

November 10th 1973 Vol. 27 No. 45

# **a**thletics weekly

INCORPORATING  
WOMEN'S ATHLETICS  
MODERN ATHLETICS  
& WORLD ATHLETICS

## INSIDE

- \* UK Junior Girls "Top 20" Lists
- \* Canadian Team for Christchurch
- \* AAA Annual General Meeting
- \* Detection of Anabolic Steroids



**10p**

IAN THOMPSON  
shock winner  
of the AAA  
marathon title  
in 2:12:40.

**Bukta**

STYLED FOR ACTION!

**SHORTS, VESTS AND TRACK SUITS**  
As supplied to the Commonwealth and Olympic Games

All popular colour combinations, a wide range of fabrics. Get your free copy of the Games and Athletics brochure in full colour from your local outfitter or from Bukta, Brinksway, Stockport, enclosing 3p stamp to cover postage.

# British League Asserts Independence

THE British Athletics League will in future operate independently of the AAA, of which it was previously a sub-committee. The League's chairman, Tony Ward, announced this last Monday when it was revealed that Pye Limited, the radio and television firm, are to invest several thousands of pounds for each of the next three years sponsoring and promoting athletics in association with the League. In addition a £500 Pye Gold Cup will be competed for annually by more than 100 clubs in a nationwide tournament—formerly the British Athletics Club Cup.

Commenting on the decision taken at the recent League AGM no longer to be a sub-committee of the AAA, Mr. Ward said: "While we are grateful to the AAA for their great help in assisting and pioneering League athletics in Britain, we feel the time has come to decide our own future and destiny. The League management is basically young and dynamic—composed of people close to athletes themselves and to the grass roots of sport."

Mr. Ward said an important reason for the League's 'divorce' from the AAA is that the League is a UK organisation, with clubs from Scotland and Northern Ireland, while the AAA's jurisdiction covered only England and Wales. Consequently, there was 'a quite extraordinary state of affairs over rules'. Financial considerations had also contributed to the League decision, for had they remained under the AAA umbrella, 10 per cent of the sponsor's cash (that would be some £500 per year) would have gone to the Association's agents. As an independent body, all money goes direct to the League.

The sum involved is the answer to the League's prayers. Previously run on a shoe-string budget, with member clubs having to raise large amounts to cover travel costs (which they have done successfully), the League will now be handed £5000 a year for the next three years—some two-thirds of which will be distributed among clubs participating in the League and Cup. The cash

now available would, said Mr. Ward 'give clubs something to go for in terms of incentives'. In addition Pye would set aside another £5000 a year for promotion purposes.

There are incentives, too, for individuals. Any athlete breaking a British League record will receive a special trophy; any athlete breaking a UK record while competing in a League or Cup event will win an annual grant of £100 through to 1976 to help his or her training for the Olympics; while a world record in the League or Cup will be rewarded with a £500 annual grant.

His or her? Until now the British League and Cup tournaments have been a male preserve, but Tony Ward expressed the hope that a Women's Cup competition would be inaugurated in 1975, and with the success of the various area leagues a British Women's league would be another logical step. He also envisaged a European Club Cup before too long.

All this is exciting and gratifying news. The British League, the development of which owes much to Tony Ward, can now stand on its own feet and attempt to command the national interest it deserves (target attendance for next year's Division 1 matches is 5000). As Jim Aukett says: "It's important that you enjoy athletics and the League and Cup have brought new enjoyment to athletics."

M.W.

## JEFF TEALE CONFESSES

In an exclusive interview in the 'Sunday Mirror', Jeff Teale admits he took anabolic steroids during his international career. He said he made the decision to use drugs after the 1967 AAA Championships (when his personal best stood at 17.12/56'2"), starting with quarter of a tablet a day. In 1958, when he was taking one tablet daily, he improved to 19.18/62'11" and placed tenth in the Olympics. He was taking three pills a day in 1970, the year he won the Commonwealth silver medal, and up to ten by the end of last year. He told the 'Sunday Mirror' interviewers, Kevin Cosgrove and Laurence Turner, that the situation had now got totally out of hand and that the sooner these drugs were banned the better for everyone. (Breakthrough in steroid detection: see page 10.)

## PYE CUP

(formerly the British Athletics Club Cup)

## Hurry!

There is still time to enter the 1974 Competition: Closing date for application for entry forms: Wednesday, November 14th, 1973. Forms are obtainable from the Cup Secretary, George Kirby, 115 Revidge Road, Blackburn BB2 6EE (Tel: Blackburn 663-557).

This is a British Athletics League competition sponsored by PYE OF CAMBRIDGE.

## Ninth North Bucks WOLVERTON "5" MILES OPEN ROAD RACE

Saturday, 24th November, at 3 p.m.  
Ind. & Team Prizes (4 run, 3 score). Entries (20p ind.) by Nov. 13th to M. Callow, 11 Longville, Old Wolverton, Milton Keynes, Bucks. MK12 5PH. (Tel: Wol. 313315). AAA Laws.

Cover photo by Ed Lacey

# ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 27 No. 45

November 10th, 1973

Business Manager: P. W. GREEN

Editor: MEL WATMAN

Editorial Assistant: JON WIGLEY

Subscription Dept. and Distribution:

Miss Y. R. NASH and Miss S. J. BROTHERWOOD

Advertisement Director: P. W. GREEN

Assistant Business and Advertisement  
Manager: TIM GREENSpecial Contributors: CLIFF TEMPLE  
and DAVE COCKSEGE

## REGIONAL CORRESPONDENTS

Wales — Bernard Baldwin. Ireland — Neill  
Morton and Nick Davis. Scotland — James  
Logan.

## OVERSEAS CORRESPONDENTS

Australia—Bernie Cecins. Brazil—Derrick Mar-  
cus. Canada—Lloyd Swindells and Cecil Smith.  
Greece — Antonios Dracos. Czechoslovakia  
—Jan Popper. India—Ranjit Bhatia. Italy—  
Luigi Mengoni and Elio Trifari. Jamaica—Rich-  
ard Ashenheim. Japan — Atsushi Hoshino.  
Kenya—Cliff Roffey. New Zealand—Vic Matthe-  
ws. Poland—J. Kulczycki. Rhodesia—Philip  
Kennedy. South Africa—Doug Coghlan. USA  
—Dick Bank, Elliott Denman, Vince Reel,  
Stan Eales, Garry Hill. USSR—Anatoliy Kash-  
cheyev. E. Europe—Vladimir Visek. Sweden  
—Rooney Magnusson.

## Published by

WORLD ATHLETICS AND  
SPORTING PUBLICATIONS LTD.

## At their Editorial Offices

344 HIGH STREET,  
ROCHESTER, KENT.  
(Medway 44644.)

## Advertisement Department

All communications to:  
The Advertising Director,  
World Athletics and Sporting Publications  
Ltd., 344 High Street, Rochester, Kent.

## Printed by

THE KENT ART PRINTERS, LTD.,  
NEW ROAD, ROCHESTER, KENT, ME1 1DT.

Registered as a newspaper at the Post Office.

## SUBSCRIPTION RATES

Direct subscribers in the U.K. and H.M. Forces.

12 Months (52 issues) £6.00.

6 Months (25 issues) £3.13.

3 Months (13 issues) £1.66.

## All other subscriptions:

(Home) 12 Months £6.76.

Overseas Surface Mail 12 Months £6.50.

Air Mail (Europe) £7.80.

Air Mail (Outside Europe) Rates on application.

## THE WEEK AHEAD

**Saturday, November 10th:** Women's National Road Relay at Uxbridge; South of Thames 'Junior'; Waterloo '8'; Bracknell '10'; Woodbury Relay; Aaron Memorial Races & Senior Cross-Country Relay; Essex Beagles Cross-Country Relay; Polytechnic Cross-Country Races; Sangster/Booth/Tryfan Cross-Country Races; Luton Boys Cross-Country Relay; Glasgow University Open Road Races at Westerlands; Round The Bridges Relay Races at Musselburgh.

**Sunday, November 11th:** Mike Sully Cross-Country Races at Bristol; Warrington Track & Field Meeting at Warrington; Verlea Young Athletes Sunday Cross-Country League at Welwyn; Stewarton Sports Association Races.

**Saturday, November 17th:** North of Thames cross country championship; Cosford Open meeting; Countess Howe women's cross country championship; Epsom '11'; Southern women's senior & junior walk championships at Blackheath; Manchester cross country league at Wythenshawe Pk; Metropolitan cross country league at Welwyn; Mid Lincs cross country league at Blackpool; West Yorks cross country league at Pudsey; North Gloucs women's cross country league at Cheltenham; Medway cross country races; Waterloo schools road races; Kettering annual charity cup race; Mob match, Orion v Ranelagh at Petersham.

**Sunday, November 18th:** Rochester '5' (50th anniversary race); Icknield league at Gaynes Hall.

**Wednesday, November 21st:** London Colleges league; SCAA Open meeting at Crystal Palace.

**South East Lincs cross country league, fixtures 1973.** Nov 10th, Horwich; Nov 24th, Royton; Dec 8th, Farnworth.

**Lots of you are  
going to want to be  
in our shoes.**

**Onitsuka**  
**Tiger**

Sole U.K. Distributors

**Starcraft Sports Co. Ltd.**40 Dane Rd, London, SW19 2NB  
Tel: 01-542 2446/7. Available  
through all leading Sports Shops

# Shettleston Reassert Themselves in "Allan Scally Memorial Trophy" Relay

IN all senses, it was a day of golden glory for Shettleston in their own Allan Scally Memorial Trophy relay at Baillieston on October 27th. Perfect weather, an entry which included every home-based middle-distance runner of note, first-class organisation and a firm reassertion of their competitive standing. Yet, there was a cloud over their prospects of retaining the Trophy: Stewart Easton was 13th on lap one, fully quarter of a mile adrift on Falkirk Victoria's Willie Day and Alastair Johnston (Victoria Park) and 300y down on Ian Elliot (Edinburgh Southern), who had George Brown, Fergus Murray and Don Macgregor to follow. Lachie Stewart, making his first appearance of the season after a protracted cold, had twinges in a knee before the start, but belied any handicap with a sparkling run on lap two which hoisted the host club into the lead, over 100y up on Falkirk Victoria's Willie Sharpe, who had gained a few yards on Hugh Barrow (Victoria Park), with Edinburgh Southern a further 250y in arrears.

## SCOTTISH NEWS

— by Jim Logan

It looked good for Shettleston but David McMeekin took over half a minute out of Dick Wedlock next time round the near-five miles circuit to put Victoria Park's Albert Smith away to a lead 70y over Norman Morrison, with Don Macgregor trailing by over quarter of a mile. The 1973 World Student Games 10,000m silver medalist ran a second faster than his 1970 Commonwealth Games gold medalist colleague to maintain Shettleston Harriers' unbroken grip of the Trophy. Marathon champion Macgregor ate steadily into Smith's lead and eventually brought Edinburgh Southern into second place.

Feature of lap two was a salvage job by Lawrie Spence, who brought Strathclyde University from 50th to 15th, and on lap three fastest man of the day, national cross-country champion Andy McKean, took Edinburgh AC from 13th to fourth. Fastest anchor man was Dave Logue, bringing Glasgow University into fourth place after a steady performance in which the students were never lower than sixth. Strathclyde University, after the dramatic lift by Spence, picked up four places on lap three through Pat MacLagan, and on the last leg Frank Clement took them to fifth overall and second to Glasgow in the Scottish Universities' championship incorporated in the event.

1, Shettleston (S. Easton 24:05, J. L. Stewart 22:23, R. Wedlock 23:25, N. Morrison 22:22) 92:34;

2, Edinburgh Southern (I. Elliott 22:59, G. Brown 24:35, F. Murray 23:54, D. Macgregor 22:52) 93:20;

3, Victoria Park (A. Johnston 22:47, H. Barrow 24:05, D. McMeekin 22:50, A. Smith 23:54) 93:36;

4, Glasgow University (J. Gunstone 23:33, W. Sheridan 24:06, W. Fothergill 24:09, D. Logue 22:11) 93:59;

5, Strathclyde Univ (A. McAngus 26:34, L. Spence 22:18, P. MacLagan 23:37, F. Clement 22:48) 95:17;

6, Edinburgh AC (P. Hay 24:39, R. Knowles 24:05, A. McKean 22:06, R. Morris 24:45) 95:35;

7, Edinburgh Univ 96:13; 8, Glasgow Police 96:26; 9, Springburn 96:47; 10, Law & Dist 97:05; 11, Falkirk Vic 97:10; 12, Cambuslang 98:05; 13, ESH 'B' 98:32; 14, Monkland 99:11; 15, EAC 'B' 99:21; 16, IBM 99:58; 17, Bellahouston 100:39; 18, ESH 'C' 101:24; 19, Aberdeen Un 101:31; 20, Paisley 101:35.

Fastest: McKean 22:06, Logue 22:11, Spence 22:18, Morrison 22:22, L. Stewart 22:23, D. Gunstone (Edinburgh comp) 22:40, Day 22:46, Johnston 22:47, Clement 22:48, Elliott 22:59.

## SCOTTISH WOMEN'S CROSS COUNTRY LEAGUE

### At Lesmahagow, October 20th

1, M. O'Boyle (Victoria Park) ..... 12:50  
2, P. Gunstone (Dundee Hawkhill) ..... 14:05  
3, P. Spence (Rakin Park) ..... 14:12  
4, C. Robertson (ESH) 14:17; 5, S. Hani (EAC) 14:19; 6, N. Morrison (Mary) 14:23; 7, E. Brown (Mary) 14:25; 8, S. Dunn (Mary) 14:26; 9, P. Pride (Strath) 14:27; 10, J. Higgins (Vic Pk) 14:29; 11, S. Brown (Dun Hawk) 14:33; 12, M. Hutton (Law) 14:37; 13, M. Dewar (Unatt) 14:44; 14, E. MacCulloch (Bella) 15:10; 15, G. Clapper-ton (ESH) 15:30.

### Intermediates

1, A. Cherry (Unatt) 10:34; 2, P. Gunstone (Dun Hawk) 10:48; 3, J. Millington (ESH) 11:00; 4, A. Brown (Rankin) 11:07; 5, J. Kane (ESH) 11:08; 6, J. Will (Dun Hawk) 11:16.

### Juniors

1, K. Robertson (Pit) 7:33; 2, F. McKenzie (Pit) 7:43; 3, A. Lind (EAC) 7:44; 4, A. Hunter (Pit) 7:50; 5, L. Hodge (Pit) 8:22; 6, A. Robertson (ESH) 8:23. Teams: 1, Pitreavie 12; 2, Edinburgh Southern 63; 3, Border 66.

### Girls

1, F. Nioxon (Grange) 5:49; 2, L. Johnstone (EAC) 5:57; 3, B. Bryson (Bord) 5:57; 4, S.

Gammack (Pit) 6:08; 5, S. Kiang (Vic Pk) 6:13; 6, J. McEwan (Pit) 6:14. **Teams:** 1, Edinburgh Southern 47; 2, Pitreavie 51; 3, Edinburgh 62.

### Girls U/11

1, H. McDonald (Les); 2, M. Tillie (Edin); 3, D. Christie (ESH). **Teams:** 1, Edinburgh 28; 2, Edinburgh Southern 41; 3, Lesmahagow 50.

### KINGSWAY RELAYS

#### At Dundee, October 20th

1, Edinburgh Southern 34:39; 2, Clydesdale 35:52; 3, Edinburgh 36:06; 4, Edinburgh Southern 'B' 36:51; 5, Aberdeen Un 37:01; 6, Teviotdale 37:37; 7, Hawkhill (Dundee) 38:01; 8, St Andrews Un 38:05; 9, Cupar & Dist 38:20; 10, Pitreavie 39:35. **Fastest:** Gunstone (EAC) 8:23; Murray (ESH) 8:27; Craven (ESH) 8:41; Jones (ESH) 8:43; Macgregor (ESH) 8:48. **(Youths):** 1, Springburn 21:13; 2, Edinburgh 21:27; 3, Geo Heriot's Sch 22:37; 4, Edinburgh Southern 22:43; 5, PAAC 23:35; 6, Montrose 23:11. **Fastest:** 1 eq, Forbes (EAC) & Haskett (Hawk) 6:58; 3, Fleming (Spring) 7:01. **(Boys):** 1, Polbeth 23:02; 2, Edinburgh 23:06; 3, Edinburgh 'B' 23:47; 4, Penicaik 23:15. **Fastest (Senior Boys):** Inners (Pol) 7:16; Jones (EAC) 7:19; Cole (EAC) 7:26. **(Junior Boys):** 1, Murray (Pol) 8:01; Milne (Pol) 8:15; Reid (EAC) 8:21.

### INTER-UNIVERSITIES RACE

#### At Edinburgh, October 20th

The race was held in an almost continuous downpour over the Braid Hills, on a course on which the underfoot conditions had been made difficult after several hours of rain. Dave Logue ran well in the tricky conditions, and pulled away on the second of the two laps to build up a lead of 54 seconds at the finish over Frank Clement, who tired towards the end. Pat McLagan also had a good run and closed to within seven seconds of Clement at the finish. Glasgow took the team race by six points after Newcastle with good packing, almost had a surprise win.

1, D. Logue (Glasgow Univ Hare & Hounds) ..... 31:06  
2, F. Clement (Strathclyde University) ... 32:00  
3, P. McLagan (Strathclyde University) 32:07  
4, J. Walker (Edin Un) 32:16; 5, K. Garrett (New Un) 32:25; 6, W. Fothergill (Glas Un) 32:37; 7, R. Coles (New Un) 32:51; 8, J. Gunstone (Glas) 33:18; 9, I. Mitchell (Glas) 33:32; 10, I. Moncur (Stir) 33:41; 11, P. Pruntham (New) 33:43; 12, A. McFall (Queens) 33:54; 13, C. Bruce (Glas) 33:55; 14, N. Blackley (Edin) 33:56; 15, N. Brown (New) 34:00; 16, I. Malcolm (Edin) 34:14; 17, V. Rutland (New) 34:23; 18, B. Rouse (New) 34:41; 19, R. Thomas (Edin) 34:49; 20, J. Bogan (Gst) 34:55; 21, I. Orton (Edin) 35:04; 22, S. Snekkvik (Strath) 35:07; 23, R. Stone (Stir) 35:11; 24, A. Coutts (Strath) 35:16; 25, C. Baldwin (New) 35:24; 26, M. Logue (Gst) 35:31; 27, R. Orr (Edin) 35:39; 28, D. Houston (New) 35:49; 29, A. Brady (Heriot Watt) 36:00; 30, S. Crawford (Glas) 36:02.

**Teams:** 1, Glasgow Univ Hare & Hounds 67; 2, Newcastle Univ 73; 3, Edinburgh Univ Hare & Hounds 101; 4, Strathclyde Univ 142; 5, Stirling 205; 6, Queen's Un, Belfast 244; 7, Newcastle Univ 301; 8, Glasgow Univ 347; Heriot Watt Univ—did not finish.

The following clubs have been selected to run in the Edinburgh to Glasgow Road Relay Race on November 17th: Achilles (Belfast), Aberdeen, Bellahouston, Clydesdale, Cambuslang, Dumbarton, East Kilbride, Edinburgh AC, Edinburgh Southern, Edinburgh University, Glasgow Police, Glasgow University, Greenock Glenpark, Greenock Wellpark, Law & District, Monkland, Shettleston, Springburn, Strathclyde University and Victoria Park. St Andrews University and Falkirk Victoria are first and second reserves respectively, although St Andrews consider their record deserved a definite place in the classic.

### SOLIHULL CROSS-COUNTRY RELAYS

#### At Solihull, October 27th

**(6x3100m):** 1, Small Heath 54:47; 2, Notts 55:42; 3, Reading University 55:58; 4, Alsager College 56:12; 5, Coventry Godiva 56:15; 6, Birchfield 56:18. **Fastest:** R. Harrison (Leics Un) 8:51; P. Adams (Reading Un) 8:52; J. King (Small H) 8:54; D. Biddell (Small H) 9:00; D. Moorcroft (Cov G) 9:01; C. Falconer (Cov G) 9:03.

**(Youths 4x2700m):** 1, Wolverhampton & Bilston 35:17; 2, Notts 35:57; 3, Derby & Co 36:42; 4, Solihull 37:05. **Fastest:** L. Peck (W&B) 8:30; G. Raulds (Sol) 8:34; B. Moss (Notts) 8:41; M. Cadwallader (W&B) 8:45.

**(Boys 4x2700m):** 1, Birchfield 37:36; 2, Notts 37:59; 3, Wolverhampton & Bilston 38:17; 4, Rugby 38:35. **Fastest:** S. Turvey (Leam) 8:53; S. Green (Tip) 9:00; N. Rose (Cov G) 9:04; D. Wearing (Sol) 9:10.

**(Colts 2700m race):** 1, T. Redman (Leam) 10:14; 2, C. Perkins (B&R) 10:18; 3, S. Bailey (B'field) 10:22; 4, R. Knight (S Heath) 10:26; 5, F. Williams (Tip) 10:33; 6, K. Walsh (W&B) 10:35.

### RAF v. OXFORD UNIVERSITY

#### At RAF Halton, October 20th

1, M. Hurd (RAF) ..... 30:08  
2, R. Crabb (RAF) ..... 30:08  
3, R. Clark (RAF) ..... 30:08  
4, W. Ewers (Ox Un) 30:25; 5, J. Wild (RAF) 30:56; 6, R. Donkin (RAF) 31:08; 7, R. Knutson (Ox Un) 31:14; 8, K. Daykin (RAF) 31:25; 9, W. Tonner (RAF 'B') 31:42; 10, P. Carr (RAF 'B') 31:42; 11, D. Frith (RAF) 31:49; 12, K. Vooght (RAF 'B') 31:50; 13, S. Appleton (RAF 'B') 31:52; 14, J. Duggan (RAF) 31:57; 15, M. Firth (Ox Un) 32:12; 16, C. Lee (RAF) 32:18; 17, R. Brewster (Ox Un) 32:20; 18, G. Aldridge (Ox Un) 32:25; 19, D. Todd (RAF 'B') 32:28; 20, K. Morris (RAF 'B') 32:30. **Teams:** 1, RAF 25; 2, Oxford University 82; 3, RAF 'B' 83; 4, Oxford University 'B' 171.

# Call for Retention of Olympic Walking at Annual General Meeting of AAA

**T**HERE was a clash between the Marquess of Exeter and Harold Abrahams at last Saturday's AGM of the AAA over the circumstances in which the IAAF endorsed the removal of the 50km walk from the Montreal Olympic programme.

Mr. Abrahams, chairman of the BAAB, told the meeting in Birmingham that the walking matter was brought up at the end of the IAAF Congress meeting in Munich and insisted 'there was no discussion'. Lord Exeter, president of the IAAF as well as the AAA, disagreed. He pointed out that he was chairman at the Congress and that when the matter was announced 'no one put forward any better proposals'. Asked if a vote had been taken, he replied: "There was no vote—no one asked for a vote."

The discussion was sparked off by a request from Charles Fogg, representing the action committee of the Race Walking Association, for the AAA to support the retention of walking in the Olympics and to suggest to the IAAF that walking should not be permanently excluded from the Games.

Lord Exeter reiterated the steps by which the decision had been taken, mentioning that among the reasons for the choice of walking as athletics' contribution to the reduction in the size of the Games was that it was practised in less than one-third of the countries affiliated to the IAAF and that there would be traffic problems in the vicinity of the Olympic stadium.

Mr. Fogg asserted that there were other events on the programme which were not universally performed and that the walkers would not object to the 50km being staged on a 5km circuit, there being no need for the race to start and finish in the stadium. Lord Exeter stated that all athletics events had to take place, or start and finish, in the stadium—overlooking the precedent set at Rome in 1960 when the marathon was held two days after the conclusion of the track and field programme on a course which did not involve the stadium.

Mr. Fogg told the meeting that although the decision on walking was apparently taken in Munich at the time of the Olympics, the RWA and even the chairman of the race walking section of the IAAF heard nothing about it until May 1973! "There are thousands of race walkers in this country who train as hard as any other athletes—but we are being thrown out." He suggested that if cuts in the programme had to be made, then one of the other events should bear the brunt next time.

Mr. Abrahams took issue with Lord Exeter over the way in which the Olympic programme was being trimmed. "The modern programme is completely illogical", he declared. The Olympics

were supposed to be for individuals, yet in Munich there were three or four thousand competitors in team events. "If you cut out the team events", he suggested, "you would solve the problem." He said the removal of the 50km walk in Montreal would make a difference of only about 30 competitors. "Perhaps we should cut out the relays; we could stomach that"—a suggestion that met with murmurs of approval.

Lord Exeter dismissed the notion of eliminating team sports. "The National Olympic Committees won't co-operate in throwing out team events. You've got to be realistic. You have all these sports in and the view of the IOC is that everyone has to make a contribution."

Both Barry Willis, AAA secretary, and Ron Goodman, chairman of General Committee, expressed their hope that walking could be restored for 1980. It was agreed that General Committee would discuss the matter with a view to proposing that the BAAB raise the issue at the IAAF Congress in Rome next summer.

Other points from the AGM:

★ The Marquess of Exeter, on being re-elected president for the 38th year, said the time would come—probably in 1976—when he would retire from office.

★ Other officers elected: life vice-presidents, G. M. Adam, W. C. Batson, L. F. Edwards, A. G. McAllister; vice-presidents, W. H. Hayward, S. S. Yarrow, W. Y. Dewing, J. S. Lubbock, L. J. Cohen, C. S. P. Dale, L. H. Golding, R. M. Smith, E. Hopkins, L. R. Jones, C. A. Sinfield, L. R. Truelove; treasurer, F. J. Martell; secretary, B. E. Willis.

★ John Martell announced a surplus of £11,055 in his treasurer's report for the year ended March 31st, 1973, and since then he could report another 'athletically and financially successful summer'.

Mel Watman

## NEW ZEALAND

Recent marks include 18.21/59'9" shot by Robin Tait and 4:28.0 1500 by comebacking Sylvia Potts.

## INDIA

**15/16.9. Patiala.** 400: Sriram Singh 47.0, Thomas 47.6, Sucha Singh 47.8; LJ: Yohannan 7.56/24'94"; SP: Jagraj Singh 17.84/58'64" (rec); DT: Praveen Kumar 56.74/186'2" (Asian rec); HT: Ajmer Singh 62.78/206'0"; JT: Raj Singh 70.18/230'3" (rec), Kidiyoor 69.90/229'4"; 20kmW: Xavier 97:32.4; women's 800: Nathan 2:14.2 (rec).

(More overseas news on pages 18 and 19.)

# adidas

## Cross Country SL '72 Runners

SL '72

A fabulous training shoe.  
Every technical advantage  
has been incorporated into this model  
to relieve strain on the achilles tendon.  
Long wearing traction tread sole  
wraps securely around the thick  
heel wedge for a truly cushioned run.

**Cross**  
The ideal light weight shoe  
for cross country running.  
Uppers made out of  
a synthetic waterproof material.  
Heel wedge. Special sole  
that provides excellent grip.

New in the adidas-line:  
Windbreakers for sport and  
leisure. These light and  
comfortable all purpose  
models are completely  
wind and waterproof.



# RESULTS IN BRIEF

## October 6th

**East Surrey League (Road), at Epsom.** 1, T. Baker (Surr B) 21:08; 2, P. Hamilton (Croy) 21:30; 3, H. Richards (E&E) 21:42. **Team:** Croydon.

## October 13th

**Bilborough Schools Road Relay.** 1, St. Bede's GS 1:25.06; 2, King Henry VIII 1:25.11; 3, High Pavement 1:25.49; 4, Bishop Vesey's GS 1:25.56; 5, Cheadle Hulme 1:26.41; 6, Ullathorne 1:27.44; 7, Bablake 1:27.59; 8, Queen Elizabeth's 1:28.37; 9, Newcastle HS 1:28.44; 10, Sir Thomas Rich's 1:29.16. **Fastest:** R. Melton (Bishop Ves) 15:43.

## October 14th

**Cardiff Schoolgirls cross country league at Llanrumney.** (Seniors) 1, A. Cummings (Llan); 2, A. Cook (Card); 3, B. Wilson (B Hann). **Teams:** 1, Lady Mary 128; 2, Bishop Hannon 119; 3, Llanrumney 104. (U/14): 1, D. Lewis (Card); 2, S. Bird (Llan); 3, C. Azzopardi (Cant). **Teams:** 1, Cardiff 361; 2, Llanedeyrn 345; 3, Bishop Hannon 331. (Juniors U/12): 1, G. Reece (Cant) 13:27; 2, G. Cross (Llan) 13:38; 3, L. Sweeney (Lady M) 13:40. **Teams:** 1, Bishop Hannon 387; 2, Llanrumney 379; 3, Cantonian 368.

## October 17th

**Wilts & Border RAF Cross-Country League, at St Athan.** 1, M. Hurd (Abing) 31:28; 2, K. Best (St Ath) 31:48; 3, B. Tonner (B Nort) 32:05; 4, B. Woodward (St Ath) 32:21; 5, J. Duggan (B Nort) 32:37; 6, V. Phillips (Hull) 32:51; 7, J. Brolly (Lock) 33:07; 8, D. Robbins (Swan) 33:26; 9, G. Stanton (Hull) 33:40; 10, M. Morris (Upavon) 33:48. **Teams:** 1, Brize Norton 271; 2, Hullavington 267; 3, St Athan 238.

**RAF London Cross country League, at RAF Henlow:** 1, Donkin (W Dray) 30:56; 2, Todd (Hen) 31:16; 3, Bott (Chess) 31:41; 4, Marshall (Halt) 32:04; 5, Robertson (Stan Pk) 32:22; 6, Vooght (H Wyc) 33:06; 7, Thomas (N'hoit) 33:18; 8, Wall (Halt) 33:32; 9, Slade (W Dray) 33:44; 10, Ballentine (Chess) 34:09. **Teams:** 1, Chessington 193; 2, Halton 181; 3, High Wycombe 164; 4, Henlow 155; 5, West Drayton 142.

## October 20th

**Blackheath 5M Cross-Country Championships.** 1, R. Richardson 28:27; 2, P. Hamilton 28:39; 3, M. Hamlin 29:21; 4, C. Haines 29:32; 5, G. Botley 29:54; 6, C. Woodcock 29:58; 7, P. Horwood 30:03; 8, P. Shephard 30:19; 9, I. Wilson 31:00; 10, G. Martin 31:04. 60 ran. Handicap: F. Rodgers.

**Albert Cook Boys Cross-Country Relay, at Maidstone.** 1, Thurrock 46:37; 2, Kent 47:49; 3, Judd Sch 48:12; 4, Temple CS 48:25; 5, Basildon 48:32; 6, Parkwood Sch 50:09; 7, Medway 50:50; 8, St. John Fisher 51:16; 9, Sutton Valence Sch 52:25; 10, Judd 'B' 52:51. **Fastest:** Boylan 10:48. (Colts race): 1, C. White (Med) 11:38; 2, S. Talbot 12:18;

3, G. Hughes (Kt) 12:19; 4, S. Groom (Med) 12:27; 5, E. Nally (St. J. Fisher) 12:31; 6, D. Spiers (Judd) 12:35. **Teams:** 1, Medway 29; 2, Invicta 49; 3, Kent 69.

**Veterans AC 5M Cross-Country Run.** 1, A. Hobart (21:50) 24:30; 2, I. Izzard (2:30) 25:36; 3, F. Nicholls (11:40) 25:37. **Fastest:** Izzard 28:06.

**Solihull Women's Cross-Country Relays. (3x2000):** 1, City of Stoke 20:28; 2, Birmingham Univ 20:42; 3, Stoke 'B' 21:26. **Fastest:** C. Tranter (Birm Univ) 6:28. (Inters 3x2000): 1, City of Stoke 21:27; 2, Rossendale 22:18; 3, Coventry Godiva 23:35. **Fastest:** P. Kemp (Stoke) 6:53. (Juniors 4x1700): 1, Bromsgrove & Redditch 22:49; 2, City of Stoke 22:53; 3, Cannock 24:16. **Fastest:** A. Tunnicliffe (Stoke) & G. Dainty (Sol) 5:28. (Girls 2000 race): 1, E. Harris (Cann) 6:53; 2, J. Devey (B&R) 6:54; 3, C. Mason (B&R) 6:54.

**Inter-club at Black Bridge:** 1, M. Hill (Glos) 20:50; 2, N. Wilson (Chelt) 21:22; 3, R. Cytla (Glos) 21:55; 4, J. Mitchell (Glos) 21:58; 5, P. Lonnen (Bris) 22:01; 6, D. Sherman (Bris) 22:12; 7, R. Brandon (Chelt) 22:26; 8, N. Thomas (Glos) 22:29; 9, J. Tull (Chelt) 22:33; 10, M. Hedges (B&R) 22:36. **Teams:** 1, Gloucester 31; 2, Cheltenham 65; 3, Bristol 68. (Boys): 1, P. Lake (B&R) 10:50; 2, A. Higgitt (B&R) 10:59; 3, M. Hamilton (B&R) 11:23. **Team:** Bromsgrove & Red 6. (Colts): 1, C. Hood (B&R) 10:53; 2, D. Collett (Chelt) 11:05; 3, G. Cotton (B&R) 11:06. **Team:** Bromsgrove & Red 9. (Minor Colts): A. Waters (Glos) 6:52. **Team:** B&R 11.

**Stretford Schools League, at Turn Moss: (Boys U/17 5000)** 1, P. Aldred (Moston) 16:46; 2, D.

## Shoes for all Occasions

### Road Shoes

|                |       |              |       |
|----------------|-------|--------------|-------|
| Tiger Marathon | £4.55 | Tiger Jogger | £5.99 |
| Tiger Cubs     | £3.15 | Adidas SL 72 | £7.80 |

### Cross Country

|              |       |               |       |
|--------------|-------|---------------|-------|
| Adidas Cross | £4.35 | Reebok FAB XC | £3.50 |
|--------------|-------|---------------|-------|

### General Trainers

|             |       |              |       |
|-------------|-------|--------------|-------|
| Adidas Buda | £4.70 | Gola Harrier | £3.35 |
| Adidas Gym  | £3.90 |              |       |

### Adidas Rainsuits

Red, royal, navy, sky, green, yellow, orange. Please state your height, colour required and advise alternative colour when ordering.

|         |       |          |       |
|---------|-------|----------|-------|
| Jackets | £4.70 | Trousers | £4.70 |
|---------|-------|----------|-------|

Tiger nylon bags: Red: 30x45x16cm; full top zip; light, strong, trendy. £3.10  
Adidas and Gola shoulder bags £1.85

Full range of Saxonclad, Russell Hall, Millington Tracksuits. Shorts, leisure shoes, sports equipment by top manufacturers.

Send for lists. Callers welcome, normal shop hours (E. C. Thurs.).

## SPORT OF CHESHAM

31 Broad Street, Chesham, Bucks.

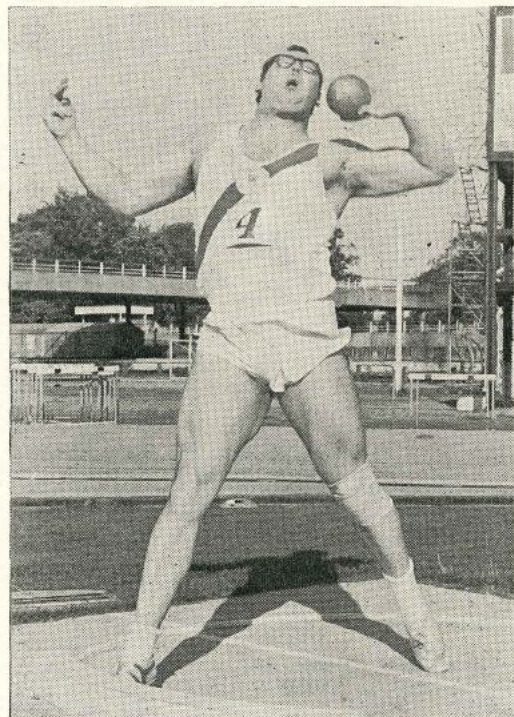
CHESHAM (02405) 6677.

Winning is our business.

Simms (Moston) 16:59; 3, M. Francis (Alfred T) 17:25. Team: Moston Brook. (Boys U/15 4000): 1, S. Marston (Saddle) 14:09; 2, F. Peters (Moston) 14:32; 3, S. Murphy (Moston) 14:42. Team: Moston Brook. (Boys U/13 3000): 1, D. Keeling (Burnage) 10:20; 2, D. Wheeldon (William H) 10:27; 3, B. Willis (St Marys) 11:13. Team: Saddleworth. (Girls U/17): 1, G. Walters (Yew) 11:38; 2, L. Taylor (Alfred T) 11:52; 3, L. Cooper (St Pat) 11:54. Team: St Patricks. (Girls U/15): 1, J. Hayston (Wilb) 10:53; 2, D. Cooper (St Pat) 11:12; 3, J. Capowell (Alfred T) 11:28. Team: St Patricks. (Girls U/13): 1, D. Walters (Yew) 7:20; 2, J. Hill (Wilb) 7:28; 3, C. Nicholls 7:50. Team: Wilbraham High.

Inter-club, at Ashton-under-Lyne: 1, M. McGann (E Ches) 30:23; 2, D. Attwell (Alt) 31:56; 3, D. Telford (Stret) 32:08. Teams: 1, Stretford 41; 2, Altrincham 52; 3, Oldham 63; 4, East Cheshire 66.

Cambridge University 87½, Birmingham Univ. 81½, at Cambridge. 60: R. Saunders (C) 7.0. 150/600: P. Cornes (B) 16.9/1:24.4. 300/60H/300H: S. James (B) 35.7/8.5/40.6. HJ: C. Boreham (B) 1.80/5'10¼". TJ: Slaney (C) 14.20/46'7¼". HT: English (C) 42.90/140'9".



Hillingdon thrower Andy Kerr has been selected to represent England in the super-heavyweight weightlifting at Christchurch. Michel Blandin

### October 21st

Rugby & Dist. 10M Club Championship: 1, R. Foster 51:37; 2, C. Neville 52:25; 3, T. Thomas 52:59; 4, P. Lynch 53:10; 5, M. Childs 54:34; 6, B. Forey 54:38; 7, A. Francis 55:27. Vet (O/60): S. Lee 67:33.

Mini-Marathon for Junior Athletes, at BP Llandarcy: (Boys 13-15) W. Iles (Swan) 19:23. (11-13) J. Lucas (Swan) 17:38; (9-11 1½M) M. Neale (BP) 11:33. (U/9): A. Fox (Swan) 12:09. (Girls 11-13): A. Fox (Swan) 10:56. (Girls U/10): N. Bowen (Swan) 6:17.

### October 23rd

Loughborough Colleges Open Indoor meeting. Invitation 40m: 1, C. Lambert 4.7; 2, A. McKenzie 4.7. 40m Sprint: (run on points basis) 1, C. Lambert 8pts (4.8); 2, A. McKenzie 7 (4.8); 3, M. Jones 7 (4.7); 4, M. Storey 7 (4.8). 40H: 1, C. Jervis 5.7; 2, M. Shorten 5.9. HJ: Jervis 1.78/5'10". SP (10lb): 1, S. Biddle 18.29/60'0¼". 2, McKenzie 15.03/49'3¼". Junior Pentathlon: K. Sorrell 394.

### October 24th

RAF London Cross-Country League, at RAF Northolt. 1, Clark (Med) 32:38; 2, Carr (W Dray) 32:57; 3, Todd (Hen) 33:10; 4, Bott (Chess) 33:32; 5, Marshall (Halt) 34:12; 6, Donkin (W Dray) 37:24. Teams: 1, West Drayton 167; 2, Medmemham 157; 3, Halton 152.

Tonyrefail Road Races: (Senior 4M) 1, M. Lane (Gilw) 25:08; 2, P. Griffiths (Gilw) 28:03; 3, J. Thomas (Aber) 28:40; 4, J. Simth (Aber) 28:48; 5, J. Lucas (New) 29:15; 6, C. Owen (Gilw) 29:56. (Boys 2M): 1, S. Evans (Aber) 11:47; 2, K. Jones (Rhondda) 12:17; 3, P. Coles (Aber) 12:55. Teams: 1, Abertillery 23; 2, Rhondda 32. (Senior) 100 yds: A. Jewell (Rhon) 11.3. (Boys) 100 yds: M. Davies (Aber) 11.8.

National Westminster Bank 85 v. Met Police 63 v. Hendon Cadet Corps 224, at Hayes: 1, I. Beauchamp (NW) 25:30; 2, K. Hutchin (MP) 25:50; 3, B. Walters (NW) 25:52; 4, R. Burton (NW) 26:28; 5, Storey (MP) 26:33; 6, Anderson (MP) 26:40; 7, S. Sharp (NW) 26:47; 8, Jeffery (MP) 27:13; 9, Gray (MP) 27:26; 10, Tebbutt (MP) 27:31.

Manchester University Officers: President, H. Whittle; secretary, G. Hignett; treasurer, P. Pelham; captain, D. Hough; Address, The University Athletic Union, Oxford Road, Manchester M13 9PR.

Hallamshire Officers: General Secretary, T. Biggins, 14 Ulley Road, New Woodthorpe, Sheffield S13; ladies sec., J. Biggin, 68 Southey Crescent, Longley, Sheffield, S5 7LU.

The Notts AC Young Athletes Meeting has been changed from Dec 8th to Dec 15th to avoid a clash with the Worksop meeting.

# Breakthrough in Detection of Steroids

THE day when our sport is rid of the anabolic steroid menace may be closer at hand than one dared hope with the announcement last week of a major breakthrough in the detection of these body-building drugs.

Although anabolic steroids are on the list of drugs forbidden to athletes and many dire warnings have been issued as to the health hazards they pose, their use has grown ever more widespread each season—athletes feeling secure in the knowledge that they could not be detected in medical checks. Now, it is claimed, a British research team grant-aided by the Sports Council, have succeeded where others have failed and devised a test which can prove conclusively whether an athlete has been taking steroids.

The research group at St Thomas's Hospital Medical School in London, led by Professor Raymond Brooks, have—after three years work—developed tests for screening blood and urine samples based on a technique known as radio-immunoassay. The method is capable of detecting one hundred thousandth part of a millionth of a gram of steroid (some athletes are said to take more than 50mg a day), so although no details have been released as to how long traces of steroids can be detected in the body after an athlete stops taking them it would seem possible that the extraordinary sensitivity of the testing technique will detect their presence for some considerable time after cessation.

This point of timing is vital, for a test which will prove positive only within a few days of an athlete last taking steroids will be useless. Athletes would then be able to use the drug right through to within a week of the anticipated check, and—although still obtaining the 'beneficial' carry-over effects of the extra bulk so achieved—there would be no trace of the substance which had been utilised.

Equally important, if these tests are to be of value, the checks must be made with the minimum of warning. The only way in which this drug abuse might be stamped out would be for spot checks to be carried out on athletes over a certain standard in any event where steroids could prove advantageous. It is a myth that only the throwing events are involved, although this is where the outward signs are the most obvious ("a grotesque distortion of the human form in the name of sport", remarked Dr. Roger Bannister last week). Sprinters, hurdlers, jumpers, vaulters, decathletes have benefitted too, and an accusing finger (Ricky Bruch's in fact) has also been pointed at some of Finland's great middle and long distance runners.

It is a distressing and intolerable situation when men (women too) will prejudice their physical well-being in the quest for athletic success. As Dr. Bannister, chairman of the Sports Council, said at the press conference to announce the testing breakthrough: "Competitors who take

steroids are not only cheating, they may be risking serious damage to their health. There is evidence that steroids taken in large doses can cause liver damage, a reduction in fertility, and other changes in the body's metabolism which we are not yet able to measure."

Steroids, pointed out Dr. Bannister, help the body to absorb protein and increase an athlete's weight without losing powers of acceleration. An athlete taking steroids, he said, could increase his weight by up to three stones (19 kg/42lb) in as many months. He thought, for example, that a shot-putter who went on steroids "really seriously" could improve his performance by as much as 10 feet (3.05m).

## Tests at Christchurch?

Dr. Bannister thought it was possible that the tests could be carried out at the Commonwealth Games; that was up to the organisers. The tests could be carried out in any laboratory in the world provided detailed information (which will be forthcoming from Dr. Brooks and his team) was given. One operator could measure 100 samples in between 36 and 72 hours. "It's a cheap, quick and totally effective screening test."

He continued: "I hope the International Olympic committee and other sports authorities will accept this new technique and go on to introduce whatever further checks will effectively rid sport worldwide of the evils of drug abuse." He had already spoken to the IOC president, Lord Killanin, who had welcomed the news.

Dr. Bannister stressed the importance of snap checks. "It's up to the international federations to make checks without warning, so that the chances of an athlete taking steroids and remaining undetected are nil".

The ball is now in the court of the IAAF and national governing bodies like the BAAB. Of course there are immense practical problems involved (not to mention the probability of howls of protest over infringement of civil liberties and the like), but if these bodies are sincere in their oft expressed condemnation of drug abuse then they must start drawing up plans now for such spot checks. Athletes found to be taking the drug should be banned for life (a few expulsions would have a chastening effect on other potential offenders); those (countries as well as individuals) who refuse to submit to tests should be barred from all further international competition by the IAAF and their records discounted.

These may seem to be draconian measures but let's recognise that all we hold dear in our sport—friendly rivalry in a healthy context—will perish if anabolic steroids spread even further. Already it is estimated that as many as fifty British athletes have been taking them; worldwide the total must run into thousands.

Mel Watman



# Ease away aches and strains

Rheumatism-Lumbago-  
Fibrositis-Muscular  
Aches and Pains?  
Rub in a little Goddards  
and a lot of pain will go.



**Goddards**

White oil  
EMBROCATION

## THE DETECTION PROCESS

Drugs other than anabolic steroids, which have been taken illegally to increase performance in sport, are 'foreign' chemicals and therefore easily detected in blood or urine. It has been relatively simple to set up effective testing for these drugs, which include barbiturates and amphetamines.

Anabolic steroids, on the other hand, so closely resemble the natural male hormone testosterone, whose products are present in blood and urine, that this has previously made detection of anabolic steroids impossible. There are also other problems in such detection. Without an effective means of detection, the banning of these drugs, as has been done by international bodies, has proved ineffective.

The technique which has now been devised is one of radioimmunoassay. What has been done is to attach the anabolic steroids to a protein and this combination, when injected into a rabbit, under certain circumstances, produces an antibody which reacts specifically with the anabolic steroid and the protein. It is a difficult technical problem to 'raise' the antibody in this way.

The test now devised involves taking a specimen of body fluid, either blood or urine, and after some purification, exposing it to the antibody. To the preparation an anabolic steroid containing a radio-active labelled isotope is added. If the test specimen contains no anabolic steroid, then the radio-active isotope will combine with the antibody and will be precipitated, leaving a low radioactivity 'count' in the resulting fluid. If, on the other hand, the test specimen contains anabolic steroid, this will combine with the antibody and be precipitated leaving a high 'count' in the preparation. Depending then on the isotope count in the resulting fluid, the amount of anabolic steroid in the test specimen can be measured.

**The Sports Council**

## GLOUCESTERSHIRE LEAGUE

At Gloucester, October 27th

|                                                                                                                                    |                                |                             |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------|-----------------------------|-------------------------------|-------------------------------|-----------------------------|-------------------------------|----------------------------|---------------------------|-----------------------------|--------|--|
| 1, M. Hill (Gloucester)                                                                                                            | 26:48                          |                             |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 2, R. Cytla (Gloucester)                                                                                                           | 27:09                          |                             |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 3, D. Francis (Westbury)                                                                                                           | 27:13                          |                             |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 4, B. Rutter (West)                                                                                                                | 27:13; 5, M. Lane (Gil)        | 27:41;                      |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 6, C. Ridley (West)                                                                                                                | 27:45; 7, D. Sherman (Bris)    | 27:49;                      |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 8, R. Bramdon (Chelt)                                                                                                              | 28:00; 9, H. Clayton (Bris)    | 28:05;                      |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 10, A. Reed (West)                                                                                                                 | 28:16; 11, B. Valentine (West) | 28:32; 12, — (Bris)         | 28:41;                      |                               |                               |                             |                               |                            |                           |                             |        |  |
| 13, P. Hall (Swin)                                                                                                                 | 28:48; 14, J. Tull (Chelt)     | 28:54;                      |                             |                               |                               |                             |                               |                            |                           |                             |        |  |
| 15, K. Corney (Swin)                                                                                                               | 29:03; 16, N. Thomas (Glos)    | 29:05; 17, C. Lee (Swin)    | 29:06; 18, D. Donore (Glos) | 29:07; 19, N. Wilson (Chelt)  | 29:13;                        |                             |                               |                            |                           |                             |        |  |
| 20, J. Gingell (Bris)                                                                                                              | 29:17; 21, T. Kazik (Swin)     | 29:29; 22, A. Darby (Chelt) | 29:32; 23, J. Smith (—)     | 29:33; 24, J. Mitchell (Glos) | 29:34; 25, P. Griffiths (Gil) | 29:35; 26, R. Banyard (New) | 29:36; 27, B. Ashford (Chelt) | 29:44; 28, N. Peace (Durs) | 29:45; 29, G. Jones (New) | 29:47; 30, D. Palmer (West) | 29:49. |  |
| <b>Teams:</b> 1, Westbury 64; 2, Gloucester 95; 3, Swindon 136; 4, Bristol 142; 5, Newport 217; 6, Cheltenham 228; 7, Dursley 287. |                                |                             |                             |                               |                               |                             |                               |                            |                           |                             |        |  |

**NORTH STAFFS CROSS-COUNTRY LEAGUE****At Stoke-on-Trent, October 13th**

- 1, R. Fowler (Stoke) ..... 24:10  
 2, D. Gee (Alsager) ..... 24:59  
 3, D. Ashe (Stoke) ..... 25:04  
 4, R. Harris (Stoke) 25:07; 5, M. Phillips (Staff) 25:19; 6, G. Billington (Stoke) 25:24; 7, B. Bowler (N'castle) 25:29; 8, A. Mountford (Stoke) 25:31; 9, M. Jackson (N'castle) 25:34; 10, P. S. Goodfellow (ICL) 25:37; 11, G. Harvey (Stoke) 25:43; 12, M. Mountford (Staff) 25:43; 13, J. Haywood (Als Coll) 25:57; 14, P. Whiteman (Stoke) 25:59; 15, K. Bartlam (Mich) 26:02; 16, K. Bowers (N'castle) 26:19; 17, P. Larkin (N'castle) 26:20; 18, E. Johnson (Stoke) 26:23; 19, B. Adams (Wins) 26:30; 20, J. Peake (Stoke) 26:32; 21, A. Lee (Staff) 26:33; 22, J. Ellis (Als Coll) 26:40; 23, L. Kilkenny (Staff) 26:47; 24, D. Shelley (Mich) 26:55; 25, R. Curran (Als Coll) 27:18; 26, D. Cowley (Staff) 27:23; 27, S. Chabowski (Staff) 27:35; 28, R. Elliott (N'castle) 27:42; 29, S. Ellis (Als Coll) 27:44; 30, B. Welsh (Wins) 27:45.  
**Teams:** 1, Stoke 14; 2, Newcastle 49; 3, Stafford 61; 4, Alsager Coll 62; 5, Michelin 113; 6, Winsford 121.

**CHINGFORD AND DISTRICT LEAGUE****At Barnet, October 20th**

- 1, R. Howe (Walthamstow) ..... 26:05  
 2, A. Rich (Walthamstow) ..... 26:40  
 3, G. Harrold (Enfield) ..... 27:00  
 4, J. Arger (Enf) 27:12; 5, P. McCracken (N Lon) 27:14; 6, M. Madders (W'stow) 27:21; 7, M. Broyd (Enf) 27:44; 8, R. Taylor (N Lon) 27:50; 9, D. Day (Enf) 27:51; 10, B. Hercock (Enf) 27:57; 11, R. Adams (W'stow) 28:04; 12, P. Gregory (H&S) 28:23; 13, I. Nuckey (Barn) 28:29; 14, M. Glynn (N Lon) 28:32; 15, C. Ridley (W'stow) 28:36; 16, D. Hardstaff (N Lon) 28:56; 17, J. Mercer (Enf) 29:03; 18, G. Pringuer (H&S) 29:05; 19, L. Peter (Enf) 29:07; 20, K. Finnegan (Enf) 29:08; 21, P. Taylor (Barn) 29:10; 22, A. Stafford (N Lon) 29:17; 23, I. Dawe (H&S) 29:21; 24, K. Lowe (Vic Pk) 29:26; 25, D. Blackmore (N Lon) 29:36; 26, I. Wiggett (N Lon) 29:46; 27, K. Chesham (Enf) 29:49; 28, R. Berry (W'stow) 29:58; 29, F. Seal (Enf) 30:00; 30, W. Dubose (Vic Pk) 30:11.

**Teams:** 1, Enfield 50; 2, Walthamstow 63; 3, North London 90; 4, Haringey & Southgate 173; 5, Barnet 214; 6, Victoria Park 233; 7, Loughton 273; 8, Eton Manor 341.

**Boys**

- 1, R. Button (Enf) 9:01; 2, P. Mason (N Lon) 9:15; 3, S. Hammond (Enf) 9:18; 4, P. McAuley (N. Lon) 9:40; 5, S. Surridge (W'stow) 9:46; 6, R. Meeks (Barn) 9:48; 7, S. Lamb (EM) 9:50; 8, J. Boram (Lough) 9:52; 9, L. Smith (W'stow) 10:01; 10, G. Fowler (H&S) 10:02. **Teams:** 1, Enfield 27; 2, North London 54; 3, Barnet 58; 4, Eton Manor 72; 5, Loughton 72; 6, Haringey & Southgate 80; 7, Walthamstow 80.

## HUNT SPECIAL OFFER

**Fantastic Saving****Deduct £1 off listed price****SPIKES**

**Kenya**—Superb soft goat skin upper. Ultra light but strong. Four screw-in spikes (6½, 7, 7½, 8, 8½) **£9.00.**

**U.S.A.**—Mustard coloured suede uppers with contrast black motif. Four screw-in spikes (5, 6-9½ incl., 10½) **£7.50.**

**Sweden**—The perfect spike for the country. Four screw-in spikes with thick heel for Achilles protection (5½, 6½-10½ incl., 11½) **£8.00.**

**ROAD SHOES**

**Etiopa**—Superb quality goat skin upper racing shoe. Ultra light but ample protection from the road (6, 6½, 10) **£8.00.**

**Rom**—Red suede uppers with hard wearing gristle sole. Ideal for the mileage man. Superb value (8-10½ incl.) **£6.95.**

**Sapporo**—Another goat skin shoe. Still very light but thicker sole than Etiopa (6, 6½) **£6.95.**

**Stockholm**—With the special deduction this makes this a ridiculously priced shoe. Too good an offer to miss on this suede shoe. Light but strong racing/training shoe. Padded collar for Achilles protection (5-10½ incl. except 7) **£5.85.**

**Cash with order Post Free**

**Goods exchanged or money refunded if returned in new condition within 7 days.**

**Cheques and Postal Orders to:**

# K. G. SPORTS

**312 SANGLEY ROAD,****CATFORD, S.E.6****01-698 5334**

## 'HENRY' STALLARD — An Appreciation

THE death occurred on October 21st of H. B. Stallard, MBE, FRCS, at the age of 72. Harold Abrahams, a life-long friend, has written this appreciation.

Hyla Bristow Stallard (universally known as 'Henry') went up to Caius College, Cambridge, the same term as I, and remained a close friend for 54 years. My first encounter with this great athlete was at the Freshmen's Sports at Fenners, and I possess a photograph of a heat of the 440y where we are starting next to one another. Henry won the 880, beating Edgar Mountain, and in December 1919 won this event against the AAA by 25y, beating 2 minutes for the first time.

In the Cambridge Trials in 1920, he lost the 880 to Mountain, and winning the mile was selected for this event against Oxford. Here he won easily by 30y, a victory which Bernard Darwin described as "an excellent performance, but not as good as he can and will do".

Immediately after the 1920 Inter-Varsity Sports, he left for the USA with a small team captained by Olympic champion Arnold Jackson, with multi-world record holder Alfred Shrubbs as coach. Just after his 19th birthday, Henry ran the second leg of a 4x880y joint Oxford and Cambridge Relay team in Philadelphia. Here he turned a deficit into a commanding lead which Bill Milligan consolidated and Bevil Rudd increased to achieve a new world record. Henry, as ever, gave more than his all, collapsing unconscious after he had finished.

His first really great race was in July 1921 before a 30,000 crowd at Stamford Bridge. Stallard had repeated his mile victory against Oxford in March in his best time to date, 4:22. It was widely known that Albert Hill was out to run the distance in four consecutive laps of 62 seconds, which would not only beat the previous UK record of 4:16.8, but the world best of 4:12.6.

There was a huge field of over 25 starters (no heats in those days). Hill completed the first lap inside 60 seconds—an 'impossible' time!—and yet there was the comparative novice, 20-year-old H. B. Stallard at his shoulder. And he stayed there, repeatedly challenging a man more than ten years his senior in the final lap, being finally beaten by less than three yards with a new UK record of 4:13.8. Both runners received an ovation.

A day or two later we both left for America for matches against Harvard & Yale and Princeton & Cornell. Henry was successful in both—4:20.4 and 4:23.8. In the latter race in New York he ran with a damaged arch—an injury which throughout his career was from time to time most adversely to affect his performances.

In March 1922, he won the Inter-Varsity mile for the third time beating Milligan by nearly 50y, but ran an indifferently judged race in the AAA Championships, being beaten by Duncan McPhee by four yards in 4:27.4.

Stallard left Cambridge in December 1922—I

tried unsuccessfully as President to persuade him to come up in the Lent Term to run the mile for the fourth time, and thus equal the record of four consecutive wins by another Sherbornian, W. E. Lutyens—but he wanted to make progress with his career as a doctor.

In the AAA championships in July 1923 he made no mistake about winning the mile, but he did not defend the title in 1924, running in the 880y. Knocked out of his stride at the last corner he recovered finally to beat Douglas Lowe in a blanket finish.

Henry was selected to run in both the Olympic 800 and 1500m, involving five races in five consecutive days.

Great Britain had three finalists in the 800m—Lowe, Houghton and Stallard. Contrary to his usual tactics, Henry dashed into the lead, and was well ahead at half distance in 54 seconds. In the last 100m, he was overhauled by Lowe, Martin (of Switzerland) and almost in the last stride deprived of the bronze medal by Enck of the USA. Despite that troublesome injury to his foot, which was bandaged, he reached the final of the 1500m won in Olympic record time by Paavo Nurmi, finishing third. Every stride was sheer agony and he completely collapsed, being carried off on a stretcher. It was only his indomitable courage—a supreme example of the triumph of spirit over body—that enabled him to complete the distance. Yet ten days later at Stamford Bridge, he ran the anchor leg of the 4x880y relay in 1:54, giving Enck a four-yard lead and defeating him by a yard or so.

In 1925 Henry did not defend his 880 title, but competed in the 440y, which he won in 50 seconds—the only man ever to win AAA titles over 1 mile, 880y and 440y.

He continued to run for another couple of years, but then he concentrated on his professional career in which he was to achieve international fame as a brilliant Ophthalmic surgeon, becoming President of the Ophthalmic Society of Great Britain.

Henry Stallard has never received the recognition as an athlete which he deserved. He represented GB against France on six occasions from 1921 to 1927 and lost only one race. In my opinion in 1924 he was potentially the best 800 and 1500m runner in the world—good enough to beat Lowe in the 800 and Nurmi at 1500. He was not fully fit in Paris but he never complained, and his modesty resulted in a lack of confidence in his basic ability.

Stallard was such a wraith of a figure that one marvelled at the indomitable spirit which just refused to give in. Less than a month before his untimely death, I received a letter from him which clearly indicated that he had faced extreme pain in his final illness with a courage, determination and unselfishness which characterised the whole of his life—professional and athletic.

Harold Abrahams



## HARLOW MARATHON

Leaders in the AAA Marathon at Harlow: left to right—Harold Leeming (76), Malcolm Thomas (208), Max Coleby (264), Don Faircloth (69), Ian Thompson, Mike Hurd (281) and Ron Hill.

Ed Lacey

**A surprise runner: Bridget Cushen, 33-year-old Irish member of Hercules Wimbledon AC, whose best track times are 4:39.2 for 1500 and 9:49.8 for 3000. She completed the distance in 3:37:24.**

Mark Shearman



### UNIVERSITIES & COLLEGES RELAY At Parliament Hill, October 20th

Loughborough Colleges led throughout the six legs of the Universities and Colleges Relay at Parliament Hill. Paul Norell, running the first leg for Loughborough, was first home in the second fastest time of the day. This was followed by consistent running from the rest of the Loughborough team. On the final leg Dave Moorcroft (Loughborough) set off with a 30 second advantage over Borough Road College, who had chased Loughborough throughout. Jim Brown running the final leg for Borough Road College, chased throughout gallantly, and diminished the lead considerably, but the steady running throughout, of the Loughborough team, left Brown with

too much to do, despite the fact that he ran the fastest leg of the day.

1, Loughborough Colleges (P. Norrell 7:47, J. Kerr 8:08, P. Robinson 8:05, S. Carter 7:57, D. Driver 8:09, D. Moorcroft 7:58) 48:04;

2, Borough Road Coll (S. James 8:04, N. Saunders 8:01, Dunningham 8:08, Downie 8:27, N. Jeffery 7:55, J. Brown 7:36) 48:11;

3, Cambridge Univ (Spinks 8:01, Maher 8:28, Armstrong 8:14, Sellers 8:28, Jones 8:15, Cox 8:19) 49:45;

4, London Univ 50:11; 5, Borough Road Coll 'B' 50:21; 6, St Mary's Coll 50:26; 7, Loughborough Coll 'B' 50:38. **Fastest:** Brown 7:36; Norell 7:47; F. Brady (St Mary's) 7:54; Jeffery 7:55; Carter 7:57.



## In any field of sport, there has to be a champion.

Whatever you play, you want the best  
that's available.

Choose Metric track suits.

They're tailored from quality Nylon and  
lined throughout with cotton, to give you hard  
wear with light weight and superb comfort.

And they're styled by professionals to combine  
utility with good looks.

Available from leading Sports Dealers.

### **Metric** tracksuits.

Distributed by Gerry North Co. Ltd., 40 Dane Road, London, SW19 2NB (Tel: 01-542 2446/7)

# U.K. Junior Girls "Top 20" 1973

Compiled on behalf of the NUTS by Tony Miller

*Amendments and additions should be sent to Tony Miller, 12 Weald Drive, Furnace Green, Crawley, Sussex RH10 6JU, who would also welcome details of any performance meeting NUTS standards (in brackets) that have not been reported in 'AW'. Details should include date, venue, athlete's Christian name and date of birth.*

## 100 METRES (12.8)

- 12.0w Janis Walsh (Mitcham) (12.1)
- 12.2 Susan Howells (Lozells)
- 12.2 Elizabeth Frecknall (Notts AC)
- 12.2w Valerie Smith (Maryhill) (12.4)
- 12.2w Maxine Ascroft (Coventry G) (12.4)
- 12.2w Anne Tipping (Sutton) (12.5)
- 12.3 Avana Morgan (Gloucester Schools)
- 12.3w Barbara Parham (Peterborough)
- 12.3w Heather Hunte (Enfield) (12.5)
- 12.3w Pauline Treanor (Shettleston)
- 12.4 Hilary Gray (Cheltenham)
- 12.4 Janet Hough (Dorset Schools)
- 12.4 Jill Davies (Plymouth)
- 12.4 Janine MacGregor (Burn Road)
- 12.4w Karen Birchall (Leigh)
- 12.4w Elaine Douglas (ESH) (12.5)
- 12.4w Faye Robertson (ESH) (12.5)
- 12.5 13 girls

## 200 METRES (26.7)

- 25.0 Janis Walsh (Mitcham)
- 25.3w Hilary Gray (Cheltenham) (25.6)
- 25.3w Elizabeth Frecknall (Notts AC) (25.4)
- 25.4w Beverley Cox (Medway) (25.8)
- 25.5 Susan Howells (Lozells)
- 25.5 Anne Baldock (Dartford)
- 25.6 Valerie Smith (Maryhill)
- 25.7 Lorraine Morris (ESH)
- 25.7 Ceri Jenkins (Cleddou)
- 25.7 Angela Green (Chelmsford)
- 25.8 Anne Clarkson (ESH)
- 25.8 Janine MacGregor (Burn Road)
- 25.9 Alison Hodgson (Border)
- 25.9 Alison Lyne (Feltham)
- 25.9w Linda Ward (Enfield)
- 26.0 Debbie Bain (Worthing)
- 26.0 Elaine Douglas (ESH)
- 26.0 Julie Way (Southampton)
- 26.0 Mandy Laing (Liverpool)
- 26.0 Jill Davies (Plymouth)
- 26.0 Barbara Crutchley (Plymouth)
- 26.0w Lynn Cox (Houghton)

## 800 METRES (2:23.9)

- 2:12.0 Elisabeth Spurgin (Wolv & Bilston)
- 2:12.0 Janet Lawrence (Pilkington)
- 2:12.8 Linda Fletcher (Bromsgrove)
- 2:12.8 Gillian Dainty (Solihull)
- 2:15.4 Helen Hill (Cannock)
- 2:15.8 Michelle Cobden (Selsonia)
- 2:15.8 Paula Newnham (Oxford LAC)
- 2:16.1 Janet Manson (Ballymena AC)

- 2:16.9 Rosemary Hamlet (Rowntrees)
- 2:17.3 Anne Tunncliffe (Stoke)
- 2:17.3 Janet Arnold (Warrington)
- 2:18.0 Janet Pricot (Lincoln CC)
- 2:18.1 Helen Grogan (Bromsgrove)
- 2:18.1 Sarah Hill (Birchfield)
- 2:18.2 Kim Lock (Hereford)
- 2:18.4 Lesley Pamment (Medway)
- 2:18.5 Frances Fehily (Sale)
- 2:18.9 Veronica Cullen (Harlow)
- 2:18.9 Madeleine Keetley (Bournemouth)
- 2:19.0 Susan Parker (Warrington)

## 1500 METRES (5:09.9)

- 4:36.0 Anne Tunncliffe (Stoke)
- 4:36.5 Elisabeth Spurgin (Wolv & Bilston)
- 4:38.2 Janet Lawrence (Pilkington)
- 4:39.1 Linda Fletcher (Bromsgrove)
- 4:45.8i Gillian Dainty (Solihull)
- 4:46.1 Jane Arnold (Warrington)
- 4:46.2 Michelle Cobden (Selsonia)
- 4:46.4 Sandra Williamson (Sale)
- 4:46.8 Christine Brace (Enfield)
- 4:48.2 Valerie Stammers (Hull Spartan)
- 4:50.1i Ruth Taylor (Birchfield)
- 4:50.2 Helen Hill (Cannock)
- 4:50.3 Anne Matheson (Warrington)



**Janis Walsh (Mitcham), who tops both the Sprint lists with 12.0w and 25.0.** Ed Lacey



Val Warren hands over to Denise Kiernan (Haverling) in the Essex Minor Girls' Road Relay.

Mike Street

- 4:50.5 Susan Parker (Warrington)
- 4:50.9 Patricia Burns (Liverpool)
- 4:50.9 Sally Black (Peterborough)
- 4:51.0 Lynn Todd (Grangemouth)
- 4:51.5 Rosemary Hamlet (Rowntrees)
- 4:51.9 Jacqueline Hulbert (Swansea)
- 4:52.1 Kerry Robinson (Pitreevie)

#### 75 METRES HURDLES (12.3)

- 11.4 Pauline Treanor (Shettleston)
- 11.4 Karen Evans (Lanc & Morecambe)
- 11.4 Susan Nomo (Birchfield)
- 11.5 Catherine Hardacre (Liverpool H)
- 11.6 Cheryl Cox (Middlesex L)
- 11.6 Jean Yates (Mitcham)
- 11.6 Bernadette O'Reilly (Bristol)
- 11.6 Avril Davidson (Coventry Godiva)
- 11.6 Fiona McKnight (Sale)
- 11.6 Gail Stew (Coventry Godiva)
- 11.7 Jill Duffield (Enfield)
- 11.7 Alison Bonser (Leicester C)

- 11.7 Julie Way (Southampton)
- 11.7 Karen Sykes (Warrington)
- 11.7w Shirley Strong (Stretford)
- 11.8 Patricia Harris (Hillingdon)
- 11.8 Amanda Drakes (Notts LAC)
- 11.9 Lesley Bell (ESH)
- 11.9 Hazel Crawford (Medway)
- 11.9 Nicola Smith (Rainham SSC)
- 11.9 Gwynedd Williams (Warley)
- 11.9 Jennifer Ousey (Cambridgeshire Schools)
- 11.9 Linda Brown (Lanc & Morecambe)
- 11.9w Catherine Weller (Hillingdon)

#### 2000 METRES WALK (13:00)

- 10:27.0 Karen Hill (Silhull)
- 10:42.0 Karen Boote (Stoke)
- 10:51.8 Elaine Cox (Sparkhill)
- 10:55.6 Nicole Dunne (Stoke)
- 11:03.0 Finnuala Swannell (Uxbridge)
- 11:09.4 Roberta Biddulph (Nomads)
- 11:10.2 Dorothy Ilderton (Stoke)
- 11:17.0 Deborah Newby (Solihull)
- 11:25.8 Kay Moran (Nomads)
- 11:33.0 Sharon Smith (Solihull)
- 11:42.4 Ruth Harper (Birchfield)
- 11:43.2 Linda Callow (Birchfield)
- 11:47.2 Dorothy Greene (Harborne)
- 11:47.2 Susan Stevens (Harborne)
- 11:48.6 Janine Purvis (Warley)
- 11:51.0 Maureen De'Giovanni (Croydon)
- 11:56.0 Jeanette Hodgkins (Worcester)
- 12:00.0 Suzanne Newby (Solihull)
- 12:04.2 Marion Hindley (Birchfield)
- 12:08.8 Glenys Pritchard (Warley)

#### 2500 METRES WALK (16:30)

- 13:26.2 Dorothy Ilderton (Stoke)
- 13:28.0 Karen Boote (Stoke)
- 13:29.2 Karen Hill (Solihull)
- 13:43.1 Nicole Dunne (Stoke)
- 14:00.8 Finnuala Swannell (Uxbridge)
- 14:08.8 Maureen De'Giovanni (Croydon)
- 14:25.2 Kay Moran (Nomads)
- 14:33.6 Deborah Newby (Solihull)
- 14:45.0 Roberta Biddulph (Nomads)
- 14:50.8 Sharon Smith (Solihull)
- 14:51.4 Ruth Harper (Birchfield)
- 14:57.6 Linda Callow (Birchfield)
- 15:03.0 Catherine Bourne (Swansea)
- 15:03.6 Wendy Wooliscroft (Harborne)
- 15:12.2 Dorothy Greene (Harborne)
- 15:12.4 Lynn Crawford (Halesowen)
- 15:18.0 Susan Stevens (Harborne)
- 15:19.8 Glenys Pritchard (Warley)
- 15:22.4 Suzanne Newby (Solihull)
- 15:23.0 Yvonne Rowe (Derby LAC)

*continued on page 20*

#### GLOUCESTERSHIRE SCHOOLS A.A.

First Annual

#### COACHING CONFERENCE

Sunday, 18th November, 1973

Marlwood School, Thornbury, 10am-5pm

Details from C. W. Smith, 75 Chiltern Close, Warmley, Glos.

#### RED ROSE CROSS-COUNTRY LEAGUE

Fixtures for 1973 season: November 17, Rochdale; December 1, Rossendale; December 15, Bolton. Races for Colts, Boys, Youths, Seniors. Senior team assessed on handicap basis. New teams and inds. welcomed. Details: Mr. J. W. Foster, 472 Hough Fold Way, Harwood, Bolton (Bol. 27758).

# Overseas News and Results

## CANADIAN TEAM PICKED

**H**IGH jumpers John Beers and John Hawkins, marathoners Jerome Drayton and Brian Armstrong, middle distance star Glenda Reiser, long jumper Brenda Eisler, pentathlete Diane Jones and the women's relay teams are among the leading lights in Canada's team for the Commonwealth Games. Grant McLaren (13:36.4 5000), Bruce Simpson (5:18/17'0" PV) and Joyce Sadowick (23.2w 200 and 53.5 400) asked not to be considered, Rumanian immigrant Carmen Ionescu (DT) is not yet eligible, and there is still a query over the status of Yvonne Saunders, who previously competed for Jamaica but is now a Canadian citizen. Apparently she will be free to compete for Canada in the 400, 800 and 4x400, providing Jamaica agree.

The team (with 1973 best marks): Albin Dukowski (10.4 100, 20.9 200), Chuck Francis (10.3w 100), Marvin Nash (10.3w 100, 20.9 200), Bob Martin (10.3w 100), Jerome Drayton (2:13:27 Mar), Brian Armstrong (2:13:30 Mar), John Beers (2:24/7'4½" HJ), John Hawkins (2:18/7'1½" HJ), Claude Ferragne (2:21/7'3" indoors and 2:16/7'1" HJ), Bruce Pirnie (19.19/62'11½" SP), Bishop Dolegiewicz (19.18/62'11½" SP, 57.68/189'3" DT),

Ain Roost (59.22/194'3" DT), Andre Claude (79.50/260'10" JT), Rick Dowswell (77.68/254'10" JT); Marg Bailey (11.4 100, 23.5 200), Patti Lovelock (11.5 100, 23.7 200), Lynn Kellond (11.4 100, 24.1 200), Marg MacGowan (23.4 200, 54.0 400), Yvonne Saunders (52.7 400, 2:06.3 800), Brenda Walsh (53.9 400, 2:03.8 800), Maureen Crowley (55.0 400, 2:05.1 800, 4:22.3 1500), Glenda Reiser (2:03.6 800, 4:12.5 1500), Thelma Wright (2:07.3 800, 4:13.8 1500), Wendy Taylor (13.5w 100H), Louise Hanna (1.83/6'0" HJ), Bridgett Bittner (1.80/5'10½" HJ), Brenda Eisler (6.48/21'3½" LJ), Jane Haist (15.05/49'4½" SP, 54.00/177'2" DT), Carol Martin (14.23/46'8½" SP, 53.98/177'1" DT), Diane Jones (14.0 100H, 1.74/5'8½" HJ, 6.06/19'10½" LJ, 15.74/51'7½" SP, 4359 Pen).

Others who may be added to the team are: Glen Bogue (21.1 200, 47.1 400), Randy Makalosky (1:48.9 800), Ken Elmer (3:58.5 mile), Dan Shaughnessy (13:47.2 5000, 29:08.8 10,000), Tom Howard (2:18:59 Mar), Tony Nelson (13.9 110H), Dave Jarvis (14.2 110H, 51.9 400H), Rick Cuttall (7.66/25'1½" LJ), Dave Harrington (61.34/201'3" downhill), George Puce (58.76/192'9" DT), Abby Hoffman (2:07.8 800), Ann-Marie Davis (2:05.7 800, 4:17.0 1500), Liz Damann (13.6 100H), Debbie Van Kieckebelt (1.74/5'8½" HJ, 4116 Pen).

**3.9. Toronto.** Women's 800: Hoffman 2:07.8.



**GLENDAREISER**

Holder of the world junior 1500m best.

Ed Lacey



**YVONNE SAUNDERS**

Eligible to represent Canada now?

Tony Duffy

**15.9. St. Johns, Mar:** Drayton 2:13:27, Howard 2:18:59. **23.9. London, Ont.** 12M road race: Cusack (RoI) 56:11.8, Anderson (US) 56:21.0, K. Moore (US) 56:28.6, Galloway (US) 56:35, Fleming (US) 56:58, Rosa (Cey) 57:15.

## EUROPEAN RESULTS

**6.9. Tirana (Albania).** Chinese tour—100: Lou Kuo-min 10.4; 110H: Le Wei-wen 14.4; HJ: Chao Chi-chin 2.03/6'8"; PV: Mu Chang-hsi 4.85/15'11"; TJ: Sun Ching-ming 15.38/50'5½". **9.9. Kuopio (Fin).** 21km road: Tiihonen 67.38, Vaatainen 71:37 (1973 debut). **16.9. Szczecin (Pol).** SP: Hlawatschke (EG) 20.06/65'9½". **19.9. Maribor (Yug).** DT: Pecar 60.02/196'11" (rec). **20/21.9. Kharkov (USSR).** HJ: Gavrilov 2.18/7'1½"; PV: Tananika 5.20/17'0½"; 20kmW: Lyungin 88:50.2; women's HJ: Galka and Filatova 1.82/5'11½". **22.9. Nitra (Cz).** Women's SP: Fibingerova 20.07/65'10½". **23.9. Prague (Cz).** Rude Pravo Cross (9.6km): Mora (Col) 27:00.4, Kuschmann (EG) 27:20.4, Viren (Fin) 27:24.4, Abdulin (USSR) 27:28.0. **23.9. Nalchik (USSR).** HT: Chumak 71.90/235'11", Yurin 71.70/235'3"; JT: Zirnits 82.60/271'0". **25.9. Prague.** 3000: Abdulin (USSR) 7:54.4, Mora (Col) 7:54.6 (rec), Jansky 7:55.0. **25.9. Plzen (Cz).** 5000: Scholz (EG) 14:06.8, Walsh (RoI) 14:17.8; women's SP: Fibingerova 19.57/65'2½". **28.9. Budapest (Hun).** 100: Gresa 10.3; HJ: Major 2.24/7'4½" (rec); DT: Tegla 61.88/203'0", Fejer 61.68/202'4"; women's 100/400: Pavlicic (Yug) 11.5/53.3; LJ: Bruzsenyak 6.36/20'10½".

**29.9. Kiev (USSR).** JT: Gheorghe Megelea (Rum) 82.26/269'10" (European junior rec). **29/30.9. Budapest.** Women's 200/LJ: I. Szabo (jnr) 23.5 and 6.38/20'11½". **29/30.9. Ostrava (Cz).** Women's SP/DT: Fibingerova 19.80/64'11½" and 50.28/164'11" (pb). **29/30.9. Varna (Bul).** HJ: 4 eq, Beers (Can) 2.08/6'9½"; DT: De Vincentis (Ita) 61.18/200'9". **30.9. Anekosi (Fin).** DT: Kahma 62.42/204'9"; JT: Kinnunen 83.74/274'9", Siitonen 82.20/269'8". **30.9. Zabrze (Pol).** PV: Slusarski 5.21/17'1". **30.9. Sarajevo (Yug).** Women 100H: Pilav 13.6 (rec). —**10. Yalta (USSR).** HT: Sedykh 69.04/226'6" (world jnr rec).

**1.10. Witten (WG).** DT: Hennig 60.32/197'11", ALLEN SEATORY 55.70/182'9". **2.10. Aachen (WG).** JT: Timmer 82.74/271'5". **5.10. Jena (EG).** HJ: Beilschmidt 2.16/7'1". **7.10. Turku (Fin).** Mar: Paivarinta 2:22:57. **7.10. Osijek (Yug).** Women's 400: Pavlicic 53.4. **7.10. Kosice (Cz).** Mar: Moiseyev (USSR; 41) 2:19:01, Truppel (EG) 2:20:44, Silayev (USSR) 2:20:58 . . . 8, Kuschmann (EG) 2:23:08 . . . Farrington (Aus) retired at 34km after leading by over 3min at 30km. **10/11.10. Leverkusen (WG).** Women's 8-event test: Voss 6589 (rec; 100-12.0, DT-40.90, LJ-5.84, JT-35.20, 100H-13.7, SP-14.18, HJ-1.73, 800-2:28.3). **12/13.10. Strebersdorf (Aut).** Women's Pen: Prokop 4622 (13.4, 15.90, 1.72, 6.08, 24.9). **14.10. W. Berlin.** Mar: Hutmacher 2:19:32 . . . 13, Bodo Tummler 2:34:55. **15.10. Nikolayev (USSR).** Women's 100H: N. Tkachenko 13.2 (rec). **21.10. Hof (WG).** Mar: Philipp 2:16:16.



Udo Beyer (EG), the European junior champion, has not only put the men's shot 19.65/64'5½" but thrown the discus 55.32/181'6" and the hammer 66.84/219'3"!  
Ed Lacey

## MEXICO

**14-16.8. Guadalajara.** (Further results) 200: Mwebi (Ken) 21.2; 800: Kipkurgat (Ken) 1:48.7; 110H: Kimaiyo (Ken) 13.9; LJ: Okoro (Nig) 7.58/24'10½"; 4x400: Africa 3:09.0; women's 200: Asiedua (Gha) 24.0; 1500: Wagaki (Ken) 4:43.7; 100H/HJ: Oshikoya (Nig) 13.8 and 1.76/5'9½". **5-7.10. Mexico City.** Women's 400: Weinstein (WG) 54.7, Eddy (Can) 55.5; HJ: Bittner (Can) 1.75/5'8½"; DT: Haist (Can) 51.00/167'4".

## JAMAICA

**6.10. Kingston** (over 35,000 crowd). 100: Crawford (Trin) 10.1, Quarrie 10.2, Leonard (Cuba); 200: Quarrie 20.7, Steve Williams (US), Lutz (US); 400: Juantorena (Cuba) 45.9, Bond (US), Koskei (Ken); women's 100: Valdes (Cu) 11.3; 200: Sidrova (USSR) 23.6 . . . Neufville unplaced; 400: Penton (Cu) 54.0.

## PAPUA/NEW GUINEA

A team of five has been picked for Christchurch following the Papua/New Guinea Championships at Port Moresby on September 8th/9th, four of them teenagers: Wallace Hofogao (19), Philip John Kayo (27), Wavala Kali (19), Iroa Pamo (19) and Vivian Ori (17). Results included—200/400: Kali 22.8/49.8; 800: Hofogao 1:55.6, Kayo 1:56.3; 1500: Hofogao 4:05.2; 5000: Albie Thomas (Aus) 15:18.6; 10,000: Ori 34:04.0; 110H/400H: Pamo 16.0/57.2.

Tony Isaacs

## UK JUNIOR LISTS continued from page 17

## HIGH JUMP (1.46)

|                          |                               |
|--------------------------|-------------------------------|
| 1.75/5'8 $\frac{1}{4}$ " | Anne Gilson (Bournemouth)     |
| 1.66/5'5 $\frac{1}{4}$ " | Lesley Bell (ESH)             |
| 1.63/5'4 $\frac{1}{4}$ " | Sarah Vose (Surrey Beagles)   |
| 1.63/5'4 $\frac{1}{4}$ " | Vivienne Rothera (Swansea)    |
| 1.62/5'3 $\frac{1}{4}$ " | Helen Bray (Watford)          |
| 1.61/5'3 $\frac{1}{4}$ " | Mary Lynch (Thurrock)         |
| 1.61/5'3 $\frac{1}{4}$ " | Janet Thomas (Warrington)     |
| 1.61/5'3 $\frac{1}{4}$ " | Denise Cooper (Bristol)       |
| 1.60/5'3"                | Jacqueline Buss (Crawley)     |
| 1.60/5'3"                | Jacqueline Matthews (Verlea)  |
| 1.59/5'2 $\frac{1}{2}$ " | Dianne Foggie (Wigmore)       |
| 1.59/5'2 $\frac{1}{2}$ " | Deborah Grant (Leicester C)   |
| 1.59/5'2 $\frac{1}{2}$ " | Jane Sulk (Oxford LAC)        |
| 1.58/5'2 $\frac{1}{4}$ " | Nicola Bonner (Aldershot FD)  |
| 1.56/5'1 $\frac{1}{4}$ " | Debbie Waddell (ESH)          |
| 1.55/5'1"                | Wendy Grove (Warley)          |
| 1.55/5'1"                | Nicola Seddon (Sale)          |
| 1.55/5'1"                | Helen Thomson (Edinburgh AC)  |
| 1.54/5'0 $\frac{1}{2}$ " | Jane Attrill (Plymouth)       |
| 1.54/5'0 $\frac{1}{2}$ " | Heather Godden (Havering)     |
| 1.54/5'0 $\frac{1}{2}$ " | Mary Wilson (Brighton & Hove) |

## LONG JUMP (4.90)

|                            |                                      |
|----------------------------|--------------------------------------|
| 5.62/18'5 $\frac{1}{4}$ "w | Maria Bellamy (Davenport) (5.37)     |
| 5.44/17'10 $\frac{1}{4}$ " | Geraldine Gray (Thurrock)            |
| 5.40/17'8 $\frac{1}{4}$ "  | Karen Williams (Pitsea)              |
| 5.40/17'8 $\frac{1}{4}$ "w | Karen Smith (Liverpool H)            |
| 5.36/17'7" w               | Ceri Jenkins (Cleddau) (5.27)        |
| 5.33/17'6"                 | Caroline McLean (Leeds City)         |
| 5.32/17'5 $\frac{1}{2}$ "  | Karen Evans (Lanc & Morecambe)       |
| 5.31/17'5 $\frac{1}{2}$ "  | Susan Nairn (Uxbridge)               |
| 5.30/17'4 $\frac{1}{4}$ "w | Karen Murray (Surrey Schools) (5.26) |

|                            |                                          |
|----------------------------|------------------------------------------|
| 5.29/17'4 $\frac{1}{4}$ "  | Linda Pears (NS Poly)                    |
| 5.29/17'4 $\frac{1}{4}$ "  | Alison Crow (Solihull)                   |
| 5.29/17'4 $\frac{1}{4}$ "  | Gillian McBride (Western)                |
| 5.28/17'4"                 | Mandy Killoran (Skrac)                   |
| 5.27/17'3 $\frac{1}{4}$ "w | Wendy Barrow (Pilkington)                |
| 5.26/17'3 $\frac{1}{4}$ "  | Lesley Bell (ESH)                        |
| 5.26/17'3 $\frac{1}{4}$ "  | Nicola Seddon (Sale)                     |
| 5.23/17'2"                 | Anne Baldock (Dartford)                  |
| 5.20/17'0 $\frac{1}{4}$ "  | Jill Bates (Leicester C)                 |
| 5.19/17'0 $\frac{1}{4}$ "  | Glenys Morton (Leicester C)              |
| 5.17/16'11 $\frac{1}{2}$ " | Sandra Weider (Maryhill)                 |
| 5.17/16'11 $\frac{1}{2}$ " | Judith Plumridge (Bromsgrove & Redditch) |

## SHOT (9.30)

|                             |                                  |
|-----------------------------|----------------------------------|
| 11.37/37'3 $\frac{1}{2}$ "  | Yvonne Stewart (Warley)          |
| 11.30/37'1"                 | Lana Newton (Reading)            |
| 11.17/36'7 $\frac{1}{2}$ "  | Helen Thomson (Grangemouth)      |
| 11.02/36'2"                 | Blondelle Samuel (Newham)        |
| 10.89/35'8 $\frac{1}{4}$ "  | Janet Jones (Wycombe P)          |
| 10.76/35'3 $\frac{1}{4}$ "  | Janet Cox (Cannock)              |
| 10.70/35'1 $\frac{1}{4}$ "  | Geraldine Gray (Thurrock)        |
| 10.67/35'0 $\frac{1}{4}$ "  | Deborah Peel (Lanc & Morecambe)  |
| 10.62/34'10 $\frac{1}{4}$ " | Caroline Dyer (Aldershot FD)     |
| 10.58/34'8 $\frac{1}{2}$ "  | Pettridge Roach (London Schools) |
| 10.55/34'7 $\frac{1}{2}$ "  | Gillian Grey (Cannock)           |
| 10.54/34'7"                 | Jacqueline Jackson (Mitcham)     |
| 10.51/34'5 $\frac{1}{4}$ "  | Christine Sharp (Wakefield)      |
| 10.33/33'10 $\frac{1}{4}$ " | Jeanette Dixon (Kent Schol)      |



ANNE GILSON

Co-holder of the world best high jump by a 13-year-old with 1.75/5'8 $\frac{1}{4}$ ".  
Mike Street

|                            |                                  |
|----------------------------|----------------------------------|
| 10.27/33'8 $\frac{1}{2}$ " | Karen Durnan (Middlesbrough & C) |
| 10.24/33'7 $\frac{1}{4}$ " | Elidah Moore (Bucks Schools)     |
| 10.21/33'6"                | Deborah Watkins (Watford)        |
| 10.12/33'2 $\frac{1}{4}$ " | Isabel Robertson (Maryhill)      |
| 10.08/33'1"                | Annette Magson (Stretford)       |
| 10.06/33'0 $\frac{1}{4}$ " | Janet Phillips (Swansea)         |

## DISCUS (25.00)

|               |                                            |
|---------------|--------------------------------------------|
| 35.10/115'2"  | Valerie Watson (Chester & D)               |
| 33.86/111'1"  | Fiona Condon (Bracknell)                   |
| 33.72/110'7"  | Julie Bonney (Harlow)                      |
| 31.90/104'8"  | Diane English (Sutton-in-Ashfield)         |
| 31.64/103'10" | Helen Thomson (Grangemouth)                |
| 31.48/103'3"  | Jennifer Cameron (Lozells)                 |
| 30.58/100'4"  | Frances Doig (Montrose Acad)               |
| 30.38/99'8"   | Hilary Flood (Essex L)                     |
| 30.24/99'2"   | Christine Large (Cannock)                  |
| 30.02/98'6"   | Catherine Vincent (Derby L)                |
| 30.00/98'5"   | Penelope Clay (Leicester C)                |
| 29.40/96'5"   | Linda Cartner (Border)                     |
| 29.38/96'5"   | Philippa Rawsthorne (Westmoreland Schools) |
| 29.04/95'3"   | Gillian Leigh (Mitcham)                    |
| 28.86/94'8"   | Rosalyn Humes (Durham Schools)             |
| 28.86/94'8"   | Deborah Peel (Lanc & Morecambe)            |
| 28.60/93'10"  | Sarah Condon (Bracknell)                   |
| 28.58/93'9"   | Nina Christofi (Mitcham)                   |
| 28.48/93'5"   | Karen Goulding (Wycombe P)                 |

|                        |                                       |
|------------------------|---------------------------------------|
| 28.36/93'0"            | Karen Langley (E Kent LAC)            |
| 28.36/93'0"            | Susan Tudor (Hillingdon)              |
| <b>JAVELIN (26.00)</b> |                                       |
| 35.56/116'8"           | Gillian Gray (Cannock)                |
| 35.16/115'4"           | Susan Metcalfe (Durham Schools)       |
| 33.98/111'6"           | Lisa Vandy (Bognor Regis)             |
| 33.50/109'11"          | Diane Williams (Stretford)            |
| 32.82/107'8"           | Nina Christofi (Mitcham)              |
| 32.70/107'3"           | Diane Halpin (Northumberland Schools) |

|              |                                      |
|--------------|--------------------------------------|
| 32.42/106'4" | June Skinner (Birchfield)            |
| 32.42/106'4" | Deborah Peel (Lanc & Morecambe)      |
| 32.40/106'3" | Jeanette Rose (Selsonia)             |
| 32.02/105'1" | Sally Perkins (Warwickshire Schools) |
| 31.80/104'4" | Helen Kneath (Swansea)               |
| 31.14/102'2" | Susan Knutton (Wigmore)              |
| 31.12/102'1" | Alison Hadfield (Cardiff)            |
| 31.02/101'9" | Jill Peckham (Wycombe P)             |
| 30.94/101'6" | Yvonne Ritchie (Sale)                |
| 30.84/101'2" | Judith Morris (Hull Spartan)         |
| 30.62/100'5" | Elaine Brice (Plymouth)              |
| 30.60/100'5" | Susan Bradley (Durham Schools)       |
| 30.54/100'2" | Lynn Crawford (Halesowen)            |
| 30.44/99'10" | Vanessa Challis (Leicester C)        |

**PENTATHLON (2400)**

|      |                                |
|------|--------------------------------|
| 3477 | Lesley Bell (Edinburgh SH)     |
| 3162 | Susan Nomo (Birchfield)        |
| 3154 | Geraldine Gray (Thurrock)      |
| 3140 | Karen Evans (Lanc & Morecambe) |
| 3099 | Jane Attrill (Plymouth)        |
| 3055 | Elaine Douglas (ESH)           |
| 3044 | Maxine Ross (Birchfield)       |
| 2979 | Jacqueline Buss (Crawley)      |
| 2971 | Jean Yates (Mitcham)           |
| 2956 | Alison Bonser (Leicester C)    |

**WORKSOP HARRIERS****THIRD ANNUAL YOUNG BOYS, COLTS, BOYS, YOUTHS AND JUNIORS CROSS-COUNTRY RACES****Open Individual and Team races**  
(Under A.A.A. Laws)

Kindly sponsored by Messrs. Batchelors Foods Ltd., Steetley Co. Ltd., Bainswear Ltd., and Radio Rentals

**SUNDAY, DECEMBER 9th, at 1.00 p.m.**

**SPARKEN HILL CAMPUS (Netherton Road)**

**1.00 p.m.—Young Boys U/10 1 Mile**

**1.20 p.m.—Young Colts U/12 1½ Miles**

**1.50 p.m.—Colts U/14 2½ Miles**

**2.25 p.m.—Boys U/16 3 Miles**

**3.00 p.m.—Youths/Juniors 4½ Miles**

Plaques first 3 Ind. and first 3 Teams all races. Ages as at 1st September, 1973.

1000 athletes competed in the 1972 meeting, South African athletes competing this year. Full commentary on each race.

**Entry Fees:** 15p Young Boys and Young Colts, 20p all others. No team fee, any number to run, 3 to score. Entries with fees on A.A.A. forms to: R. Brookes, 37 Spring Walk, Crabtree Park, Worksop, Notts. (Tel: Worksop 5776).

**CLOSING DATE 30th NOVEMBER, 1973**

|      |                                   |
|------|-----------------------------------|
| 2948 | Jennifer Hogg (Dundee Hawkhill)   |
| 2937 | Susan Nairn (Uxbridge)            |
| 2908 | Sonia Linsley (Middlesbrough & C) |
| 2871 | Barbara Crutchley (Plymouth)      |
| 2859 | Joanne Butler (Southend)          |
| 2853 | Elizabeth Wren (Hertford)         |
| 2846 | Janice Mixture (Chelmsford)       |
| 2823 | Helen Bray (Watford)              |
| 2823 | Helen Thomson (Edinburgh AC)      |
| 2822 | Vivienne Thera (Swansea)          |

**4x100 METRES RELAY (53.4)**

|      |                    |
|------|--------------------|
| 49.9 | Edinburgh Southern |
| 49.9 | Oxford Ladies      |
| 50.2 | Chelmsford         |
| 50.4 | Mitcham            |
| 50.6 | Coventry Godiva    |
| 50.9 | Middlesex Ladies   |
| 51.0 | Liverpool          |
| 51.2 | Feltham            |
| 51.2 | Maryhill           |
| 51.4 | Selsonia           |
| 51.4 | Southend           |
| 51.5 | Hull Spartan       |
| 51.5 | Lozells            |
| 51.5 | Birchfield         |
| 51.6 | Verlea             |
| 51.7 | Enfield            |
| 51.7 | Wirral             |
| 51.8 | Border             |
| 51.9 | Daventry           |
| 52.0 | Houghton           |
| 52.0 | Sale               |
| 52.0 | Wigmore            |

**4x200 METRES RELAY (1:57)**

|        |                  |
|--------|------------------|
| 1:49.1 | Middlesex Ladies |
| 1:49.3 | Liverpool H      |
| 1:50.1 | Oxford           |
| 1:50.1 | Hallamshire      |
| 1:50.3 | Verlea           |
| 1:51.9 | Warrington       |
| 1:52.0 | Rockingham       |
| 1:52.3 | Hillingdon       |
| 1:52.4 | Bournemouth      |
| 1:52.4 | Peterborough     |
| 1:52.7 | Birchfield       |

**4x800 METRES RELAY (10:30)**

|         |                       |
|---------|-----------------------|
| 9:44.6  | Hallamshire           |
| 9:50.4  | Bromsgrove & Redditch |
| 9:37.8  | Pitreevie             |
| 9:44.4  | Edinburgh Southern    |
| 10:00.4 | Feltham               |
| 10:03.6 | Bristol               |
| 10:07.2 | Enfield               |
| 10:08.2 | Warrington            |
| 10:10.0 | Havering              |
| 10:15.2 | Bracknell             |

**Notts Officers:** General Sec., K. Picksley, 106 Ingram Road, Bulwell, Notts; cross country & road sec., G. Towler, 6 Grange Close, Lambley, Notts; track sec., J. Burney, 28 Kneeton Road, East Bridgford, Notts.

## WALES

## MALCOLM THOMAS WINS HIS PLACE

**T**HERE was little doubt that Malcolm Thomas's fine run in the Harlow Marathon with a new Welsh record of 2:15:59 would gain him a seat on the plane for Christchurch, and Robert Sercombe of Newport, who has been showing such fine form at and since the Maxol last June, must be very disappointed. It would not surprise me, though, if the Games Council for Wales decided to take one or two more at the last minute. Robert's good performances will hold him in good stead while Mike Critchley's fine run in 6th place at Harlow in 2:17:02 is also sufficient to warrant selection. Robert's next run is the Nos Galan Committee's 20 miles track race at Bristol on December 1st.

Welsh clubs who have not yet sent a donation of £10 to the Commonwealth Games Council for Wales at their 9 Cathedral Road, Cardiff, address may prefer to take a collecting tin and raise even more. The Games Council has asked each club in the bodies governing the sports to be represented at Christchurch to raise this sum and few have yet done so. A phone call to Cardiff 396614 between 9 a.m. and 12 noon will be sufficient to have a tin and collecting permit sent.

Today (Nov. 10th), the third Swansea Schools' meeting of the season goes on from Bishop Gore School and many Welsh athletes will be taking part in the Mike Sully Memorial races at Blaise Castle, Bristol, and in the Bracknell Road Relays. Next Saturday (Nov. 17th), Rhondda AC stage Young Athletes' CC races.

New chairman of the Pembrokeshire AAA is T. G. Thomas, 28 Glenover Park, Haverfordwest, Pems.

Next summer Toronto Track West, a Canadian athletics team, will be sending a small party of athletes to this country and are looking for competition. From the information supplied on their likely runners it seems they are a good club side, little more, but are obviously a very efficient organisation if one can judge from the correspondence received.

Any club interested in allowing them to compete in their meeting(s) or who would like to arrange a match, which would be on a very small scale, should write to Ian Anderson, 29 River-view Gardens, Toronto, Ontario M6S 4E6, Canada. They are a specialist middle distance club with their members all under 20.

The recent AGM of the Welsh CCA appointed its officers for 1973/4 as follows: President, H. W. Gorvin; vice-presidents: Capt. G. Crump and J. Flook; treasurer, D. Lakin; secretary, G. Fraser, 89 Court Road, Barry, Glam. Tel.: 6688.

The running track at Cwmbran is being relaid with Tartan at present and if all goes well should be in use by May 1974. Cwmbran already has Tartan run-ups and with its excellent facilities of all kinds is undoubtedly the best athletics venue in Wales, if not in the country. Geoff Whitson, until recently Stadium Manager, has had promo-

tion but will still retain supervision of the Sports Centre there.

Matt Cullen of Clydach, the man behind Swansea Valley AC, threw the discus 23.50/77'1" in the recent Welsh Veterans' Championships. A claim on Matt's behalf (he is 72) for a new world age best is being made to the National Veterans' Association for inclusion in their list.

Certain ballots have been declared "void" by the AGM decision at Denbigh recently. A plebiscite of clubs will be made shortly to determine the Welsh AAA choice of venue for the new Sports City designated for Wales.

Tony Clemo, Secretary of the Welsh Joint Coaching Committee, has further copies of the excellent manual produced by that committee, which can be obtained free on receipt of a S.A.E. (9"x6" or 10"x8½") to Tony Clemo, 10 Church Street, Cardiff. The manual gives full particulars of coaching courses in Wales during 1973/74.

The road races in Tonyrefail on October 24th were televised by HTV. Rhondda AC were the organisers and as a result of their street collections and a cabaret at the Meadow Vale Club that night will be able to pay a substantial amount to the Commonwealth Games Council for Wales Appeal Fund.

Bernard Baldwin

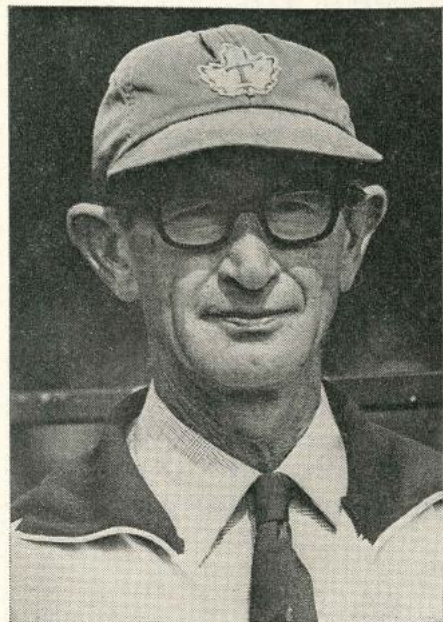


Malcolm Thomas during the Harlow Marathon, in which he clocked 2:15:59.

Ed Lacey

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

Ron Murray-Professional Athletics Coach.



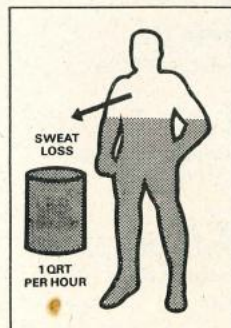
The more a sportsman puts into his game, the more he perspires, and therefore the more mineral salts he loses. Together with the energy he burns, this loss of 'electrolytes' inevitably affects his sporting performance.

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

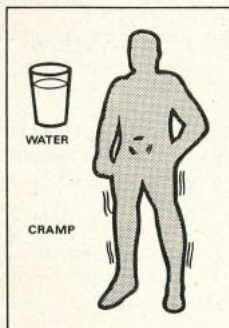
Many leading professional players and coaches believe that Accolade is vital to their match and training routines. Ron Murray says "The replacement of mineral salts lost in sweat, rather than just thirst-quenching, is most important to competitive performance".

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

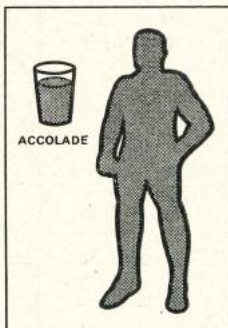
Take it, mixed with chilled water, before, during and after training and actual performance. Accolade contains no artificial stimulants, so drink as much as thirst dictates. Available in 60p jars through branches of Boots and leading sports shops.



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



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



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



## Accolade. The Energiser.

TRADE MARK

A Nicholas  Product, 225 Bath Road, Slough, Bucks. Slough 23971.

# KENT WOMEN'S A.A.A. ROAD RELAY CHAMPIONSHIPS

At Bexley, October 27th

**Seniors:** 1, Cambridge H (P. Bagley 13.30, 2, L. Barnes 13.43, L. Taylor 12.34) 39.47; 2, Medway (A. Hayter 14.56, J. Kimber 13.33, S. Blackwell 14.44) 42.53; 3, Tonbridge (B. Leach 13.03, N. Stanley 17.24, S. Pettitt 13.33) 43.00; 4, Cambridge 'B' 44.19; 5, Wigmore 45.27; 6, East Kent L. 50.44. **Fastest:** L. Taylor (CH) 12.44, G. Adams (Kent) 12.58, B. Leach (Ton) 13.03.

**Inters:** 1, Tonbridge (N. Silburn 10.52, R. Otley 12.48, S. Powell 12.08) 35.48; 2, Wigmore (S. Sales 11.26, A. Decker 12.58, S. Doyle-Davidson 12.41) 37.05; 3, Homewood Sch. (K. Franks 11.40, V. Chipchase 13.18, J. Fullager 12.10) 37.08; 4, E. Kent L. 37.11; 5, Medway 37.53. **Fastest:** N. Silburn (Ton) 10.52, P. Bruckshaw (Kent) 11.08, 3, S. Sales (Wig) 11.26.

**Juniors:** 1, Kent AC (T. Frost 8.28, C. Brough 7.42, J. Oliver 7.35) 23.45; 2, Medway (C. King 7.40, C. Sare-Soar 8.01, J. Stubbsfield 8.33) 24.17; 3, East Kent L. (J. Bourne 8.07, N. Newman 8.37, P. Nicholls 7.44) 24.28; 4, Wigmore 24.49; 5, Tonbridge 24.54; 6, Dartford 25.00. **Fastest:** S. Bagley 7.29, J. Oliver 7.35, C. Brough 7.42.

**Girls:** 1, Cambridge H. (M. Cleaver 7.52, S. Clayton 8.15, B. Totman 8.02) 24.09; 2, Medway (Y. Davis 7.57, V. Hayter 8.11, E. Skinner 8.20) 24.28; 3, Kent AC (J. Smith 7.57, J. Goode 8.48, D. Goode 7.43) 24.28; 4, Tonbridge 25.00; 5, Homewood 'A' 25.08; 6, Homewood 'B' 26.12. **Fastest:** S. Baker (Home) 7.42, D. Goode (Kent) 7.43, M. Cleaver (Cam) 7.52.

# NORTHUMBERLAND & DURHAM HARRIER LEAGUE (Women)

At Jarrow, October 20th

1, M. Brown (Hough) 13:23; 2, L. Bateman (Bly) 13:39; 3, N. Campbell (Blay) 13:51; 4, A. McCabe (Bly) 13:55. No team race. **(Inters)** 1, F. Wishart (NSP) 12:38; 2, P. Fish (NSP) 12:38; 3, S. Smith (NSP) 13:12; 4, J. Minto (Hough) 14:04; 5, G. Merritt (Hough) 14:12; 6, S. Brown (Hough) 14:26. **Teams:** 1, North Shields Poly 6; 2, Houghton 15. **(Juniors)** 1, J. Schusler (Salt) 9:20; 2, D. Hedley (Jarr) 9:32; 3, K. Taylor (Jarr) 9:33; 4, M. Rycroft (NSP) 9:41; 5, V. Parnaby (Durh) 9:52; 6, P. Turner (Jarr) 10:01. **Teams:** 1, Jarrow 11; 2, Blyth 26; 3, Peterlee 44. **(Girls)** 1, L. Cook (Bly) 9:18; 2, S. Crozier (Pet) 9:56; 3, A. Lennox (Salt) 10:11; 4, A. Pringle 10:16; 5, M. Petitjean (Bly) 10:24; 6, K. Ryan (Hough) 11:09. **Teams:** 1, Blyth 10; 2, Houghton 23.

# AGGREGATE MEETING

At HMS Mercury, October 17th

1, Davies (7th Para) 26:20; 2, Dethridge (Colling) 27:35; 3, Spacie (3rd Para) 27:42; 4, Hall (Vic) 27:44; 5, McFadzean (Osp) 27:48; 6, Jacklin (3rd Para) 27:52; 7, Ratcliffe (Sult) 27:55; 8, Anderson (Met) 28:04; 9, Bidmead (Suss P) 28:17; 10, Franklin (AAC) 28:25. **Teams (Div 1):** 1, 7th Para 121; 2, 3rd Para 136; 3, Sandhurst 196. **(Div 2)** 1, AAC Middle W 193; 2, Bovington 288; 3, Mercury 331.

# CHESTER & DISTRICT A.C.

present inaugural

# "ROUND THE WALLS" RACE

4 Mile (approx.) individual event, Non-Spike course. Once around Chester Roodee, once around Chester City walls, then again around Chester Roodee, to finish in front of the Roodee Stands.

# SPONSORED BY BROWNS, THE JEWELLERS CHESTER

Winner presented with Trophy value £500 to be retained for 1 year, with replicas of the trophy to keep for first 6 home, plus additional valuable prizes for first 3 home.

ON BOXING DAY, DECEMBER 26th  
AT NOON

Six other individual events starting at 10.30 a.m. for the following age groups:

# Boys (under 15, Girls (under 15):

1 Mile (approx.): Once around the Roodee, Spiked course.

# Boys (15-17), Girls (15-17):

2 Miles (approx.): Twice around the Roodee. Spiked course.

# Boys (17-19), Ladies (over 17):

3 Miles (approx.): Once around the Roodee, once around City walls. Non-spike course.

Qualifying date for age 1st September, 1973. Prizes for first 3 home in each event. **Fees:** 10p for under 15, 15p for 15-17, 20p for over 17.

Entries/Enquiries with S.A.E. to: Mr. T. Lloyd, 7 Egerton Drive, Upton-by-Chester, Chester (Chester 44589).

ENTRIES CLOSE DECEMBER 3rd

## N. IRELAND

## Hazards Galore at Lisnagarvey Relays

IF anyone wished to introduce a test of dedication he would have spent his time profitably by witnessing the conditions at the Lisnagarvey Relays at Wallace Park, Lisburn, on October 20th. Blustery winds and driving rain conspired to add an extra dimension to the usual hazards of racing in public parks. On top of it all a group of determined sponsored walkers appeared to claim their portion of public pathway! Yet despite all there were some notable performances, particularly in the Youths' 4x1½M race in which two athletes bettered the old course record and led their club, Annadale Striders, to a new aggregate record for the race.

The main event of the day, a Senior 6x2.1M, followed the pattern of recent relays in the province with the three major clubs involved in tight competition which was resolved only in the final leg. Predictably North Belfast claimed another major win after a consistent team effort which skimmed a breathless second from the record, previously held by Achilles at 58:29.

Less predictable was the second placing of Ballydrain who had gained ascendancy over Achilles by the half-way mark of the race. Yet even with second place they had good reason to be disappointed for had their 'A' team contained Dennis Price—who had ran the first leg for his club's 'B' team—their aggregate time might have been less by some 13 seconds. As it was they lost out on first place by a mere five seconds.

1, North Belfast 58:28 (rec) (R. Kernaghan 9:34; D. Seaton 9:51; D. Martin 9:35; S. Rice 10:10; M. Teer 9:44; D. Gibson 9:44); 2, Ballydrain 58:33 (T. Quinn 9:43; T. Annett 9:44; I. Morrison 9:45; T. Price 9:44; T. White 9:44; J. Hayes 9:53); 3, Achilles 59:20 (K. Morgan 9:38; T. Alderdice 10:06; G. Hannon 9:41; B. Gregory 10:13; J. McGuinness 9:25; Gr. Hannon 9:41); 4, Willowfield 61:12; 5, Achilles 'B' 63:08; 6, Annadale Striders 63:40; 7, East Antrim 64:35; 8, Ballydrain 'B' 65:27; 9, 9th Old Boys 66:38; 10, NBH 'B' 66:42. **Fastest:** McGuinness (Ach) 9:25; J. Allen (WTH) 9:32.

## Youths

1, Annadale Striders 25:58 (rec) (M. Best 6:15; C. Elliott 6:44; P. Lawther 6:08; S. McArthur 6:51); 2, Achilles 27:39 (P. McGouren 6:23; E. Rooney 7:02; A. McCarey 7:14; D. O'Kane 7:00); 3, Annadale St. 'B' 28:14 (S. Reid 6:52; S. Bailie 7:02; M. Lawther 7:09; M. Campbell 7:11); 4, EAH 28:16; 5, Coleraine AI 28:33; 6, Foyle College 28:40; 7, St. Malachy's 28:44; 8, NBH 29:11; 9, Ballyclare HS 29:23; 10, CAL 'B' 29:35. **Fastest:** Lawther (Ann Str) 6:08 (rec); Best (Ann Str) 6:15.

**Ballyclare Road Relays for Schools, October 13th.** Wilson Shield (U/15 6x820): 1, St. Mary's CBS 18:08; 2, St. Malachy's 18:23; 3, Coleraine AI 18:24. Harvey Shield (U/17): 1, St. Malachy's 32:30; 2, Annadale GS 33:37; 3, Ballyclare HS 34:17.

The row over the Commonwealth Games selection continues to blossom. At the monthly meeting of the NIAAA Council on October 18th a rare unanimity prevailed and a vote of no confidence in the Games Council was passed. The discontent, shared by both officials and athletes, is readily echoed by the Press who have found the N. Ireland team too full of anonymous sportsmen for their liking. Especially distressing to the Men's Association is the fact their nominee for team-manager, NIAAA treasurer Tommy Welsh, was ignored by the Games Council in favour of the NIWAAA nominee Sean Kyle. Whether any of the problems will ever be resolved remains to be seen; certainly the complaints will reverberate through the Commonwealth Games Council for some time to come.

Neill Morton

## SALE CLUB CHAMPIONSHIPS

**August 29th:** 800: 1, A. Settle 1:49.2; 2, J. Gerrard 1:52.1; 3, Paul Gaytor (Yth) 1:55.9; 4, Phil Gaytor (Yth) 1:56.4; 5, L. Valentine (Jnr) 1:56.6.

**September 1st:** (Youths) 1500: 1, Paul Gaytor 4:02.4; 2, W. Painter 4:03.2. HJ: 1, M. Davidson 1.74/5'8½"; 2, M. Ord 1.74. (Boys) SP: K. Everett 13.73/45'0¼". (Women-Inters) 400: 1, J. Williamson 60.3; 2, B. Schofield 60.4. (Juniors) 200: Y. Ritchie 26.9.

**September 16th:** 10,000: D. Farmer 31:13.6. HJ: A. Ord 1.83/6'0". (Juniors) 100: D. Ferns 11.0. (Women) 3000: A. Robinson 10:36.4.

**September 19th:** 200: N. Drake 22.8. (Youths) 1500SC: 1, Phil Gaytor 4:26.4; 2, M. Jones 4:40.0. (Women) 4x400: (W. Williamson, B. Schofield, V. Rowbotham, P. Barnett) 3:58.9. (Juniors) 75H: 1, F. McKnight 11.8; 2, Y. Ritchie 12.4; 3, K. Ridell 12.5. 4x200: (F. McKnight, D. Littlewood, S. Rock, Y. Ritchie) 1:52.5.

**September 22nd:** 5000: 1, D. Farmer 14:55.4; 2, L. Valentine (Jnr) 15:25.4. (Women) 1500: J. Williamson 4:37.8.

**September 23rd:** (Women) HJ: 1, D. Taylor (Int) 1.52/5'0"; 2, S. McGregor 1.52. (Inters) 800: 1, J. Williamson 2:18.0; 2, A. Robinson 2:24.6.

**September 24th:** (Inters) 3000: J. Williamson 9:52.0.

## GLOUCESTER THROWING LEAGUE

## At Black Bridge, September 23rd

SP/DT: R. Gardner (Read) 13.15/43'1¼" & 40.08/131'6". (Women) SP: 1, J. Beese (New) 11.93/39'1¼"; 2, J. Gray (Card) 10.42/34'2¼". DT: 1, Gray 39.22/128'8"; 2, Beese 33.16/108'9". (Juniors) SP: C. Jones (New) 9.04/29'8".

## September 30th

SP/DT: Gardner 13.05/42'9¼" & 41.50/136'2". HT: B. Fraser (RAF) 64.80/212'7".

## October 7th

(Youths) SP: K. Mock (Glos) 12.55/41'2¼".

# POSTAL BOOK SALES DEPT.

Send to Book Dept., "Athletics Weekly," 344 High Street, Rochester, Kent. ME1 1DT. Prices include postage.

## BIOGRAPHICAL

- "Ron Clarke Talks Track", £1.20.  
 "David Bedford Story" by James Coote, 65p.  
 "The Randy Matson Story" by Carlton Stowers, £2.52.

## TRAINING/TECHNIQUE

- "Run, Run, Run" by Fred Wilt, £1.70.  
 "LSD The Humane Way to Train" by Joe Henderson, 90p.  
 "Road Racers & Their Training" by Joe Henderson, £1.10.  
 "Strength & Stamina Training" by Eric Taylor, £1.80.  
 "The Complete Middle Distance Runner" by Denis Watts, Harry Wilson and Frank Horwill, £1.65.  
 "Track Speed" by John Le Masurier, £1.40.  
 "Cross-Country Running and Race Walking For Girls" edited by Cliff Temple, 35p.

## STATISTICAL/MISCELLANEOUS

- "Problem Athletes and How to Handle Them" by Bruce Ogilvie and Thomas Tutko, £1.65.  
 UK Junior All-Time List, 35p.  
 Indoor Track, 65p.  
 "The 'Sunday Times' Book of The Olympics" by Ron Pickering and Norman Harris, 88p.  
 "Munich 72" by Christopher Brasher, £2.10.  
 "Metric Conversion Tables" by Bob Sparks: International Edition, 85p. Standard Edition, 45p. Pocket Edition, 23p.  
 ATFS Metric Conversion Tables, 85p.  
 "Back Track" by Max Stiles (1959) 47p.  
 "The Longest Dash" by John Telford, 50p.  
 "British Athletics" 1960, 1961, 1963, 1965, 1966, 1967, 55p. 1970, 55p. 1972, 70p. 1973, 70p.  
 "IAAF Progressive World Record Lists", £1.05.  
 "Age Records": 1973, 65p.  
 USA High School Annual, 1969, 1972, 1973, 47p each.

## MAGAZINES

- "Track and Field News", £3.30 yearly. (Send 2½p stamp for sample issue.)  
 "Track Technique" (quarterly), £1.25 yearly.  
 "Track Newsletter" (24 times a year), £3.30.  
 Olympic issues of "Track & Field News" 1964, 92p. each. 1972, 92p.  
 "Women's Track & Field World", £1.95 yearly.  
 Olympic issue of "Women's Track & Field World" 1968, 46p. 1972, 92p.

N.B. We regret book tokens are not acceptable.

## SPECIAL OFFERS!

"The Olympics 1972". "Between them James Coote and John Goodbody have done a fine job in summarising the complete range of sports" is how the 'AW' review last November described this 198-page book. Published at £2.00, this book is now being offered to 'AW' readers at the bargain price of £1.00 post paid.

"How They Train". New editions of Fred Wilt's famous book will soon be available, which will make this 1959 edition a collector's item. Training details of over 150 middle and long distance runners, including Herb Elliott, John Landy, Gunder Hagg, Paavo Nurmi, Vladimir Kuts, Emil Zatopek etc. originally offered for 92p, our bargain price is now 50p post paid.

## AAA & BAAB PUBLICATIONS

|                                              |     |
|----------------------------------------------|-----|
| HURDLING                                     | 38p |
| LONG JUMP                                    | 38p |
| HOW TO JUDGE FIELD EVENTS                    | 28p |
| AAA RULES FOR COMPETITION                    | 43p |
| HOW TO ORGANISE AND CONDUCT A SPORTS MEETING | 28p |
| MIDDLE DISTANCE RUNNING                      | 43p |
| POLE VAULTING                                | 28p |
| TRIPLE JUMP                                  | 28p |
| SHOT PUTTING                                 | 38p |
| DISCUS THROWING                              | 38p |
| STRENGTH TRAINING                            | 48p |
| HIGH JUMPING                                 | 28p |
| HAMMER THROWING                              | 78p |
| STARTING AND TIMEKEEPING                     | 28p |
| AAA HANDBOOK 73/74                           | 78p |
| SPRINTING AND RELAY RACING                   | 43p |
| DECATHLON                                    | 78p |
| MOBILITY EXERCISES                           | 63p |

N.B. Postage & Packing 10% extra on listed price; minimum 3p.

Obtainable from Book Dept., "ATHLETICS WEEKLY", 344 High Street, Rochester, Kent. ME1 1DT.

A new (3rd) edition of the world's most comprehensive reference book on athletics

## THE ENCYCLOPAEDIA OF ATHLETICS

By Melvyn Watman

Obtainable, price £2.75 (includes postage and packing), from the author, 8 The Glade, Finchley Park, London N.12. Please make cheques or postal orders payable to M. F. Watman.

## CITY OF STOKE-ON-TRENT

Parks and Recreation Department

# Men's Open Cross-Country Team Race

(Under A.A.A. Laws)

5 miles, 392 yards (8,405 metres)

**Teams:** Eight runners, four to count.**Venue:** Fenton Park, Fenton, Stoke-on-Trent.**Date:** Saturday, 15th December, 1973. Start 2.30 p.m.

**Individual Prizes:** Gents' Rotary 21 jewelled automatic wristwatch, valued at £20.15, 1st runner home; Gents' Everite 17 jewelled wrist-watch, valued £10.75, 2nd runner home; Gents' Oris wrist-watch, valued at £8.60, 3rd runner home.

**Team Prizes:** Tea sets valued at £7.00 each, four members of 1st team, 2nd, 3rd and 4th teams tea sets valued at £5.50.

**Veterans Prizes:** 1st Veteran over 40 years, also 50 years, tea sets valued at £5.50.

**Entry Forms:** Normal A.A.A., state team colours, print all surnames, give exact age of runners over 40 and 50 years.

**Entry Fees:** 45p—per team.  
20p—each individual runner.

**Entry Closing Date:** Tuesday, 27th November, 1973.

**Cheques/Postal Orders:** Send your entrance fee, with entry form. Cheques/postal orders to be crossed and made payable to Stoke-on-Trent Corporation.

**Entries to:** P. Dyer, Esq., Parks and Recreation Department, Hanley Park, Cleveland Road, Hanley, Stoke-on-Trent ST1 4DY.

**Enquiries:** Telephone Stoke-on-Trent 22283, up to 4.30 p.m. Monday to Friday, ask for Recreation Officer. After 6.00 p.m. daily telephone Stoke-on-Trent 46233, Mr. J. Connolly.

## LANCASTER &amp; MORECAMBE ROAD RACES

October 20th

1, N. Sloane (Blackpool & Fylde) ..... 40:06  
2, C. Leigh (Salford) ..... 40:14  
3, J. Calvert (Blackburn) ..... 40:44  
4, S. Curran (Salf) 40:52; 5, P. Wood (New Un) 40:56; 6, R. Belk (Kend) 41:04; 7, T. Parker (Stret) 41:05; 8, D. Edge (B&F) 41:14; 9, D. Spencer (Barr) 41:25; 10, S. Clegg (Salf) 41:30; 11, A. Burch (B'burn) 41:34; 12, T. Coyle (Sale) 41:50; 13, B. Gemson (Lanc) 41:57; 14, P. Keen (Sale) 41:59; 15, B. Thompson (Warr) 42:10; 16, J. Byrne (Salf) 42:29; 17, R. Rawlinson (Ross) 42:34; 18, F. Howson (Barr) 42:47; 19, F. Rimmer (Sutt) 42:55; 20, M. Whiteside (Salf) 43:00; 21, R. Heys (B'burn) 43:13; 22, K. Kenyon (B'pool) 43:30; 23, A. Walsham (Salf-V) 43:38; 24, R. Curwen (Pres) 43:59; 25, L. Smith (Sale) 44:11; 26, R. Chaisty (B&R) 44:21; 27, R. Proffitt (Salf) 44:43; 28, N. Jones (Warr) 44:52; 29, M. Sinkinson (Salf) 45:10; 30, I. Whiteside (Pres) 45:12. **Teams:** 1, Salford 16; 2, Blackpool 31; 3, Blackburn 35; 4, Sale 51; 5, Salford 59; 6, Barrow 69.

## Youths

1, Phil Gaytor (Sale) 19:27 (Rec); 2, S. Lancashire (Wirr) 19:35; 3, S. Edmonds (Wirr) 19:41; 4, J. Harrop (Sale) 19:48; 5, K. Eccles (Lanc) 19:52; 6, G. Lawton (Salf) 19:54; 7, I. Nairn (Barr) 19:54; 8, W. Painter (Sale) 19:58; 9, M. Jones (Sale-Ind) 20:10; 10, S. Riding (Sale) 20:30; 11, P. Foster (Wirr) 20:33; 12, A. Rawcliffe (B'burn) 20:41; 13, G. Johnston (Sale) 20:54; 14, R. Patel (Bolt) 21:01; 15, P. Standing (Bolt) 21:04. **Teams:** 1, Sale 13; 2, Wirral 16; 3, Sale 'B' 42.

## Boys

1, N. Holliday (Warr) 8:03 (Rec); 2, S. Fairclough (Ross) 8:11; 3, S. Caldwell (Bolt) 8:18; 4, N. Casson (Lanc) 8:22; 5, S. Odgen (Warr) 8:23; 6, A. Cothliffe (Ross) 8:31; 7, P. Campbell (Bolt) 8:32; 8, M. Smith (Wirr) 8:34; 9, P. Willacey (Barr) 8:34; 10, T. Ashworth (Ross) 8:39. **Teams:** 1, Rossendale 18; 2, Warrington 18; 3, Bolton 23.

## Colts

1, M. Denny (Warr) 9:14 (Rec); 2, S. Berridge (Barr) 9:19; 3, P. Livesey (Ross) 9:27; 4, K. Capper (Lanc) 9:29; 5, K. Palmen (Barr) 9:36; 6, D. Towers (Warr) 9:38; 7, A. Stewart (Lanc) 9:41; 8, G. Fance (Warr) 9:42; 9, N. Eyre (Bolt) 9:57; 10, A. Taylor (Ken) 10:02.

## MIKE SULLY RACES

Owing to the volume of entries (over 1200) it will not be possible to accept entries for the Mike Sully Memorial races at Bristol this weekend.

**Oldham & Royton Officers:** General Sec., F. Hodson, 34 Alva Rd., Oldham; track sec., P. Purdy; cross country sec., L. Horlock.

# LETTERS

PAAVO NURMI

Dear Sir,

In your appreciation of Paavo Nurmi (October 13th) you say he maintained a keen interest in the sport. According to the German daily 'Die Welt' of October 3rd, Nurmi took little pleasure in athletics in later life, perhaps because of failing health. I quote from the obituary notice: "In spite of occasional visits—enforced rather than voluntary—to sports meetings, his relationship to everything connected with sport grew worse and worse in his last years. His sporting career had made him a rich man . . . but all this gave him no real pleasure and could not bridge his alienation from the sport in which he had once set new standards. He was once quoted as follows: 'Thanks to press, TV and radio I have achieved world wide fame. But all that is without meaning. My life can be summed up honestly in the sentence: 'In my life I have achieved nothing'."

It is sad that Nurmi should have said that. But I am sure that many athletes (a very introspective breed) must have thought the same thing about their own running career.

Donald Macgregor,  
Dunoon

*Nurmi did grow bitter and even more aloof in his last years after suffering heart attacks, paralysis and near blindness, but his interest in athletics remained. In his fascinating book "Finnish Running Secrets" (which will be available in this country in December—watch for an announcement), Matti Hannus wrote: "Paavo Nurmi claims he does not care a bit about running any more . . . However, after the big Finnish moments in Munich, tears could be seen in his eyes when he said, 'Those were very fine races. I was deadly scared Viren wouldn't make it after the fall . . . And Vasala, he is a magnificent runner. I am glad Finland has these boys'."—M.W.*

## MORE SOUTHERN BIAS?

Dear Sir,

Due to a spell away from home I have only just read the AW's containing the England Men's Commonwealth Games Trials results. In fact, looking at the fields assembled for some of the events, I may have been forgiven for thinking I was looking at the results of a Southern Counties Open Meeting.

It appears that if one was a borderline case and lived in the South then one was in the Trials—anywhere else and you were out. Surely with the preponderance of synthetic tracks in the South East (as recently referred to in your columns), thus enabling Southerners to clock possibly unrepresentative times, then the reverse should have been true and more provincial borderliners should have been invited.

I wish to turn my attack from the general

## SPECIAL OFFER ON ADIDAS NYLON TRACKSUITS

Red: 5'3", 5'8". White Top/Red Trousers: 5'3", only. Royal: 5'3", 5'6", 5'8". White Top/Green Trousers: 5'3", only. Sky Top/Navy Trousers: 5'3". White Top/Royal Trousers: 5'8" only. Cannot be repeated at £11.50 (normally £13.40).

Also

Unique "Miami" Scarlet/White Trim: 36", 38", 40". Royal/White Trim: 36", 42". Special Offer Price of £6.35 (Normally £7.16).

Unique "Sparta" Scarlet Top/Black Trousers with Contrast Trim: 36", 38", 42", 44". Special Offer Price of £5.75 (Normally £6.40).

Unique "Sparta" in junior sizes. 8-10 years, 10-12 years, 12-14 years. Special Offer Price of £3.95 (Normally £4.45).

## CROSS COUNTRY SHOES

Lawrence "Cross Country Studs". Lightweight Multistud shoe, Blue/White Trim. Sizes 6, 7, 8, 8½, 9, 9½, 10. £3.50.

Lawrence "Ripples". Strong shoe, Deep Ripple. Sizes 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11. £5.65.

## WOMEN'S NYLON STRETCH SHORTS

With trim down side; White trimmed with Red, Royal and White trim, and Black with White trim. Sizes 22in. or 24in. £1.12, 26 or 28in. £1.18.

Without contrast trim: Black, white, royal, scarlet 22 or 24in. £1.04, 26 or 28in. £1.12. Also bottle green, 22, 24, 26in. only.

## MEN'S ATHLETIC SHORTS

Litesome Scandinavian, brief cut, White or Black, 28/30in. 87p, 32/34in. 94p, 36in. 99p. Colours (Amber, Emerald, Navy, Royal, Scarlet) 28/30in. 94p, 32/34in. £1.00, 36in. £1.06.

## SUPPORTS

|                  |           |     |
|------------------|-----------|-----|
| Standard Support | S, M, L   | 53p |
| Swim Support     | S, M, L   | 46p |
| Nylon Support    | S, M, L   | 62p |
| Athletic Slip    | S, M, L   | 40p |
| Ankle Support    | M, L only | 31p |

NOTE: Will customers please write name and address in block letters when ordering and remember to state size required. Any goods exchanged or money refunded if returned in new condition within 7 days.

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

## THE SPORTS CENTRE

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

to the specific and concentrate on the 1500m field (where in fact the presence of Southern second-raters was not quite as noticeable as in the other middle-distance events).

Firstly, I would like to know why the field was limited to seven; surely three extra runners could have been accommodated without any real difficulty. Secondly, I would like to know how the composition of the field was arrived at. Looking at a specific case (that of my friend and training partner David Gibbon of Elswick) it is hard to see why he was excluded from the trials.

David's best mile this season of 4:01.8 (set in a 'B' race as I feel the race organisers did not at that time appreciate his capabilities fully) is superior (I believe) to the season's best times of Smedley, Douglas and Moorcroft. In addition he has defeated both Smedley and Moorcroft in their only encounters this season.

Perhaps those responsible for the invitations were unaware that shortly before the Trials, David scored a resounding victory over both Smedley and Dave Cropper (who made the 800m trial) in the North v. Midlands v. RAF match 1500m . . . or that he is the current Northern champion . . . or that he did make the AAA 1500m final despite considerable foreign intervention.

Is it going to be necessary for David or any other aspiring provincial athlete to move South to gain any sort of National recognition? Could this be part of a sinister plot to make us all Southern athletes eventually? Thank goodness the Harlow marathon wasn't by invitation only!

**Mike Bateman,**

Cramlington, Northumberland

### FINE BEHAVIOUR BY GIRLS

Dear Sir,

May I through you magazine thank all officials and competitors for their exemplary behaviour and use of Landsdowne School at the Greater London League match on October 13th. It is to be hoped that this will be a standard to be kept for the rest of the season. Thanks girls, you were great.

**Eric Abraham,**

Wycombe Phoenix, H & AC

### SCOTTISH FIRST CLAIM RULE

Dear Sir,

The news that Achilles AC has been invited to compete in the Edinburgh to Glasgow Relay this year prompts me to comment on the 'Irish' first claim rules for this competition. If earlier years are anything to go by we might find Alder of Morpeth representing Edinburgh AC and Stewart of Birchfield representing Aberdeen AAC to mention but two of the better known visitors to Scotland for the relay. This has been quite legal as affiliated clubs can, under rule 9 of the SCCU Rules for Competition, include such runners as first claim members.

The Coatbridge '5' (where Colin Simpson might

like to note there was a TV set for the individual winner and six sets of team prizes) attracted a Birchfield team which included Stewart and Ritchie, formerly Aberdeen. Had they represented Aberdeen on that day then the 4th team would have been Aberdeen and not Birchfield, who collected the prizes. Shortly after the race I read in the 'Sunday Telegraph' that Stewart will run for Aberdeen in the Edinburgh to Glasgow Relay! Will Ritchie?

The SCCU appear to have ignored the above incident. As the scope of this major relay has now been extended to include a club which is not affiliated to the SCCU it is time that body altered its first claim rule to ensure that a first claim member of any UK club can compete for that club alone in Scotland.

**Bill Ramage,**  
Springburn Harriers

### VALUE ADDED TAX

Dear Sir,

I refer to your correspondence columns in the issue of September 15th regarding the above per John Martell, Hon. Treasurer, AAA. Wishing to save at least future monies for the League I followed the 'ruling' that the hiring of athletic facilities for spectator events would be free of VAT. I have been informed that no such ruling exists\* and that VAT is chargeable on stadium hire! I would be pleased to hear from anyone who has been VAT exempted and ask John Martell if he would clarify the situation for promoters in general through your columns.

**Roger Colson,**

Stretford League promoter

\*Stretford Borough Council applied to the Customs & Excise for a ruling based on Mr. Martell's letter and were told this was not so.

### NO ROOM FOR SENTIMENT

Dear Sir,

The point of view expressed by Jimmy Binfield (October 20th issue), whilst commendable in spirit, is surely one of the big mistakes made in the selection of our international teams. Selection on the basis of services rendered is a negative approach, very nice for the athletes concerned, but fatal for the future of British athletics.

Over the years the old pals act has been very much in evidence, and in the party going to Christchurch we see one athlete who has already had two last fling appearances and with luck will surely make Rome and Montreal.

Selection, in my humble opinion, should be on the basis of athletes capable of improvement. Sentiment does not win medals.

The point Jimmy makes in relation to Steve Ovett and Tony Settle is not valid. Of course it's true they are young and will have plenty of future chances, but a trip at this stage of their career is a sound investment for the future. The experience gained now would be invaluable for Rome and Montreal.

**Alf Mignot,**  
London, E16

## PLEASURE AND AMAZEMENT

Dear Sir,

We should like to take the opportunity, through your columns, to express our pleasure and amazement at what in our (biased) opinion was the greatest single achievement by a British athlete this year, i.e. Ian Thompson's victory in the Harlow Marathon.

Everyone knew Dave Bedford could break the world record for 10,000m, that Brendan Foster had world beating potential over 5000m, that Alan Pascoe had similar potential over 400m hurdles. Nobody, but nobody, not even Ian Thompson, would dare to think he had world beating possibilities over a marathon, before that race.

During his years at University College, Cardiff, Ian was recognised as a talent above his team-mates, and showed signs that he might someday gain representative vests on the country, running with considerable success on the college circuit. Now, the day may be nearing when Tony Simmons becomes known as Ian Thompson's club-mate, and not vice versa.

**Dave Cliffe** (UC Cardiff HC Capt. 1970/71),  
**John Robertshaw** (UWIST Capt. 1971/72),  
**Frank Cuthbert** (UC Cardiff HC Capt. 1972/73/74), **Mike Armstrong** (UWIST Capt. 1973/74).

## WALKING THE "SCAPEGOAT"

Dear Sir,

I could not let the Marquess of Exeter's attempts to condone the decision to remove walking from the Olympics go unanswered. Apparently, the Marquess of Exeter cannot represent British interests on the IOC. He in fact is completely impartial, and represents the 150 member countries on the IOC, of which, I was under the impression, Great Britain was such a member country.

I cannot accept that the removal of a road walk makes it any easier for a smaller country to hold the Olympics. The only cost involves the organisation and closing etc. of roads; and this could easily be reduced by using a smaller circuit which would be more acceptable to competitors and spectators alike. Incidentally, what of the marathon in this concept?

The average "man in the street" is indeed surprised when he hears of the removal of walking from the Olympics, perhaps because he associates the Olympics with the struggle of man against the barriers of man and time etc. Certainly the discipline of race walking fulfils these definitions far more than team games such as football, hockey, basketball, volleyball etc.

Thus it is apparent that race walking has been made the "scapegoat" for athletics. The fact that there is no qualification time for the event cannot detract from the high degree of preparation and training essential in this branch of athletics, practised in less than one-third of the member countries, say 45 countries. Is the pole vault practised in 45 countries?

The Marquess of Exeter can, however, represent GB in other "Area Championships and Games" where walking will not be eliminated. I admire his confidence but cannot understand his logic. It would be interesting to hear who is actively considering the



**Ian Thompson completes his amazing run.**

Mark Shearman

World Walking Championships. Perhaps one-third of the IOC?

The footnote to this comes in recent national press reports where we learn that the 1980 Olympic Games events are to be increased!

**B. Davidson-Cook,**  
Scottish Race Walkers Club

## GLOUCESTERSHIRE AAA NOT RESPONSIBLE

Dear Sir,

It has been brought to my attention that the athletics meeting between Birmingham, Bristol and London, to mark the opening of the new South West Regional All Weather Track at Whitchurch, Bristol, on September 23rd, was somewhat of a shambles from the athletes' point of view. As the blame is being put in certain quarters I would like to point out that the officials were not drawn from this Association and the promotion and organisation was not the responsibility of, or in association with, Bristol Athletic Club (a member club of Glos. County AAA).

This Association, including its member clubs, were in no way responsible for the above meeting which, I understand, was organised under the auspices of the SCAA.

I shall be obliged if you will indicate this in one of your future publications. This, I feel, will obviate a lot of ill will between athletes and clubs in this area.

**Adrian Granville,**  
Hon. Gen. Secretary,  
Gloucester County AAA.

## Book Reviews

**"Athletics For The 70's", by Denis Watts and Tony Ward; published by Arthur Barker Ltd; £2.50.**

Two of Britain's most knowledgeable and communicative authorities on athletics have collaborated to produce an excellent work which is really three books in one. The first part deals with organisation for schools, the second with club athletics and the third with training and technique. Whether one is an active athlete, a coach, a teacher or an official there is much to be learned from the distilled experience of Denis Watts and Tony Ward.

As far as schools athletics is concerned, "the factor which supersedes all others is the enthusiasm of the teacher and in nearly all cases the degree of enthusiasm or dedication or even fanaticism of the teacher is directly proportional to the success which can be obtained; given this factor there is really little limit to what can be achieved".

The authors advise teachers to "devise a programme to ensure that the club and everyone in it has a yearly purpose". That purpose might be for the school athletics club to win a particular trophy or match; for individuals it could range from beating 30sec for 200m to reaching the final of the National Schools Championships. "By fixing such targets for his athletes", they explain, "the teacher can do much to avoid the aimlessness that often creeps into athletic sessions once the summer is under way. The athletes must have a purpose to keep going right through the summer term." A wealth of practical information includes a step-by-step account of how to organise a sports day and inter-schools fixtures. Particularly useful are clearly arranged tables which show the various age groups for boys and girls together with the applicable hurdle, steeplechase and field event specifications.

The section on club athletics is also a mine of information and good sense. The administrative structure is explained (no easy task), criteria established for the successful running of a club, and the functions of each section and officer are set out. Finance is cited as "the most crucial factor in club life" and ways and means of fund raising are put forward. There are chapters on planning a club's competitive structure and of presenting as well as organising a track and field meeting. Public relations, links with outside authorities, and facilities are among other topics discussed.

The third section, of over 100 pages, is a concise guide to training and technique for all the usual men's and women's events.

**"An Introduction to Cross-Country Running and Race Walking for Girls", edited by Cliff Temple; published by the Women's CC & RWA; available from 'AW' Book Dept., 344 High Street, Rochester, Kent; 35p post paid.**

The Women's CC & RWA are to be compli-

mented upon the production of this booklet, which caters so admirably for the needs of an enormous and enthusiastic band of youngsters. Hints on training, kit, diet, care of the feet, personal problems, parents, rules—they are all here.

"Overcoming setbacks is one of the challenges the athlete faces", writes Rita Ridley in a foreword, "but the good advice offered by the expert contributors in this booklet will ensure that the novice will meet as few setbacks as is possible during her career." Those contributors are Stan Belton, Jack Harris, Bryan Smith, Mrs. D. Nelson Neal, Paul Nihill, Cliff Temple, "Jimmy" Green, Joan Allison and Judy Farr.

**"Thoughts on the Run", by Joe Henderson (published by "Runner's World"; obtainable from Runner's World, PO Box 247, Croydon, Surrey CR9 8AQ; £1.18 post paid.**

What does a runner think about while he is pounding out those endless miles in training? The mind of Joe Henderson, LSD enthusiast and editor of that fine American monthly, "Runner's World", "rambles off in all directions flitting from subjects intimately related to the immediate problems of the run—tiredness, thirst, time, hurts, hills, directions, dogs—to subjects that couldn't be farther from the task at hand—things like the rent, the new car, the girl friend, religion, politics". Most runners would report similar free-wheeling mental activity, but Joe Henderson is an exception in that he notes down his thoughts in a training diary. What emerges is a refreshing run-for-fun ethic.

**"Guide to Distance Running", edited by Bob Anderson and Joe Henderson (£1.98 post paid from 'Runner's World' as above).**

A comprehensive work that looks at distance running from a wide variety of angles: The Basics—physical factors which establish the individual's running potential and set his limitations including medical advice; Races and Racing; Coaches and Training, contributors include Ron Clarke and Ron Hill; The reason Why—psychological and philosophical arguments; The People—a collage of individuals who are at the heart of the sport; plus a 40-page photo section and some statistics. Over 200 big pages.

M.W.

**City of Leeds and Carnegie College Officers:** President, J. H. Dodd; chairman, N. J. Whitehead; captain, C. Pratt; secretary, K. Jackson; treasurer, C. Bushell; assn. treasurer, R. Clarke; fixtures sec., A. Maddocks; assn. fixtures sec., E. Hardisty; News & Publicity Off., P. Coleman; ladies captain, Miss R. Brown.

**Northumberland & Durham Women's AAA Officers:** President, Mr. S. Gallagher; chairman, Mr. J. C. Kennedy; secretary/treasurer, Mr. P. Hindmarch, 23 Westbourne Ave., Gosforth, Newcastle/Tyne NE3 2HN; championships sec., Mrs. L. Bateman; team manager, Mrs. M. Garrett.

## WALKING

## HIGH STANDARD IN AIROLO-CHIASO RELAY

WITH ten national teams competing, the speed and standard of the Airolo to Chiasso Relay on October 14th was very much higher than that shown in any of the previous eleven editions. East Germany, with their strongest available team, led throughout while Poland, very surprisingly, maintained second. Neither the USA nor Great Britain recovered from disastrous starts although their later men excelled themselves. As always, there was the usual crop of sensationally fast clockings from men who are very unlikely to repeat such a performance—that is until the next Airolo-Chiasso! Every stage record was broken.

**Airolo-Giornico (27km) (Stage record: John Knifton (USA) 2:06:50).** A group of nine led early, then Steve Gower took command while Ron Laird fell away with leg and stomach trouble. Stadtmuller came away from the bunch and finished very fast indeed while Gower disintegrated over the last 7km to leave the GB squad 20 minutes down on the leaders. Admirably consistent performances from Lou Mockett and Dave Stevens. 1, K-H. Stadtmuller (EG) 2:04:44 (Rec); 2, F. Sliwinski (Pol) 2:09:12; 3, I. Gasitu (Rum) 2:09:51; 4, G. Lisi (It) 2:12:25; 5, M. Kolvenbach (WG) 2:12:33; 6, H. Fenner (Swi) 2:14:35; 7, K. Moen (Swe) 2:14:35 . . . 12, L. Mockett (Met Pol) 2:20:18; 13, R. Laird (USA) 2:20:58; 14, D. Stevens (Stock) 2:22:39; 17, J. Lees (Lon 'A') 2:23:33; 19, S. Gower (GB) 2:24:43; 23, G. Hunwicks (Lon 'B') 2:40:41.

**Giornico-Bellinzona (30km) (Stage record: W. Wesch (WG) 2:15:16):** Zschiegner put in a great performance while his immediate pursuers held their position and drew away from the rest. Pamich had a stage-long battle with Richter before drawing away at the end while Michalski, reserve for the West German 50km squad, had a splendid race. Fine effort from Peter Hodgkinson while Alec Banyard started on the heart breaking task of getting the national squad back into reckoning. John Nye excelled himself. 1, East Germany 4:17:35; 2, Poland 4:25:44; 3, Rumania 4:30:32; 4, Italy 4:31:40; 5, West Germany 4:31:59; 6, Sweden 4:36:09. **Fastest:** S. Zschiegner (EG) 2:12:51 (Rec); J. Ornoch (Pol) 2:16:32; H. Michalski (Eintracht) 2:18:28; A. Pamich (It) 2:19:15; S. Richter (WG) 2:19:26; L. Caraiosfogu (Rum) 2:20:41; H. Tenggren (Swe) 2:21:34; G. Brown (USA) 2:22:05 . . . 11, P. Hodgkinson (Met Pol) 2:27:48; 13, J. Nye (Stock) 2:28:18; 14, A. Banyard (GB) 2:29:23; 16, R. Posner (Lon 'A') 2:33:27; 21, J. Dowling (Lon 'B') 2:46:39.

**Bellinzona-Mt. Ceneri (14km) (Stage record: A. Zambaldi (It) 1:06:15.5):** Again hardly any change in position but what wonderful walking up front. Showing just how fine a recovery they possess, Gerd Weidner, Vittorio Visini and Christoph Hohne were all inside a fine record and yet less than 22 hours previously they all had been engaged in the greatest mass 50km of all time. Weidner and Visini had a tremendous

scrap while John Warhurst put in a sterling effort. Junior, Bo Gustaffson, had a fine walk after his retirement in the 20km less than 48 hours previously. The only Englishman to turn out again after the 50km was, naturally, Ray Middleton who enjoyed his Ceneri climb and 'managing' his team from there to the finish. 1, East Germany 5:23:34; 2, Poland 5:32:56; 3, Rumania 5:36:51; 4, West Germany 5:37:29; 5, Italy 5:37:31; 6, Sweden 5:44:03. **Fastest:** G. Weidner (WG) 1:05:30 (Rec); V. Visini (It) 1:05:51; C. Hohne (EG) 1:05:59; C. Staich (Rum) 1:06:19; J. Warhurst (GB) 1:06:40; M. Gorski (Pol) 1:07:12; . . . 14, R. Middleton (Lon 'A') 1:14:15; 17, A. Macfarlane (Met Pol) 1:16:04; 18, B. Laver (Lon 'B') 1:17:39; 19, S. King (Stock) 1:71:41.

**Mt. Ceneri-Lugano (19km) (Stage record: V. Parizek (Cz) 1:27:21):** Peter Selzer showed no ill effects from his great 50km while Kormeluk, another 50km man, held off Hans Mayr who broke the record. Roger Mills had a tremendous walk, his excellent style contrasting strongly to many of the other top performers on this leg. Bill Ranney made up for his disappointing 20km with a fine effort while Bob Hughes, just having returned to consistent training, was little short of fantastic in clocking a time just 1½ minutes slower than Amos Seddon. Italy lost all hope here as Valore really suffered from his gallant 50km a day earlier. 1, East Germany 6:52:11; 2, Poland 7:02:02; West Germany 7:02:44; Rumania 7:05:12; Sweden 7:13:12; Italy 7:18:22. **Fastest:** 1, H. Mayr (WG) 1:25:15 (Rec); 2, R. Mills (GB) 1:25:34; 3, G. Poretti (Inter) 1:26:39 (On Merckx bicycle?); 4, C. Evache (Rum) 1:28:21; 5, P. Selzer (EG) 1:28:36; 6, W. Ranney (USA) 1:28:57 . . . 11, A. Seddon (Mt Pol) 1:32:00; 12, R. Hughes (Lon 'B') 1:33:14; 20, R. Green (Stock) 1:43:16; 22, S. Tarinas (Lon 'A'-Gst) 1:45:39.

**Lugano-Chiasso (25km) Stage record: P. Embleton (GB) 1:51:12:** Reimann came home an easy winner but almost unbelievably Raska was faster and then Stan flashed home almost beating 1:50. However his team were penalised 3 minutes for two warnings, the first time a penalty has been issued. Todd Scully had another brilliant walk and all the English boys went well, with Roy Thorpe just failing to catch 'King-Kong' Muller; altogether a great day for international and clubman alike. **Fastest:** 1, C. Stan (Run) 1:50:22; 2, J. Raska (Pol) 1:51:11; 3, H-G. Reimann (EG) 1:52:45; 4, S. Ingvarsson (Swe) 1:53:10; 5, T. Scully (USA) 1:54:52; 6, P. Busca (It) 1:56:10; 7, R. Thorpe (GB) 1:57:27; 8, J. Muller (Centro Lazio) 1:59:30; . . . 10, C. Young (Lon 'A') 2:03:35; 12, C. Fogg (Met Pol) 2:03:51; 18, L. Ruddick (Lon 'B') 2:09:56; 19, K. Tuson (Stock) 2:11:56.

**Teams:** 1, East Germany 8:44:45 (Rec); 2, Poland 8:53:13; 3, Rumania 8:55:34; 4, West Germany 9:03:00; 5, Sweden 9:06:22; 6, USA 9:14:19; 7, Italy 9:14:52; 8, Eintracht Frankfurt 9:23:31; 9, Marcia Club, Centro Lazio 9:23:45; 10, Great Britain 9:23:47 . . . 13, Met Police

9:40:01; 15, London 'A' 10:00:29; 16, Stock Exchange 10:04:10; 21, London 'B' 10:27:59. 23 teams started and finished.

**Ron Laird 91:56:4 for track 20km in West Germany, September 30th.** Using the same track as Gerd Weidner when he set his world 50km record, Ron Laird had splits of 22:20, 45:15 and 68:35 when leading all the way. Julius Muller was in contention for a kilometre but retired soon after being lapped at 10km. Hans Koch finished second over 7 minutes down.

**Barry Ingarfield second in France.** Walking at Armentieres on October 14th, Barry Ingarfield (Met) clocked 2:50 in a 30km (approx) race in which he finished just over a minute down on winner, Francis Fibig. On a 3km circuit Barry was with the leaders with less than 5km left but then suffered a bout of sickness.

**Italy v. Spain 20km track:** 1, A. Zambaldo (It) 91:45:6; 2, V. Visini (It) 92:12:6; 3, R. Buccione (It) 94:24:8; 4, J. Marin (S) 95:11:8; 5, R. De Nicola (It) 95:27:2. **(Juniors 10km):** 1, Angelo (It) 46:19:6; 2, Canim (It) 47:07:8; 3, Roura (Sp) 47:12:0.

**Former track 20km world record holder passes away.** Attilio Callegari, who set his record in 1926, died at Padua, Italy at the age of 74.

**Why no British in the Deaf and Dumb Games Walk?** The 12th Games for the deaf and dumb were held at Malmo in July but, as on previous occasions, no British walkers competed. Chris Marsh (Surrey) I know is eligible to compete and certainly would do well; there may well be others. Previous winners Gerhard Sperling (EG) and Viktor Demyanov (USSR) were non-starters on this occasion, otherwise the winning team would have been of Olympic standard. Let it be hoped when the next Games are held in 1977, Britain will be represented. 1, J. Barbuszynski (Pol) 99:12:2; 2, — (Den) 104:00:6; 3, R. Wolfensberger (Switz) 104:55:2; 4, Miura (Jap) 106:31:0; 5, Valcev (Bul) 107:16:4; 6, Congiusta (It) 110:34:8. 11 competed.

**Too old at thirty?** Looking at the ages of the first ten in both events at the Lugano Cup Final it would appear that thirty is just the commencement of the 'Big time' in race walking. The average for the 20km was 29+ while the 50km worked out at 31+ with the range from Karl-Heinz Stadtmuller (20) to the man who set a track 50km record this year, Gerd Weidner (40). However, the West German was by no means the oldest competitor on view, the two Canadians, Alex Oakley (47) and Karl Merschensch (46) taking that honour. Abdon Pamich moved into the veteran's rank the day after he had completed a very satisfying 20km.

**Vociferous support given to our team by British supporters in Lugano.** Though there were several disappointments amongst the team, they certainly all appreciated the support given to them by the twenty-plus British fans who also helped the squad in various ways before, during and after the events. Having attended every final now, covering a dozen years, I know the walkers are most appreciative of all the effort, enthusiasm and help given by these people who thoroughly enjoy the atmosphere of these occasions.

**6 Miles Walk, at Brighton, October 27th.** After a fast start which only Richard Emsley tried to match, Alan Buchanan was unopposed in winning in good time from Frenchman Denis Dugast and Steyning's Dave Stevens, while French International 20km number two, Alan Moulinet, failed to produce the form that saw him win so convincingly in his previous visit to Sussex in August. 1, A. Buchanan (B&H) 44:56; 2, D. Dugast (Norm) 45:16; 3, D. Stevens (Stey) 45:51; 4, K. Emsley (Stey) 46:30; 5, J. Y. Nobis (Norm) 46:49; 6, A. Moulinet (Norm) 47:06; 7, R. Emsley (Stey) 47:31; 8, G. Morris (Stey-Yth) 47:33; 9, R. Penfold (Stey) 49:12; 10, M. Mason (B&H) 49:44. Teams: (7 a side) 1, Sussex Clubs 42; 2, Normandy 77. (4 a side): 1, Steyning 22; 2, Normandy 26; 3, Brighton & Hove 37. (Boys 1½M): 1, R. Sheppard (Ess P) 11:55; 2, C. Pope (Stey) 12:22; 3,

## MEDWAY A.C. WOMEN'S OPEN C.C. RELAYS

In conjunction with Uppbury Manor SMSAC  
(Under W.A.A.A. Laws)

**SATURDAY, 1st DECEMBER, 1973**

All Relays 3 x 2000 metres approx.

**GIRLS (11 and 12) Ind. Race 2.00 p.m.**

**JUNIORS (13 or 14) Ind. Race (for members of incomplete teams only) 2.15 p.m.**

**JUNIOR RELAY (13 or 14) 2.30 p.m.**

**INTERMEDIATE RELAY (15 or 16) 2.55 p.m.**

**SENIOR RELAY (17 and over) 3.20 p.m.**

Ages as on September 1st, 1973

Changing at Uppbury Manor School

**PRIZES FOR FIRST THREE TEAMS. ALSO FASTEST LAP, IN EACH RACE. FIRST THREE INDIVIDUAL RACES**

**Entry Fees:** 30p each team in Junior and Inter. races, 40p Senior race, 10p Girls Ind.

**Entries to P. W. Green, 40 Woodleys Road, Rainham, Kent, by Tuesday, November 20th. No late entries accepted.**

## MEDWAY ATHLETIC CLUB

present their annual

## CROSS-COUNTRY RACES

Individual & Team Under A.A.A. Laws

## FOR SCHOOLS AND CLUBS

over 3 Miles at Chatham

**On SATURDAY, 17th NOVEMBER, 1973**

**Schools Race (for school teams only) 2.30 p.m.**

1st Team: B.P. Challenge Cup and 4 medals;

2nd & 3rd Teams: 4 medals. Teams of 6 to run,

4 to score. Individual: 1st, 2nd, 3rd medals.

**Youth Race (for clubs and schools) 3.00 p.m.**

1st Team: "Chatham News" Trophy and 3 medals;

2nd and 3rd Teams: 3 medals. Teams

of 4 to run, 3 to score. Individual: 1st, 2nd,

3rd medals.

**Ages:** Schools 14-16 on 1.9.73; Youths 16-18

on 1.9.73. State date of birth on form.

**Entries** 40p per team, any number of teams,

(ind. 10p) to C. F. Newman, 42 May Road, Rochester, Kent, by November 12th. Entries acknowledged with details of venue, etc.

K. Morris (Stey) 12:56. (**Women Juniors 1½M**): 1. N. Mojes (Norm) 12:42; 2. C. Gamelin (Norm) 13:19; 3. B. Francis (B&H) 13:21.

**Vauxhall Motors Open 7M Road Walk, at Luton, October 27th.** 1. E. Crompton (Ley) 54:20; 2. M. Blyth (Leics) 55:13; 3. I. Richards (Met) 55:36; 4. B. Armstrong (If) 56:18; 5. P. Etches (Sheff) 56:22; 6. P. Markham (Leics) 56:30; 7. K. Livermore (Enf) 56:50; 8. C. Berwick (Leics) 57:02; 9. K. Smith (Cov G) 57:21; 10. P. Furey (Enf) 57:29; 11. M. Hinton (High) 57:30; 12. J. Hall (Bel) 57:36; 13. E. Holmquist (High) 57:36; 14. A. McFarlane (Poly) 58:10; 15. T. Riley (If) 58:28; 16. K. Eggett (High) 58:41; 17. D. Lee (Cov G) 58:45; 18. W. Wright (Cov G) 59:06; 19. I. Bayliss (Nom) 59:15; 20. J. O'Brien (Cov G) 59:20; 21. R. McMullen (Bel) 59:25; 22. J. Dunsford (Bel) 59:27; 23. J. Telford (High) 59:35; 24. W. Smith (Leics) 59:38; 25. L. Evans (Bel) 59:55; 26. R. Blount (Ver) 60:02; 27. J. Clifton (W Gn) 60:06; 28. G. Scott (Enf) 60:08; 29. J. Sheppard (Ess P) 60:10; 30. A. King (Ess P) 60:12. **Teams:** 1. Leicester 24, 2. Coventry Godiva 41; 3. Highgate 42. (**Women's 5000**) 1. M. Fawkes (NSP) 26:22; 2. S. Wish (Sol) 27:40; 3. P. Branson (Har) 28:16; 4. J. Mulvenna (NSP) 28:34; 5. S. Saunders (Nom) 29:22; 6. K. Frost (Sol) 29:44; 7. K. Blackmore (Sol) 30:47; 8. Y. Chambers (NSP) 30:48; 9. K. Pitts (Sol) 32:42; 10. B. Strawford (Har) 33:56; 11. C. Inchley (Har) 34:37.

**Peter Fullager wins Australian 20 miles and Commonwealth Games Trial, at Canberra, September 22nd.** Obviously back to his very best form, Peter Fullager (Ex-Surrey WC and Basildon AC) almost certainly clinched his ticket for Christchurch with Ian Hodgkinson, who walked for the Isle of Man in Edinburgh, now probably

having to choose who he will represent this time. Another UK exile, Don Cox, had an off day and retired at 11 miles. 1. P. Fullager 2:37:06; 2. I. Hodgkinson 2:39:04; 3. R. Haywood 2:43:00; 4. R. Whyte 2:45:36; 5. E. Dawkins 2:47:28; 6. R. Wood 2:50:50.

**Weidner wins West German 20km championship.** 1. G. Weidner 91:23.2; 2. H. Mayr 93:45.0; 3. R. Schubert 93:50.2.

Colin Young

## Britain's International Fixtures in 1974

**February 23rd:** UK v. Spain (men) and UK v. Netherlands (women), indoors at Cosford.

**March 9th/10th:** European Indoor Championships at Gothenburg.

**March 16th:** International Cross-Country Championships at Monza.

**May 25th/26th:** W Germany v. UK 20km and 35km Walks at Hamburg.

**June 8th:** Rumania v. UK (women) at Bucharest.

**June 18th/19th:** UK v. E Germany (men and women) at Crystal Palace (probably including 20km walk).

**June 29th/30th:** Poland v. UK v. Canada (men and women) at Warsaw.

**July 6th/7th:** UK v. Netherlands v. Spain v. Denmark decathlon and UK v. Netherlands v. Denmark women's pentathlon, in UK.

**July 9th/10th:** (provisional) Norway v. Scotland at Oslo.

**July 19th/20th:** (prov) Wales v. Portugal at Cwmbran.

**July 26th/27th:** UK v. Czechoslovakia (men) and UK v. Czechoslovakia v. Netherlands (women) at Meadowbank.

**July 30th/31st:** Sweden v. UK (men and women) at Stockholm.

**August 10th:** BAAB Invitation Meeting at Crystal Palace (team for European Championships will be selected next day).

**August 10th/11th:** Spain v. UK v. Portugal (junior men) at Madrid.

**August 20th/21st:** Norway v. UK (men) at Oslo.

**September 1st-8th:** European Championships at Rome.

**September 14th or 15th:** (prov) UK v. W Germany (junior men or women), in UK.

**September 25th/26th:** (prov) UK v. Finland (men and women) at Crystal Palace.

**September 28th/29th:** France v. UK decathlon (seniors and juniors) and women's pentathlon at Paris.

**September 29th:** Netherlands v. UK v. W Germany (women) at Eindhoven.

Market Harborough Upper School  
in conjunction with

**THE GOLDEN WONDER COMPANY  
& LEICESTERSHIRE SCHOOLS AA**

present the

**GOLDEN WONDER**

**ROAD RACE CHAMPIONSHIPS**

For Schools and Clubs under AAA Laws

**SATURDAY, 15th DEC. at 2.15 p.m.**

**Junior Boys (U/15) 2M. (Schools Teams Only)**

**Inter. Boys (U/17) 3M. (Sch. & Club Teams)**

**Senior Boys (U/20) 4M. (Sch. & Club Teams)**

Ages as at 1st September, 1974

**CLOSING DATE 8th DECEMBER, 1973**

**Sponsored by:** Golden Wonder Co.; Admiral Sportswear; Ellis & Everard; Nolan's, Jewellers; H. York & Son (TV & Radio).

**Prizes:** Trophies by Admiral, Ellis & Everard and Nolans for Senior, Inter. & Junior teams, Admiral tracksuit Snr. Boy, York & Son transistor Inter. Boy, Golden Wonder award. Junr. Boy. Plaques first 3 Teams, 2nd and 3rd Ind. Golden Wonder Trophy outstanding performance.

**Entries:** 15p per Indiv., Teams 4 run, 3 score. No team fee. Entries and full details: Mr. P. Martin, Market Harborough Upper School, Burnmill Road, Market Harborough, Leics.

## AUSTRALIAN COMMONWEALTH GAMES TRIALS

At Sydney, October 27th/28th

Leading results included—100: Haskell 10.1 (eq. rec), Lewis 10.2, D'Arcy (ex-NZ) 10.3; 200: Ratcliffe 20.8, Haskell 20.9, D'Arcy 20.9; 400/400H: Field 47.9/51.6; 800: Watson 1:49.3, Rootham 1:49.5, Fuller 1:49.9; 1500: Markey 3:52.4; 5000: Fitzsimons 14:15.0; 10,000: Norman 29:24.6, Clayton 29:37.0; 3000SC: Hendy 8:46.0; 110H: Parr 13.8, Plant 13.8, Binnington 13.9; HJ: Peckham 2.10/6'10½"; PV: Boyd 4.87/16'0"; LJ: C. Commons 7.95/26'1". Field 7.73/25'4½"; Tolbert 7.63/25'0½"; TJ: McGrath 16.43/53'11"; D. Commons 15.97/52'4½"; Wood 15.96/52'4½"; SP: Rigby 17.29/56'8½"; DT: Vlahov 53.28/174'10"; HT: Mullins 57.36/188'2"; JT: Lawler 64.40/211'3"; Dec: Lethbridge 6928.

Women's 100: Robertson 11.0 (Commonwealth rec), Jordan 11.2, Lamy 11.2; 200: Robertson 22.9, Boak 23.6, Wangman 23.8; 400: Rendina 52.7, Nall 53.8, Canty 53.9; 800: Rendina 2:07.9, Cook 2:08.8; 1500: Cook 4:22.3, Orr 4:29.5; 100H: Dell 13.3, Jones 13.6, Moir 13.7; HJ: McCawley 1.72/5'7½"; LJ: Nixon 6.32/20'9"; Tillet 6.12/20'1"; SP: Mulhall 13.93/45'8½"; DT: Culley 48.98/160'8"; JT: Rivers 54.12/177'7"; Phillpott 45.98/150'10"; Pen: Nixon 4081.

## UK RESULTS ROUND-UP

October 28th

Barley '6'. 1, J. Temperton 27:15; 2, F. Davies 27:42; 3, P. Rawnsley 27:51.

October 31st

RAF v. BRC. 1, R. Clark 28:57; 2, M. Hurd 29:11; 3, J. Brown 29:15.

November 3rd

Birmingham League. 1, I. Gilmour 30:13; 2, K. Rollason 30:18; 3, R. Fowler 30:32 . . . 6, P. Stewart 30:46. Team: Tipton. Northern Women's League. 1, J. Haigh 18:54; 2, E. Brennan 19:04; 3, H. Matthews 19:15. Team: Stretford. Redhill & Reigate Priory Relays. 1, Brighton & H 80:25; 2, AFD 80:28; 3, Reading 81:07. Fastest: W. Mullett 12:53. K&M '15'. 1, P. Rawnsley 75:35; 2, K. Darlow 76:01; 3, H. Leeming 76:33.

(Detailed results of all events next week)

## BASINGSTOKE ATHLETIC CLUB

### 9th ANNUAL ROAD RACES

(Under A.A.A. Laws)

SUNDAY, NOVEMBER 25th

Senior 6 Miles, Young Athletes 3 Miles

Teams: (4 run, 3 score) Senior 60p, Y.A. 50p. Individual entrants: Y.A. (Under 18) 15p, Senior 15p. Prizes: Trophy and Prizes to first 3 teams and first 3 Individuals, both races. More if sponsorship forthcoming. Entries to C. Ayres, 28 Wateridge Road, Basingstoke, Hants. (With SAE please.)

ENTRIES CLOSE NOVEMBER 17th.

## RON BENTLEY BREAKS WORLD BEST

Ron Bentley (Tipton), 43-year-old steel company director, broke Wally Hayward's world best of 159 miles 562 yards when he covered 161 miles 545 yards in the Accolade 24 hours track race at Walton last weekend. Details next week.

## MEXICANS IN ENFIELD 7M WALK?

With men like Amos Seddon, Bob Dobson, Steve Gower, Shaun Lightman and Carl Lawton amongst the entry, the Enfield '7' today (Nov 10th) is obviously going to be super-fast on the three lap, flat course. However, it would seem there will be more fuel to add to the fire because it is anticipated that Mexican walkers will contest the race. Teamwise there should be a battle royal between Belgrave and the promoting club. Down at Croydon, Surrey WC hold their Addington Cup '7', with Peter Selby likely to take the honours.

## NEW EVENT FOR LIZ SUTHERLAND!

Sprinter Liz Sutherland, wife of weightman and journalist Sandy Sutherland, has withdrawn from Scotland's Commonwealth Games team . . . for the very best of reasons. She is expecting a baby in June.

B. Nelson (Barnet) clocked 13:41, not 14:31, in the Southern Women's Road Relay.

## CLASSIFIED ADVERTISEMENTS

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

.450 REVOLVER black powder blanks. £75 per 1,000, £8 per 100, carriage paid. Fred Carr & Son, Chislehurst, Pudsey. Tel: Pudsey 5167, Mr. Longstaff.

TOP GEAR . . . Compass Rose studs £4.15 (with Wedge £4.50), Tiger Cub £3.40, Marathon £4.90, Jogger £6.40, Road Runner £6.70, Adidas Gazelle £8.30, Ron Hill Sports rainsuits £6.50 (Red, Royal or Gold), Freedom shorts 99p with trim (all including postage). Lots more, send s.a.e. for full list or call 01-943 0636. Late night Tues/Thurs to 7 p.m. The Sweat Shop, 76 Broad Street, Teddington, Middlesex TW11 8QT.

RON HILL SPORTS. Freedom Shorts, nylon 2 stripes 99p, Union Jack £1.50; Wet Weather Suits only £6.30 until year-end; Reebok Tendo-tector ripple shoe £4.99. All post free. 24 Highcroft, Hyde, Cheshire.

ATHLETICS WEEKLY: All editions, bar one, October 1967 to July 1973. Offers to Alan Chainey, Physical Education Department, Pleasance, Edinburgh.

ATHLETICS, OLYMPICS & Sports Book, Magazine List. Send S.A.E., P.P.C., 21 Cecil Road, Ichen, Southampton SO2 7HX.

# ATHLETIC EVENTS

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

## NEW CUMBRIA RELAYS

Bitts Park, Carlisle, Sun. Dec. 9th, 1.30

Girls, Junr., Inter., Senr. Women, Colts, Boys, Youths, all 3x1.1 Miles. Men 4x2.2 Miles. Good awards, dependent on entry.

Entries: 30p per team to P. A. Nash, 87 Petterill St., Carlisle CA1 2AW (Tel: 26795) by Dec. 3rd. Enclose s.a.e. please.

## EPSOM "II"

The Whitehouse, Tattenham Corner

Saturday, 17th November, at 2.30 p.m.

Teams and Vets. Teams, 4 run 3 score. Vets. give age. S.A.E. with entry and S.A.E. results. Fees: Ind. 20p, plus 30p Team, to J. Dixon, 9, Lyncroft Gdns, Ewell, Surrey, by 14th Nov. Late entries no prizes.

## CAMBERLEY & DISTRICT

LADIES ANNUAL

## CROSS COUNTRY MEETING

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

SUNDAY, DECEMBER 2nd

OLD DEAN COMMON, CAMBERLEY

Minors 1½ Miles approx.

Juniors 1½ Miles approx.

Inter 2 Miles approx.

Seniors 2½ Miles approx.

Trophy and Medals winning team in each. Medals first individual each race. All events 4 to run, 3 to score.

Fees: 40p per team, 15p individuals.

Entries to Mr. Tom Searle, 24 Highland Road, Camberley, Surrey.

**ENTRIES CLOSE NOVEMBER 21st.**

## BEDFORD TO ST. NEOTS

## ANNUAL BOXING DAY

## ROAD RELAY RACE

(Organised by Bedford & County A.C. under A.A.A. Rules)

on **BOXING DAY, WEDNESDAY, 26th DEC., 1973, at 10.30 a.m.**

Senior, Yths & Boys—Entry Fee 75p per team. and incorporating

## OPEN 12 MILE INDIVIDUAL ROAD RACE

Including Veterans race

Trophy, medals and time certificates—

Entry Fee 15p

Entries to A. Maddy, "Watendlath", Little Paxton, St. Neots, Hunts. (Tel. St. Neots 3459.)

**CLOSING DATE FOR ENTRIES**

**SATURDAY, 8th DECEMBER, 1973**

## SOUTHERN COUNTIES A.A.A.

# OPEN MEETING

AT CRYSTAL PALACE

WEDNESDAY,

**28th NOVEMBER, 1973**

(Under A.A.A. Laws)

**SPONSORED BY**

**WASSEN DEVELOPMENTS LTD**

**The Suppliers of**

**POLLEN—B**

## INDOOR EVENTS

7.00 p.m. Pole Vault (Opening height 3.30m).

7.00 p.m. Long Jump (Seniors, Juniors and Youths).

8.00 p.m. Triple Jump (Seniors, Juniors and Youths).

## TRACK—OUTDOORS

7.00 p.m. 1,500m (Seniors, Juniors, Youths and Boys).

8.00 p.m. 5,000m Walk (Seniors and Juniors).

8.35 p.m. 600m (Seniors, Juniors and Youths).

9.00 p.m. 3,000m (Seniors and Juniors).

**Entry Fee:** 20p Seniors, 15p Juniors, Youths and Boys.

**Closing Date:** Friday, 23rd November, 1973.

To: A. J. Norman, Esq., S.C.A.A.A., 26 Park Crescent, London W1N 4BQ.

I am an Amateur in accordance with A.A.A. Rules.

EVENT .....

AGE GROUP .....

NAME .....

ADDRESS .....

CLUB .....

BEST PERFORMANCE .....

I ENCLOSE ENTRY FEE OF .....

Wednesday, 28th November, 1973

ARMSON C/F