevenage, Herts. **Fees:** 30p per individual, teams 4 to run, 3 to score.

RITA RIDLEY

answers the Questionnaire

Birthplace and date:

Hackney (London), 4.11.1946.

Height and weight:

1.67/5'6", 55kg/122lb.

Clubs:

Essex Ladies and British Milers Club.

Occupation:

Games instructor.

Personal best marks:

400m—58.3, 800m—2:08.2, 1500m—4:15.4, mile—4:46.0, 2000m—6:12.6, 3000m—9:59.6.

Which performance has given you most pleasure?

Three races stand out in my mind—winning first national cross-country title (1969); gaining first Nos Galan sash (1966); gold medal at the Commonwealth Games.

How many days a week do you train and at what time of day?

6-7 days a week; approximately 9 a.m. and 6 p.m.

How long are your training sessions?

30 minutes to 2 hours.

Please describe your warm-up:

Varies according to the training session; e.g. for fartlek I take the first 10 minutes easy; before

a track session I do about 10 minutes jogging, exercises for 10 minutes, then 6 x 100y strides.

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

My training does not fall into any definite pattern but this is an example:—

Monday: (a.m.) 3 miles easy run to work; (p.m.) 10 miles steady road run.

Tuesday: (a.m.) 3 miles easy run to work; (p.m.) either a tempo session or easy cross-country run . . . plus gym session (strength and mobility exercises).

Wednesday: (a.m.) 3 miles easy run to work; (p.m.) track: varies from week to week; e.g. 2 sets of 5 x 400 with short recoveries.

Thursday: (a.m.) 3 miles easy run to work; (p.m.) 1 hour cross-country run.

Friday: (a.m.) 3 miles easy run to work; (p.m.) 5 miles easy run or rest.

Saturday: cross-country race or 1-1½ hours fartlek on country.

Sunday: 10-16 miles run along country lanes.

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

There really is no typical summer week's training because of racing programme and other factors, but in a normal week I would hope to include each of the following:—

- (1) fartlek run.
- (2) fast strides on the grass: 100-300's.
- (3) track session (could be 400's, 600's, 800's or 1200's).
- (4) one hour easy running on the country.

If I was racing then the rest of the week would be taken up with resting and travelling.

Please give details of any weight training:

In the past I have experimented with weight training but did not find it beneficial. The year I did weight training I seemed to suffer many injuries.

Coach:

Tony Elder. (Ron and Madge Merrie coached me from October 1963 to April 1966; Tony Elder from October 1966 to present).

How much of your success is due to coaching?

It is impossible for me to say exactly how much of my success is due to coaching but I feel that I would not have reached my present standard without the help I have had.

How many days rest do you like before competition?

1-2 days depending on the importance of the race.

How often do you like to compete?

About once a fortnight.

What are your targets?

To win the International Cross-Country Championship. On the track: to represent GB for many



Rita Ridley leading from Christa Merten (W. Germany) and Norine Braithwaite in last year's WAAA 1500m, which Rita won in the UK record time of 4:15.4.

Tony Duffy

RESULTS IN BRIEF

March 20th

Salisbury & District 10M. Championship. 1, R. Jeans 53.53; 2, R. Jeffrey 55.23; 3, D. Bradshaw 55.47.

April 4th

Borough of Enfield 231, Crawley 218, Worthing & Dist. 166, Croydon 148, Redhill/Reigate 78, Oxted & Dist. 44. 100m: Prevett (W) 11.2. 1500: N. Toward (Craw) 4:00.2. 5000: 1, Griffiths (W) 14:59.4; 2, R. Simnett (En) 14:59.4; 3, P. Lill (Cro) 15:03.6. HJ: C. Youngs (W) 1.85/6'1". JT: J. James (Cra) 57.90/189'11". (B) M. Stoneman (Cra) 57.82/189'8". (Youths) 400: Cooper (Cra) 53.8. (Women) Croydon 185, Crawley 176, Invicta 44, Redhill & Reigate 43, Worthing 8. SP: S. Barrett (Cro) 12.98/42'7". 2, A. Hildersley (Cra) 10.60/34'9". DT: 1, Barrett 36.38/119'4"; 2, Hildersley 32.34/106'1". JT: 1, J. Randall (Cra) 42.80/140'5"; 2, Carter (Cro) 33.04/108'5". (B) Doughty (Cra) 32.04/105'1".

April 12th

Burn Road H. Mail Road Race. 1, D. Camp (Morpeth) 49.31; 2, N. Rackham (Heaton) 50.31; 3, P. Parker (Gates) 50.47; 4, D. Cockburn (Morpeth) 50.52; 5, P. Barker (M & C) 51.00; 6, C. Vaux (M & C) 51.03; 7, D. Ainslie (P'boro) 51.12; 8, J. Pearson (Mor) 51.15; 9, J. Alder (Mor) 51.23; 10, R. Balding (Heaton) 51.33; 11, P. Veitch (M & C) 51.47; 12, G. Bellord (M & C) 52.48; 13, E. Pomfret (Houghton) 53.21; 14, D. Taylor (NSP) 53.22; 15, D. Cocker (Heaton) 53.22; 16, K. Maughan (Burn Rd) 53.30; 17, R. Dunn (Mor) 53.40; 18, T. Rooke (M & C) 54.02; 19, A. Bone (S. Shields) 54.10; 20, D. Lawther (NSP) 55.02. Teams: 1, Morpeth 151.38; 2, Middlesbrough & Cleveland 154.51; 3, Heaton 155.26. Handicap: 1, Balding (47.33); 2, Cockburn (47.52); 3, Rackham (48.01).

more years to come and to win as often as possible.

What advice would you offer the young athlete or novice?

Get a good coach to guide you in your early days. Do not attempt weight training without expert supervision. Above all aim to enjoy your athletics.

Annual progress:

Year	800m/880y	1500m	Mile
1962	2:38.0y	—	—
1963	2:21.8y	—	—
1964	2:17.5y	—	5:05.8
1965	2:13.7y	—	4:54.8
1966	2:08.2m	—	4:47.9
1967	2:12.5y	—	4:46.0
1968	2:08.2m	4:25.3	4:46.0
1969	2:09.2m	4:15.9	4:46.0
1970	2:08.7m	4:15.4	—

April 17th

Leicester Coritanian 352, Huntingdon 253, Verlea 248, Oxford C. 178, Chelmsford 115, Wycombe Ph. 81, at St. Albans. 100m: C. Monk (Leics) 11.1. 400: 1, P. Walsh (Leics) 50.3; 2, R. Webb (Ch) 50.5. (B) J. Gray (Leics) 51.0. 2 Miles Team: 1, M. Knowles (L) 9:22.0; 2, M. Mills (V) 9:27.6; 3, R. Davies (V) 9:29.6; 4, I. Garside (H) 9:32.6; 5, M. Fletcher (C) 9:44.0. 4x200: 1, Leicester 1:33.5; 2, Chelmsford 1:38.6; 3, Huntingdon 1:39.4. LJ: R. Young (W) 6.68/21'11". SP/DT: E. Palsay (H) 15.02/49'3". & 41.70/136'10". Youths 400: A. Morris (H) 53.6. 4x200: Leics. 1:40.7. (Women) Verlea 363, Oxford L. 350, Notts 338, Leicester 280, Chelmsford 111, Huntingdon 89. 400: 1, S. Grace (O) 61.1; 2, C. Ansell 61.3; 3, S. Ball (N) 61.3. (B) H. Stevenson (N) 61.2. 800: P. Winter (V) 2:18.5. (B) P. Moul (V) 2:22.5. LJ: S. Clelland (L) 5.32/17'5". JT: S. Doughty (V) 33.10/108'7". (Intermediates) 400: S. Russell (N) 62.5. 800: Y. DeVries (C) 2:27.0. Junior 200: 1, A. Naylor (V) 27.5; 2, G. Shirland (N) 27.9.

April 18th

Surrey Beagles 278, Crawley 248, QPH 238, Horsham BS 112, Luton 102, Portsmouth 57. 100m: R. Griffiths (L) 11.2. (B) J. Wilson (QPH) 11.1. 200: Wilson 22.7. 800: 1, F. Graham (L) 1:55.4; 2, K. May (Hor) 1:55.4. 3000: 1, P. Browne (QPH) 8:47.8; 2, J. Luxford (Hor) 8:53.6; 3, J. O'Kane (L) 9:02.0. (B) 1, A. Batestone (Hor) 8:54.8; 2, R. Treadwell (Sy. B-J) 9:05.0. 110mH: H. Rooks (SB) 15.4. 4x100: QPH 43.1. JT: 1, M. Gavrilovic (QPH) 71.42/234'4". 2, J. James (Cra) 63.24/207'6". (B) M. Stoneman (Cr) 58.08/190'7". (Juniors) 100: A. Rose (QPH) 11.5.

(Women) Selsonia 282, Crawley 263, Portsmouth At. 195, Bracknell 160, Surrey Bgls. 111, Luton 105. 400: L. Edwards (Sel) 59.8. 800: 1, L. Cobden (Sel) 2:19.2; 2, D. Schurr (Lut) 2:19.5. 100mH: V. Thompson (Sel) 16.8. HJ: Edwards 1.52/5'0". SP: 1, J. Elsmore (Br) 10.82/35'6". 2, A. Patterson (Sel) 10.42/34'2". DT: 1, Elsmore 42.92/140'10"; 2, A. Hildersley (Cr) 36.96/121'3". (B) J. Thompson (Bra) 41:66/136'8". JT: 1, A. Farquhar (Sel) 43.14/141'7"; 2, J. Randall (Cra) 40.32/132'4". (Intermediates) 200: 1, J. Deeks (Cr) 27.1; 2, J. Jopson (L) 27.1. 1500: 1, J. Piper (Cr) 5:00.2; 2, A. Atherley (Sel) 5:13.5; 3, D. Attwater (Cr) 5:16.3. DT: K. Whitear (Br) 34.34/112'8". (Juniors) 800: 1, S. Pearce (SB) 2:24.4; 2, R. Joyce (Cr) 2:25.3. 1500: 1, M. Cobden (Sel-12) 4:58.0; 2, E. Fairman (Cr) 5:05.9; 3, M. Joyce (Cr) 5:09.1; 4, S. Wiggins (Sel) 5:33.4. HJ: J. Bates (Por) 1.40/4'7". JT: 1, L. Bunce (Sel) 32.82/107'8"; 2, P. Chapman (Por) 31.74/104'2".

Inter-Club, at Peterborough. SP: G. Capes (Birchfield) 17.73/58'2" (16.83, 17.21, NT, 16.89, 17.44, 17.73). DT: Capes 47.20/161'5" (foul at 52.00/170'7"). JT: Capes 57.50/188'8". Women's HJ: K. Whiteman (Kett) 1.55/5'1".

1 Hour Track race, at Uxbridge. 1, J. Julian (Camb) 19,070.45m (10,000 in 31:04.8, 10m in 50.22); 2, J. Brown (Hill) 18,858.15; 3, J. Jones (Windsor) 18,741.30; 4, B. Lamkin (Windsor) 18,506.90; 5, R. Cressey (Hill) 18,438.15; 6, L. Mann (Bel) 18,244.80; 7, R. Franklin (TVH-Vet)

ALDERSHOT, FARNHAM & DIST. A.C.

Inaugural

**GEOFF. SLY MEMORIAL
6 MILES ROAD RACE**

(Under A.A.A. Laws)

ON WHIT MONDAY, 31st MAY, 1971**AT ALDERSHOT MILITARY STADIUM
at 3.45 p.m.**

In conjunction with A.F.D. Men's/Ladies Trophies Meeting. **Entry Fee:** 20p per ind., no team fee. Trophy & Prize to first ind. Prizes to 2nd and 3rd ind. and first Team. Other prizes dependent on entries.

Entries to R. Stonehouse, "Coney Cottage", Seale Lane, Seale, Farnham (Tel: Runfold 2380) by Friday, 21st May, 1971.

**THURROCK HARRIERS
"FESTIVAL OF SPORT"**

Second Annual

YOUNG ATHLETES MEETING

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

SUNDAY, 27th JUNE, 1971**At King George V Sports Ground,
Grays, Essex**

50 EVENTS

Open Events: U/12 Girls, Junior Ladies, Inter. Ladies, U/18 Senior Ladies, U/12 Boys, Boys, Youths & Junior Men. Also Junior Schools Boys & Girls Relays, Senior Men's 10 Mile Road Race & 10,000 Metre Walk.

Details from and entries to R. A. Sales, 78 Orchard Road, South Ockenden, Essex, RM15 6HH. Fees: 15p per entry, 25p Relay teams, all events except Road Race.

ENTRIES CLOSE 12th JUNE**LIVERPOOL PEMBROKE A.C.**

Eighteenth Annual

20 MILES OPEN ROAD RACE

Incorporating Northern Counties A.A. and Cheshire A.A.A. 20 Miles Championships (Under A.A.A. Laws)

SATURDAY, 29th MAY, 1971, at 3 p.m.**From KING GEORGE V PLAYING FIELDS,
LONGVIEW LANE, HUYTON, Nr. L'POOL**

Awards: First 6 ind., prizes £7, £5, £4, £3, £2, £1. First 3 Teams (3 to count) 3 at £1.50, 3 at £1, 3 at 75p. First Veteran £1.50. Ind. winner, 'Coronation' Challenge Trophy, Team winners, 'H. Kelly Memorial Trophy'. Time certs all finishers. **NCAA Awards:** 1st Champ. Plaque & Badge, 2nd Plaque, 3rd Plaque. **Cheshire Cty. Awards:** 1st Badge & Champ. Medal. **AAA Standard Certs.** awarded.

Entry Fees: Ind. 25p, Team 50p (team runners must enter as ind.); NCAA Champ. 37½p; Cheshire Champ. 12½p. All must be over 21 on day. **Entries to A. Napier, 117 Taunton Drive, Aintree, Liverpool, L10 8JN by Sat., 15th May.**

**BASILDON ATHLETIC CLUB
FESTIVAL OF RACE WALKING****SATURDAY, 19th JUNE, 1971**

Events: Boys' 3000m. 1.30 p.m.; Youth/Junior 5000m. 1.55 p.m.; Open 15 Kilo (Men) 2.30 p.m.; Women U/15 2000m. 2.45 p.m.; Women (Senr) 3000m. 2.44 p.m.

£60 WORTH OF PRIZES

H.Q. and Changing Rooms: Nicholas School, Nicholas Lane, Basildon.

Closing date 1st June. Organiser: Bob Hawthorne, 104 Great Spenders, Basildon, Essex. (Tel: Basildon 22991).

**DEVON COUNTY A.A.A. & W.A.A.A.
TRACK AND FIELD
CHAMPIONSHIPS****Saturday, 5th June, 1971****At Clifton Hill Track, Exeter**

Enquiries and Entries to:—

Women's Events:—Mrs. E. Broadway, 33 Birchy Barton Hill, Exeter. Tel: Exeter 71905.

Men's Events: R. W. Davey, 35 Park Road, St. Marychurch, Torquay. TQ1 4QR. Tel: Torquay 38091.

INSURANCE ATHLETIC ASSOCIATION**TRACK & FIELD
CHAMPIONSHIPS****AT MOTSPUR PARK****On Tuesdays, 22nd and 29th June, 1971****SENIORS ● JUNIORS ● LADIES**

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

ENTRIES CLOSE 22nd MAY. 1971**FAVERSHAM
WHIT-MONDAY SPORTS**

(Under AAA & WAAA Laws)

31st May, 1971, 2.30 p.m.

Men: 17 Kilometres (Approx. 10½ Miles) Road Race.

Veterans: 100, 400 Handicaps.

Women: 100, 200, 800, 4x100 Relay.

Junior Women: 100, 800, 4x100 Relay.

Girls Under 13: 800 Handicap.

Boys: 100, 800.

Entry Fees: Men & Women 15p, 2nd event 10p Juniors 10p. Relay teams 30p.

Entries close 17th May to G. C. Ely, 19 Court Street, Faversham, Kent.

New Zealand marathon star Jeff Julian leading from John Brown in the one hour track race at Uxbridge. They finished first and second, with Julian covering 19,070m or 11 miles 1,496 yards.



Mark Shearman

18,086. Teams: 1, Hillingdon 54,988.70m; 2, Windsor 54,727.20m.

Maidenhead Open Meeting. 100/200: I. Matthews (TVH) 11.1/22.3. 400: 1, D. Patey (S'gate) 50.5; 2, D. Knight (Ox. C) 51.3. 1500: A. McKellan (S'burn) 4:02.8. 5000: 1, M. Duff (Read. Un) 14:36.4; 2, M. Dennett (Read. Un) 15:00.6. TJ: 1, Young (Wy. P) 13.83/45'4"; 2, James (Wind) 13.56/44'6"; 3, R. Amoroso (Wind-J) 13.12/43'0". SP: 1, N. Griffin (Wind) 13.65/44'9"; 2, T. Walhen (B'ht) 13.17/43'2". (**Juniors**) 100/200: D. Webb (Wyc. P) 11.6/23.5. 1500: 1, S. Gillespie (S'burn) 4:05.0; 2, C. Calvin (Hill) 4:05.0. 3000: Kocher (S'ton) 9:08.4; 2, P. Flavell (Ox. C) 9:12.2. SP: J. Turton (Read) 14.51/48'7". Boys 200: A. Martin (Hill) 25.8. 3000: M. Nolan (Woking) 9:56.0. (**Women**) 100m: J. Franklin (Mx L) 12.8. 200: L. Hagen (BoE) 26.6. 400: Franklin 60.3. Junior 200: 1, J. Coleshill (Hill) 26.9; 2, J. Buckle (Barnet) 27.9.

Mike Cushion throws 53.08/174'2"

April 24th

Cambridge Univ. 132, Woodford Green 109, Borough of Enfield 80. 100m: 1, T. Newman (WG) 11.0; 2, S. Williams (CU) 11.3. 200: Newman 22.8. 800: 1, N. Wingfield (C) 1:57.4; 2, A. Channing (W) 1:58.8. 3000/2000mSC: J. Rix (C) 8:44.2/6:17.6. 110mH: 1, R. Thompson (C) 15.7; 2, D. Clark (E) 15.8. HJ: J. Ellicock (C) 1.78/5'10". SP: M. Cushion (WG) 14.16/46'5". DT: 1, Cushion 53.08/174'2"; 2, Clark 44.40/145'8". HT: 1, M. Cheater 53.80/176'6"; 2, C. Foreman (WG) 38.10/125'0". JT: Gosden (C) 50.74/166'5". 4x200: 1, Woodford Grn. 1:32.4; 2, Enfield 1:33.2. (**Juniors**) 100m: I. Hardie (WG) 11.4. 200: M. Blackman (WG) 23.4. Woodford Green Club Trials (HT): 1, P. Aston 54.44/178'7"; 2, M. Cheater 52.58/172'6".

Newcastle Univ. AC Trials. 1500: J. Hillen 4:02.0.

April 25th

Mitcham AC Open DT competition, at Car-

shalton. 1, A. Kerr (Hill) 48.58/159'4"; 2, N. Kitchen (Herc Wim) 41.52/136'3". (**Juniors**-1.75k) 1, P. Sharman (TVH) 40.48/132'10"; 2, A. Makowski (Herc W) 38.98/127'11". (**Women**) 1, L. Irish (LOAC) 43.42/142'5"; 2, M. Pulman (LO) 42.04/137'11"; 3, J. Kerr (Mitcham) 40.48/132'10"; 4, S. Barrett (Croy) 38.50/126'4"; 5, Y. Starling (Dert. PE) 37.38/122'8".

Bournemouth Open Spring Meeting. 5000: 1, P. Banning (Andover) 14:32.0; 2, N. Rose (Bristol) 14:46.0. 400H: W. Groome (B'mth) 57.7. HJ: 1, J. Payne (B'mth) 1.83/6'0"; 2, C. Boreham (B'mth-J) 1.73/5'8". SP: P. Rees (S'ton) 14.00/45'11". (**Intermediates**) 100/200: L. Nash (S'ton) 12.3/25.7.

April 27th

Loughborough Colls. AC Club Championships. 100m: Meredith 11.5. 200: 1, Thompson 22.5; 2, J. English 22.8; 3, Meredith 22.9. 400: English 50.0. 1500: I. Hicks 4:01.6. 110mH: D. Kidner 16.1. 3000mSC: 1, K. Sibson 9:50.0; 2, S. Mitchell 9:50.0. 400H: C. Portch 58.0. HJ: 1, Phillips 1.83/6'0"; 2, Kidner 1.78/5'10". PV: 1, S. Chappell 4.11/13'6"; 2, Kidner 3.68/12'1"; 3, P. Goulding 3.50/11'6"; 4, Griffith 3.50. TJ: 1, L. Dick 13.69/44'11"; 2, Amoroso 13.41/44'0". SP: M. Churchward 13.94/45'9". HT: 1, Whitehead 49.98/164'0"; 2, Higgins 41.28/135'5".

NORTHUMBERLAND & DURHAM "20"

At Stockton, April 24th

1. N. Rackham (Heaton)	1:43.55
2. J. Pearson (Morpeth)	1:44.12
3. J. Alder (Morpeth)	1:45.30
4. C. Vaux (Middlesbrough) 1:45.38; 5. D. Gray (Mor) 1:47.50; 6. T. Flory (M & C) 1:48.49; 7. T. Rooke (M & C) 1:52.19; 8. D. Coker (Heaton) 1:53.35; 9. E. Hudspith (Morpeth 'B') 1:54.03; 10. P. Martin (Durham Un) 1:54.13; 11. K. Maughan (Burn Rd) 1:54.32; 12. B. Cordes (Mor) 1:54.57; 13. D. Patten (Mor) 1:58.37; 14. G. Storey (Sund) 1:59.00; 15. B. Kirkley (S. Shields) 1:59.02.	
Teams: 1, Morpeth 10; 2, Middlesbrough & Cleve. 17; 3, Heaton 28; 4, Morpeth 'B' 38.	

Overseas News and Results

Jay Silvester's Answer To Ricky Bruch

JAY SILVESTER was not slow to reply to Ricky Bruch's extraordinary start to the season. Making his 1971 debut at the Mount San Antonio Relays on April 24th, the world record holder took advantage of a 25 mph quartering wind to throw 67.16/220'4" . . . and the discus would have gone farther had it not hit a wooden barrier some eight inches above the ground. Silvester commented: "It's a shame these conditions came so early in the year because I have some refining to do on my techniques. I don't really feel confident in the ring yet, and as a result I didn't throw today what I think I can throw when I'm ready". Behind him, five other throwers topped 200ft.

As earlier reported, Bruch threw a legal 66.42/217'11" on April 16th and next day reached 70.12/230'1" with an implement found to be 7.5 grammes (4oz.) underweight. "L' Equipe" has calculated that this was equivalent to 69.82/229'1" with a regulation discus—still well beyond Silvester's world mark of 68.40/224'5". A few days later, again at Malmo, Bruch threw 66.82/219'3" (& 65.70/218'10" and 65.80/215'10"). He currently weighs 132kg/291lb.

More American jottings: Larry Rose had never broken 4:10 in official competition prior to winning the college mile in 3:59.5 (56.7 last quarter) at the Kansas Relays . . . In the open mile, Jim Ryan was 7th at the quarter in 60.7, and took the lead towards the end of the second lap. He covered the last quarter of his 3:55.8 effort in 55.3, passing 1500m in 3:40.2 . . . John Mason, who set a personal best of 3:57.9 in that race, came back only 90 minutes later and ran 9:01.6 in the steeplechase—bettering Andy Holden's previous one-day double of 4:07.9/8:59.6 . . . Another astonishing example of quick recovery: just 35 minutes after an 8:32.2 steeplechase (2nd fastest ever by an American), Jeromee Liebenberg returned for the 6 miles and ran a personal best 28:54.2!

Splits in Steve Prefontaine's 13:01.6 3M were 4:20.0, 4:23.0 and 4:17.6, last 440y in 59.5. In a later meet he clocked a 4:02.6 mile and 8:36.2 2M on the same afternoon . . . Ralph Boston (32 on May 9th) has jumped 7.86/25'9½", his longest since the 1968 Olympics . . . Little Jeff Bennett won two decathlons within three weeks with scores of 7609 and 7665. In open events he has raised his pole vault best to 4.95/16'3" and has even run 440y hurdles in 52.3 . . . Top relay legs in recent weeks have been 19.8 220y by Don Quarrie (Jamaica), 44.7 440y by Edsel Garrison (in which he made up a 20y deficit) and 1:46.8 880y by Dave Morton . . . Lee Evans has come up with a 440y hurdles personal best of 50.2 . . . Mel Pender has clocked a 9.4 100y, at the age of 33 . . . World class long and triple jumper Norm Tate has been credited with windy sprint marks of 9.3 and 10.2

. . . Ghanaian George Daniels, a finalist in Edinburgh at both sprints, has clocked 9.3, 20.8 and 47.1 in the States this year.

Warm weather slowed times in the Boston Marathon. Colombian Alvaro Mejia (30), who won world fame with his 5000m and 10,000m victories at the Little Olympics in 1966, won in 2:18:45, a month after making his debut in 2:17:22.2 . . . Some less conventional marathon performances. At Petaluma, Calif, last December 13th—a race won by Steve Dean in 2:24:44—Maryetta Boitano (7) finished in 3:57:42 ("it was easy" she said). There were 216 finishers in the Mission Bay Marathon at San Diego on January 9th. Bill Clark won in 2:22:38, with Charles Walker (18) 3rd in 2:25:16, Ed Grace (17) 8th in 2:33:26 and Dennis Wilson (14) 24th in 2:43:37! Carolyn McDonald (12) returned 3:37:04. At Anaheim on February 6th, Irishman Pat McMahon winning in 2:18:47.4, Monty Montgomery (64) ran 2:55:45 and Fred Grace was well ahead of his 70 and over world best of 3:44:06 when cramp in the feet forced him to retire 1½M from the finish. Finally, at Las Vegas on February 6th—a race won by Scott Bringham in 2:20:18—David Cortez placed 24th of 96 starters in 3:02:17. He is 12, would you believe?

13.3. Albuquerque. 220y: Branch 20.8, Daniels (Gha) 20.8; 120yH: Walker 13.7; 4x110y: Colorado Un. 39.6. **20.3. Greenville.** 120yH: McDonald (Can) 14.0w. **21.3. Baton Rouge.** 440y: Alexander 46.5. **21.3. Phoenix.** Women's JT: Roberta Brown 56.80/186'4". **24.3. Houston.** DT: Soudek (Austria) 57.40/188'4". **27.3. Texas.** Women's 100y: Orien Brown 10.3w. **28.3. Compton.** DT: Ordway 61.02/200'2". **30.3. Abilene.** 220y: Colglazier 20.8; 440y: Colglazier 46.8, Tamani (Fiji) 47.6; 120yH: Mann 13.9w. **3.4. Lexington.** HJ: Bernard 2.13/7'0". **3.4. W. Long Branch.** 2M: 2, Walsh (RoI) 8:53.2. **3.4. Ogden.** SP: Mercer (Can) 17.55/57'7". **3.4. Northridge.** 100y/LJ/TJ: Mohinder Singh Gill (Ind) 9.7w, 7.36/24'2" & 15.30/50'2¼". **3.4. Westwood.** LJ: 2, Bendixen (Nor) 7.73/25'4¼". **3.4. Hayward.** SP: Marks 18.90/62'0", Samsam (Mor) 18.41/60'5". **3.4. Eugene.** 100y: 2, Martin (Can) 9.5; LJ: 2, Blackman (Aus) 7.59/24'11" w; SP/DT/JT: Wilkins 16.25/53'3¼", 50.20/164'8" & 77.82/255'4". **3.4. Seattle.** 3M: Atkins 13:48.0, BOB MAPLESTONE 13:48.8. **3.4. Pullman.** DT: Van Reenen (SA) 60.20/197'6". **3.4. Spokane.** 3M: Riley 13:33.0, Lindgren 13:35.2. **4.4. Compton.** DT: Ordway 61.90/203'1", Vollmer 60.20/197'6".

6/7.4. Santa Barbara. Dec: Bennett 7609, Gough 7604, Thoresen 7573, BARRY KING 7266, Stewart (Can) 7115, Warkentin 7034. **7.4. Tempe.** 2M: DICK SLINEY 8:47.6; JT: Murro 82.94/272'1". **10.4. Westwood.** 220y: Deckard 20.5; 440y: Garrison 46.9 (& 44.7 relay anchor); HJ: Fletcher 2.14/7'0¼"; PV: Tracanelli (Fra) 5.20/17'0¼"; Carrigan 5.03/16'6"; LJ: (A) McAlister 7.92/26'0" (& 5 fouls); (B) Hines 7.74/25'4¼" w, Jackson

(Jam) 7.55/24'9½" (& 52.3 440yH, 15.30/50'2½" TJ); SP: (A) Ostoich 19.12/62'9"; (B) Lane 19.22/63'0½"; DT: Antunovich (NZ) 59.06/193'9"; 4x110y: USC 39.5 (included two 9.7 100y men!). **10.4. Lafayette.** 120yH: Milburn 13.7. **10.4. Texas.** LJ: Brabham 8.10/26'7" w. **10.4. Utah.** 440yH: Mann 50.2. **10.4. Wichita.** 100y: Branch 9.3, Daniels (Gha) 9.3; 220y: Daniels 20.8 (has also run 47.1 440y this season), Branch 20.8. **10.4. El Paso.** 100y: Jackson 9.3; 220y: Goodrich 20.7, Highbaugh 20.8, Jackson 20.8; Mile: Romero 4:10.4, JOHN BEDNARSKI 4:10.6; HJ: English 2.13/7'0"; SP: DeBernardi 19.53/64'1", Monari 19.20/63'0". **10.4. Eugene.** Mile/2M: Prefontaine 4:02.6/8:36.2; JT: Feldmann 80.60/264'5". **10.4. San Diego.** 100y: Chuck Smith 9.4 (9.3 ht); 6M: Jobski 28:17.0, SLINEY 28:28.2; 120yH: Carty 13.7; 440yH: Evans 50.2, Williams 50.5, Musika 50.9, Johnson (NZ) 51.1; PV: Isaksson (Swe) 5.18/17'0" . . . Seagren failed 5.03/16'6"; LJ: Robinson 7.75/25'5"; SP: B. Wilhelm 19.45/63'10"; DT: Ordway 60.70/199'4", Vollmer 60.08/197'1"; 220y relay leg: Quarrie (Jam) 19.8. **10.4. Athens.** 3M: ED NORRIS 13:46.0; Schoterman 68.44/224'6", (& 53.52/175'7" DT), Accambray (Fra) 66.14/217'0". **16/17.4. Lawrence.** 100y: Branch 9.3; (B) Daniels (Gha) 9.5 (9.3w ht); Mile: Ryun 3:55.8, Von Ruden 3:57.2, J. Mason 3:57.9, Lawson 4:01.2, Carlberg 4:02.2; (B) Rose 3:59.5, Labadie 4:00.4, Maddaford (NZ) 4:02.6; 3M: Shorter 13:08.6, Gross 13:24.8, Jones 13:25.2, Oukada (Mor) 13:26.2, McDonald 13:28.0; 3000mSC: Nightingale 8:40.8, Sink 8:44.8; 440yH: Cronholm 50.5, Bolding 50.6, Minor 50.7; PV: Roberts 5.10/16'9"; LJ: Brabham 7.99/26'2½"; SP: Matson 20.81/68'3¼", Feuerbach 20.57/67'5¼", Salb 20.37/66'10", S. Wilhelm 20.19/66'3", B. Wilhelm 19.53/64'1"; (B) Salb 19.97/65'6¼", S. Wilhelm 19.17/62'10¼"; JT: Morland 79.26/260'0"; Dec: Jenner 7330; 4x110y/4x220y: Texas A&M 39.9/1:22.1; 4x440y: Rice 3:07.0, Texas 3:07.2 (Morton 45.0); Mile Medley: Texas 3:16.7 (Morton 1:46.8). **17.4. Columbus.**

HJ: Bowers 2.14/7'0½". **17.4. San Jose.** 220y/440y: Evans 21.3/47.4; SP: Marks 19.49/63'11½", Sam-sam (Mor) 19.04/62'5½" (rec); DT: Ordway 62.14/203'10", Powell 61.14/200'7". **17.4. Santa Barbara.** SP: 2, KING 15.29/50'2". **17.4. Whittier.** LJ: Proctor 7.79/25'6¾". **17.4. Albuquerque.** 440y: Fredriksson (Swe) 47.1; 880y: Ericson (Swe) 1:48.8. **17.4. El Paso.** 440y: Tamani (Fiji) 47.2; 3M: BEDNARSKI 13:55.6; HJ: English 2.14/7'0½"; SP: Monari 19.49/63'11½", DeBernardi 19.40/63'8"; DT: Louisiana 59.46/195'1". **17.4. Los Angeles.** DT: Antunovich (NZ) 60.18/197'5". **17.4. Eugene.** Mile: K. Kvalheim (Nor) 4:00.2; 3M: Prefontaine 13:34.0; 3000mSC: Lathers (18) 8:47.4; JT: Kennedy (Rhod) 74.60/244'9".

17.4. Knoxville. 100y: Crockett 9.3; 440y: T. Turner 46.2; 880y: Winzenried 1:47.5, Colburn 1:48.6; 3000mSC: Liebenberg 8:32.2; 120yH: High 13.5, Murray (Jam) 13.7, Mattina 13.7; 440yH: Steele 51.0; LJ: Boston 7.86/25'9¼"; TJ: Rencher 16.05/52'8"; DT: Knop 61.32/201'2", Drescher 60.70/199'2"; 4x440y: Murray State 3:06.3; 880y relay leg: Luzins 1:47.6; Women's 4x220y: Tennessee State 1:37.3 (US rec). **17.4. Compton.** DT: Vollmer 62.94/206'6". **17.4. Indiana.** 220y: Highbaugh 20.7. **17.4. Norfolk.** HJ: Howard 2.15/7'0½". **19.4. Boston.** Mar: Mejia (Col) 2:18:45, McMahon (RoI) 2:18:50, Halberstadt (SA) 2:22:23, Vitale 2:22:45.

23-25.4. Des Moines. 100y: Gray 9.2, Phillips 9.3; 440y: Morton 46.6, Bolding 47.0; 3M: Shorter 13:07.0, Bachelor 13:15.4, DAVE HINDLEY 13:31.8; 6M: (day after) Shorter 27:24.4, Bjorklund 27:24.6, Bachelor 27:36.8, Mesenger 27:47.6, Jones 27:48.4; 3000mSC: Liebenberg 8:43.6; 120yH: Milburn 13.5, Taylor 13.7, McMannon 13.8; 440yH: Mann 50.9, Minor 51.2, Hartwick 51.3; HJ: Matzdorf 2.18/7'1¼", Heikkila 2.13/7'0", Bernard 2.13, David 2.13; HJ (B): Bowers 2.14/7'0½"; PV: Roberts 5.18/17'0", Craig 5.18; SP: Feuerbach 20.06/65'9¼", Salb 19.99/65'7", S. Wilhelm 19.49/63'11½"; (B) Salb 19.92/65'4¼"; JT: Pihl

Jamaica's victorious 4x100 metres relay team at the Commonwealth Games. From the left: Don Quarrie, Carl Lawson, Errol Stewart and Lennox Miller. Quarrie and Lawson are currently performing well in the USA.



Mark Shearman

(Swe) 77.80/255'3"; 4x440y: Abilene CC 3:05.6; Dec: Wanamaker 7693, Jenner 7402. **23/24.4. Philadelphia.** 100y: Green 9.3w; 120yH: Gibson 13.4, High 13.7; 440yH: Steele 51.0; HJ: Howard 2.13/7'0"; PV: Cotton 5.03/16'6½"; SP: Monari 19.85/65'1½"; HT: Schoterman 66.86/219'4"; JT: Murro 81.82/268'5"; 880y relay leg: Liquori 1:48.5.

23-25.4. Walnut. 100y: (windy) C. Smith 9.3, Kemp 9.4, Lawson (Jam) 9.4; (B) Quarrie (Jam) 9.3w; 440y: Evans 46.6; 5000m: A. Kvalheim (Nor) 13:52.0, Young 13:56.4 . . . 4, **DICK SLINEY** 14:04.8; Mile: John Mason 4:10.9 (& 8:51.0 steeplechase), **DICK SELBY** 4:11.9; 10,000m: Ryan 30:16.6, Moore 30:10.8, **JOHN BEDNARSKI** 30:11.8; 120yH: (windy) White 13.5, Davenport 13.6, Carty 13.7, Hall 13.8; 440yH: Williams 51.1, Whitney 51.6; HJ: Brown 2.16/7'1", Culp 2.14/7'0½", Lisby 2.14, Allen 2.14, Dobroth 2.14; PV: Seagren 5.18/17'0", Railsback 5.18, Vaughn 5.03/16'6", Richards 5.03; LJ: (windy) Robinson 8.13/26'8", Whitely 8.08/26'6½", Coleman 7.98/26'2½", Jackson 7.90/25'11½", Proctor 7.87/25'10"; TJ: Tiff 16.41/53'10" w; SP: Matson 20.65/67'9", B. Wilhelm 19.90/65'3½", Marks 19.82/65'0½", Samsam (Mor) 18.93/62'1½", DeBernardi 18.72/61'5½"; DT: Silvester 67.16/220'4", Ordway 63.52/208'5", Powell 63.12/207'1", Vollmer 62.76/205'11", Van Reenen (SA) 61.82/202'10", Drescher 61.12/200'6", Lister 60.64/198'11", Neville 60.32/197'11", DeBernardi 60.30/197'10", Kohler 60.04/197'0"; HT: Frenn 69.42/227'9"; JT: Luke 81.44/267'2", Schmidt 79.92/262'2", Laville (Dom) 77.10/252'11", Skinner 76.60/251'4"; Dec: Bennett 7665, Waddell 7629, Gough 7604, Baker 7286, Sepsy (Rum) 7199 . . . **BARRY KING** withdrew after 5 events, 3687 (11.3, 6.78/22'3", 14.93/48'11½", 1.80/5'10½", 52.1); 5kmW: Dooley 21:53.8; 10kmW: Laird 44:58.4; women's 100y: Chi Cheng (Tai) 10.4; 220y: M. Ferguson 23.9, W. Ferguson 24.0, Piotrowski (Can) 24.0, Laing 24.1; 880y: Hudson 2:09.4, Crawford 2:09.6, Brown 2:09.7; 2M: Bridges 11:03.2; 100mH: Johnson 13.6, May (Can) 13.9; HJ: Brill (Can) 1.78/5'10½"; LJ: Eisler (Can) 6.39/20'11½"; SP: Graham 15.96/52'4½"; DT: Pavelich (Can) 51.70/169'7".

24.4. Stanford. LJ: Hines 7.80/25'7"; SP: Lane 19.27/63'2½"; DT: Antunovich (NZ) 60.30/197'10". **24.4. Westwood.** 220y: Smith 20.6w; 440y: Smith 46.0, Collett 46.1; Mile: Prefontaine 3:59.1, Ritchie (Can) 4:02.8; 4x110y: UCLA 39.7; PV: Hardison 5.04/16'6½", Tracanelli (Fra) 5.04; LJ: McAlister 7.87/25'10", Moore 7.84/25'8½" w, Bendixen (Nor) 7.74/25'4½"; SP: Ostoich 18.84/61'10". **24.4. Berkeley.** LJ: Birkinshaw (NZ) 7.66/25'1½"; JT: Feldmann 80.54/264'3".

S.AFRICA: Rossouw Jumps 7'2"

Barely had the excitement of that thrilling and super-fast 800m involving Dicky Broberg and Danie Malan died down than South African athletics reached another high peak: at the national championships in Pretoria, schoolboy Emile Rossouw, the 17-year-old flopper, won the high jump with a leap of 2.185/7'2". This is not a world's best for his age, as claimed by South

African newspapers (Reynaldo Brown, USA, jumped 2.21/7'3" at 17 in 1968), but is nonetheless a remarkable performance by a lad who was born on December 16th, 1953. Rossouw, who is 1.93/6'4" tall, went on to attempt 2.25/7'4½". There was a national record, too, in the women's event, with van der Linde clearing 1.78/5'10". Such is the popularity of the "flop" in South Africa that the first eight men and first five women all used that style.

The eagerly awaited return match between Broberg and Malan proved sensational but for the wrong reasons. Malan won by inches—only to be disqualified for cutting in front of De Villiers Lamprecht. The title thus went to Broberg, lagging in third place entering the final straight, in 1:48.4. Broberg showed better form in the 400m on the second day, handing Marcello Fiasconaro his first ever defeat at the distance and clocking a personal best of 46.3.

10.3. Pretoria. 800m: Malan 1:48.9; 10,000m: Krogmann 29:42.2 (at altitude); HJ: du Preez 2.05/6'8½"; women's 100m: Boltman 11.7, Viljoen 11.7; 200m: Viljoen 24.0; 400m: Boltman 54.6; 800m: Marais 2:08.8; HJ: v.d. Linde 1.75/5'8½".

13.3. Pretoria. 100m: van Rensburg (18) 10.4, van Zyl 10.4; 200m: van Zyl 21.0. **13.3. Paarl.** HJ: Rossouw 2.08/6'10". **27.3. Benoni.** 100m: Essman 10.4, v.d. Merwe 10.4, van Heerden 10.4; 5kmW: PAUL NIHILL 22:36.2; women's 200m: Viljoen 23.7; DT: Boshoff 51.34/168'5", Joubert 50.48/165'7". **30.3. Johannesburg.** 3kmW: NIHILL 13:02.4, Rijk 13:22. **3.4. Pretoria.** 400m: Fiasconaro 45.9; HJ: Rossouw 2.16/7'1"; 3kmW: NIHILL 12:47.8, Rijk 13:18.6.

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10 & 12.4. Pretoria. (S. African Champs; 15,000 crowd first day, 14,000 second) 100m: van Zyl 10.4; 200m: van Heerden 20.8, van Zyl 20.9, Essman 21.1; 400m: Broberg 46.3, Fiasconaro 46.5, De Marigny 46.8, du Preez 47.1; 800m: Broberg 1:48.4, Lamprecht 1:49.3, Wheeler 1:51.2; 1500m: Lamprecht 3:46.4; 10,000m: Krogmann 29:56.8; 110mH: Holtzhausen 13.8 (eq. rec), Langley 14.1, W. Coetzee 14.3; 400mH: de Nysschen 51.3, Rich 51.8, P. Coetzee 51.9; HJ: Rossouw 2.18/7'2", van Rensburg 2.03/6'8"; PV: v.d. Walt 4.57/15'0"; LJ: Langley 7.87/25'10", Burger (jnr) 7.56/24'9" (7.57/24'10" qual); TJ: Nel 15.69/51'5" (rec); SP: D. Booysen 17.17/56'4"; DT: J. Booysen 49.70/163'1"; HT: Marchant 55.40/181'9"; JT: Binneman 74.28/243'8"; 5kmW: NIHILL 22:31, Vermeulen 23:00; 20kmW: NIHILL 1:33:36.2, Larcombe (18) 1:40:58.4; 4x100m: Police 40.6 (eq. rec); 4x400m: W. Province 3:08.6 (Fiasconaro 45.2). Women's 100m: van Straaten 11.7, S. Viljoen 11.8, Grobler 11.8 (11.7 ht); 200m: van Straaten 23.6, Viljoen 23.9 (23.6 sf), Boltman 24.0; 400m: Boltman 54.6, Bester 55.4; 800m: Marais 2:08.9, C. van Zyl 2:09.7, Adendorf 2:09.9, S. van Zyl 2:10.2; 1500m: S. van Zyl 4:29.8 (rec), Marais 4:40.1; 100mH: (windy) van Deventer (16) 13.7, Brasler 13.8, Schultz 13.8; HJ: v.d. Linde 1.78/5'10" (rec), de Lange 1.75/5'8" (rec); LJ: van Wyk 6.30/20'8", Craven 6.11/20'0" (rec); SP: M. Viljoen 14.46/47'5" (rec); DT: Boshoff 51.50/168'11"; JT: Maree 47.80/156'10"; 4x100m/4x400m: N. Transvaal 45.2/3:48.9 (recs).

NIGERIA

The All Nigeria Senior Open Championships at Lagos from March 25th to 27th were held in exceptionally high humidity, even for the country. Most of the best performances were recorded by juniors, which augurs well for Nigeria's athletic future. A feature of the championships was the appearance of the first white competitor for many years, Rev. Sean Healy from the Republic of Ireland.

11-13.3. Kaduna. (114° F!) 6M: Healy 31:02.2; women's 100y: Jinadu 11.5; 440y/880y: Raymond (15) 63.0/2:31.3. **25-27.3. Lagos.** 100y/220y: Majekodunmi 9.8/22.0; 880y: Addeh 1:56.5; mile: Abidoye 4:13.5; 3M: Abidoye 14:22.0 . . . 5, Healy; 6M: Bature 30:43.6 . . . 3, Healy; HJ: Tuoyo 1.98/6'6"; PV: Aturu 3.81/12'6"; LJ/TJ: Igun 7.47/24'6" & 15.64/51'4"; SP/DT: Anukwa 14.73/48'4" & 45.16/148'2"; JT: Chai 60.02/196'11"; women's 100y: Uko 11.2; 440y: Umiah 60.2; 880y: Adeleke 2:21.9, Raymond 2:28.3; HJ/LJ: Oshikoye 1.62/5'4" & 6.14/20'2"; SP: Onubogu 11.43/37'6".

UGANDA

Highlight of a pre-season track meeting at Kampala on April 17th was the form shown by John Akii-Bua, who clocked 52.1 for 400m hurdles Akii, now able to lead with either leg, should run under 50 sec this year and will be a great Olympic threat in Munich. Bill Koskei is now living in Kenya. William Dralu won the 400m in 48.2 from Akii (same time), and this 10.1 sprinter could be under 46.5 this year. Third place went to a 6'2" tall newcomer called Ayo—49.0



WILLIAM DRALU

10.1 100m man now running 400 metres

Fionnbar Callanan

in his FIRST EVER race! Judith Ayaa won the 100m in 12.6 and 400m in 57.8. **Malcolm Arnold**

INDIA

The starter at the Indian Championships, Mr. Ajit Singh Khullar, seemed unable to get hold of a starting pistol for the men's and women's 100m. Instead he used a shot gun with live cartridges!

6/7.1. Gurdaspur. (Indian Champs) 100m: Ramaswamy 10.5; 200m/400m: Bachan Singh 21.9/47.8; 800m: Sriram Singh 1:50.5; 1500m: Dasaundha Singh 3:56.8; 5000m: Amrik Singh 14:55.8; 10,000m: Bajrang Ram 31:22.4; Mar: Zora Singh 2:24:44; 3000mSC: Gurmej Singh 9:10.4; 110mH: Nirmal Singh 14.4; 400mH: Jasbir Singh 53.7; HJ: Bhim Singh 2.00/6'6" (rec); PV: Pandey 3.95/12'11" (rec); LJ/TJ: Raghunath 7.41/24'3" & 14.61/47'11" (rec); SP: Gurdip Singh 16.01/52'6" (rec); DT: Kumar 50.12/164'5"; HT: Balbir Singh 51.52/169'0"; JT: Raj Singh 65.34/214'4"; Dec: Putter 6105; 20kmW: Billu Ram 1:37:47.4; 50kmW: Ram Narain Singh 4:36:58.4; women's 100m: Chaterji 12.6; 200m/400m: Sandhu 25.3/57.7 (a nationally acclaimed figure since her Asian 400m victory); HJ: Dass 1.30/4'3" (rec); LJ: Nandy 5.03/16'6"; SP/DT: Paul 11.00/36'1" & 33.72/110'7". **Ranjit Bhatia**

Derby Again In Herringthorpe Relay

Team effort rather than individual brilliance brought Derby & County AC their tenth victory in fourteen years in the Herringthorpe Road Relay at Rotherham on April 24th. There were, however, spells during the 4 x 4 miles event when they could have done with a dash of ginger to pep their performance. Derby's biggest margin was on the second stage when Harry Leeming opened a gap of 25 seconds over Derek Pratt (Sheffield), Paul Varney (TVH) and John Lunn (City of Leeds). Leeming was sent off on his stint by another of Derby's warhorses, Peter Calladine, who returned 19.10 for the opening lap.

Tony White (Longwood) 19.12, Ian Wainwright (Sheffield UH) 19.14, Dai Davies (TVH) 19.20; Pete Bourne (Notts) 19.27, and Tom Pugh (Hallamshire) 19.31, all scrambled to the change over, keeping the race alive. It was Pugh's swansong. He emigrated to Australia a few days later, but the rest of the competitors did not make it a benefit for him and his team mates. After Leeming had completed his stage, Wally Bent, formerly of Leicester, soon had the lead wrested from him by Mike Baxter. The Commonwealth 5000m runner bounded along and the only resistance came from Keith Angus, who followed in the Leeds runner's slipstream.

At the finish of the third stage, Baxter with a time of 18.04 had notched the fastest of the day. Angus, in second place, returned 18.44, then into the change-over came Bent (19.15); Bob Ellis (TVH), over a minute behind the leaders, and

John Prater of Hallamshire with an overall time of 58.53 compared to Leeds' 56.50.

Trevor Wright soon whittled away the margin, and brought Hallamshire into third finishing with the fastest time of 18.00, 13 seconds slower than the record he set last year. Domleo restored Derby's lead, and Ron Pannell of Leeds, a former Yorkshire 10 miles champion, kept a cool head and gained second place.

Joe Lancaster

1, Derby & County H (P. Calladine 19.10, H. Leeming 18.52, W. Bent 19.15, A. Domleo 19.10) 1:16.18.

2, Leeds City (B. Kilner 19.37, J. Lunn 19.09, M. Baxter 18.04, R. Pannell 19.55) 1:16.45.

3, Hallamshire (T. Pugh 19.31, D. Barker 19.27, J. Prater 19.56, T. Wright 18.00) 1:16.53.

4, Sheffield UH (I. Wainwright 19.14, D. Pratt 19.13, K. Angus 18.44, R. Mitchell 21.08) 1:18.19.

5, Derby 'B' (E. Guildford 19.47, K. Northard 19.49, D. Rhodes 19.50, G. Lawrence 19.53) 1:19.19.

6, Thames Valley (D. Davies 19.20, P. Varney 19.20, B. Ellis 19.28, G. Smith 23.02) 1:21.10.

7, Derby 'C' 1:21.29; 8, Notts AC 1:22.05; 9, Longwood 1:22.44; 10, Rotherham 1:22.45; 11, Lincoln C&C 1:24.39; 12, Sheffield UH 'B' 1:25.10; 13, Hallamshire 'B' 1:26.29; 14, Rotherham 'B' 1:34.42.

Fastest (4M) Wright 18.00, Baxter 18.04, Angus 18.44, Leeming 18.52, Domleo 19.01, Lunn 19.09.

TIPTON ROAD RELAY

April 24th

1, Tipton (K. Rollason 16.43, K. Boyden 16.58, A. Richards 16.51, J. Wright 17.08, D. Fownes 16.57) 1:24.37.

2, Coventry Godiva (W. Adcocks 17.04, J. Wheway 17.09, K. Bartlett 16.48, J. Hammond 16.49, P. Lancaster 17.02) 1:24.52.

3, Tipton 'B' (J. Harvey 17.06, J. Edwards 17.07, A. Bradley 17.31, P. Allen 17.33, M. Orton 17.29) 1:26.46.

4, Small Heath (G. Taylor 17.18, G. Davies 18.03, J. Rowe 17.50, R. Calvert 17.38, T. O'Reilly 17.24) 1:28.13.

5, Birchfield (M. Bardsley 17.02, R. Davies 17.34, R. Bartlett 17.39, K. Deathridge 18.15, R. Parker 18.42) 1:29.12.

6, Tipton 'C' (R. Griffin 17.51, M. Evans 17.45, A. Johnson 17.51, B. Mills 17.57, A. Grice 18.04) 1:29.28.

7, Coventry Godiva 'B' 1:30.06; 8, Tipton 'D' 1:31.49; 9, Worcester 1:32.35; 10, Small Heath 'B' 1:32.38; 11, Nuneaton 1:33.35; 12, Halesowen 1:33.37; 13, Tipton 'E' 1:34.34; 14, Coventry Godiva 'C' 1:34.57; 15, Shrewsbury 1:36.03.

Fastest (3½M) Rollason 16.43, Bartlett 16.48, Hammond 16.49, Richards 16.51, Fownes 16.57, Boyden 16.58, Bardsley 17.02, Lancaster 17.02, Adcocks 17.04, Harvey 17.06.

CLIVE WATERS MEMORIAL '5½'

At Oxted, April 24th

1, R. Gevers (South London) 27.31
(Record)

2, S. Walker (Thurrock) 27.48

3, P. Adams (Aldershot) 27.56

4, M. Barratt (Ealing) 28.14; 5, K. Wallis (Herc W) 28.16; 6, H. Richards (Shaft) 28.55; 7, D.

Horsup (Thurr) 28.57; 8, R. Bean (E. Sy. H.)

28.59; 9, A. Warren (Eal) 29.11; 10, C. Ward

(Thurr) 29.20; 11, J. Fletcher (AFD) 29.25;

12, D. Staines (Thurr) 29.27; 13, P. Free-

man (Sy. AC) 29.33; 14, A. Sawyer (Sy. AC)

29.42; 15, G. Bradbury (Herc W) 29.49; 16, R.

Church (E. Sy. H.) 29.56; 17, D. Smallbone (Mit)

30.07; 18, R. Reeves (Inv) 30.14; 19, M. Woods

(AFD) 30.16; 20, A. Tunks (E. Sy) 30.17; 21, P.

Leitch (AFD) 30.28; 22, I. Lusty (E&S) 30.31;

23, J. Hyatt (E&S) 30.37; 24, P. Williams (S'ton

Univ) 30.46; 25, A. Pawsey (Mit) 31.07; 26, J.

Snowden (Sy. AC) 31.09; 27, C. Canton (E&S)

31.13; 28, S. Crawte (AFD) 31.16; 29, G. Wood

(Mit) 31.22; 30, J. Phelan (Herc W) 31.26.

Teams: 1, Thurrock 19; 2, Aldershot, F&D 33; 3, Ealing & Southall 35; 4, East Surrey H 44; 5, Surrey AC 53; 6, Mitcham 96; 7, Invicta 98; 8, Croydon 128; 9, E. Surrey 'B' 136; 10, Tonbridge 141.

WHIT MONDAY, 31st MAY, 1971
DUDLEY & STOURBRIDGE HARRIERS
BRIDGNORTH WALK 22 MILES

To summit of Brown Clee and Back

(Under A.A.A. & R.W.A. Rules)

Entry Fee 25p. Entries close 21st May, to E. Horwill, "Pevensey," Enville Rd., Wall Hth., nr. Brierley Hill, Staffs. (Tel: Kingswinford 3851).

HALLAMSHIRE HARRIERS & A.C.
SUNDAY, 23rd MAY, Start 3 p.m.
 At Stanington, Sheffield, under AAA Laws
ERNEST HARPER 10 MILE TROPHY RACE

4 Run, 3 Count. Prizes 1st, 2nd, 3rd Ind., 1st, 2nd, 3rd Teams, 1st, 2nd, 3rd Vets, 1st O/50.

BILL MOUNTAIN TROPHY RACE

3 Miles Youths 16-18 1st September, 1971

JOE WILLIAMS TROPHY RACE

3 Miles Boys 14-16 1st September, 1971

COLTS TROPHY RACE

2 Miles Boys 12-14 1st September, 1971

4 Run, 3 Count. Plaques, Medals Youths, Boys & Colts 1st, 2nd, 3rd Ind., 1st, 2nd, 3rd Teams.

Entry Fees: Seniors—15p Ind., 30p Teams; Youths, Boys, Colts—10p Ind., 20p Teams. Entries close Mon., 17th May, to Mr. R. M. Hobson, 3 Ashbourne Grove, Oughtibridge, Sheffield, Yorks.

LINCOLN CITY & COLLEGES A.C.

OPEN SCRATCH

ATHLETIC MEETING

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

Sponsored by Lincoln Labour Party

BANK HOLIDAY MONDAY, 31st May, 2p.m.

Events—Sen. Men: *100m, 300m, 800m, *1500m, *6 Mile R. Race, LJ, Discus. Jun. Men: 100m, 300m, 1,000m, *3,000m. Youths: 100m, 300m, *3x800m Relay. Boys: 100m, 3x800m Relay. Sen. Women: 100m, 200m, *800m. Inter. Women: 100m, 200m. Jun. Women: 100m, 800m.

Entry Fees: S.M., J.M., S.W. 15p, Yths., Boys, I.W., J.W. 10p. All team races 50p per team.

Venue: City & Colleges Ground, Ravendale Drive, Lonsdales Road, Lincoln.

OVER £170 IN PRIZES & 6 TROPHIES*

Entries close Monday, May 10th, to M. J. Polkingthorne, 11 Westfield Drive, Wragby Road East, Lincoln.

Southfields School (mixed comprehensive) would like to have the services of an athletics coach capable of covering most track and field events, for each afternoon and Tuesday mornings. Write to the Head of P.E., Mr. Quinsey, Southfield School, London, S.W.18.

STOKE TRACK LEAGUE

April 6th

80m: 1, P. Fleetwood (Warr) 9.4; 2, D. Garbett (Cannock) 9.5. 300: 1, Fleetwood 37.3; 2, D. Garbett 38.2. 600: 1, R. Barrington (Stoke) 1:25.6; 2, J. Nichols (Man. Univ) 1:26.1. 2000: 1, R. Harris (Burton) 5:41.6; 2, R. Elliott (Newcastle) 5:41.8; 3, P. Walker (New) 5:53.6. JT: P. Sherlock (Stoke) 57.54/188'9". (Youths) 80m: 1, A. James (Cannock) 9.9; 2, R. Farmer (Tipton) 9.9. 300: K. Butcher (Cannock) 39.7. TJ: J. Howell (Stoke) 12.41/40'8½". DT: Howell 44.44/145'9" (1.5 kilo). (Boys) 80m: 1, G. Hesketh (Cannock) 10.3; 2, B. Bates (Cannock) 10.5. 300: 1, Hesketh 41.0; 2, I. Frost (Stoke) 41.8.

April 20th

80m: 1, J. Harrison (Warrington) 9.3; 2, P. Davies (Lozells) 9.7. 300: 1, Harrison 35.5; 2, Davies 37.0; 3, P. Sankey (Warrington) 37.2. 4, P. Fleetwood (Warr) 37.2. 600: 1, B. Wheatley (Derby) 1:23.3; 2, D. Eaves (Tipton) 1:23.6; 3, A. Barrington (Stoke) 1:23.8; 4, R. Hootor (Madeley) 1:24.7. 2000: 1, R. Elliott (Newcastle) 5:36.6; 2, P. Gostling (Madeley) 5:38.4; 3, A. Reade (Stoke) 5:38.4; 4, A. Adams (Stoke) 5:39.4; 5, L. Kilkenny (Stafford) 5:40.0. DT: A. Drzewiecki (Stoke) 48.94/160'7". HT: 1, M. Jones (Madeley) 48.50/159'11"; 2, D. Benning (Madeley) 42.66/139'11". (Juniors) 80m: 1, D. Garbett (Cannock) 9.9; 2, R. Jones (Stoke) 9.9; 3, P. Smart (Warr) 9.9. 300: 1, Garbett 37.7; 2, Smart 38.9; 3, M. Downes (Stafford) 39.1. 600: Downes 1:25.0. (Youths) 80m: 1, P. Sankey (Warr) 10.0; 2, M. Parton (Newcastle) 10.1. 300: 1, J. Howell (Stoke) 38.8; 2, K. Lovelock (Burton) 39.4. (B) R. Farmer (Tipton) 39.5. LJ: Howell 6.01/19'8½". DT: 1, Howell 44.02/144'5"; 2, P. Carder (W&B) 39.74/130'4". HT: M. Mabbott (Stoke) 45.28/148'6". (Boys) 300: G. Hesketh (Cannock) 41.2; 2, A. Cutress (Trentham JHS) 42.0. (Women) 80m: 1, C. Mulliner (Stoke) 10.5; 2, L. Hampson (Warr) 10.8. 300: 1, Hampson 44.2; 2, W. Green (Stoke) 44.7. 600: 1, W. Green (Stoke) 1:42.9; 2, C. Cliffe (Stoke) 1:44.5. DT: 1, G. Wilshaw (Stoke) 34.58/113'5"; 2, M. Isom (Stoke) 33.76/110'9"; 3, M. Holland (Stoke) 33.40/109'7". (Intermediates) 80m: 1, L. Bentley (Stoke) 11.1; 2, J. Young (C. Streeton) 11.3. 300/600: B. Rudnicki (Stoke) 44.1/1:41.4. DT: E. Vali (Cannock) 33.44/109'8". (Juniors) 80m: 1, A. Pottinger (W'loo) 11.0; 2, K. Hampson (Warr) 11.1; 3, A. McClelland (Chedale Hulme) 11.2. 600: Y. Borton (Cannock S) 1:47.4. (B) C. White (Cannock S) 1:48.7. HJ: R. Woodward (Stoke) 1.40/4'6".

SUSSEX "20"

At Steyning, April 24th

1, P. Moore (Crawley) 1:46.18; 2, J. Awcock (Horsham) 1:46.46; 3, D. Pellett (B & H) 1:47.01; 4, M. Sharp (B & H) 1:52.35; 5, A. Weeks-Pearson (Crawley) 1:52.56; 6, C. Newman (B & H) 1:59.17. Teams: 1, Brighton & Hove 13; 2, Crawley 14.

All Youth marks up to NUTS standards should be sent to Brian Griffin of 22 Githa Road, Hastings, Sussex, this year. For NUTS listing purposes, all Youths are those born in 1954 or later.

Irish Results

Donore 12M Road Relay at Phoenix Park, April 3rd. 1, Donore (M. Connolly, E. Spillane, T. Redican, J. Phelan, J. Sheridan, J. McNamara) 58.15; 2, Clonliffe 59.54; 3, Donore 'B' 60.39; 4, Civil Service 60.45; 5, Dublin City 61.49; 6, Metropolitan 61.56. Fastest: (1M) K. Humphries (Dub) 4.27; (2M) McNamara 9.34; (3M) D. McCann (CS) 14.33.

Raheny Shamrocks 4x3M Road Relay at Raheny, April 4th. 1, Donore (J. Phelan, E. Spillane, K. Dunne, J. McNamara) 52.55; 2, Donore 'B' 53.12; 3, Civil Service 53.53; 4, Clonliffe 55.13; 5, Dublin City 55.25; 6, Donore 'C' 56.50. Fastest: D. McCann (CS) 12.51 (rec; previously 12.59 by M. Neville); J. Sheridan (Don) 13.02, Spillane 13.06. **Juniors:** 1, Clonliffe 56.57; 2, Metropolitan 58.01; 3, Raheny Shamrocks 59.32. Fastest: E. Coughlan (Met) 13.09 (rec), T. Grogan (Clon) 13.10. **Women:** (4x600y) 1, Clonliffe; 2, Raheny Shamrocks; 3, Avondale.

Clonliffe 68, Dublin Univ. 51, Avondale 24 at College Park, April 14th. 220/120H: J. Dillon (DU) 22.8/16.2; Mile: F. Murphy (C) & P. Morley (C) 4:25.2; 3M: G. McIntyre (C) 14:41.6.

Dublin City H 75½, Glasgow Univ. 61½, April 18th. 400/800: K. Humphries (D) 51.6/1:59.1; 440H: J. Dillon (D) 57.0; TJ: S. O'Dwyer (D) 13.63/44'8½" SP: D. Rea (G) 13.19/43'3½".

Univ. College Dublin Champs., April 25th. PV: D. Booth 3.88/12'9".

SALFORD "7"

April 9th

1. C. Fay (Blackburn) 34.55
2. C. Robinson (Rochdale) 35.20
3. A. Blinching (Altrincham) 35.21
4. C. Leigh (Salford) 35.26; 5. R. Hill (Bolton) 35.37; 6. S. Edmunds (Sale) 35.41; 7. J. Balmer (Pem) 36.18; 8. D. Pratt (Sheff UH) 36.18; 9. G. Lawson (M & D) 36.19; 10. R. Swann (Bolton) 36.21; 11. D. Hopkinson (Bolton) 36.28; 12. D. Jones (B'pool) 36.43; 13. S. Clegg (Salford) 36.48; 14. L. Austin (Stoke) 36.55; 15. D. Watson (Wirral) 36.56; 16. R. Gregory (M & D) 37.05; 17. T. Overington (Wirr) 37.06; 18. J. Myatt (Wirr) 37.11; 19. B. Boxen (M & D) 37.12; 20. W. Yale (Bolton) 37.15; 21. D. Jeffs (Wirr) 37.17; 22. D. Hogg (M & D) 37.25; 23. R. Bell (A & SV) 37.31; 24. S. Curran (Salf) 37.38; 25. T. Parker (B'burn) 37.42; 26. G. Entwistle (M & D) 37.43; 27. N. Poole (M & D) 37.48; 28. K. Peers (Leigh) 37.51; 29. G. Plant (MAC) 37.55; 30. K. Mayor (Bolton) 38.02; 31. A. Walsham (Salf) 38.04; 32. M. Smith (M & D) 38.07; 33. D. Blakeley (M & D) 38.13; 34. J. Alcock (Wirr) 38.29; 35. P. Morris (M & D) 38.42; 36. B. Lloyd (Sutt) 38.45; 37. N. Shuttleworth (Bolt) 38.47; 38. G. Williams (Wirr) 38.54; 39. B. Woolford (Sutt) 38.56; 40. R. Wilde (M & D) 38.58. 117 finished.

Teams: 1, Bolton 16; 2, Salford 41; 3, Manchester & Dist. 44; 4, Wirral 50; 5, M & D 'B' 75; 6, Rochdale 114. Vet: Walsham. Under 19: Symonds. Vet. Over 40: E. Johnson (Sutton) 51.21.

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WALKING

Embleton and Nihill Clash Today

IN what should be one of the most exciting clashes yet seen on British roads, Phil Embleton and Paul Nihill will battle for the title of UK 20km walk champion on a demanding circuit which should test all competitors to the limit. With the race acting as virtually the only trial for the European Championships the battle for the vital third place (or third Briton) should be intense. The most likely candidates—Ron Wallwork, Shaun Lightman, Bob Hughes, Bill Sutherland, Ian Brooks and John Webb—have all been in excellent form recently and the rivalry and competition should ensure that the leading duo are not too far ahead at the finish. Others likely to cause surprises are Eric Taylor, Olly Flynn, Don Cox, Peter Marlow and Carl Lawton, while the holder of the title, Wilf Wesch, can be expected to give of his utmost on such an occasion. In the team race no club can afford to be without one of their top four in the quest for a place. Holders, Belgrave, have an excellent chance of retaining the title but will have to watch Surrey WC, Royal Sutton Coldfield, Lancashire WC and Basildon AC, while Southend AC could well get amongst the place medals.

Powerful Bob Dobson wins Southern 10km at Brighton, May 1st. In the beautiful setting of Withdean Stadium with a fine sunny day to set the scene, Bob Dobson took his chance to win this title in fine style with a personal best. Phil Embleton, Shaun Lightman and Bill Sutherland were absentees due to international duty. Walking a very even paced race Dobson was content to lie in the bunch following early leader Brian Armstrong with Peter Selby, Don Cox and Les Dick once Barry Ingarfield had been pulled after 800m. When Dobson put on the pressure only Cox responded but he was soon in difficulties and retired soon after with stomach trouble. Dobson continued to draw well away while clubmate Olly Caviglioli, in his first race of the year, moved relentlessly through the field to take second, displaying his usual superb judgment. 1, R. Dobson (Basildon) 46:14.8; 2, O. Caviglioli (Basildon) 47:20.0; 3, L. Dick (Highgate) 47:42.8; 4, B. Armstrong (Ilford) 48:32.4; 5, B. Hawkins (Met. WC) 48:42.8; 6, A. Ardley (S'end) 48:59.2; 7, I. Richards (Met. WC) 49:08.0; 8, P. Selby (Sy. WC) 49:31.6.

Dave Berry takes Kent '20', April 24th. 1, D. Berry (B'ht) 2:51.06; 2, A. Ardley (Tonbridge) 2:55.09; 3, D. Hopkins (Medway) 2:56.13; 4, M. Fullager (Sy. WC) 3:02.45; 5, R. Fullager 3:02.45; 6, L. Taylor (Camb) 3:04.26; 7, R. Michell (B'ht) 3:07.55; 8, C. Harding (Sy. WC) 3:10.50; 9, A. Haith (Camb) 3:12.16; 10, J. Godbeer (Camb) 3:19.54.

Yorkshire WC Open Promotions. The annual Morecambe Open 20km is due to be held on September 16th, while a new event, "The Samuel Webster Trophy" 8 miles will be held at Bradford on Monday, May 31st at 10.00 a.m. The latter race, as from 1972, will be held on Easter Monday.

Fogg wins at Steyning, May 1st. 1, C. Fogg

(Enf) 2:04.18; 2, D. Watts (Met. WC); 3, D. Read (Steyn).

Flynn wins Chelmsford to Southend, April 24th. 1, O. Flynn (Basildon) 2:35.04; 2, R. Dobson (Basildon) 2:37.46; 3, S. Gower (Ex. Bgls) 2:39.02. 1, Southend 21; 2, Basildon 31; 3, Ilford 49. (Only details available.)

Charles Sowa wins Luxembourg 24 hours at Petange, April 18/19th. In his first venture in the ultra distance field, Charlie Sowa scored a convincing victory over this year's Strasbourg to Paris favourites, Louis Lebacquer and Josy Simon, clocking up 132½ miles. Two grand veterans of the "Strasbourg", Jacques Brandt and Edmond Guny, were their usual consistent selves. 1, C. Sowa (Luxembourg) 214,050m; 2, L. Lebacquer (France) 210,500; 3, J. Simon (Lux) 205,700; 4, Schoukens (Bel) 200,550m.

Klopfer sets three records—but does not finish. (Seattle, March 21st). The German-born US Olympian sets records at 15M (1:52.44), 25km (1:56.53) and 2 hours (15M 1578y) but failed to complete the advertised distance of 26 miles and so cannot have the records accepted.

Some woman! Walking in the National Junior 50km at Hollywood on March 20th, Brenda Whitman finished 6th in 5:58.16. Even more outstanding was the fact that she blasted the last 10km in 56.46 after averaging over 75 mins per 10kms for the first forty!

Record breaking 2 Miles at Brighton? June 19th may see Stan Vickers' 2 miles record of 13:02.4 in great danger when Paul Nihill tackles the now seldom raced distance. Others who have already indicated their readiness to compete include Shaun Lightman and Peter Marlow.

Taylor wins 10km at Bolton, May 1st. In the absence of Wallwork, Tony Taylor led throughout the race and Dave Ward moved through the field, outpacing Eric Crompton of Leyland in the final 1000m to take the first handicap prize. 1, T. Taylor (Lancs. WC) 46.19; 2, D. Vickers (Lancs) 48.27; 3, J. Barraclough (Lancs) 48.27; 4, D. Ward (Lancs) 49.13; 5, E. Crompton (Leyland M) 50.35; 6, R. Marsden (Lancs. WC) 52.44; 7, A. Malone (Lancs. WC) 52.50; 8, R. Higgins (Lancs WC) 53.23.

Schools Road Walking, at Leicester, April 24th. (Intermediate 3M) 1, P. Dallow (Colmers F); 2, J. Lord (St. David's); 3, K. Sturdy (Redditch); 4, R. Chaplin (Lodge F); 5, G. Thomas (Newfield); 6, D. Finch (Redditch). **(Juniors)** 1, B. Lines (Newfield S) 16.03; 2, W. Sowney (Nunnery W) 16.05; 3, J. Hills (Basildon) 16.16; 4, K. Singh (Caludon C) 16.20; 5, M. Taylor (Newfield) 16.29; 6, P. Rodgers (Bridley M) 17.09. Teams: 1, Cardinal Wiseman; 2, Newfield; 3, Colmers Farm.

What a standard! Dazzled by the current fantastic form of Phil Embleton and Paul Nihill, I feel, along with many other keen walking buffs in the UK, that we can now make up for last year's disappointing Lugano Cup display and really get on top of the East Germans and Rus-

sians this year at the 20km distance. However, the East Germans certainly showed they are more than well prepared for the forthcoming championships by their display in the 30km track race in Berlin on April 11th. With Sperling, Staps, Skotnicki and Lipkowski to be added to the first six the top squad appears stronger than ever. The efforts of Zschiegner behind world record breakers Hohne and Frenkel was nothing short of fantastic while both Selzer and Leuschke both showed that the 30km and 50km are well within their capabilities providing Hohne does not compete!

To show the magnitude of the Berlin 30km, imagine passing well inside 94 minutes, maintaining the pace for another 10km, finishing just behind Lugano 20km victor, Reimann, only to discover one is still almost three laps down on Christoph Hohne!

Colin Young

Stevens wins Sussex '20' at Steyning April 24th. Thirty-four-year-old Dave Stevens won not only his first Sussex title but also his first race in the country since moving there nearly 4 years ago when he overhauled pacesetter Dennis Read for a well-earned victory. Usually one who relies on a strong finish, Read had everyone guessing when he opened a big lead after only a mile had been covered and it was felt that he would either win by a large margin or crawl the last few miles. He did neither. True, he faded to the finish, but he did very well to maintain his form to the end with only Stevens, who paced the race perfectly, catching him. Alan Buchanan held third, but lacked conditioning, taking 59 minutes for the last '5! 1, D. Stevens (Steyn) 2:54.17; 2, D. Read (Steyn) 2:55.12; 3, D. Boxall (B & H) 2:58.11; 4, K. Emsley (Stey) 2:59.17; 5, P. Duncan (Stey) 3:00.04; 6, J. Birks (B & H) 3:01.50; 7, A. Buchanan (B & H) 3:10.59; 8, B. Williams (B & H) 3:11.00. Teams: 1, Steyning 12; 2, Brighton & Hove 24. A.B.

Highgate H. fixtures. May 12th—inter club 3000m at Parliament Hill (6.45). June 23rd—A. D. McSweeney Memorial Meeting at Parliament Hill (6.45): 3000m senior and 2000m for juniors, youths and boys. If there is enough support a women's 2000m walk will be put on; anyone interested should contact John Powell, 10 Grange Court, Greenford Road, Harrow, Middx. July 5th—inter club 10,000m (track) at Parliament Hill (6.45). August 11th—inter club 5 miles (road) at Finsbury Park (7). All welcome.

INTER-BANKS 10M ROAD RACE

At Epsom Downs, April 3rd

1, P. Morris (Midland) 51.42 (rec); 2, A. Barlow (Nat. West) 52.45; 3, B. Kilner (Nat. West) 53.42; 4, R. Budd (Lloyds) 54.05; 5, P. Hamilton (Crocker Citizens NB) 54.40; 6, P. Shephard (Lloyds) 54.56. Teams: 1, National Westminster 8; 2, Lloyds 14; 3, Barclays 37.

FAST '10' BY LACHIE STEWART

Lachie Stewart smashed his own Scottish all-comers 10 miles record by 45 sec in retaining the Scottish 10M track title at Scotstoun last Saturday in 47:29.

DAVE JENKINS 46.4!

DAVE JENKINS made an auspicious start to the season with a 46.4 400m in the four cornered contest between Edinburgh Southern Harriers, Heriot Watt, Aberdeen and Edinburgh Universities at Meadowbank last Saturday. In well high perfect conditions, Dave, now a freshman at Edinburgh University, first won the 100 metres with considerable ease in 10.8 and a little later came his great 400m. The latter was remarkable in that from the outside lane he simply tore away from his opponents with almost every stride. This time was a personal best, beating his 46.5 set in Germany in 1969. It was also a new UK-age 18 "record" and the best by any British athlete since 1968. The UK National record of 45.7 could well be eclipsed by Dave this season on the strength of his superb form so early in the season. Ian Walker was pulled out to 49.1 and Graeme Grant clocked 49.6 in third place.

The double by Craig Douglas (800/1500) were efforts worthy of note and this could be the little Borderer's best season yet. At any rate, Edinburgh Southern appear to be gearing up for their arduous National League fixtures. David Wilson, Alan Murray and student Willie Clark all showed promising form.

100m: 1, D. Jenkins (EU) 10.8; 2, G. Borthwick (ESH) 11.3; 3, I. Turnbull (HW) 11.3. 200: 1, Turnbull 22.7; 2, P. Hiscock (ESH) 22.8; 3, D. Combe (ESH) 22.8; 4, N. Hargreaves (EU) 22.9; 5, K. Gray (HW-J) 23.0. 400: 1, D. Jenkins 46.4 (UK best by 18-y-o); 2, I. Walker (ESH) 49.1; 3, G. Grant (HW) 49.6; 4, Hargreaves 50.3. 800: 1, C. Douglas (ESH) 1:53.5; 2, W. Wilson (ESH) 1:58.1; 3, C. Aithie (AU) 1:58.7. 1500: 1, Douglas 3:48.1; 2, H. Johnston (HW) 4:01.5; 3, P. Hackett (HW) 4:05.5; 4, D. Watson (EU) 4:05.5. 5000: K. Ballantyne (ESH) 15:07.0. Non-scoring: 1, I. Elliott (ESH) 14:56.0; 2, T. Coyle (ESH) 14:56.0. 110H: 1, D. Wilson (HW) 15.2; 2, A. Murray (ESH) 15.5; 3, R. Davidson (EU) 15.5. 400H: 1, Murray 56.8; 2, Davidson 57.2; 3, R. Williamson (HW) 57.4; 4, R. Sharp (HW-J) 58.8. 4x100: 1, ESH (Defarrar, Hiscock, Combe, Borthwick) 43.4; 2, Edinburgh Univ. 44.2. HJ: 1, Wilson 1.98/6'6"; 2, K. Clubb (ESH) 1.73/5'8"; 3, Davidson 1.73; 4, Williamson 1.73. PV: 1, W. Swann (ESH) 3.35/11'0"; 2, K. Karlsen (HW) 3.20/10'6". LJ: W. Clark (EU) 6.79/22'3½". TJ: Clark 14.23/46'8¼". SP: A. Sutherland (ESH) 13.42/44'0½". DT: 1, A. Black (HW) 40.74/133'8"; 2, Mackay (AU) 38.50/126'4". HT: G. Applegate (AU) 42.74/140'3". JT: 1, J. Burnett (EU) 55.26/181'3"; 2, Black 52.06/170'9". Match: 1, Edinburgh SH 192; 2, Heriot Watt Univ. 157; 3, Edin. Univ. 148; 4, Aberdeen Univ. 100.

Women

400: A. Dunningan (EAC-Guest) 61.8. HJ: P. Kaus (EAC-Guest) 1.45/4'9". SP/DT: W. Blackwood (MLAC-Guest) 13.00/42'8" & 41.02/134'7". JT: E. Rutherford (EU) 36.30/119'1". Match: Aberdeen Univ. 65, Edinburgh Un. 48.

David Keddle

LETTERS continued from page 17

Cross-Country teams, at all age levels, training more in each successive year; he has been taught to think intelligently about his own training and progress; and he has become an extremely loyal member of our Senior teams.

As a member of our first Cross-Country and Athletics teams he now competes for the School weekly (during term), and sometimes more often. He has competed with the team in events of every kind in all parts of the country, and twice in Belgium. He has had the widest possible opportunities for competition and travel—and he has won two National Schools titles in the process. Almost all his training, except for Sunday sessions, has been from School and with other members of the School team.

At the age of 13 he joined Coventry Godiva Harriers, with my approval and encouragement. I am myself an active Club athlete. The purpose and advantage of this for him was the contact, the friendships, the background, and the preparation for leaving School. He has gained much from his very happy association with the Club. But as far as training and competition are concerned, I am sure that for all important purposes this School provides him with all that he needs, and that it is not in his best interests, at the age of 16, to be a full-time member of both School and Club teams, with all the pressures that this involves for a leading runner.

It is easy for Mr. Moorcroft to say that if David

had run and finished in the first 20 or 30 or 40 Godiva would be champions. No good athlete can compete in a National Championship as a statistic. Immense concentration on the event and seriousness of approach are needed. This year David gave this concentration to the National Schools Championships. At his age it would be folly to concentrate on two "Nationals" in four weeks—although excellent training for seven-day wonders!

Mr. Moorcroft mentions disparagingly the other events in which David ran instead of running in the National Championships—the Coventry Schools' Championships and the Rugeley Bowl Race (not Rugby). These were events for which the whole School team had trained hard since September. It was in any case David's choice—and I am sure the correct one—to run with the team to which he owed the loyalty. It would have been hard for the others, who had trained with him, if they had lost their "star", just when they needed him most, to a team to which he owed no similar loyalty.

The Rugeley Bowl race, in particular, is the climax of the season for many Midlands Schools, with a field of over three hundred. Winners in recent years have been Andy Herry, John Wheway, and Ray Smedley (all, incidentally, on "National" day). David was pleased to win (the School's first Rugeley winner), and to help the team come second. Without him we would have been fifth.

I hope that when David leaves School he will show the same loyalty to Coventry Godiva (or to whatever Clubs he may join) as he has shown this year to his School—a loyalty rather lacking in some Senior members of that famous Club today.

Ted Norrish,

King Henry VIII School, Coventry

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2/3 Stripe Nylon "International" Tracksuits from £3.75. Stamp for leaflet. Yardleysport, Padham, Lanes.

TODAY'S ATHLETE is being widely read. Edited by Brian Mitchell. Published by Pelham £1.75.

Skypole-Catapole-Meteor. Bungs for 150 poles—70p (three for 190p) delivered. Cash with order. Alan Neuff, 20 Thorngrove, Bishop's Stortford, Herts.

1970 Commonwealth Games—Official Report ready soon—£3 incl. postage. Some programmes still available 2/- W. Carmichael, Hon. Secretary, BCG, 16 Gordon Road, Edinburgh EH12 6ND.

WANTED—Back numbers of A.A.A. Coaching Newsletter, Nos. 2, 3, 4, and 24. Prof. J. T. Powell, Univ. of Guelph, Ontario, Canada, will be pleased to pay for any of these copies in order to complete set. Anyone prepared to sell, please contact A.A.A. Coaching Office.

SHROPSHIRE SUMMITS RECORD

Impressive running by members of Stafford AC on April 4th helped secure a record time for the "Six Shropshire Summits" challenge. The course covered a distance of about 33 miles and involved six tough climbs to an average height of 1650 feet. The first man to complete the course was Lawrence Kilkenny who finished in 6 hours 6 minutes, thus slashing the record by 39 minutes. Second was Don Talbot in 6 hr 15 min and third Dave Cowley in 6 hr 31 min.

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ATHLETIC EVENTS

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BROOKMANS PARK

10 MILE OPEN ROAD RACE

(Under A.A.A. Laws)

SATURDAY, JUNE 12th, at 3 p.m.

Officiated by Verlea Athletic Club

For P.T.A. & Barnet Press Trophies

Prizes first 4 Inds. & Teams, first Vet.

Fee: 15p, no charge teams (4 run, 3 score)

FREE TEAS FOR ALL RUNNERS

Entries: T. G. R. Adams, 22 Oaklands Avenue, Brookmans Park, Hatfield, Herts., by May 29th.

CAMBRIDGE & COLERIDGE A.C.

Third Annual

MILDENHALL "10"

(Under A.A.A. Laws)

(Mildenhall off A11) Newmarket-Norwich Road)

SATURDAY, JUNE 26th, 1971, at 4 p.m.

Entry Fees: Ind. 20p, no team fee (3 to score).

Entries to W. A. Spratt, 12 Staples Lane, Soham, Ely, Cambs. (Tel: Soham 553).

Awards: first 6 ind., 1st Vet., first 3 teams.

ENTRIES CLOSE 19th JUNE

THAMES VALLEY POLICE ("E" Division)

10 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 14th AUGUST, 1971 (3 p.m.)

Starting from the University

Sports Ground, Elmhurst Road

Awards—1st, 2nd, 3rd Ind., 1st, 2nd Teams; 1st Vet.; 1st Police Team; Standards and Certificates.

Entry Fees—Ind. 15p, Teams (6 to run, 3 to score) 75p.

Entries close 31st July to Sgt. R. R. Gilham, Thames Valley Police Station, Valpy Street, Reading, RG1 1SA.

WORCESTERSHIRE COUNTY A.A.A.

COUNTY TRACK CHAMPIONSHIPS

SATURDAY, 5th JUNE, 1971

At Abbey Stadium, Birmingham Road, REDDITCH

Enquiries and entries to J. Andrews, 15 Hazelton Road, Marlbrook, Bromsgrove (Tel: 74057).

CLOSING DATE ALL ENTRIES, 15th MAY

REMINDER!

The Vale of Aylesbury Athletic Club's REX FOULKES MEMORIAL TROPHY ROAD RACE

ON 8th MAY, 1971, at 3 p.m.

Note change of venue: now at Quarrendon School, Weedon Road, Aylesbury.

Prizes first 6 Ind., 3 Teams, 1st Vet. O/40. Trophy to first Aylesbury runner.

HIGHGATE HARRIERS

invite Road Runners to their Fourth

LONDON MARATHON

(Under A.A.A. Laws)

FROM COPTHALL STADIUM, HENDON

ON SATURDAY, SEPTEMBER 18th

Start 1.30 p.m.

Awards: Prizes 1st, 2nd, 3rd, 4th, 5th, 6th Individuals; first 3 Teams; 1st Vet.; 1st Novice. London Trophy Ind. winner (holder: B. Allen, Windsor & Eton, 2hr. 25m. 51s.).

Entries and fee 20p to G. Harrison, 62 The Crescent, Abbots Langley, Herts. (Tel: Kings Langley 63317). S.A.E. for further details.

THIS YEAR'S

WELSH AAA MARATHON

AT ABERAVON, PORT TALBOT

is an OPEN EVENT

Bring the family to Aberavon Beach, the biggest beach in the country, for the day,

14th AUGUST

Full particulars and details of the extensive prize list from W. Allen, 27 Blodwen Street, Aberavon, Port Talbot, Glam. (Tel: 3832).

NATIONAL VETERANS

TRACK & FIELD CHAMPIONSHIPS

SUNDAY, JUNE 6th, at 2.00 p.m.

Municipal Sports Ground, OSMASTON PARK, DERBY

Events: All track to 1500m and Field Events
Entries (15p each event) close Saturday, 22nd May to W. J. Taylor, 2 Ridgeway Drive, Ilkeston, Derby.

Also same day and venue—start 12 noon
Inter-County 10,000m Road Veteran Team Race
Awards: Plaques to first 3 teams (4 to count). Prizes first 6 40-49 Group; first 3 50-59; first 3 60 and over—depending on donation of prizes. These Championships are open to all Veterans.

This is a Northern Veterans promotion