

November 14th 1970 Vol. 24 No. 46

athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

- ★ Margaret Critchley answers the Questionnaire
- ★ Scottish Best Performers in 1970
- ★ Athletes speak out on Crystal Palace
- ★ All the latest news and results



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WHAT CAN WE DO TO HELP?

LILLIAN BOARD'S zest and charm off the track, quite as much as her stirring deeds in the stadium, have made her one of the best loved of all British sports stars. For any 21-year-old to be struck by cancer is terrible; for a girl who has dazzled the nation with her marvellous running and won everyone's affection and respect through her infectious enthusiasm and modest demeanour, it is shocking beyond words.

How can we help? For the moment, all we can do is help pay for the cost of her treatment at Dr. Issels' clinic near Munich (details of the appeal fund are on page 35) and wish her all the luck in the world.

The courage and determination that always characterised Lillian's racing will be required of her now as never before. Already, for weeks and months Lillian has borne her illness with incredible fortitude; never for a moment has she lost the will not only to get better but to resume her athletics career.

By The Editor

What a brave girl she is. When told last Friday she was suffering from intestinal cancer, her immediate response was: "I am thankful I have been told. I now know that the battle depends so much on myself. I am determined to be cured, I want desperately to run again." And she remains resolute. "I am convinced I will get better," she insisted at the clinic on Sunday. "I have tremendous confidence. I know I am in the right place."

Her boyfriend, *Daily Mail* journalist David Emery, is with her at the clinic, and that will be a source of strength to her. Her parents will fly out to visit her every fortnight if possible during her three months course of treatment in Bavaria and that too will make life easier for Lillian.

And there, for the time being, we must leave it. Says Dr. Issels, on whom so much will now depend: "We know from London that Miss Board is very ill. It is surely no easy case. But we are now starting her examinations and treatment. We shall know more in about four to six weeks. At the moment we cannot say more."

In the meantime, please give generously to the Fund—any surplus will go to that worthiest of causes, Cancer Research.

Good luck, Lillian.

Such has been the traumatic effect of the news about Lillian, even though one had suspected it for several weeks, that all else in athletics at present seems trivial. However, important events are taking place.

One is the move of the AAA Championships to Crystal Palace, as referred to briefly last week.

Elsewhere in this issue you can read the views of several of Britain's most distinguished athletes, and they probably reflect the opinion of the athletics community at large. Favourable on the whole, but by no means unanimous.

One of the arguments against Crystal Palace, the absence of spectators along the back straight and consequent reduction in atmosphere, could be settled by the erection of a temporary stand—as suggested by Alan Pascoe. The cost of such seating could perhaps be brought down to manageable proportions since it could be divided among the English Schools AA, the WAAA and the AAA, or their sponsors, as their respective Championships will be staged at Crystal Palace on three successive week-ends in July. And though it might not make immediate financial sense I feel that tickets for those seats along the back straight should be distributed free to schoolchildren, whose vocal support and possibly lasting interest in big-time athletics would be greatly beneficial.

My colleague Neil Allen, writing in *The Times* last week, suggests that the AAA's financial problems could be solved by Jeffrey Archer, M.P., the former international sprinter. Mr. Archer, a phenomenally successful fund raiser for charity, says he would be delighted to help and has plenty of ideas. Neil Allen thinks his money raising target could be as high as £200,000 and concludes: "British athletics cannot afford to ignore this lifeline". I would second that.

Certainly, the sport needs someone with Mr. Archer's drive and contacts to attract money from industry and the general public, for the signs are that the State's role may diminish. Speaking last week at the annual meeting of the Central Council of Physical Recreation, Eldon Griffiths, M.P., Parliamentary Under-Secretary of the Environment and Minister for Sport, stated: "At the moment we are facing a period of national financial difficulty, and sport cannot be immune from the economy in public expenditure which the nation as a whole is being asked to bear". He said he was anxious for private enterprise to do more for sport. "There is an honest and honourable role for sponsorship in all sports. Within limits, I hope this will increase."

The deplorable situation which prevails between the British Amateur Athletic Board and the governing body for the Republic of Ireland, the BLE, took another discouraging turn last week.

Some 60 runners from the Republic of Ireland were due to have competed in last Saturday's Waterloo Harriers 8 miles road race at Crosby, one of the highlights of the British road racing season—and one of the few events in which Irishmen from both sides of the border race against each other and mix . . . in perfect harmony. Unhappily, because athletes from Northern Ireland are barred from competing in the Republic, the

Cover photo by Fionnbar Callanan

continued on page 35

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 24. No. 46

OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

November 14th, 1970

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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 Advertisement Director,
World Athletics & Sporting Publications
Ltd., 344 High Street, Rochester Kent.

Printed by—

KENT ART PRINTERS, LTD.,
NEW ROAD, ROCHESTER, KENT.

Registered as a newspaper at the Post Office

SUBSCRIPTION RATES

Direct subscribers in U.K. and H.M. Forces
abroad:—

12 MONTHS (52 issues) £4 17s. 6d.

6 MONTHS (26 issues) £2 12s. 6d.

3 MONTHS (13 issues) £1 7s. 6d.

All other subscriptions:

12 MONTHS £6 1s. 4d.

Subscribers automatically become members of
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THE WEEK AHEAD

Saturday, November 14th: South of Thames "Junior" Cross-Country, at Prospect Park, Reading; Women's National Road Relays at Barnet; Bracknell "10"; Essex Beagles Cross-Country Relay; Luton Boys and Colts Cross-Country Relays; Woodbury Road Relay and Youths Race at Exeter; Waterloo Schools Road Race.

Sunday, November 15th: Leicester Coritanian Winter Track & Field Meeting.

Wednesday, November 18th: Southern Counties Open Meeting at Crystal Palace; OUAC v. CUAC Field Events match at Cambridge; East Anglian League at RAF Bentwaters.

WELSH CONDITIONING CLINIC

The 4th annual Welsh Conditioning Clinic, directed by National Coach Peter Lay at the indoor arena, RAF St. Athan, will be held on Sundays, Nov. 22nd, Dec. 6th, Jan. 17th, Jan. 31st, Feb. 14th, Feb. 28th and March 28th. Fee for the course is £3; brochures and application forms from Peter Lay at 47 Cathedral Road, Cardiff (enclose s.a.e.). Coaching available at either club or county level in sprints, hurdles, HJ, PV, LJ, TJ.

The steeplechase at the SCAA Floodlit Meeting at Crystal Palace on November 18th is a 2000m event, not 3000m as stated in last week's advertisement.

The AGM of the Essex Federation of Coaches takes place at the Council Chamber, Brentwood Urban District Council, Ingrave Road, Brentwood, at 7.30 p.m. on November 20th.

What The Athletes Think Of The Move to Crystal Palace

"AW" SPECIAL

ONE of the most frequently discussed topics in "AW" in recent years has been the respective merits of Crystal Palace and White City. Now, with the news that next year's AAA Championships are to be staged at Crystal Palace for the first time, the issue takes on a new significance.

Who better to discuss the implications of the move than the athletes themselves? Mel Watman asked nine leading athletes for their views, which turned out to cover the full spectrum from outright delight at the move to undisguised dismay.

First, the athletes were asked whether they were in favour of the move from White City and what, to them, were the advantages or disadvantages of Crystal Palace vis-à-vis White City.

Dave Bedford: "The idea of moving the championships to a smaller, more compact arena is basically a good one. There is, however, something about running at the White City—the same place where many past epic duels have taken place. Even the empty stands give the White City an air of reverence and it's all the same to me whether 800 people watch or 8,000 do. I personally would like to see the Championships held there again."

"The overwhelming advantage of Crystal Palace is obvious but the arena lacks something of a stadium completely surrounding a track. Performances will obviously improve—but will the crowds increase? I doubt it."

Colin Campbell: "I am relieved that the Championships are to be moved; they should have been several years ago! From the athletes' point of view the move to Crystal Palace provides us with

an up-to-date all-weather surface to race on, better although not ideal warm-up facilities—avoiding the mixture of crowds and hot-dog stands present at the White City although without the covered areas available at the White City."

Mike Campbell: "I'm definitely in favour of the move to Crystal Palace, though years late. The advantages: Tartan compared with the loose deposit laughingly referred to as a track at the White City; more pleasant surroundings; better changing room facilities; the spectators can see what is happening; bar and canteen far superior; much better atmosphere due to relative closeness of the spectators; Crystal Palace is clean whereas the White City was as prepossessing as an East End slum and foreign athletes were often shocked by the filthy conditions prevailing at White City; the jumping areas infinitely better and can be seen easily by the crowd—several top foreign high jumpers have told me White City is the worst high jump area they have ever competed on; better car park facilities."

Lynn Davies: "Athletes prefer Crystal Palace, there is no doubt about that. Crystal Palace has a Tartan track; the crowd-athlete relationship is much better at Crystal Palace and the closer proximity of the spectators means motivation for the field events. One disadvantage is limited spectator facilities but this should easily be overcome."

Ron Jones: "The White City has, for several years, been too complacent and smug. The advantages of Crystal Palace (better warm-up facilities, accommodation provided, eight-lane Tartan track, car parking facilities) outweigh the disadvantages



Mike Campbell (here clearing 2.06/6'9" at Crystal Palace):

"Several top foreign high jumpers have told me White City is the worst high jump area they have ever competed on."

Ron Linstead

Barrie Kelly wins 100 metres at the IAC Meeting at Crystal Palace: "I don't think the track has any atmosphere at all."



George Herringshaw

(more difficult to travel to than White City, very little tradition as yet). I think that the 'atmosphere' of the Palace about equal to that of the White City—the crowd in both places is too remote to be of much help in inspiring the athletes (the erection of a stand on the back straight of the track would swing the balance very much in the Palace's favour). I always get the impression of informality at meetings at the Palace: a bit like a Sunday fete—you know, people walking around the middle and sitting on the water jump barrier, etc. It hasn't, up until now, given me the impression of the 'big occasion'.

"I think the important thing about the success of any athletics meeting is not so much the venue—it's the presentation. Whether athletes and officials like it or not, the sport has to become more 'show-biz' to get people to come and watch, and I think we could go a long way to improve this aspect in this country. It occurs to me that, if we couldn't attract more crowds to the White City with its traditions and good location, we're going to find it harder to do this at Crystal Palace—which has neither of these qualities!"

Barrie Kelly: "I am all in favour of the White City. The White City to me has an atmosphere of its own; you get a feeling of excitement inside you every time you set foot on the track. You're always aware of the tremendous history of the place—just about every great athlete in the world has competed there at some time or other. Some people say the track is dead but Rocky Symonds disproved that with his 10.3 100 metres this year. The disadvantage of Crystal Palace is the travel involved, and for me the last straw is the uphill slog from the station to the stadium. I don't think the track has any atmosphere at all. It's a wonderful centre for training but I'm not in favour of it for championship and international competition."

Alan Pascoe: "As an athlete, and hurdler in particular, I think that the move to a Tartan track

can only be for the best. However, as I see it, the move has basically been brought about by the poor attendances at the White City, and personally I do not feel that moving the Championships to the Crystal Palace will solve this problem, and in fact may even have the reverse effect.

"At a time when all major championships are being held on Tartan tracks I can see no point in allowing tradition to hold back the development of British athletics. I am sure that it would generally be agreed that in some events, at least, there are different problems involved with all-weather surfaces as compared with competing on cinders, if not a slightly different technique. I think the advantages of the consistent surface of Crystal Palace cannot be over-stressed. Also the siting of the field events at Crystal Palace is more favourable to both athletes and spectators. The Crystal Palace can provide better changing facilities and warm-up areas. I also feel the PA system at Crystal Palace is better for the spectators.

"I don't feel that any large problem really exists at the athlete/official level, but that basically it is a problem of communication—between those in athletics and the potential millions of paying spectators. I think that an athletics match is **made** by the atmosphere, which leads to better performances, more press coverage, etc. In other words, if someone can get the crowds there, everything else will follow and athletics will not be crying out for money all the time. I know that this is a simple fact **apparently** realised by everyone, but it must be continually stressed until someone takes the initiative and really begins to sell athletics to the spectators. To achieve this is obviously not easy but what is required is a complete commitment to it by all concerned, not just the odd official here and there who gets 'lumbered' with trying to publicise meetings on a shoestring, and when most are already overworked anyway.

"It is here that Crystal Palace has problems—the difficulty of access for many spectators. I also

feel that to really make athletics at the Crystal Palace a going concern a stand must be built on the back straight, even if it is only temporary (as Edinburgh). Actually to get people to come and watch can't be as impossible as many would seem to think (again the example of Edinburgh). Why not start by giving free tickets to all school-children—they often bring fee paying parents with them! Eventually they might enjoy athletics enough to come when on school holidays, or when they leave school. And even if they do not bring in any more money at least they create an atmosphere (for example, the England v. Wales women's hockey at Wembley). This approach has been used very successfully, I understand, in Italy this year. We must look therefore to other countries and other sports to help solve this problem."

Howard Payne: "No, I am not in favour of moving from White City to Crystal Palace. The only advantage I see that Crystal Palace has over White City is that it has Tartan. Disadvantages are that it is much more inconvenient to travel there, it is not as intimate as White City, crowds always seem smaller, there is that huge gaping open side and we always seem to have problems of insufficient equipment, such as 300ft. tapes."

Martin Winbolt Lewis: "I welcome any move from the White City. The track surface is below standard and the dispiriting effect of such sparse crowds as we have there does little to inspire the athletes. I would prefer a move to the Crystal Palace for although the facilities afforded there to administration and spectators are not up to the White City standard the track is infinitely more preferable. I do not see arguments like the Palace is too small for spectators as valid. If athletics in the South moves there and crowds are assured I am sure the necessary modification can be made step by step. Certainly, foreign athletes would be happier to compete on a track which makes them feel like athletes. Once the move is made the crowds will follow."

Next, the athletes were asked whether they would like to see the AAA Championships moved around the country.

Bedford: "The Championships should definitely be moved around and, as has already been suggested, the time for a British Championships is long overdue. If athletics 'cashed in' on the boost given to it by Scotland during the Commonwealth Games they might have a Championships worthy of being called that."

C. Campbell: "I would favour the Championships being moved to venues other than the Crystal Palace providing that both track and other facilities are up to standard. At present these points are covered at the Crystal Palace and Meadowbank, but not in my opinion Leicester. In spite of various references in favour of Leicester I do not feel the track is of high enough standard for field events and the warm-up facilities are inferior to both White City and Crystal Palace."

M. Campbell: "Yes, at Crystal Palace or alternatively on any equivalent Tartan track."

Davies: "Yes, I would like to see the Championships moved around the country. I am sure



ALAN PASCOE

"I think athletics, and the AAA Championships especially, need a base."

Fionnbar Callanan

that this would ensure better crowds at what is after all the British Championships. What a success they might prove to be if held at Meadowbank next year!"

Jones: "I'd like to see the Championships moved around the country—but only to major cities with good athletics facilities. The trouble is: are there any other major cities in England and Wales with good athletics facilities? I wouldn't like to see the Championships held in some small, obscure village because I think that the status of the meeting would suffer if this was done."

Kelly: "As long as the White City is open to the public I think the AAA Championships should be held there. If the White City is no longer available then they should be taken around. I don't like Crystal Palace or Leicester but Edinburgh would be excellent."

Pascoe: "I am not particularly in favour of the Championships being moved around. I think athletics, and the AAA Championships especially, need a 'base'. There is always the travel problem of other tracks, and the need for stadia which

are big enough, and of course the need to keep the Championships on Tartan."

Payne: "I would prefer the Championships to be in one place—since Crystal Palace, with its disadvantages, is much preferable to places like Liverpool or Middlesbrough."

Winbolt Lewis: "I feel this might not prove as effective as the idea suggests. There are not many tracks which could accommodate a very big meeting although there are willing authorities who would stage them. Although there was a sense of the Commonwealth Games 'belonging' to Edinburgh I doubt whether they would have the same pride in staging the AAA Championships. Athletics in general could move from place to place, I am sure, but Leicester is one track they might well boycott!"

Finally, what were their opinions of a combined men's and women's National Championships? Dave Bedford, Barrie Kelly and Martin Winbolt Lewis had no strong views one way or another. As for the others:—

C. Campbell: "I would favour a 'closed' National Championship, combined with the women's, with particular reasons for the 'closed' idea. First, it would cut costs down on the Championships, instead of the present waste when inviting athletes not of the highest standard. The funds thus released could be used to sponsor an international meeting similar to those abroad, which would be of far more value to the top British athletes than a few foreign competitors scattered around very few events in the 'Nationals'. The only point for an open championship is if

all foreign competitors pay their own expenses, thus placing no burden on the AAA funds."

M. Campbell: "Yes, I'm in favour if it could be smoothly and well organised so it did not go on too long. It could be more interesting for the spectators but one might need to reduce the number of competitors by raising qualifying standards."

Davies: "Yes, I am in favour of a combined Championships. A two-day programme packed with continuous action, rather than action then long pauses, must be better spectator value. It would take some organising though!"

Jones: "I am in favour. It could be done in two days and I think that a combined Championships would add considerably to the importance of the occasion. Then, who knows, we might even see some spectators again!"

Pascoe: "Combined Championships might help to solve the financial and 'atmosphere' problems but I think there is a danger of overcrowding the programme. If carefully approached, however, it would provide better value for money for the spectators and help with the 'social' side of athletics which I think is important and at present very underdeveloped. Young people today want a social sport for their leisure time."

Payne: "I'm in favour provided entry standards are raised to keep the number of competitors down. In the hammer, for example, anything over twelve becomes painfully drawn out and can't be very interesting to watch (Rosemary agrees with me on this)."

Those are the views of a number of distinguished athletes . . . now what do YOU think?

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CHANGE OF DATE

The Croydon H. Road Races will now be held on Sunday morning, March 21st, 1971—Colts 10 a.m., Junior Ladies 10.30 a.m., Men's Relay 11 a.m. The Junior Ladies should be 11-14 on 1.9.70. All other details as per the advertisement in the issue of October 31st.

SOUTHERN FIXTURE MEETING

The annual Southern Clubs Fixture Meeting will be held in Room 201, 26 Park Crescent, London, W1N 4BQ, on Thursday, 3rd December, at 6.30 p.m.

* * *
Worcestershire County AAA officials: President, F. Cull; secretary, J. D. Robinson, "Chiemsee," 17 Hennals Avenue, Webheath, Redditch, Worcs; treasurer, J. Griffiths. The County Committee is eager to discuss possible fixtures on both cross-country and track in 1971. Interested parties should write to the secretary.

* * *
Croydon Harriers officers: President, Brian Proctor; general secretary, Mike Fleet, 21 Redford Avenue, Wallington, Surrey; treasurer, John Page; women's track sec., A. Eynon; men's track secretary, P. Honiball; women's C.C. sec., L. Van Cuylenburg; (Men's) R. Dickson; fixtures secretary, T. Dunford.

LYNN HUGHES MISSES RECORD BY 7 SEC

Welshman runs 40 miles in 3:49:56—second fastest ever

HEAVY rain fell at Maindy Stadium, Cardiff, on October 31st for the Nos Galan Committee's annual 40 miles track race, but enthusiasm ran high with 34 of the 38 entrants going to the line—a record entry.

There was a great shortage of recorders, and each one had three cards to complete, making it difficult for them to calculate lap times. Some managed it, however, and when Mick Molloy of Oughterard AC, Co. Galway, raced into the lead he lapped at 1:28, 1:14, and 1:19, reaching the mile in 5:18. He was 13 seconds ahead of the holder, Lynn Hughes, who set world best figures on this track three years ago, and many thought Molloy intended doing only 10 miles.

But Molloy piled it on, reaching the marathon mark in 2:27:28, and still looked good. It was his first ever "40", and he obviously ran as he felt, probably thinking that he could afford to ease up after "30". He was one lap ahead of Hughes and Phil Hampton at 19 miles, but Hughes caught him at 30 miles, and although he suffered a bad bout of sickness shortly after, Hughes soon piled it on again—to draw clearly away from Hampton.

With the odd number of laps since the metrication of the track, the statisticians were playing safe in their calculations. They estimated that Hughes needed an average of 85 sec. per lap for a new world best performance (91.5 was sufficient three years ago!) and when he fell behind this figure with a few laps to go, they forgot that they had over a minute "up their sleeves". But Hughes can pile it on after 30, and as he lapped and lapped the field his family urged him on from the sides of the track. They know his powers, and despite the rain-sodden track and the high temperature he responded, clocking 5:57, 5:52 and 5:48 for

his last three miles. He crossed the line in 3:49:56, just seven seconds outside the world best set by Alastair Wood at Pitreavie, Scotland last year.

If only he had known how near he was! The statisticians were wise to play safe, but quite obviously Hughes is capable of beating his time by a considerable margin. Unfortunately his training schedule strikes me as being suspect. I never hear of him running anything over 10 miles, even in training, and right up until the day one is never certain that he is going to run. He arrived 14 minutes late at Maindy Stadium for the start, but the other runners sportingly agreed to wait. It is my opinion that he could take this and the 50 miles record in one race, if he would get down to it. He badly needs an experienced coach.

Phil Hampton was undaunted by Hughes's performance and ran in an easy second, with Mike Down of Westbury taking third. Mike had to change his shorts at 30 miles, but looked extremely confident throughout. It was his first ever "40".

Tipton, with seven runners racing, six of whom finished, were unofficial team winners. They really are an enthusiastic crowd. They enter these ultra-long-distance events in great numbers and always give a good account of themselves.

Ron Bentley was fourth, passing a tiring Mick Molloy in the last few miles. Mick was very pleased with his fifth place, though he is obviously capable of a much better time, with more experience. John Malpass was 6th, and Mike Casse of Wycombe Phoenix simply sprinted the last two laps for a creditable 4:21:28.

Brian Adamson of Bridgend, running in only his second "40", clipped a full half an hour off his previous time. The Gutteridge brothers, Edward and Victor, of Cambridge Harriers, showed



Oh, for an all-weather track!
Lynn Hughes finishes his great
40 miles run at Maindy, seven
seconds outside Alastair Wood's
record.

Gordon Roberts

brotherly respect for each other in taking 17th and 18th places, just behind Keith Brown of Port Talbot Harriers who is now forming a new club called Vale of Glamorgan Road Runners. Keith is now negotiating with the Welsh AAA for the affiliation of the new club, who have well known marathon runners Dave Morgan and Del Johnson in their ranks.

Twenty-five of the runners stayed overnight on Friday in homes in Mountain Ash, and were given a civic reception in Mountain Ash Town Hall by the Chairman of the Council, who is Nos Galan President for 1970. They also had supper in the hall at the new Nos Galan Headquarters, before going to their digs, and there was much praise for the warmth of the welcome in Mountain Ash and for the excellent social arrangements.

Bernard Baldwin

1. L. Hughes (TVH) 3:49.56
2. P. Hampton (Royal Navy) 3:54.53
3. M. Down (Westbury) 4:09.50
4. R. Bentley (Tipton) 4:14.30; 5. M. Molloy (Oughterard) 4:16.05; 6. J. Malpass (Tipton) 4:17.46; 7. M. Casse (Wycombe Ph) 4:21.28; 8. G. Bentley (Tipton) 4:30.34; 9. P. Bennett (Reading) 4:32.56; 10. F. Byrne (Cambridge) 4:33.19; 11. W. Boland (Bury & Radcliffe) 4:33.39; 12. G. Johnson (Tipton) 4:35.18; 13. M. O'Neill (Leigh) 4:47.56; 14. R. Jeans (Salisbury) 4:50.14; 15. K. Shaw (Cambridge) 4:54.36; 16. K. Brown (Pt. Talbot) 4:55.05; 17. E. Gutteridge (Cambridge) 5:04.30; 18. V. Gutteridge (Cambridge) 5:08.29; 19. R. Copson (Tipton) 5:11.26; 20. A. Vanderplank (Southampton) 5:15.20; 21. P. Bailey (Shaftesbury) 5:15.39; 22. B. Adamson (Bridgend) 5:18.26; 23. P. Hart (Northampton Ph) 5:21.11; 24. P. Bletsoe (Salis) 5:35.55; 25. D. Coffey (Cambridge) 5:41.35.

RESULTS IN BRIEF

October 24th

CUAC 34, ULAC 44, at Parliament Hill. 1. C. Garforth (CU-Jnr) 29.04; 2. D. Gunstone (UL) 29.15; 3. J. Rix (CU) 29.19. (Only details available.)

Orion H. 16, OUAC 49, at Chingford. 1. J. Frost (O) 44.12; 2. M. Tomlins (O) 44.15; 3. J. Butcher (O) 44.49; 4. C. McSweeney (O) 45.38; 5. J. Blair-Fish (OU) 46.35; 6. P. Vetterlein (O) 46.38.

Chiltern League, at High Wycombe. 1. W. Whiting (Bracknell) 31.08; 2. F. Martin (Ox. Cty) 31.18; 3. E. Schaffner (QPH) 32.41. **Teams:** 1. Oxford Cty. 75; 2. Bracknell 90; 3. Maidenhead 98. (Only results available.)

Middlesex Women's Corlin Trophy, at Uxbridge. 1. H. Powell (Barnet) 19.28; 2. B. Nelson (Barnet) 19.33; 3. B. Lowe (LOAC) 20.33. **Teams:** 1. Barnet 18; 2. LOAC 25; 3. Highgate 53. (**Juniors**) K. Kosbab (Feltham) 10.13. **Team:** Spartan 29. (Only results available.)

Lancaster & Morecambe Road Races at Lancaster. 1. P. Morris (B'pool) 26.43; 2. H. Walker

(B'burn) 27.09; 3. J. Fewrey (B'pool) 27.12; 4. T. Parker (B'pool) 27.26; 5. D. Cannon (Kendal) 27.28; 6. J. Calvert (B'burn) 27.41; 7. G. Peel (B'burn) 27.46; 8. A. Hudson (B'pool) 28.14; 9. A. Burch (B'burn) 28.47; 10. B. Gill (Barrow) 28.56; 11. A. Harmer (L & M) 28.59; 12. S. Breckell (B'burn) 29.08. **Teams:** 1. Blackpool & F. 16; 2. Blackburn 24; 3. Barrow 66; 4. Lancaster & Morecambe 68; 5. Kendal 113; 6. Preston 123. (**Boys**) 1. D. Harrison (L & M) 11.18; 2. C. Wappitt (Kendal) 11.39; 3. C. Chesters (Halifax) 11.43; 4. D. Chesworth (Ports) 11.59; 5. S. Phizack- lea (Barrow) 12.05; 6. P. Blakey (Kendal) 12.09. **Teams:** 1. Kendal 27; 2. Lancaster & Morecambe 38; 3. Halifax 48.

Salisbury & Dist. Cross Country Championships.

1. A. Rattue 28.37; 2. R. Jeffrey 28.47; 3. R. P. Jeffrey 30.05; 4. D. Bradshaw 30.38. (**Youths**) P. Griffey 28.30. (**Boys**) 1. D. Norton 15.52; 2. P. Maloney 17.30; 3. S. Hart 18.52.

October 25th

St. Luke's College 10M Paarlauf, at Exeter. 1. Valentine & Haskell (Torbay) 46.10; 2. Everson & Barnes (St. Lukes) 46.16; 3. Yates & Goodwin (St. Lukes) 48.12.

October 28th

Birmingham Univ. 105, Oxford Univ. 58, at Birmingham. 60m: 1. R. Banthorpe (B) 6.7; 2. P. Cornes (B) 6.7. 150m: 1. Cornes 16.2; 2. D. Price (B) 16.4. 300m: 1. Banthorpe 34.3; 2. Price 34.8. 600m: 1. J. Aukett (B) 1:20.1; 2. N. Bailey (B) 1:24.4. 1200m: 1. R. Steele (O) 3:05.4; 2. R. Smedley (B) 3:10.5. **HJ:** P. Werner (B) 1.83/6'0". **JT:** 1. P. Greenwood (O) 62.30/204'5"; 2. D. Toomey (B) 51.92/170'4".

October 31st

Leeds Univ. 62, Durham Un. 99, Manchester Un. 115, Durham "B" 197, Liverpool Un. 231, Newcastle 278, at Leeds. 1. F. Briscoe (Leeds) 32.00; 2. C. Taylor (M) 32.01; 3. A. McKean (Edin) 32.18; 4. J. Temperton (Guest) 32.45; 5. A. Pretty (D) 32.53; 6. eq. J. Fox & T. Gregory (Leeds) 33.36; 8. A. Dewhurst (Guest) 33.48; 9. M. Heath (M) 33.56; 10. D. Cresswell (Crewe) 34.01.

Cambridge Un. H & H 40, Portsmouth 89, Sheffield Un. 123, RN 158, SLH 175, at Cambridge. 1. T. Johnston (P) 34.23; 2. J. Roberts (SLH) 34.33; 3. A. Ashton (C) 34.57; 4. C. Garforth (C); 5. J. Rix (C); 6. M. Hyman (P); 7. L. Irvine (C); 8. S. Browne (C).

Invicta 36, Kent Univ. 66, Essex Univ. 106, Imperial Coll. 120, at Kent Univ. 1. I. Macmillan (I) 30.20; 2. R. Harding (I) 31.35; 3. R. Castle (I) 31.37; 4. G. Tebbutt (Ex) 31.47; 5. K. Jackson (K) 32.04; 6. D. Townsend (I) 32.29.

Veterans AC 5M Cross Country. 1. C. Townsend (17.00); 2. J. Walker (7.00) 24.25; 3. S. Charlton (3.30) 24.59. **Fastest:** C. Walker 27.51.

Thames H & H 34, Ranelagh H. 44. 1. J. Valentine (TH & H) 42.07; 2. H. Starkey (T) 42.07; 3. J. Booth (T) 42.07.

Small Heath 33, Kettering 46, Luton UH 49, at Biggleswade. 1. D. Dartside (Hunt) 29.48; 2. W. Whiting (Brack) 30.04; 3. C. Neville (AEI Rugby) 30.06.

LYNN DAVIES: I CONTINUE

RESTRICTED to just one long jump competition outdoors this year (retaining his Commonwealth title with a windy 8.06/26'5½"), **Lynn Davies** has recovered from his injury and is back in training. "I hope to be fit for the indoor season," he tells me, "especially for the America v. Europe match in New York." The snag here is that, as reported last week, Britain may not be represented at the European Indoor Championships, the results of which will be used for selection of Europe's team. My guess, though, is that we shall send at least a token team and Lynn—if he can produce 8-metre form at Cosford—will jump in Sofia.

TRACKWISE

"Then, of course," Lynn continues, "I have Helsinki in mind and, if I can win there, on to Munich. So I hope to have more competition next year prior to the Europeans than I had for the Commonwealth this year. Someone said that I was in danger of being nicknamed the **Jack Benny** of track—putting in one appearance a year!"

Lynn (28), in addition to his bulging collection of medals, rates as one of the world's greatest long jumpers on the basis of longevity. This year was his seventh in a row as a 26ft-plus performer, ranking third to **Igor Ter-Ovanesyan** (an amazing stretch of 12 years from 1959 to 1970) and **Ralph Boston** (nine years on the trot from 1960 to 1968).

Late Flash: the America v. Europe indoor match may be OFF.

★ An interesting road racing "super marathon" was held in Finland last month. The race took the form of three stages on successive days: 29km (18M) on the first, 38.5km (24M) on the second and the classic marathon distance (42.195km) to finish with. Overall winner was **Pentti Rummakko**, who was 2nd on the first stage (1:32:58), winner of the second (2:06:42) and third on the final stint (2:31:43) for an overall time of 6:11:23. What do British road runners think of the idea?

★ **Chris Bell** has had her back encased in plaster of Paris in an attempt to cure the sciatic nerve complaint that forced her out of the British team for the matches against Poland and Rumania. She will be in plaster for a month, the treatment being the same that **Val Peat** and **Sheila Cooper** recently undertook for similar trouble.

★ Among the messages received by **Chris Papanicolaou**, following his world record, was a telegram from **Bob Seagren**: "Congratulations, Chris. You have done what I've always dreamed of accomplishing: 18 feet." For his record vault (incidentally he did clear 5.49/18'0¼" without touching the bar; it was a breath of wind that caused it to shake) he gripped the pole at 4.75/15'7". He believes himself capable of 5.60/18'4½".

★ The successor to **Ian Ward** as Principal Lecturer in PE at Madeley College will be **Mike**

Lindsay, at present PE Lecturer at Carnegie College, Leeds. Madeley's most distinguished "old boy", **Derek Boosey**, is now Assistant Director of Sport at the University of Sussex, Brighton.

★ **Randy Matson**, on steroids: "I first heard about them before the 1964 Olympics and I tried them in 1964 and 1965. But I didn't see any outstanding results, I didn't gain any weight or I didn't throw farther with them, as far as I could tell. So I stopped using them." In 1964 Matson had best shot and discus marks of 20.20/66'3¼" and 55.75/182'11"; in 1965 he reached 21.52/70'7¼" and 61.41/201'5"; subsequently he achieved 21.78/71'5½" and 65.15/213'9" in 1967.

★ Herne Hill all-rounder **Mike Ferne** (22) and Thurrock shot-putter **Jenny Bloss** (19) were married on October 31st.

★ The sixth Asian Games will take place in Bangkok from December 9th to 20th.

★ Southampton and Eastleigh Athletic Clubs, who are to amalgamate, will finalise the details, including the new club's title, later this month.

★ The new Lord Mayor of London is **Sir Peter Studd**, president of Polytechnic Harriers. In his honour, the Poly are organising a 2000m road race from the Mansion House to the Royal Courts of Justice in connection with the Lord Mayor's Show today (November 14th), starting at 11.30 a.m. The runners will include **Colin Campbell**, **Peter Beacham**, **Peter Morris** and **Charlie Dabbs**.

★ Thurrock's **Barry Smith**, top ranking youth over 800m and 1500m in 1970, is recovering from a serious nose operation, and will not regain full fitness until January. He intends making a strong bid for top cross-country honours later in the winter.

★ **Miklos Nemeth**, javelin throwing son of **Imre Nemeth**, has already made his mark in athletics; now comes another son of Hungary's 1948 Olympic hammer champion—**Pal Nemeth**, aged 18. He's a pole vaulter and after only just a few months at the event he's up to 4.05/13'3¼".

★ Surrey County AAA's admirable publication, **SCAN** (Surrey County Athletics News), has folded, due to lack of funds. The magazine, which was founded in 1958 and whose editors have included AAA treasurer **John Martell**, **Clive Shippen** and **Dave Cockledge**, came out for the 35th and last time in October.

★ The BMC has honoured **Geoff Warr**, coach of **Ian** and **Peter Stewart**, by electing him to honorary life membership in recognition of his services to British middle-distance running.

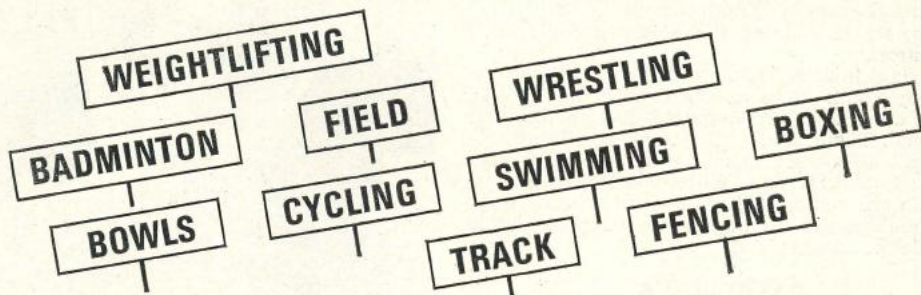
★ "Track & Field News" have unravelled the mystery of Bermuda's star sprinter, the reigning AAA 100m champion. His full name is **Ralph Gary "Rocky" Symonds Thompson**. His father is named Symonds, his step-father is named Thompson. In the USA, where he competes for West Texas State College, he's known as **Rocky Thompson** but in Bermuda and Europe he prefers to be called **Gary Symonds**!

Mel Watman

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Spotlight on Youth**By Dave Cocksedge****Memorable Duels Are In Prospect**

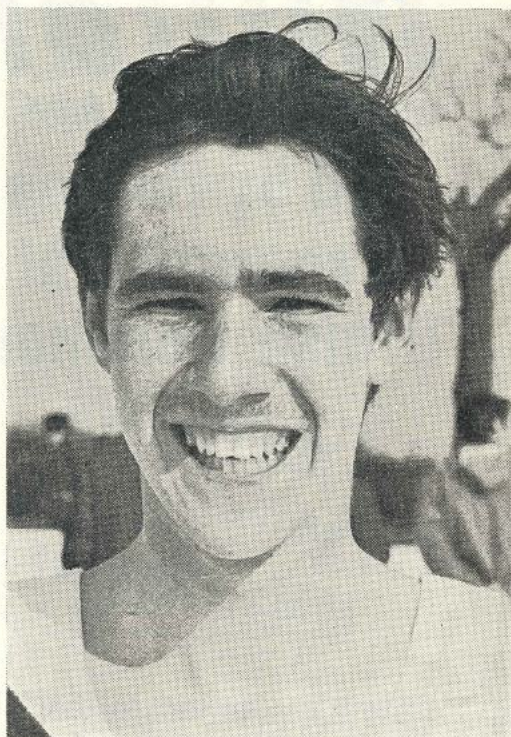
REGRETTABLY, Julian Goater and David Black did not clash on the track last summer. This was a pity because, along with John Boggis, they were the king pins among the country's junior distance stars and between them won the two major domestic honours open to AAA juniors. Julian captured the English Schools 5000m title, and David won the AAA Junior 3000m a month later. David did not compete in the Schools meeting as he is employed, and Julian was on holiday at the time of the AAA Junior title race. In the latter part of the season, Goater was injured and so David, who deprived Julian of his UK age 17 5000m best also, ran in the European Junior Championships in his place, and also partnered Boggis against the West German juniors at Leicester. Goater's finest performance of the year was his European Youth record of 8:14.0 for 3000m, set in winning the Southern Junior title by a street.

Barring injuries, both will figure strongly in the big Youth races on the country this winter, and should have a memorable duel in the 1971 National. There is also the strong possibility that we shall at last see them run against each other on the track next year. With John Boggis moving up into the senior ranks, who will succeed him? One of these two exciting young prospects should provide the answer:

DAVID BLACK

David John Black was born in Tamworth (Staffs) on October 2nd 1952, stands 1.80/5'11" and weighs 66kg/145lb. He is coached by his father, Arthur Black, works as a porcelain grinder, and is a member of Small Heath Harriers, the National Youth Cross-Country Champions. His best marks include 800m in 2:01.0, 1500m in 4:00.0, 1 Mile in 4:19.4, 3000m in 8:16.4, 2M in 9:01.8 and 5000m in 14:26.8. His favourite events are 3000 and 5000m on the track, and cross-country and road racing.

"My school teacher, Tom O'Reilly, a Small Heath runner, started me off on running and gave me a training schedule," David explains, "and, with my father helping and advising me, I have run regularly since then—that was in October 1967. I train every day the whole year round, now, and do most of my running alone, though we have a great bunch of top class youngsters in Small Heath. In the summer I run 8 miles fartlek on a Sunday; 6x880y on a Monday, 10x440y on a Tuesday, 6x880 on a Wednesday and 10x440 on a Thursday. Every day, though, I run 2½M to and from work which builds up the mileage. In the winter a typical week is as follows: Sunday—12 miles fartlek; Monday—2½M to work, and 8 miles home; Tuesday—2½M to work, and 5M home; Wednesday—2½M to work, and 8M home; Thursday—2½M to work, and 5M home; Friday—2½M

**DAVID BLACK**

Ron Linstead

to work, and 2½M home; Saturday—Race or 8M steady."

David's finest performance to date, is not, surprisingly, any of his track successes, or his seventh in the National Youth cross-country last February, but his win in the Midland Youth cross-country championship: "After half a mile or so we came to a gate and everyone up there was trying to get through at the same time. Runners were falling over me, and I was falling over them, but this seemed to wake me up, and I was quickly after Nick Rose (Bristol) who had opened a gap immediately after the gate. At about the mile mark I caught him and hung on for all I was worth. With a little over a half mile left he seemed to tire, and I picked up the pace, and began to draw away. Coming down to the finish, I felt very tired and thought he might come back at me, but he didn't and I held on to win. No one was more surprised than me!"

In 1971 David aims to "improve my best times, and eventually I'd like to get a British senior vest. I must say that on the whole I was satisfied with

last season, and I am hoping for more improvement. I have learned from my international experience, particularly that I need to run this type of race hard from the front or I will get beaten in a sprint finish. Because of this I am working on improving my finishing speed next year. In my heat in Paris I was left standing on the last lap after being up with them, and in the Junior International John Boggis ran the lap between 2,400m and 2,800m in 62.6 which dropped me by 20 metres. I hope to be stronger next time this sort of thing happens."

JULIAN GOATER

Julian Norris Goater was born in Southampton on January 12th, 1953, stands 1.83/6'0" and weighs 66kg/145lb. Coached by Bob Parker, he is a member of Shaftesbury Harriers and the British Milers Club, and is a pupil at Haberdasher's Aske's School in Elstree. ("Eventually I'm hoping for a place at Oxford University and a career in the RAF"). His best marks: 800m, 1:59.5; 1500m, 3:52.8; 1 Mile, 4:10.3, 3000m, 8:14.0; and 5000m in 14:33.8. "At present, my favourite events are 3000, 1500 and 5000 in that order, but eventually probably the 5000 or 10,000 will be preferable. I enjoy all races, though, such as cross-country in the winter and road relays, which are less serious and usually much more exciting than straight races," says Julian.



Julian Goater winning the English Schools 5000 metres title. George Herringshaw

"I have been running at school since I was seven, getting increasingly more serious each year. I suppose I only started really seriously when Bob started coaching me in April 1969. I was never really keen to run around a track until then—cross-country was my main sport; this was enjoyable, and I enjoyed winning schools races. No one performance has made me deliriously pleased. This is partly because once you've won it's a bit of an anti-climax, but mostly because I've not yet won anything that really matters. Winning the English Schools 5000m should have given me most pleasure, but there was nothing special about it. I suppose my double in the Southern Junior has been my best effort so far; especially the 3000m, because that was the best race (timewise and tactics-wise) that I've yet run. I felt that I ran as I'd never run before in the Youths National after I'd fallen over and lost around 200y. That was the most exciting race I've run, but I was beaten at the finish for second place, which took most of the pleasure away."

Julian's training is of the severity of that other great protégé of Bob Parker's—Dave Bedford. A typical week in summer: Sunday, 15-18M steady running; Monday—12x400m in 65 sec, lap recovery, or 6x400 in 62 sec with 200m recovery; Tuesday—8x200m in 29 sec with 200m recovery; Wednesday—7M fartlek; Thursday—6x600 in 93-94 sec, lap recovery; Friday—3x3M easy running (morning, afternoon and evening); Saturday—Race with 3M jog in the morning. A typical week in winter: Sunday—15-18M steady; Monday—8M fartlek; Tuesday—3x2M in 10 min each, 5 min recovery; Wednesday—7M steady; Thursday—5M fast; Friday—3x3M steady; Saturday—Race, with 3M jog in the morning. Every day, Julian has an easy 3 mile run in the morning. "These schedules vary depending on how I'm going, and what races are coming up," he explains.

"Since Bob Parker started coaching me, I've improved so rapidly that you can judge for yourself how much I owe to his methods. I'd say 75 per cent of this has been Bob's work." In 1971 Julian aims to "just take each race as it comes—it's very dangerous to set an inflexible plan. Of course, ideally, I'd like to win everything and get picked for the British Junior team. I have times like 3:46 (1500), 8:05 (3000) and 14:10 (5000) at the back of my mind, but it's winning that counts. All-time, I just want to improve as much as possible. We'll have to see just how far that gets me!"

"My biggest disappointment was getting this hip injury which prevented me being able to run in the European Junior. I regard everyone in a race as being potential winners, but my biggest rivals I list as: John Boggis, David Black, Jim Kendrick, Ray Smedley, John Davies, Nick Rose, Barry Smith, Bernard Ford, Peter Adams, Terry Colton and Ian Whittle when he returns from the USA." Julian's family has sporting interests: "My father was a 1:53.0 half miler, and ran cross-country (he's a master at Haberdasher's) and my brother Ricky is a javelin thrower of sorts. They are all very keen on my progress."

UK AGE RECORDS IN 1970

100m: (16) 10.8 Robert Munns (10.7d); (17) 10.6 David Jenkins; **200m:** (17) 21.1 David Jenkins; **400m:** (14) 51.4 Craig Granger; (16) 48.3 Peter Beaven. **800m:** (14) 1:56.5 Andrew Barnett; (15) 1:55.6 Graham Side. **1500m:** (14) 3:59.0 Andrew Barnett; (15) 3:57.5 David Glassborow. **Mile:** (14) 4:24.1 Andrew Barnett; (15) 4:15.6 Graham Side. **3000m:** (15) 8:35.6 Kevin Steere; (17) 8:14.0 Julian Goater. **5000m:** (15) 14:57.2 Lawrence Reilly; (17) 14:26.8 David Black. **10,000m:** (15) 31:19.8 Lawrence Reilly. **2000mSC:** (15) 5:59.4 David Glassborow. **110mH:** (3'6") (16) 14.9 Peter Kelly; (18) 14.2 Berwyn Price. **400mH:** (16) 55.0 Peter Kelly. **HJ:** (18) 2.05/6'8½" David Wilson; (19) 2.06/6'9" David Livesey. **PV:** (18) 4.71/15'5½" Stephen Chappell. **LJ:** (16) 7.07/23'2½" Ian Hardie; (19) 7.76/25'5½" Geoffrey Hignett. **TJ:** (13) 12.95/42'5½" Rigsby Agoreyo; (18) 15.31/50'2½" Christopher Colman. **DT** (2 Kilo): (16) 45.48/149'3" John Turton; (17) 48.72/159'10" Guy Dirkin. **HT:** (18) 59.14/194'0" Ian Chipchase. **JT:** (19) 75.12/246'5" Mladen Gavrilovic.

(GIRLS) 200m: (13) 25.1 Sonia Lannaman; (14) 24.1 Sonia Lannaman; (17) 23.6 Marilyn Neufville. **400m:** (17) 51.0 Marilyn Neufville. **800m:** (12) 2:18.6 Lesley Kiernan; (13) 2:16.0 Christina Boxer;

(15) 2:08.8 Mary Sonner; (16) 2:07.4 Mary Sonner. **1500m:** (12) 4:49.2 Kay Kosbab; (13) 4:43.5 Lesley Cobden; (14) 4:38.0 Mary Stewart; (15) 4:37.6 Mary Sonner; (16) 4:32.8 Sandra Marquis; (17) 4:23.8 Christine Haskett. **Mile:** (16) 4:57.1 Sandra Marquis. **HJ:** (14) 1.61/5'3½" Ann Hull. **DT:** (13) 32.92/108'0" Karen Whitear; (16) 44.08/144'7" Jackie Elsmore. **JT:** (14) 39.14/128'5" Susan James.

ALDERSHOT YOUTHS RELAY

October 25th

SSIXTEEN teams got away at the start of the Youths race, and it was Bob Weatherley of Bracknell who led them in at the end of the first stage, clocking the afternoon's fastest of 8.16. Though Belgrave's Tony Binda (8.26) made up ground on Bracknell (Campbell) on the second stage, it wasn't until Bill Curtin produced a fine run of 8.17 on the third leg that the favourites hit the front, where they stayed as Peter Carton (8.21) increased their lead to 52 seconds over Aldershot. Mitcham scored their expected win in the Boys' event, when they took the lead on the second stage and went on to win by 43 seconds from Andover, in spite of Andrew Barnett's scorching anchor leg of 8.31. Surprise of the race was a superb run from Glen Foord of Camberley who pulled back over 2 minutes for his club in speed-



NOS GALAN

The Thirteenth Annual Road Races through the Streets of **PENRHIWCEIBER** and **MOUNTAIN ASH, GLAMORGAN** are on **NEW YEAR'S EVE, 31st DECEMBER, 1970.**

Under AAA Laws All Events Open Entry Fee 3/- (15 np) per event

4.00 p.m.—Men's Mile.

9.00 p.m.—Men's 100 yards

8.00 p.m.—Women's Mile.

11.46 p.m.—Men's 4 Miles.

Prizes valued £7, £4, £3, to first three in each event. Nos Galan Vests to first 20 home in the mile event, and to the first 100 in the 4 miles. Nos Galan engraved trophies to first three teams and first three Welsh teams (3 to score) in 4 miles. **Entries close finally on Monday, 14th Dec. to:** Bernard Baldwin, Picton Villa, 13 Campbell Terr., Mountain Ash, Glam.

ing around the last stage in 8.19. A fine Bracknell team excelled to win the Colts 4x1½M race for the second successive year, chased hard by Southampton.

Youths

1, Belgrave (P. Breslin 8.57, A. Binda 8.26, W. Curtin 8.17, P. Carton 8.21) 34.01.

2, Aldershot, F & D (R. Fudge 8.45, S. Crawte 8.50, S. McGuinness 8.46, J. Watts 8.32) 34.53.

3, Bracknell (R. Weatherley 8.16, D. Campbell 8.50, M. Slack 9.30, K. Daniels 8.56) 35.32.

4, Army Apprentices Coll, Chepstow 36.18; 5, Mitcham 36.50; 6, Andover & Dist. 37.13; 7, Junior Parachute Co. 37.59; 8, Army Catering Co. 38.23; 9, AAC Chepstow "B" 39.50; 10, Jun. Para. Co. "B" 40.04. **Fastest:** (1½M) Weatherley 8.16, Curtin 8.17, Carton 8.21, Binda 8.26, C. Barnett (Andover) 8.29, Watts 8.32.

Boys

1, Mitcham (D. O'Sullivan 9.06, M. Simmons 9.11, A. Porter 9.07, C. Taylor 8.41) 36.05.

2, Andover (K. Brown 9.02, C. McLeod 9.28, A. Grodno 9.47, A. Barnett 8.31) 36.48.

3, Junior Parachute Rgt. (R. Drew 9.33, C. James 9.32, E. Nelson 9.13, J. Gather 9.23) 37.41.

4, Southampton 38.15; 5, Aldershot, F & D 38.23; 6, Reading 38.50; 7, Fernhill SS 40.03; 8, Mitcham "B" 40.23; 9, Camberley 40.30; 10, RAPC App. Coll. 40.45. **Fastest:** (1½M) G. Foord (Camberley) 8.19, Barnett 8.31, Taylor 8.41, G. Snelgrove (S'ton) 8.54, Brown 9.02, R. Blackall (AFD) 9.05.

Colts

1, Bracknell (A. Kirby 7.59, G. Dwelly 8.08, P. Withers 8.22, J. Wise 7.51) 32.20.

2, Southampton (B. Dawkins 8.01, A. Deacon 8.42, P. Sheppard 8.20, N. Warren 8.10) 33.13.

3, Walton (N. Swain 8.40, K. Chimes 8.06, J. Salton 8.29, R. Woods 8.16) 33.31.

4, Woking 35.04; 5, Epsom & Ewell 35.07; 6, TVH 35.19; 7, Mitcham 36.14; 8, Aldershot 36.26; 9, Cove SS 36.42; 10, Epsom & Ewell "B" 36.42.

22 teams finished. **Fastest:** (1½M) Wise 7.51, Kirby 7.59, Dawkins 8.01, G. Keen (Mit) 8.01, Chimes 8.06, Dwelly 8.08.

ANDOVER CROSS COUNTRY RELAYS**October 17th****Youths**

1, Southampton (N. Jeffreys 7.19, S. Waste 7.45, N. Coupland 7.33, R. Kocher 7.24) 30.01; 2, Andover 33.16. **Fastest:** (1½M) Jeffreys 7.19. (Only 2 teams finished.)

Boys

1, Andover (K. Brown 7.51, C. McLeod 8.00, A. Grodno 8.31, A. Barnett 7.41) 32.03; 2, Queens' School, Watford 32.40; 3, Southampton 33.22.

Fastest: (1½M) Barnett 7.41, Brown 7.51, G. Arnell (Queens) 7.53.

Colts (1½M)

1, G. Dwelly (Bracknell) 7.02; 2, A. Kirby (Bracknell) 7.04; 3, B. Dawkins (S'ton) 7.08; 4, J. Wise (Bracknell) 7.20; 5, N. Warren (Southampton) 7.31; 6, P. Withers (Bracknell) 7.36; 7, P. Sheppard (S'ton) 7.45; 8, S. Barnett (H. Wycombe)

7.48; 9, C. Deacon (S'ton) 7.51; 10, G. Franklin (Teddington SS) 7.52. **Teams:** 1, Bracknell 7; 2, Southampton 15; 3, Teddington SS 35.

Junior Girls (1½M)

1, C. Reeves (Andover) 8.11; 2, S. Smith (Bristol) 8.15; 3, J. Morris (Andover) 8.16; 4, J. Allcock (Westbury) 8.21; 5, P. Carter (West) 8.27; 6, S. Carter (West) 8.28. **Teams:** 1, Westbury 15; 2, Andover 16; 3, Bristol 17.

Manchester Univ. Freshers 34, Moseley Hall GS 44, at Wyntenshaw Pk, October 7th. 1, D. Allen (MH) 20.45; 2, P. Pape (MU) 21.40; 3, J. Hampson (MU) 22.57; 4, C. Halsey (MH) 23.06; 5, R. Taylor (MU) 23.13; 6, A. Ball (MH) 23.42.

Norman Beats Blinston In Derwentwater "10"

At Keswick, October 31st

1. J. Norman (Altrincham) 49.38

2. A. Blinston (Altrincham) 49.56

3. R. Barlow (Sutton H.) 50.05

4. D. Pratt (Sheffield UH) 50.08; 5. M. Craven (Kendal) 50.15; 6. D. Barden (Sheffield UH) 50.19;

7. H. Broadbent (Wake) 50.21; 8. S. Edmunds (Sale) 50.41; 9. P. Braithwaite (Bingley) 50.50; 10.

J. Kirkbride (B'pool & F) 50.58; 11. D. Farmer (Sale) 51.10; 12. R. Belk (Airedale & SV) 51.13;

13. J. Fewery (B'pool) 51.19; 14. N. Carrington (Sale) 51.33; 15. B. Barden (Sheffield) 51.39; 16.

R. Brown (Pembroke) 51.40; 17. J. Calvert (B'burn) 51.51; 18. D. Jeffs (Wirral) 52.30; 19. A.

White (L'wood) 52.44; 20. B. Lloyd (Sutton) 52.50;

21. H. Walker (B'burn) 52.54; 22. A. Spence (Bingley) 52.59; 23. T. Parker (B'pool) 53.01; 24.

D. Cockburn (Morpeth) 53.04; 25. M. Child (Wakefield) 53.09; 26. A. Hudson (B'pool) 53.13;

27. R. Tristram (Airedale) 53.18; 28. C. Stainton (Barrow) 53.23; 29. G. Peel (B'burn) 53.26; 30. J.

Craven (Rowntrees) 53.53.

Teams: 1, Sheffield UH (4. 6. 15) 25; 2, Sale

(8. 11. 14) 33; 3, Blackpool & Fylde (10. 13. 23)

46; 4, Wakefield 65; 5, Bingley 72; 6, Blackburn

82; 7, Airedale & SV 82; 8, Altrincham & Dist.

94; 9, Longwood H. 99; 10, St. John's H. 117.

Handicap: 1, J. Sawyer (Longwood) 55.29 (8.30)

46.59; 2, D. Jeffs 52.30 (5.30) 47.00; 3, Tristram

53.18 (6.15) 47.03.

STRETFORD LEAGUE

Fixture secretaries may wish to make a note of the following proposed dates in 1971 for the above League to be submitted to the date-fixing conference: April 17th, May 4th, May 25th, June 15th, July 6th, August 3rd, August 24th. Further details can be obtained from Roger Colson at 5 Hollins Drive, Middleton, Lancs.

* * *

Holbeach AC promotions in 1971: Holbeach "10" and trophy match on August 1st; Spalding Relays on August 30th. Secretary: R. E. S. Clay, 82 Spalding Road, Holbeach, Lincs.

Malcolm Thomas Knuckling Down

MALCOLM THOMAS, the 21-year-old Welsh cross-country champion, made a 300-mile round trip to lead the way home in the first of this season's Metropolitan League events at Ruislip on October 31st. It was an impressive beginning to the Thames Valley Harrier's cross-country programme and he looked particularly strong as he powered over the finishing line. Thomas never looked like being beaten and, in the absence of David Bedford, out of action through another of his unending injuries, he was a good 50 yards clear of Jim Mouat and Tony Moore of Hillingdon at the half-way stage. He finally won by 120 yards from Moore and Peter Beacham (Poly).

Having completed his finals at Birmingham University this summer, Thomas has signed a two-year contract with Sheffield Corporation where he is working as a civil engineer. He anticipates his next trip to London will not be until 1971, to compete in the Middlesex championship. Nevertheless, he hopes to have plenty of time to train and has his sights firmly fixed on making the Welsh team for San Sebastian next March. After "living it up" in Italy during the summer he has just got down to the hard graft of training. In five weeks he has managed to work up to a 70-mile schedule.

For the past four years either injury or exams have prevented his taking a full part in the track programme but he is aiming to make up for his absence in the summer of 1971.

Another seasoned traveller, Olympic runner Mike Wiggs (who finished 12th), was running only a few hours after flying in from New York. Despite the enthusiasm of both Thomas and Wiggs, TVH could not match the strength of Hillingdon who packed their 12 scorers into the first 29 places and it seems likely that Hillingdon will relieve their West London neighbours of the league crown this year. TVH have won it every year since its inauguration three seasons ago.

It was good to see another Welsh champion, John Davies, back in action in the youths race. A muscle injury incurred in the AAA Junior steeplechase championship in July put him out for the rest of the summer. But 18-year-old Davies, a second-year youth over the country, now has his mind on the English title.

Tom Pollak

1. M. Thomas (Thames Valley H.)	25.18	
2. A. Moore (Hillingdon)	25.45	
3. P. Beacham (Polytechnic)	25.50	
4. J. Mouat (Hill)	25.53; 5. P. Francis (Hill)	25.53;
6. M. Barratt (E & S)	26.01; 7. J. Brown (Hill)	26.18;
8. M. Wands (Hill)	26.25; 9. J. Bierton (Ver)	26.35;
10. R. Fisher (Hill)	26.40; 11. G. Hallett (Hill)	26.42;
12. M. Wiggs (TVH)	26.44; 13. D. Davies (TVH)	26.56;
14. C. Thomas (TVH)	27.03; 15. A. Tomlinson (Shaft)	27.03;
16. D. Patterson (TVH)	27.05; 17. T. Phipps (Ver)	27.07;
18. S. Buchanan (Hill)	27.10; 19. K. Wainer (Hill)	27.14;
20. P. Stevens (TVH)	27.16; 21. G. Elmore (Shaft)	27.18;
22. P. Milsom (Hill)	27.19; 23. R.	

Cressy (Hill) 27.20; 24. B. Standen (TVH) 27.27; 25. J. McNamara (TVH) 27.30; 26. R. Auckett (TVH) 27.34; 27. P. Cummings (H'gate) 27.40; 28. A. Nixon (Ilf) 27.45; 29. A. Harding (Hill) 27.45; 30. M. Davis (TVH) 27.47; 31. P. Green (Ver) 27.48; 32. D. Bryant 27.53; 33. P. Chivers (Shaft) 27.54; 34. J. Ross (Hill) 28.01; 35. M. Dixon (Ver) 28.03; 36. R. Little (Shaft) 28.10; 37. J. Donovan (Shaft) 28.10; 38. A. Sowden (H'gate) 28.12; 39. L. Adams (Hill) 28.13; 40. K. Morris (Shaft) 28.14. 164 finished.

Teams: 1. Hillingdon 1822; 2. TVH 1694; 3. Verlea 1398; 4. Shaftesbury 1306; 5. Ealing & Southall 1122; 6. Highgate 960; 7. TVH "B" 925; 8. Ilford 828; 9. Hillingdon "B" 794; 10. Woodford Green 725.

Youths & Boys

1. J. Davies (TVH)	13.41
2. A. Nash (Shaftesbury)	13.48
3. G. Galvin (Hillingdon)	14.01
4. J. Ovenden (TVH) 14.09; 5. R. Williams (W. Grn) 14.17; 6. A. Bentley (TVH) 14.17; 7. M. Kettlewell (Hill) 14.30; 8. B. Walters (TVH) 14.30; 9. J. Keeble (Hill) 14.31; 10. G. Smart (TVH) 14.33; 11. D. Wright (Hill) 14.36; 12. M. Puddifoot (TVH) 14.38; 13. P. Gronland (W. Grn) 14.39; 14. D. Wolfe (Hill) 14.39; 15. V. Voller (Shaft) 14.39; 16. A. Catton (Ilf) 14.44; 17. B. Johnson (Hill) 14.51; 18. G. King (TVH) 14.54; 19. K. O'Shea (TVH) 15.00; 20. G. Dukes (TVH) 15.07.	
77 finished	

Teams: 1. TVH 291; 2. Hillingdon 279; 3. TVH "B" 247; 4. Woodford Green 241; 5. Shaftesbury 240; 6. Hillingdon "B" 201; 7. Verlea 161; 8. Highgate 143; 9. Woodford Grn. 131; 10. Hillingdon "C" 123.

Mike Freary Steals The Limelight

THE Red Rose League, a new venture that hopes to tempt the short distance track athletes to cross-country racing, opened its campaign at Bury on October 31st.

The "First Night" had everything except the boxes of chocolates and furs. Most of those that generally have a seat in the stalls for the big occasions were there. Congratulatory telegrams and letters from many Northern clubs were handed over to the secretary Terry Radcliffe, and George Dunn the English Cross-Country Union secretary also sent his best wishes.

This new association kept its promise of finding a course where the spectators would be able to watch most of the race from a fixed spot. They had an error of judgment, however, on the distance. Their fixtures are supposed to be over 5 miles of fast flat grassland, and while they had checked the gradients, and blades of grass, they had forgotten to measure the distance.

Not that it would have made much difference to

the outcome of the event. Mike Freary, who rarely muffs a line on such occasions, took over the centre of the stage. He led for the four laps, while Colin Robinson (Rochdale), the former Junior International Cross-Country Champion, only attracted attention when the show was halfway over. He moved into second place, passing Eric Haslam (Bolton) Steve Kenyon (Bolton) and Trevor Proctor (Rochdale). Bobby Ashworth from Rossendale, a junior, managed to steal one act with an impressive last lap that took him to seventh position.

Joe Lancaster

1. M. Freary (Bolton UH) 29.13
2. C. Robinson (Rochdale) 29.39
3. E. Haslam (Bolton UH) 29.46
4. S. Kenyon (Bolton) 29.54; 5. T. Proctor (Roch) 30.17; 6. K. Baum (Bolton) 31.33; 7. R. Ashworth (Rossendale) 31.59; 8. K. Mayor (Bolton) 32.07; 9. N. Ward (Bolton) 32.54; 10. J. Fisher (Roch) 33.09; 11. R. Llewellyn (Roch) 33.37; 12. M. Welton (Bury) 34.06; 13. M. Darcy (Bolton) 34.13; 14. M. Weston (Bury) 34.15; 15. R. Farrow (Bolton) 34.19; 16. H. Aspinall (Rossendale) 34.25; 17. B. Crook (Bury) 34.35; 18. B. Liston (Bury) 35.31; 19. J. Foster (Bury) 35.38; 20. B. Lomax (Roch) 35.44; 21. S. Kemp (Roch) 35.54; 22. F. Fleming (Roch) 36.03; 23. T. Ratcliffe (Bury) 36.08; 24. R. Meadowcroft (Bolton) 36.22; 25. C. Haslam (Bolton) 36.45.

Teams: 1, Bolton UH 31; 2, Rochdale 69; 3, Bury & Radcliffe 98; 4, Rossendale 149.

Youths

1. A. Morley (Bury) 15.35; 2. D. Topping (Bolton) 15.56; 3. J. Duckworth (Roch) 16.55; 4. S. O'Donnell (Bolton) 17.09; 5. H. Turner (Ross) 17.14; 6. H. Hughes (Ross) 17.25. **Teams:** 1, Bolton 22; 2, Rossendale 29; 3, Bury & Radcliffe 31; 4, Rochdale 33.

Boys

1. R. Chaisty (Bury) 8.38; 2. B. Troughton (Bury) 8.38; 3. S. Whitehead 9.05; 4. J. Corner (Bolton) 9.08; 5. A. Black (Ross) 9.10; 6. I. Nuttall

(Bolton) 9.25. **Teams:** 1, Bolton UH 47; 2, Bury & Radcliffe 51; 3, Rochdale 59; 4, Rossendale 65.

Colts

1. S. Massey (Rochdale) 8.29; 2. N. Woodworth (Ross) 8.33; 3. A. Bent (Roch) 8.35; 4. S. Caldwell (Bolton) 8.40; 5. P. Henson (Ross) 8.43; 6. D. Carroll (Roch) 8.45. **Teams:** 1, Rochdale 60; 2, Rossendale 63; 3, Bury & Radcliffe 88; 4, Bolton 94.

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

October 24th

1. D. Camp (Burn Road H.) 30.27
2. M. Coliby (Darlington) 30.34
3. T. Flory (Middlesbrough & Cleve) ... 31.03
4. C. Vaux (M & C) 31.17; 5. M. Starforth (M & C) 31.41; 6. M. Butler (M & C) 32.13; 7. B. Hilton (Darl) 32.16; 8. N. Smith (Darl) 32.28; 9. K. Maughan (Burn Rd) 32.52; 10. S. Markley (M & C) 33.01; 11. D. Hewson (Darl) 33.30; 12. C. Vadden (M & C) 34.19; 31. W. Cooke (M & C) 34.38; 14. M. Ayre (Burn Rd) 34.41; 15. R. Puckrin (M & C) 35.02; 16. T. Murtagh (Billingham) 35.04; 17. D. Fielden (Bill) 36.12; 18. D. Syrs (Burn Rd) 36.22; 19. A. Manze (Bill) 37.11; 20. C. Svitos (M & C) 37.35. **Teams:** 1, Middlesbrough & Cleveland 18; 2, Darlington 28; 3, Burn Road H. 42; 4, Billingham Synthonia 77.

Youths

1. P. Dunn (Billingham) 12.01; 2. R. Cartwright (Burn Road) 12.21; 3. S. Carter (Darlington) 12.39; 4. D. Parker (Billingham) 13.41. **Teams:** 1, Billingham Sy. 12; 2, Burn Road 16; 3, Darlington 17.

Boys

1. J. Houchen (Middlesbrough) 12.35; 2. G. Graydon (Darlington) 12.49; 3. C. Berwick (M & C) 13.06; 4. K. Willis (Burn Road) 13.23; 5. G. Howes (M & C) 13.37; 6. K. Tinkler (Darl) 13.43. **Teams:** 1, Middlesbrough & Cleveland 9; 2, Darlington 20; 3, Burn Road 27; 4, Billingham Sy. 32.

Colts

1. P. McLean (Darlington) 6.09; 2. G. Wallace (M & C) 6.09; 3. M. Stokes (M & C) 6.59; 4. R. Hussan (M & C) 7.10. **Teams:** 1, Middlesbrough & Cleveland 9; 2, Darlington 15; 3, Burn Road 19.

MIDLAND UNIVERSITIES LEAGUE

At Keele Univ., October 28th

1. M. Knowles (Loughborough Univ.) ... 32.43
2. R. Brown (Birmingham) 33.07
3. R. Sibson (Loughborough Colls) 33.21
4. M. Rollason (Aston) 33.47; 5. M. Fletcher (Keele) 34.07; 6. I. Aldridge (Birm) 34.21; 7. C. Tilley (Lough. C) 34.38; 8. S. Mitchell (Lough. C) 34.53; 9. M. Seddon (Notts) 34.55; 10. N. Jerome (Notts) 35.02; 11. F. Burden (Aston) 35.03; 12. I. Hicks (Lough. C) 35.12; 13. T. Edwards (Birm) 35.13; 14. K. Browning (Lough. C) 35.18; 15. D. Hill (Birm) 35.23; 16. M. Price (Notts) 35.33; 17. P. Smith (Aston) 35.38; 18. D. Cunningham (Aston) 36.09; 19. D. Bendy (Birm) 36.31; 20. T. McCook (Aston) 36.36; 21. R. Shaw (Birm)

continued on page 19

GUY BUTLER'S 1970 LOOP FILMS

include many of the best East German athletes, men and women, with outstanding techniques in jumps and throws, taken at the White City Stadium last July.

Filming at a Crystal Palace relay practice session produced a "Short" (50ft.—7 changes and close-up of hands), also a Loop (3 changes). Edit. and Notes by Senior National Coach John Le Masurier, who also assisted in the choice of the other Loops.

An addition to the list is another 50ft. "Short". This is the historic Commonwealth Games 5000 Metres, taken most successfully in a series of sequences from start to finish by National Coach Wilf Paish.

Films now ready. List on request (s.a.e. please) from:

Guy Butler, Little Hadham, Herts.

Who's Who in British Athletics

BARBARA-ANNE BARRETT

Born in Surrey, 4.10.1951; 1.67/5'6", 58kg/128lb; Mitcham AC; single; coached by father, Ernest Barrett (long jump), Ron Murray (high jump), Ted Cunningham (sprints & hurdles)—see also below; lives at Morden (Surrey).

"Always been interested in all sports. After the eleven-plus I changed schools and new school had no interest in sport. A teacher from my junior school took me at the age of 13 to join Mitcham AC." Began at sprints; favourite events now are long jump and 200m. Best marks: 100m—12.3 (1969) & 12.1w (1970), 200m—25.0 (1970), 80mH—11.8 (1968), 100mH—15.2 (1970), HJ—1.57/5'2" (1966 & 1967), 1.60/5'3" extra trial (1966), LJ—6.16/20'2½" (1970), Pen—4252 (1970). Annual progress: 1965—4.94/16'2½" & 5.00/16'5" downhill, 3027 (jnr. pen); 1966—11.9 (100y), 17.6w (150y), 1.57/5'2", 5.17/18'3½", 3522 (jnr. pen); 1967—11.5, 1.57/5'2", 5.57/18'3½", 3767; 1968—11.5, 26.3 & 25.7w (200m), 5.80/19'0¼" & 5.88/19'3¼" w, 3923; 1969—12.3 (100m), 25.4m, 5.88/19'3¼" & 6.05/19'10¼" w, 4035; 1970—12.1w, 25.0m, 6.16/20'2½", 4252. WAAA Junior HJ champion 1966; WAAA Intermediate LJ champion 1968; English Schools LJ champion 1970; 7th Commonwealth Games LJ.

Most pleasing performance was "the second time I broke 20 feet; i.e. the Southern Counties". Greatest disappointment: "Losing English Schools title in 1968 by ¼" in final round". Next year's target is "to keep improving all-round and qualify for the European Games". All-time goal: "To get anywhere in athletics one has to be selfish. I want to win an Olympic gold medal, to prove to myself that, if you believe, anything is possible, and to thank all those who have ever helped me in my career in athletics".

What she likes most about athletics is that "it gives the opportunity of travel and mixing with people of all classes from all over, thus making friends other than those living within a mile radius from your home. Also, coaching courses where you mix with people with same interest in your event, and training together in a group". Views of administration: "On the whole a very good job is done by a very small band of enthusiastic people. Big meetings like National Championships could do with more advertising and it is pleasing to see commentators becoming more aware of field events".

"From the winter of 1965 to the end of summer 1967 I was trained by Dorothy Tyler for both the long and high jumps. She was a great help to me and taught me both the straddle and the hitchkick. Both these techniques take years to perfect but Dorothy took me through the initial changeover. Also Ted Chappell, physiotherapist, has been a great help to me, even when I'm not injured. He gives great encouragement as well as curing the injury."

STUART TUFTON

Full name: Stuart Harold Tufton. Born at Upton Park (London), 8.12.1950; 1.73/5'8", 67kg/148lb; 40" chest; apprentice engineer; Newham AC; single; coached by Charles East; lives at Upton Park.

Became interested in athletics at age of 11—"teacher at school (Charles East) was a pole vaulter". Started at triple jump; favourite event now is pole vault. Best mark: 4.50/14'9¼" (1970). Annual progress: 1966—2.66/8'9", 1967—3.81/12'6", 1968—4.27/14'0", 1969—4.37/14'4", 1970—4.50/14'9¼". English Schools intermediate champion 1967; AAA Junior & English Schools champion 1969; GB junior international 1969; 7th Commonwealth Games; GB international 1970.

Most pleasing performance was at Commonwealth Games Trials (won at 4.50). No great disappointments—"I just enjoy competing". Next year's target is "just to keep improving"; all-time goal is "an Olympics". Intends competing "as long as I improve and enjoy it". Most likes "travelling and meeting people". Dislikes "some officialdom". Views on administration: "General organisation on trips very good".



The ultra-consistent Barbara-Anne Barrett long jumping at Crystal Palace.

Tony Duffy



Stuart Tufton in action at the English Commonwealth Games Trials at Leicester.

George Herringshaw

LEAGUE RACES continued from page 16

36.40; 22. K. Bartlam (Keele) 36.42; 23. H. Forrest (Notts) 37.17; 24. D. Williams (Notts) 37.27; 25. C. Cooper (Warwick) 37.34.

Teams: 1, Birmingham 138; 2, Loughborough Colls. 151; 3, Nottingham 185; 4, Aston 219; 5, Keele 282; 6, Leicester 353; 7, Warwick 387; 8, Loughborough Un. 414.

LINCOLNSHIRE SERVICES LEAGUE

At RAF Finningley, October 28th

1, Pugh (Lindholme) 30.52; 2, Bulley (Waddington) 31.14; 3, McSherry (Lindholme) 31.43; 4, Blackwell (Leconfield) 31.53; 5, Donkin (Lind) 32.08; 6, Mainwaring (Waddington) 32.17; 7, Duffield (Scampton) 32.36; 8, Uprichard (Cranwell) 32.57; 9, Appleton (Lindholme) 33.10; 10, Rudman (Scampton) 33.15; 11, Wallis (Newton) 33.22; 12, Etches (Cranwell) 33.46; 13, Kevan (Withering) 34.06; 14, Robertson (Cran) 34.14; 15, Waring (Wadd) 34.31. **Teams:** 1, Lindholme 274; 2, Waddington 249; 3, Cranwell 242; 4, Wittering 204; 5, Scampton 203; 6, Swinderby 167.

EAST ANGLIAN LEAGUE

At RAF Marham, October 31st

1, Balls (Stradishall) 29.59; 2, Lewins (Watton) 31.19; 3, Best (Marham) 31.40; 4, Jeffs (Marham)

31.55; 5, Todd (Henlow) 32.04; 6, Horan (Marham) 32.08; 7, Stubbs (UEA) 32.18; 8, Brous (Bentwaters) 32.30; 9, Ashby (Wyton) 35.36; 10, Thomas (Henlow) 33.00; 11, Ballantine (Warisham) 33.29; 12, Greatrex (Henlow) 33.31. **Teams:** 1, Marham 231; 2, Henlow 149; 3, UEA 144; 4, Wyton 128; 5, Northants Police 119; 6, Coltishall 104. **Positions:** 1, Marham 309; 2, UEA 249; 3, Henlow 228.

HAMPSHIRE LEAGUE

At Southampton, October 31st

1. R. Matthews (Bournemouth) 26.30
2. B. Ford (Aldershot-J) 27.00
3. P. Adams (Aldershot-J) 27.20
4. C. Stewart (B'mth) 27.24; 5, J. Lewis (S'ton) 27.30; 6, R. Brown (B'mth) 28.05; 7, D. Harrison (AFD) 28.36; 8, M. Woods (AFD) 28.41; 9, C. Fry (B'mth) 28.48; 10, J. Fletcher (AFD) 28.55; 11, R. Holman (B'mth) 28.59; 12, D. Curwell (AFD) 29.03; 13, D. Baikie (AFD) 29.07; 14, M. Woodford (S'ton) 29.10; 15, P. Hamilton (S'ton) 29.15; 16, R. Stonehouse (AFD) 29.27; 17, P. Leitch (AFD) 29.28; 18, D. Williams (B'mth) 29.32; 19, I. Burgess (S'ton) 29.35; 20, M. Conaghan (E'leigh) 29.37.

Teams: 1, Aldershot, F & D 30; 2, Bournemouth 31; 3, Southampton 74; 4, Eastleigh 175; 5, Salisbury 231; 6, Ryde 237; 7, Portsmouth 271; 8, Andover 313.

Youths

1. N. Jeffrey (Southampton) 18.15
2. N. Coupland (Southampton) 18.33
3. S. Galloway (Portsmouth) 18.39
4. C. Barnett (Andover) 18.58; 5, R. Kocher (S'ton) 19.02; 6, J. Watts (AFD) 19.22; 7, D. Long (B'mth) 19.26; 8, P. Griffey (Salis) 19.30; 9, J. Mack (B'mth) 19.38; 10, I. Haslock (S'ton) 19.42. **Teams:** 1, Southampton 18; 2, Bournemouth 50; 3, Aldershot 51; 4, Andover 61; 5, Portsmouth 71; 6, Salisbury 125.

Boys (Under 15)

1, D. Norton (Salisbury) 12.25; 2, J. Hoey (Ryde) 12.59; 3, B. Dawkins (S'ton) 13.05; 4, M. Furlonger (Salis) 13.12; 5, R. Gibson (AFD) 13.14; 6, G. Bulpitt (Andover) 13.17. **Teams:** 1, Salisbury 18; 2, Aldershot 25; 3, Southampton 27; 4, Andover 42; 5, Portsmouth 60; 6, Bournemouth 61.

EAST SURREY LEAGUE

At Warmingham, October 31st

1, D. Faircloth (Croydon) 26.19; 2, F. Stebbings (Croydon) 26.49; 3, S. Mitchell (Epsom & Ewell) 27.09; 4, H. Richards (E & E) 27.35; 5, R. Treadwell (Sy. Bgls-J) 27.40; 6, G. McIntyre (E & E) 27.48; 7, J. Oliver (Croy) 27.52; 8, P. Lill (Croy) 28.00; 9, R. Church (E. Sy. H) 28.20. **Teams:** 1, Epsom & Ewell 46; 2, Croydon 54; 3, E. Sy. H 93; 4, Surrey Bgls 107. **Positions:** 1, E & E 24; 2, Croydon 22; 3, E. Sy. H 20.

Youths

1, J. O'Byrne (Croydon) 14.30; 2, T. Balmer (E & E) 14.37; 3, A. Dale (E. Sy. H) 14.59; 4, D. Fitness (E. Sy. H) 15.09; 5, A. Evans (Croy) 15.36; 6, P. Simmons (Croy) 15.38. **Teams:** 1, Croydon 20; 2, E. Sy. H 23; 3, Epsom & Ewell 35.

**Sixth North Bucks.
WOLVERTON "5" MILES
OPEN ROAD RACE**

(Under A.A.A. Laws)

SATURDAY, NOVEMBER 28th, at 3 p.m.

Ind. & Team Prizes (4 run, 3 score)

Fee: 3/- ind. by Nov. 17th, to M. Callow, 11 Longville, Wolverton, Bucks. (Tel: 3315).

**THAMES VALLEY HARRIERS
TWO, 2 MILE BOYS' (Not Schools)
CROSS-COUNTRY RACES**

SATURDAY, 26th DECEMBER, 1970

At Memorial Hall, Cranford High Street

2.45 p.m. Dalmaine Trophy 12-U/14 on 1.9.70.

3.15 p.m. T.V.H Cup 14-U/16 on 1.9.70.

Entries by 14th December, to D. A. Bentley, 32 Ridding Lane, Greenford, Middx. 6 to run, 4 to score; 1st team 10/-; Reserve teams 5/-; Individuals 2/6.

**THE CIVIL SERVICE A.A.A.
The 43rd Annual Inter-Departmental
TEAM AND INDIVIDUAL
5 MILE CROSS-COUNTRY
CHAMPIONSHIP**

will be held on

SATURDAY, 5th DECEMBER, at 2.45 p.m.

**AT RIVERMEAD SCHOOL, RICHMOND
PARK, KINGSTON-UPON-THAMES,
SURREY**

by the kind permission of Surrey A.C.

Teams: 15 may be entered, 10 may run, 5 to score. Team entry fee 15/-, ind. 3/-.

Entries and fees to G. W. S. Tolley, 40 Westways, Stoneleigh, Epsom, Surrey (01-393-2251).

ENTRIES CLOSE 27th NOVEMBER

**MEDWAY ATHLETIC CLUB
present their annual
CROSS-COUNTRY RACES
(Individual & Team)
FOR SCHOOLS AND CLUBS**

over 3 Miles at Chatham

**On SATURDAY, 28th NOVEMBER, 1970
Schools Race 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 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 1.9.70; Youths 16-18 on 1.9.70. State date of birth on form.

Entries 6/- per team, any number of teams, ind. 2/- to C. F. Newman, 42 May Road, Rochester, Kent, by November 20th. Entries acknowledged with details of venue, etc.

**SOUTH EAST ESSEX LEAGUE
At Corringham, October 31st**

- | | |
|---|-------|
| 1. R. Young (Havering) | 26.29 |
| 2. M. Batty (Thurrock) | 26.41 |
| 3. S. Purkis (Thurrock) | 26.59 |
| 4. C. Ward (Thurr) 27.32; 5. D. Horsup (Thurr) 27.35; 6. A. Green (Had. O) 27.41; 7. S. Walker (Thurr) 27.48; 8. B. Lester (Basildon) 27.52; 9. P. Cheate (Ex. B) 27.56; 10. C. Powell (Had. O) 28.08; 11. D. Staines (Thurr) 28.16; 12. R. Palmer (Basildon) 28.21; 13. C. Tilley (Hav) 28.29; 14. L. Parrott (Hav) 28.36; 15. D. Smith (Had. O) 28.42; 16. D. Richards (S'end) 28.51; 17. P. Skinner (Ex. B) 28.55; 18. A. Thomas (Ex. B) 28.57; 19. F. Crossey (Hav) 28.58; 20. D. Watts (Ex. B) 29.00; 21. A. Prior (Had. O) 29.02; 22. L. Stock (Hav) 29.04; 23. B. Bennett (Bas) 29.08; 24. N. Webber (Had. O) 29.12; 25. G. Haber (Had. O) 29.15; 26. B. Elwell (Ex. B) 29.17; 27. A. Downe (Thurr) 29.18; 28. L. Sawkins (Had. O) 29.24; 29. T. Smith (Ipswich) 29.33; 30. I. Powell (Had. O) 29.38. 85 finished. | |

Teams: 1. Thurrock 21; 2. Havering 69; 3. Hadleigh Oly. 76; 4. Essex Bgls. 90; 5. Basildon 134; 6. Ipswich 196; 7. Southend 246; 8. Chelmsford 255; 9. Dartford 268; 10. Colchester 312.

Youths & Boys

- | | |
|---|-------|
| 1. S. Barr (Thurrock) | 15.01 |
| 2. J. Sherry (Basildon) | 15.32 |
| 3. I. Davison (Thurrock) | 15.42 |
| 4. J. Bishop (Thurr) 15.47; 5. J. Broad (Hav) 16.05; 6. P. Watts (S'end) 16.23; 7. S. Tamplin (Thurr) 16.26; 8. B. Smith (Thurr) 16.27; 9. D. Concorran (Ex. B) 16.28; 10. K. Whiting (Thurr) 16.35; 11. D. Warren (Hav) 16.41; 12. S. Bishop (Thurr) 16.47; 13. J. Smith (Hav) 16.52; 14. K. Nice (Thurr) 16.55; 15. J. Dingwall (Colchester) 17.20. Teams: 1. Thurrock 15; 2. Havering 45; 3. Essex Bgls. 82; 4. Colchester 84; 5. Basildon 90; 6. Southend 108. | |

Colts

- | |
|---|
| 1. G. Barr (Thurrock) 11.55; 2. P. Orme (Ex. B) 12.04; 3. P. Betteridge (Hav) 12.12; 4. A. Murphy (Hav) 12.26; 5. J. Wallace (Ex. B) 12.50; 6. G. Smith (Hav) 12.54; 7. D. Webb (Hav) 12.56; 8. C. Tilley (Hav) 13.00; 9. G. Chapman (Hav) 13.04; 10. P. Toone (Dart) 13.07. Teams: 1. Havering 13; 2. Essex B. 19; 3. Thurrock 28; 4. Dartford 65; 5. Basildon 82; 6. Brentwood 83. |
|---|

Women

- | |
|--|
| 1. L. Motton (Basildon) 13.11; 2. L. Waters (Basildon) 13.49; 3. D. Churchill (S'end) 14.33; 4. J. Saunders (Basildon) 14.51; 5. J. Cork (S'end) 15.15; 6. W. Phillips (Hav) 16.05. 12 finished. Teams: 1. Basildon 7; 2. Southend 21; 3. Hadleigh O. 27. |
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Junior Girls

- | |
|---|
| 1. J. Needham (Basildon) 7.08; 2. D. Cox (Harlow) 7.19; 3. Sadler (Basildon) 7.34; 4. Clark (Basildon) 7.35; 5. F. Cunningham (Ex. B) 7.36; 6. Bick (Basildon) 7.42; 7. M. Clarke (Thurr) 7.46; 8. K. Marshall (S'end) 7.51; 9. L. Levine (Ex. B) 7.51; 10. J. Marshall (S'end) 7.52. Teams: 1. Basildon 8; 2. Southend 39; 3. Dartford 41; 4. Essex Bgls. 41; 5. Thurrock 48; 6. Chelmsford 65. |
|---|

SCOTTISH BEST PERFORMERS, 1970

Compiled by the SATS

Additions and/or amendments to the following lists of 1970 best performances by Scottish athletes should be sent as soon as possible (including details of date, venue and position in event) to the SATS secretary, Ian Steedman, 2 James Street, Edinburgh EH15 2DS. The finalised lists will be published next spring in the booklet "Scottish Athletics 1971" which will highlight all

the great performances of Scotland's Commonwealth Games year.

In the lists below, w—indicates wind-assisted, hc—in handicap event from scratch, dh—downhill track, i—indoors, ?—no details known of wind-speed of other legality, †—intermediate time in longer race.

100 METRES

- 10.3w Ian Turnbull (Bella)
(10.8 legal)
10.3w Don Halliday (RAF) (10.4)
10.3whc Les Piggott (Garscube)
(10.6)
10.5 Stuart Bell (Poly)
10.6 David Jenkins (Ed. Acad.)
10.6w Bernie Nottage (Bella) (10.9)
10.6w Iggy O'Muirheartaigh (VP)
10.6w Andy Wood (VP) (10.8)
10.7 Ricky Taylor (Ayr Seaforth)
10.7w Dave Farrer (ESH)
10.8 Stewart Atkins (Birchfield)
10.8w Gordon Muir (VP)
10.8w Nick Winter (L'pool)
10.8w James McWhinnie
(G. Watson's)
10.9 Alan Crie (Bella)
10.9 Terry Bell (St. And. Un.)
10.9 Hamish Robertson (Bella)
10.9 David Combe (ESH)
10.9 Colin Nimmo (Wolv. & B.)
10.9w Dave Walker (ESH)
10.9w Mike Bathgate (Oct.)
10.9wdh J. Cunningham
(RAF Kinloss)

200 METRES

- 21.1w David Jenkins (Ed. Acad.)
(21.5)
21.2w Ricky Taylor (Ayr Seaforth)
(22.0)
21.2w Don Halliday (RAF) (21.7)
21.3 Stuart Bell (Poly)
21.5w Andy Wood (VP) (21.8)
21.6 Les Piggott (Garscube)
21.6w Ian Turnbull (Bella) (21.8)
21.7w Ray Gordon (ESH)
21.8w Tom Renwick
(Heriot-Watt U.)
21.8w Dave Farrer (ESH)
21.8w Chas. Murdoch (Bella)
21.9w Bernie Nottage (Bella)
22.1w Terry Bell (St. And. U.)
22.2w Gordon Muir (VP)
22.2w Mike Bathgate (Oct.)
22.2w G. Johnstone (Bella)
22.3 Alan Crie (Bella)
22.3 David Combe (ESH)
22.3 Stewart Atkins (Birchfield)
22.3 Fred Ballantyne (ESH)
22.3w K. Chalkley (Dundee H.)
22.3w Ian Walker (West of Sc.)

400 METRES

- (* 440 yards less 0.3 sec.)
46.9 David Jenkins (Ed. Acad.)
47.2 Ricky Taylor (Ayr Seaforth)
47.4* Dave Walker (ESH)
47.5 Andy Wood (VP)
48.2 Ray Gordon (ESH)
48.5 Tom Renwick
(Heriot-Watt U.)
48.5 Ian Walker (West of Sc.)
48.7 John Cherry (Springburn)
49.1 Iggy O'Muirheartaigh (VP)
49.1 Stuart Bell (Poly)
49.5 Brian Gordon (Aberdeen)
49.8 A. S. Robertson (Anglo-Sc.)
50.4 Ronald Wallace (Bella)
50.4 Alan Murray (ESH)
50.5 Alex C. Robertson (ESH)
50.6 N. Hargreaves (Edin. U.)
50.7 George Reid (Kilmarnock)
50.7 Alan Macdonald (Garscube)
50.7 Iain Wilson (Brighton & H.)
50.9 Mike Maclean (Bella)

800 METRES

- 1:47.7 Mike Maclean (Bella)
1:49.8 Ross Billson
(Ayr Seaforth)
1:50.9 Peter Stewart (Birchfield)
1:51.0 Tony Elgie (RAF)
1:51.0 Craig Douglas (ESH)
1:51.0 Alistair Riddell (Army)
1:51.2 Alan Macdonald
(Garscube)
1:51.5 Maurice Wands
(Hillingdon)
1:51.8 John Convery
(Ayr Seaforth)
1:51.9 Iain Wilson
(Brighton & H.)
1:52.5 Dave McMeekin (VP)
1:52.5 Robert Stirling
(Wolv. & B.)
1:53.3 John Cherry (Springburn)
1:53.4 Ian McCafferty (Law)
1:54.0 Adrian Weatherhead
(Oct.)
1:54.4 Graeme Grant
(Heriot-Watt U.)
1:54.4 James Paterson
(Brighton & H.)
1:54.4 John Ross
(Strathclyde U.)

- 1:55.0 Ian Scales (Airdrie)
1:55.5 Frank Clement (Bella)

1500 METRES

- (* mile time less 18.0 sec)
3:39.0 Peter Stewart (Birchfield)
3:39.4* Ian Stewart (Birchfield)
3:42.2 Ian McCafferty (Law)
3:42.7* Adrian Weatherhead
(Oct.)
3:43.8* Craig Douglas (ESH)
3:44.5 Norman Morrison
(Shettleston)
3:48.5 Lachie Stewart
(Shettleston)
3:50.5 Ronald MacDonald
(Monkland)
3:51.2 Jim Dingwall (Edin. H.)
3:51.7 Frank Clement (Bella)
3:51.8 Maurice Wands
(Hillingdon)
3:52.0* Mike Bradley (Springb'n)
3:52.3 John Ross
(Strathclyde U.)
3:53.4 William Kerr (Belgrave)
3:54.0 Hugh Barrow (VP)
3:54.2 Alistair Riddell (Army)
3:54.3 David McMeekin (VP)
3:55.2 John Lees (EAC)
3:55.8 Colin Martin
(Dumbarton)
3:56.3 Mike Maclean (Bella)

5000 METRES

- 13:22.8 Ian Stewart (Birchfield)
13:23.4 Ian McCafferty (Law)
13:47.8 Lachie Stewart
(Shettleston)
14:03.6 Peter Stewart (Birchfield)
14:04.0 Gareth Bryan-Jones
(ESH)
14:09.2 Adrian Weatherhead
(Oct.)
14:15.0 Jim Alder (Morpeth)
14:16.0 Douglas Gunstone
(London U.)
14:16.4 Mike Bradley (S'burn)
14:18.0 Norman Morrison
(Shettleston)
14:23.2 Fergus Murray (ESH)
14:23.4 Andrew McKean
(Edin. U.)
14:28.2 Don Macgregor (ESH)
14:33.6 Pat MacLagan (VP)

Intermediate Girls

1. K. Watts (Ipswich) 12.48; 2. B. Watts (Southend) 12.55; 3. M. Nicholson (Harlow) 13.08; 4. I. Peaty (Ipswich) 13.16; 5. V. Day (S'end) 13.32; 6. J. Starling (Bas) 13.33; 7. Y. De Vries (Chelms)

- 13.49; 8. J. Farr (Dartford) 13.56; 9. S. Webb (Had. O) 14.14; 10. S. Sutton (S'end) 14.21. **Teams:** 1. Southend 17; 2. Harlow 26; 3. Ipswich 30; 4. Chelmsford 39; 5. Hadleigh Oly. 44; 6. Basildon 44.

14:34.0 Dick Wedlock
(Shettleston)
14:34.8 David Logue (Edin. U.)
14:37.4 John Bryant (ESH)
14:38.6 Eddie Knox (S'burn)
14:39.4 John Myatt (Strathclyde)
14:39.8 Ken Ballantyne (ESH)

10,000 METRES

28:11.8 Lachie Stewart
(Shettleston)
28:42.0 Dick Wedlock
(Shettleston)
29:47.2 Alex Wight (EAC)
29:49.4 Jim Wight (EAC)
29:53.2 Ian Macmillan (Invicta)
29:59.2† Jim Alder (Morpeth)
29:59.4 Alastair Johnston (VP)
30:00.2 Jim Wright (EAC)
30:26.2 Pat MacLagan (VP)
30:29.4 Alan Grant (Coventry G)
30:32.0 William Day (Falkirk V)
30:37.6 Douglas Gunstone
(London U.)
30:38.0 Ron Brewitt (Holbeach)
30:39.8 Colin Martin
(Dumbarton)
30:47.0 Joe Reilly (VP)
30:54.0 John Myatt
(Strathclyde U.)
30:54.4 Alan Faulds (Clydesdale)
31:06.0 Don Ritchie (Aberdeen)
31:11.0 Bill Scally (Shettleston)
31:11.0 Innes Mitchell
(Strathclyde U.)

MARATHON

2:12:04 Jim Alder (Morpeth)
2:13:44 Alastair Wood
(Aberdeen)
2:15:32 Fergus Murray (ESH)
2:16:53 Don Macgregor (ESH)
2:19:13 Alastair Johnston (VP)
2:20:49 Pat MacLagan (VP)
2:21:05 Alex Wight (EAC)
2:21:05 Martin Craven (ESH)
2:21:55 Ian Macmillan (Invicta)
2:22:58 Jim Wight (EAC)

2:23:23 Bill Stoddart
(Greenock W'park)
2:25:27 Andy Matheson (EAC)
2:25:44 Don Ritchie (Aberdeen)
2:25:50 Alan Grant (Cov. G.)
2:30:05 Hugh Mitchell
(Shettleston)
2:31:00 Ian McKenzie (Iverness)
2:34:49 Colin Youngson
(Aberdeen Un.)
2:37:37 William Russell
(Shettleston)
2:37:57† John Linaker (Pitreevie)
2:38:14 William Day
(Falkirk V.)

3000 METRES STEEPLECHASE

8:33.8 Gareth Bryan-Jones
(ESH)
8:55.4 Bill Ewing (Aberdeen)
8:56.8 Bill Mullett
(Brighton & H.)
9:06.6 David Logue (Edin. U.)
9:19.6 William Allan
(Epsom & E.)
9:23.0 Joe Raeburn (ESH)
9:24.2 James Brown (Monkland)
9:25.6 Alastair Johnston (VP)
9:28.6 David Gillanders
(Sheff. U.)
9:29.6 Alex. Black (Belgrave)
9:32.6 Tom Coyle (ESH)
9:34.2 Hugh Elder (Dumbarton)
9:41.4 John Fairgrieve (EAC)
9:41.6 Thomas Grubb
(Shettleston)
9:50.2 Ian Kerr (Bella)
9:52.6 J. McMillan (Bella)
9:54.4 R. Morris (Oct.)

110 METRES HURDLES

14.5w Alan Murray (ESH)
(14.8 legal)
14.6 Robert Davidson (Edin. H.)
14.6w David Wilson
(Heriot-Watt Un.) (14.9)
14.7w Tony Hogarth (Oct.) (15.1)
15.0w Nick Winter (L'pool)

15.2w Dave Kidner (TVH) (15.6)
15.4 Alex. W. Robertson (ESH)
15.5w Gordon Brown (Bella)
15.7 William Tabot (Glas. Pol.)
15.8 Thor Tange
(Heriot-Watt U.)
15.8w Ian Anderson (Spenboro)
15.9 Lindsay Pennycook (Bella)
16.1 Roderick Robertson (Bella)
16.1w Ian Grant (Oct.)
16.2 Andy Mollett (Birchfield)
16.5 Peter Burgess (Oct.)
16.6 Fred Ballantyne (ESH)
16.6 S. Scott (Oct.)
16.8 Justin Togher (ESH)
17.0 David Hay (VP)
17.0w Douglas Flett (EAC)

400 METRES HURDLES

52.1 Ricky Taylor (Ayr Seaforth)
52.4 Andy Webb (Edin. Un.)
53.1 Alex. C. Robertson (ESH)
55.4 Alan Murray (ESH)
56.0 Robert Davidson (Edin. U.)
56.3 Dick Williamson
(Heriot-Watt)
56.7 Andrew Brown
(St. And. Un.)
56.8 Fred Ballantyne (ESH)
57.1 Cameron Pennycook (Bella)
57.5 Tony Hogarth (Oct.)
57.6 Ronald Munro
(Heriot-Watt U.)
57.7 Irving Davidson
(Mid-Annandale)
58.0 Robin Johnson
(Morrison's Acad.)
58.5 Jonathon Williamson
(Edin. Academy)
58.7 Norman Gregor
(Dollar Academy)
59.5 Archie Jenkins
(Mid-Annandale)
59.8 Sandy Innes (VP)
59.8 B. Clark (Glasgow U.)
60.0 Justin Togher (ESH)
60.1 J. Martin (Lenzie Acad.)



Alastair Wood grabs a sponge during the Harlow Marathon. The 37-year-old Aberdeen runner won the race, his sixth marathon of the year, in 2:17:59.

John Offley

HIGH JUMP

2.05/6'8½"	David Wilson (Heriot-Watt Un.)
2.04/6'8½"	Crawford Fairbrother (VP)
1.94/6'4½"	David Kidner (TVH)
1.93/6'4"	David Beck (Bella)
1.90/6'3"	Bob Bruynooghe (Edin. U.)
1.90/6'2½"	Douglas Guild (Jordanhill C.)
1.83/6'0"	Ian Grant (Oct.)
1.81/5'11½"	David Macbeth (Br. Timken)
1.81/5'11½"	Graham Barclay (VP)
1.80/5'11"	Ronald Birrell (St. And. U.)
1.78/5'10"	K. Fuglum (Heriot-Watt U.)
1.78/5'10"	S. Heines (Heriot-Watt U.)
1.78/5'10"	Martin Norval (Glas. Un.)
1.78/5'10"	Robin Souter (Glas. Un.)
1.78/5'10"	David McGhee (Portsmouth)
1.78/5'10"	Noel Hancock (Garscube)
1.77/5'9½"	Kevin Maguire (Monkland)
1.75/5'8½"	7 athletes

POLE VAULT

4.50/14'9"	Gordon Rule (Heriot AC)
4.50/14'9"	David Stevenson (Oct.)
4.42/14'6"	Stewart Seale (Oct.)
4.12/13'6½"	Norman Foster (Shettleston)
3.80/12'5½"	David Kidner (TVH)
3.50/11'6"	Ian Pierce (Brighton & H.)
3.50/11'6"	Peter Burgess (Oct.)
3.35/10'11½"	John Young (VP)
3.35/10'11½"	Andy Mollett (Birch)
3.35/10'11½"	W. Swann (ESH)
3.27/10'9"	K. Karlsen (Heriot-Watt U.)
3.22/10'6½"	John Jones (Oct.)
3.20/10'6"	Bob Bruynooghe (Edin. Un.)
3.20/10'6"	Stewart Anderson (Kings Rd. Sec.)
3.12/10'2½"	Ivan Strachan (Buckhaven)
3.12/10'2½"	James Sandison (Ed. Academy)
3.12/10'2½"	D. Morrison (Shettleston)
3.10/10'2"	Ian Grant (Oct.)
3.05/10'0"	4 athletes

LONG JUMP

7.66/25'1½"	David Walker (ESH)
7.37/24'2½"	Hamish Robertson (Bella) (7.02 legal)
7.30/23'11½"	Stewart Atkins (Birchfield) (7.25)
7.29/23'11"	Dave Kidner (TVH)
7.08/23'2½"	Ian Anderson (Spenboro)
7.00/22'11½"	Andy Mollett (Birchfield)

6.90/22'7½"	Bill Talbot (Glasgow Pol.)
6.90/22'7½"	Alistair Harvey (Oct.)
6.89/22'7½"	Cameron McNeish (Glas. Pol.)
6.81/22'4½"	Alex. W. Robertson (ESH) (6.77)
6.80/22'4"	Andy Dougall (Bella)
6.74/22'1½"	Ernest Kerr (Forth Valley)
6.71/22'0½"	K. Morrison (Edin. Un.)
6.68/21'11½"	Gordon Muir (VP)
6.66/21'10½"	Thor Tangen (Heriot-Watt)
6.65/21'10"	Alan Wells (ESH)
6.63/21'9"	K. Thomson (Dunfermline HS)
6.60/21'8"	Jack Davidson (Edin. U.)
6.57/21'6½"	Lyle Moar (EAC)
6.57/21'6½"	David Hay (VP)

TRIPLE JUMP

15.03/49'3½"	Hamish Robertson (Bella) (15.00 legal)
14.23/46'8½"	David Hay (VP)
14.20/46'7"	William Clark (Edin. Un.) (13.93)
13.87/45'6"	David Walker (ESH)
13.79/45'3"	Alex. W. Robertson (ESH) (13.59)
13.65/44'9½"	Lewis Dick (Lough)
13.64/44'9½"	David Macbeth (Br. Timken)
13.49/44'3"	Vic Mitchell (LAC) (13.42)
13.41/44'0"	K. Morrison (Edin. Un.)
13.37/43'10½"	Alistair Harvey (Oct.)
13.27/43'6½"	Stewart Paul (VP)
13.25/43'5½"	Jack Davidson (Ed. Un.)
13.19/43'3½"	Lyle Moar (EAC)
13.08/42'11½"	Andy Dougall (Bella)
13.07/42'10½"	Eric McIntyre (Oban)
13.02/42'8½"	John Keddie (ESH)
12.98/42'7"	Douglas Flett (EAC)
12.95/42'6"	Alan Wells (ESH)
12.94/42'5½"	L. Doig (St. And. Un.)
12.94/42'5½"	G. Laing (G. Watson's)

SHOT

16.77/55'0"	Mike Lindsay (Carnegie C.)
15.26/50'1"	Doug Edmunds (VP)
15.16/49'9"	Sandy Sutherland (ESH)
14.83/48'8"	George McHugh (Carnegie C.)
14.02/46'0"	Chris Black (ESH)
13.75/45'1½"	Alex Black (ESH)
13.70/44'11½"	John Scott (Shett.)

13.70/44'11½"	Bob Bruynooghe (Ed. Un.)
13.42/44'0½"	Jack Davidson (Ed. Un.)
13.39/43'11½"	Dave Kidner (TVH)
12.90/42'4"	Donald Clerk (Ab. Un.)
12.61/41'4½"	Bjorn Myklatun (Heriot-Watt)
12.36/40'6½"	Hamish Davidson (Nairn)
12.63/40'6½"	William Weir (Forth Valley)

DISCUS

50.94/167'1"	Mike Lindsay (Carnegie C.)
47.04/154'4"	Alex. Black (ESH)
45.56/149'6"	Sandy Sutherland (ESH)
45.46/149'2"	Bob Bruynooghe (Ed. Un.)
44.10/144'8"	Chris Black (ESH)
43.06/141'3"	Eric Johnston (RAF)
42.70/140'2"	Doug. Edmunds (VP)
41.92/137'6"	Donald Clerk (Ab. Un.)
40.90/134'2"	Colin Davidson (Edin. Un.)
39.26/128'10"	Colin Watson (VP)
39.18/128'7"	Duncan McKechnie (ESH)
38.16/125'2"	Dave Kidner (TVH)
37.40/122'9"	Stewart McCallum (Glas. Un.)
37.00/121'5"	Ian Grant (Oct.)
36.76/120'7"	G. Taylor (Gars.)

HAMMER

61.78/202'8"	Lawrie Bryce (FEC)
60.54/198'7"	Niall McDonald (Birchfield)
57.72/189'4"	Eric Johnston (RAF)
57.36/188'2"	Chris Black (ESH)
50.78/166'7"	Tom Campbell (Bella)
49.40/162'2"	William Robertson (EAC)
48.08/157'9"	Alex. Valentine (RN)
45.00/147'8"	Jack Davidson (Edin. Un.)
44.78/146'11"	Peter Scott (Edin. Un.)
44.34/145'6"	William Gentleman (Edin. Un.)
43.32/142'1"	Sandy Sutherland (ESH)
42.88/140'8"	Mike Lindsay (Carnegie C.)
42.70/140'1"	John Scott (Shett. H.)

JAVELIN

73.74/241'11"	David Birkmyre (VP)
70.22/230'4"	Ken Holmes (Hereford)
65.50/214'10"	Vic Mitchell (LAC)
64.72/212'4"	Doug Fowle (RAF)
62.98/206'7"	Doug Flett (EAC)
58.62/192'4"	Ian Percy (Strathclyde U.)

57.94/190'1" Jim Burnett
(Edin. Un.)
57.92/190'0" S. Taylor (Ed. Un.)
57.28/187'11" J. Smith (Bella)
56.72/186'1" Peter Blyth
(Buckhaven)
53.98/177'1" Donald McBride
(Strathallan)
53.76/176'4" Alex Black (ESH)
53.50/175'6" Douglas Walker
(G. Watson's)
52.72/172'11" K. Karlén
(Heriot-Watt)
50.62/166'1" John Ross (EAC)
50.44/165'6" J. Gillling (Stirling)
49.66/162'11" Ian Grant (Oct.)
47.80/156'10" John Sinclair
(Airdrie)
46.06/151'1" W. Lindsay (?)
45.42/149'0" A. Norcross (Fettes)

DECATHLON

6313 Ian Grant (Oct.)
6299 Andy Mollett (Birchfield)
6117 Dave Kidner (TVH)
6044 Peter Burgess (Oct.)
5576 Alex. C. Robertson (ESH)
5227 Robert Campbell (Forth V.)
5107 W. Swann (ESH)

WOMEN**100 METRES**

11.3w Helen Golden (ESH)
(11.6 legal)
11.6w Liz Sutherland (ESH)
(12.0)
11.8w Anne Wilson (WAAC)
(12.0)
11.8w Avril Beattie (MLAC)
11.8w Maureen Wallace
(née McLeish) (MLAC) (12.1)
12.0 Pat Pennycook (MLAC)
12.0w Sheila Pringle (ESH) (12.2)
12.1 Alison Robb (ESH)
12.1w Catriona Smith (MLAC)
12.2 Jean Jamieson (WAAC)
12.2 Christine Sprigg (MLAC)
12.2 Barbara Lyall (ESH)
12.2w Moira Niccol (MLAC)
12.2w Gillian Spurgin
(Wolv. & B.)
12.3w Clair Hood (MLAC)
12.4 June Farnorth (Bury & R.)
12.5 Rona Livingston (Stoke)
12.5w Myra Nimmo (MLAC)
12.5w Margo Wilkie (ESH)
12.7 4 athletes

200 METRES

23.4w Helen Golden (ESH)
(23.7 legal)
23.9w Liz Sutherland (ESH)
(24.1)
24.4w Avril Beattie (MLAC)
(25.0)
24.5 Maureen Wallace
(née McLeish) (MLAC)
24.8w Anne Wilson (WAAC)
(25.1)
24.9w Sheila Pringle (ESH) (25.1)
25.0 Rona Livingston (Stoke)
25.0 Alex Stevenson (WAAC)
25.0w Pat Pennycook (MLAC)
25.2 June Farnorth (Bury & R.)

25.2w Christine Sprigg (MLAC)
25.3w Janette Towl (Mitcham)
25.4 Moira Walls (WAAC)
25.4 Alison Robb (ESH)
25.4 Jean Jamieson (WAAC)
25.4w Mary Munro (ESH)
25.4w Pat Brown (ESH)
25.5 Moira Niccol (MLAC)
25.5w Lindy Carruthers (MLAC)
25.6 3 athletes

400 METRES

53.9 Rosemary Stirling
(Wolv. & B.)
54.1 Barbara Lyall (ESH)
54.8 Avril Beattie (MLAC)
56.6 Rona Livingston (Stoke)
56.9 Pat Brown (ESH)
57.0 Mary Speedman (MLAC)
57.8 June Farnorth (Bury & R.)
58.4 Jean Jamieson (WAAC)
58.6 Margaret MacSherry
(Camb.)
58.7 Betty Jarvis (Teviotdale)
58.9 Janette Towl (Mitcham)
59.4 Margaret Brown (Larkhall)
59.7 Betty Armstrong (MLAC)
59.8 Mary Munro (ESH)
60.0 Sue Foster (AFD)
60.2 Sandra Sutherland (ESH)
61.1 Christine McLachlan
(MLAC)
61.4 Winifred Adam (WAAC)
61.4 Brenda Buchanan (Pitreevie)
61.5i Catriona Smith (MLAC)

800 METRES

2:04.2 Rosemary Stirling
(Wolv. & B.)
2:05.8 Georgina Craig (WAAC)
2:08.3 Mary Speedman (MLAC)
2:09.4 Margaret MacSherry
(Camb.)
2:10.4 Sandra Sutherland (ESH)
2:11.2 Mary Munro (ESH)
2:14.3 Christine Haskett
(Dundee HH)
2:14.9 Brenda Grinney
(Thurrock)
2:16.5 Ann Barrass (AFD)
2:16.8 Rose Murphy (Bathgate)
2:17.6 Anne-Marie Orpizewska
(MLAC)
2:18.2 Sue Foster (AFD)
2:18.5 Evelyn McMeekin
(MLAC)
2:21.0 Sheena Fitzmaurice
(AFD)
2:21.6 Sarah Wanless
(Aberdeen Un.)
2:21.8 Jeanetta McPherson
(Birchfield)
2:22.8 Joan Will (Dundee HH)
2:23.0 Barbara Lyall (ESH)
2:24.7 Anne Dunnigan (EAC)
2:24.8 Enid Livingstone (ESH)
1500 METRES
4:22.4 Margaret MacSherry
(Camb.)
4:23.8 Christine Haskett
(Dundee HH)
4:33.8 Brenda Grinney
(Thurrock)
4:34.6 Ann Barrass (AFD)
4:45.1 Georgina Craig (WAAC)

4:45.5i Mary Speedman (MLAC)
4:52.2 Enid Livingstone (ESH)
4:52.8 Sheena Fitzmaurice
(AFD)
4:55.4 Sandra Kirk (Wigan)
4:57.4 Anne-Marie Orpizewska
(MLAC)
4:57.6 Mary Chambers
(M'bro & C.)
5:00.0 Sue Foster (AFD)
5:01.6 Joan Will (Dundee HH)
5:08.3 Wanda Sosinka (ESH)
5:20.8 Sheila Barrass (AFD)
5:27.3 Ann Cherrie (Fauldhouse)

100 METRES HURDLES

14.0w Moira Walls (WAAC)
(14.3 legal)
14.2 Lindy Carruthers (MLAC)
14.2w Liz Sutherland (ESH) (14.4)
14.4 Moira Niccol (MLAC)
14.7 Felicity Strong (ESH)
15.9 Alex Stevenson (WAAC)
16.0w Ann Bauermeister (ESH)
(16.4)
17.5 P. Smith (?)
17.6 Margaret Ireland
(St. Andrews U.)
17.8 B. Campbell (DCPE)
17.9 Joan Goodall (Aberdeen U.)
17.9 Eileen Dunkeld (MLAC)
18.0 Sheila Hay (Lewis. Sp.)
18.0 Patricia Cathro (Edin. Un.)
18.0 Rosemary Collins
(Hunter HS)
18.6w Dianne Riddell (WAAC)
18.8 Ruth Watt (ESH)
19.2 Elizabeth Mulder (MLAC)
19.3 Valerie Marshall (ESH)

200 METRES HURDLES

28.0 Lindy Carruthers (MLAC)
28.4 Myra Nimmo (MLAC)
29.5 Moira Niccol (MLAC)
29.8 Catherine Smart (MLAC)
31.4 Joan Goodall (Aberdeen U.)
32.5 Felicity Strong (ESH)
33.1 B. Campbell (DCPE)
33.4 Susan Robb (Glasgow U.)
33.8 J. McMillan
(St. Andrews U.)

HIGH JUMP

1.70/5'7" Moira Walls (WAAC)
1.62/5'3" Betty Armstrong
(MLAC)
1.58/5'2" Ruth Watt (ESH)
1.56/5'1" Alix Stevenson
(WAAC)
1.56/5'1" Noreen Morrison
(WAAC)
1.55/5'1" Christine Black
(MLAC)
1.55/5'1" Lindy Carruthers
(MLAC)
1.53/5'0" Christine Clegg
(Essex L.)
1.53/5'0" Moira Niccol (MLAC)
1.50/4'11" Gwynedd Jones
(Lenzie Acad.)
1.50/4'11" Jean Robertson
(St. Andrews Un.)
1.46/4'9" Fiona Dunlop
(Hutcheson's GS)

1.46/4'9½" Rona Dougall (MLAC)
 1.45/4'9" Liz Sutherland (ESH)
 1.42/4'7½" J. Kidd (Duncanrig S.)
 1.42/4'7½" Elizabeth Mulder (MLAC)
 1.42/4'7½" J. Greenwood (Jordanhill C.S.)
 1.42/4'7½" S. Wanless (Aberdeen U.)
 1.42/4'7½" G. Doogan (Bella)

LONG JUMP

6.48/21'1¼" Moira Walls (WAAC) (6.43 legal)
 6.39/20'11½" w Alex Stevenson (WAAC) (6.23)
 6.12/20'1" w Jean Jamieson (WAAC) (6.07)
 6.02/19'9" w Anne Wilson (WAAC) (5.84)
 5.83/19'1¼" w Myra Nimmo (MLAC) (5.69)
 5.61/18'5" Moira Niccol (MLAC)
 5.59/18'4½" w Lindy Carruthers (MLAC) (5.54)
 5.47/17'11½" Liz Sutherland (ESH)
 5.34/17'6½" Oona Ross (Tain R.A.)
 5.31/17'5" Eliz. Anderson (DCPE)
 5.24/17'2¼" Lynn Dollin (DCPE)
 5.18/17'0" Sarah Wanless (Aberdeen U.)
 5.16/16'11¼" Christine Stevenson (ESH)
 5.04/16'6¼" Ruth Watt (ESH)
 5.01/16'5¼" Yvonne Knowles (Dundee HH)
 5.00/16'5" Gillian Spurgin (Wolv. & B.)
 4.99/16'4½" w Dianne Riddell (WAAC)
 4.93/16'2¼" w Lorna Melville (Madras C.)
 4.91/16'1½" w Felicity Strong (ESH)
 4.90/16'1" M. MacPherson (Hutch. GS)

SHOT
 13.94/45'9" Heather Stuart (MLAC)
 13.16/43'2¼" Rosemary Payne (Lozells)
 13.12/43'0½" Linda Haldane (Enfield)
 13.03/42'9" Wendy Blackwood (MLAC)
 12.65/41'6" Christine Chalk (MLAC)
 11.64/38'2¼" Kay Dunlop (MLAC)
 10.82/35'6" Eliz. Mulder (MLAC)
 10.76/35'3¼" Moira Niccol (MLAC)
 10.72/35'2¼" Lindy Carruthers (MLAC)
 10.72/35'2" Margaret Ritchie (Pitreavie)
 10.58/34'8½" Moira Walls (WAAC)
 10.53/34'6½" S. Shirley (ESH)
 10.00/32'9¼" i Sandra Brown (ESH)
 9.95/32'7¼" Christine Black (MLAC)
 9.16/30'0¼" Barbara Thomson (Grangemouth Oly.)

DISCUS

55.04/180'7" Rosemary Payne (Lozells H.)
 44.08/144'7" Wendy Blackwood (MLAC)
 44.00/144'4" Christine Chalk (MLAC)
 42.40/139'1" Lillias Dykes (MLAC)
 38.98/127'11" Heather Stuart (MLAC)
 38.10/125'0" Linda Haldane (Enfield)
 36.38/119'4" Eliz. Mulder (MLAC)
 36.36/119'3" Alison Dale (St. Andrews U.)
 35.08/115'1" Kay Dunlop (MLAC)
 34.36/112'9" Heather Medcalf (AFD)
 33.36/109'5" S. Shirley (ESH)
 32.86/107'10" Jenny Smith (ESH)

31.32/102'9" Linda King (Bella)
 30.42/99'10" Jean Robertson (St. Andrews Un.)
 30.02/98'6" Brenda Harrison (MLAC)
 29.74/97'7" Anne Saddler (Edin. Un.)
 29.66/97'4" Jean Cameron (MLAC)
 29.38/96'5" Susan Steel (ESH)
 29.16/95'8" Eliz. Sheddin (ESH)
 28.78/94'5" Linda Dahle (MLAC)

JAVELIN

41.22/135'3" Sylvia Brodie (Grangemouth Oly.)
 36.74/120'6" Eliz. Rutherford (EAC)
 36.06/118'4" Lillias Dykes (MLAC)
 33.36/109'5" Ann Grant (WRAF)
 31.94/104'9" Eliz. Sheddin (ESH)
 31.60/103'8" Judith Howieson (Hutcheson's GS)
 31.52/103'5" Alison Dale (St. Andrews U.)
 29.42/96'6" Anne Saddler (Edin. Un.)
 29.36/96'4" R. Fraser (DCPE)
 29.18/95'9" Linda Dahle (MLAC)
 28.56/93'8" Eileen Hagman (MLAC)
 28.52/93'7" Patricia Lloyd (WAAC)
 28.08/92'1" Elizabeth Orr (Dundee U.)
 27.18/89'2" S. Shirley (ESH)
 27.16/89'1" Valerie Kinnaird (MLAC)

PENTATHLON

4704 Moira Walls (WAAC)
 4295 Moira Niccol (MLAC)
 4265 Lindy Carruthers (MLAC)
 4094 Liz Sutherland (ESH)
 3508 Rosalind Haldane (Enfield)
 3450 Christine Clegg (Essex L.)
 3226 Ann Bauermeister (ESH)
 3190 Elizabeth Mulder (MLAC)
 3000 Ruth Watt (ESH)

SOLIHULL AC CROSS-COUNTRY RELAYS**October 24th****Seniors 6x1½M**

1, Birchfield 53.14; 2, Coventry Godiva 53.19; 3, Notts AC 53.35; 4, Small Heath 54.22; 5, Alsager College 54.28; 6, Small Heath "B" 55.36. **Fastest:** M. Tagg (Loughborough Univ) 8.26, C. Falconer (Cov. G-Jnr) 8.35, P. Stewart (Birchfield) 8.43, W. Adcocks (Cov. G) 8.43, J. King (Alsager Coll) 8.43, K. Bartlett (Cov. G) 8.43.

Youths 4x1½M

1, Birchfield 33.18; 2, Small Heath 33.20; 3, Coventry Godiva 33.47; 4, Notts AC 35.06; 5, Solihull 36.16; 6, King Edward Sch. 37.13. **Fastest:** D. Black (Sm. Hth) 7.38, D. Moorcroft (Cov. G) 8.04, M. Densley (Birch) 8.09, S. Baker (Notts) 8.14, G. Jackson (Birch) 8.15, A. Marley (Sm. Hth) 8.23.

Boys 4x1½M

1, Ullathorne School 34.13; 2, Small Heath 34.55; 3, Notts AC 35.36; 4, Sparkhill 36.12; 5, Bristol 36.17; 6, Coventry Godiva 36.39. **Fastest:** G. Cosgrave (Ull. S) 8.07, J. Tierney (Sm. Hth) 8.27, B. Moss (Notts) 8.27, M. Rollason (Sm. H.) 8.31, C. Kelly (Ull. S) 8.39, P. Bergin (Ull. S) 8.40.

Colts 1½M. 1, M. Edgecombe (Sparkhill) 9.16; 2, S. Griffiths (Broms & Redd) 9.17; 3, K. Sword (Broms & Redd) 9.23; 4, M. Toland (Sm. Hth) 9.28; 5, A. Coppell (Sm. Hth) 9.34; 6, D. Trowell (Broms & Redd) 9.35. **Teams:** 1, Bromsgrove & Redditch 22; 2, Small Heath 40; 3, Sparkhill 49.

* * *

Stretford AC officials: Chairman, Mr. C. Lansdowne; secretary, W. Murphy, 30 Gaydon Road, Sale; treasurer, J. Harris.

MARGARET CRITCHLEY answers the Questionnaire

Full name:

Margaret Ann Critchley.

Birthplace and date:

Bristol, 4.4.1949.

Height and weight:

1.60/5'3", 48kg/106lb.

Club:

Bristol AC.

Occupation:

Bank clerk.

Personal best marks:

100m—11.7, 200m—23.2 & 23.1w, 400m—54.7.

Which performance has given you most pleasure?
Bronze medal in 200 metres at Commonwealth Games.**How many days a week do you train and at what time of day?**

Six days a week. During the week: 7-9 p.m.; Saturday and Sunday: 10.30 a.m.-12.30 p.m.

How long are your training sessions?

1-1½ hours.

Please describe your warm-up:

½ mile jog; exercises; 4-6 strides over about 80 yards with increasing quality.

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

Monday: 10 x 200m; walk back recovery.

Tuesday: Indoor work (gymnasium); outside—10 x 80m.

Wednesday: Harness running; suppling exercises (indoors).

Thursday: 4 x 300m (6 min. recovery); 6 x 100m.

Friday: Rest.

Saturday: 2 miles road run.

Sunday: Hill running—4 x 250m, plus 6 x 60m steep hill work.

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

Monday: 2 x 200m (approx. 24 sec.); 4 x 100m;

4 x 60m.

Tuesday: 4 x 150y (16.5-17.0); 8 x 60m.

Wednesday: Block work and bend running (60m-100m).

Thursday: 6 x 100m fast strides.

Friday: Rest.

Saturday: Competition.

Sunday: 4 x 150y; 4 x 80m.

Please give details of any weight training:

Weight training minimal—winter only.

Coach:

Harry Critchley (father).

How much of your success is due to coaching?

A great deal, particularly in earlier years when encouragement, as much as technical advice, was necessary to get over difficult periods. But a willingness to work is most important.

How many days rest do you like before competition?

Usually one, but two before an important race.

How often do you like to compete?

Once a week.

What is your target?

To break 23 sec. for 200 metres.

What advice would you offer the young athlete or novice?

Set yourself targets and work to achieve them. Above all, enjoy your athletics.

Annual progression:

Year	100y/100m	200m/220y	400m/440y
1963	11.9y	26.8y	—
1964	11.5y	25.8y	—
1965	11.2y	25.4y	62.9y
1966	11.0/10.8w	24.8y	—
1967	11.7m	24.0y	—
1968	—	—	—
1969	11.8m	23.9m	54.7m
1970	11.7m	23.2m/23.1w	—



Margaret Critchley (9) taking on Dorothy Hyman and Marilyn Neufville in a WAAA 200 metres heat last year. This past summer Margaret equalled Dorothy's UK record of 23.2.

Peter Tempest

ROAD RACING AND TRAINING SHOES

Tiger "Cubs". Super lightweight racing shoes. Sizes 3, 4, 5, and 6 to 11 in half sizes, but no 7½, 8, 9 or 10 available. Still at the same price of 37/6. Postage 1/6, two pairs 2/6.

Tiger "Speed" (formerly "Marup"). Lightweight racing shoe with blue nylon upper and white trim. Sizes 6, 7, 10½, 11 only available at present. Superb shoe at 65/-. Post 1/6 one, 2/6 two pairs.

Reebok "Fab"-RT 300. Lightweight racing/training shoe in soft natural chrome suede. New wave patterned micro-cushion sole. Light grey trimmed red. Sizes 6 to 11 in half sizes, 52/-. Postage 1/6, two pairs 2/6.

Reebok "Jog". All purpose training shoe with wave patterned micro-sole. White, trimmed red. Strong, hard wearing shoe. Sizes 2-5 49/-, 6-11 55/6.

Puma "Top Fit". A very comfortable and hard wearing racing or training shoe. White with black trim. Sizes 6, 6½, 7, 10 only available at present. 61/-. Postage 1/6, two pairs 2/6.

Gola "Trainer". Superb new racing shoe in orange suede with white trim. Gristle sole with small ripple. Sizes 4, 4½, 5 71/6, 6, 6½, 7 85/-. No larger sizes available at present. Very comfortable, long wearing shoe.

Kingswell "Mercury". Super new road shoe with white "softie" uppers with blue trim. Built-up cushion heel to avoid jarring or Achilles tendon strain. Hard wearing gristle sole with small ripple design. Built on a track shoe last, unusually comfortable, very light but hard wearing throughout. A really first class shoe. Sizes 5½ to 11 in half-sizes 75/-. Part post and packing 1/6.

CROSS-COUNTRY SHOES

Reebok "Fab" Studs. Natural chrome suede in light grey with blue trim. Very comfortable light shoe. Sizes 3, 4, 5 at 45/6, 6 to 11 in half sizes 51/6.

Reebok "Panther" Studs. Blue with white trim. good, sound, reasonably priced shoe. Sizes 3, 4, 5 54/3, 6 to 11 in half sizes 61/-. Postage 1/6, two pairs 2/6.

"Bantam". New stout shoe with waterproof P.V.C. upper and moulded, studded sole. Ideal for training in winter conditions over country. At this price you can't go wrong. Whole sizes only, 2 to 5 29/11, 3 to 11 36/-. Part post and packing 2/6 pr.

Lawrence "Ripples". Excellent strong shoe with original ripple sole. White with blue trim. Sizes 3, 4, 5 and 6 to 11 in half sizes 76/-. Regret no 8 or 9½.

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

Please enclose part postage, i.e. 2/6 for track-suits or shoes, 6d. for shorts, vests, etc.

THE SPORTS CENTRE

8 MEDWAY ST., CHATHAM, KENT
Telephone: Medway 47055

Maurice Benn Wins Jubilee Road Race

At Gateshead, October 31st

THE field of over 80 got off to a brisk start on a squally day. There was a bunch of nine runners together at the end of the first lap (2½M) which included Robinson, Rackham, Hillen, Trainor, Benn, Davies and Bateman. Maurice Benn (now of Cambridge Harriers), looked extremely easy and opened up a 40y gap over the closing half-mile. Although Frank Davies came back at him on the run-in, Benn showed that he could be a force to reckon with this winter.

The Youths 3 x 2½M relay brought together last year's top two Youths teams in Pembroke and Gateshead. However, it was Sunderland who made all the running and it was not until the final lap that Pembroke and Gateshead were able to pass them.

Jim Alder

- | | |
|--|-------|
| 1. M. Benn (Cambridge) | 26.50 |
| 2. F. Davies (Liverpool) | 26.53 |
| 3. J. Trainor (Gateshead) | 27.03 |
| 4. W. Robinson (S'well); 5. M. Bateman (Man. AC); 6. J. Hillen (S'well); 7. N. Rackham (Heaton); 8. A. Leitch (Gates); 9. R. Balding (Heaton); 10. D. Cox (S'well); 11. P. Veitch (M & C); 12. T. Flory (M & C); 13. J. Milton (S'well); 14. M. Buller (M & C); 15. P. Parker (Gates). | |

Teams: 1, Saltwell 80; 2, Gateshead 108; 3, Middlesbrough & Cleveland 136; 4, Heaton 143; 5, Gosforth 207; 6, Elswick 263.

Youths Relay

1, Pembroke 41.48 (Rec); 2, Gateshead 42.08; 3, Sunderland 43.00; 4, Saltwell 43.08; 5, Saltwell "B" 45.32; 6, Gateshead "B" 46.09; 7, Wakefield 49.00. **Fastest:** (Lap 1) P. Taylor (Sund) 13.46, (Lap 2) D. Liso (Gateshead) 13.41, (Lap 3) D. Lowes (Gates) 13.41.

Boys 1½M

1, A. Hitchen (Wakefield) 8.10; 2, J. Hoochen (M & C) 8.12; 3, R. Ashburn (NSP) 8.15; 4, P. Winward (M & C) 8.16; 5, C. Berwick (M & C) 8.18; 6, B. Moxon (Wake). **Teams:** 1, Middlesbrough & Cleveland 11; 2, Wakefield 21; 3, Jarrow & Hebburn 39; 4, NSP 44; 5, Saltwell 50; 6, Wakefield "B" 56.

Colts 1½M

1, G. Wallace (M & C) 8.37; 2, P. Long (Jarrow) 8.49; 3, B. Leddicot (Gateshead) 9.06; 4, D. Roberts (NSP) 9.12; 5, R. Watson (S'well) 9.12. **Teams:** 1, Jarrow 15; 2, M & C 18; 3, NSP 27; 4, Saltwell 34; 5, Gateshead.

Weymouth St. Paul's H. & A.C. elected the following:—Chairman, A. Brown; Secretary, P. Stanley, 38 Heathwood Road, Weymouth, Dorset; Treasurer, J. Stanley; Fixtures Sec., P. Clarke.

Hastings AC are seeking fixtures for 1970/71 cross-country and road in all age groups. Interested clubs should contact secretary Brian Griffin at 22 Githa Road, Hastings, Sussex.

WALKING

BILL SUTHERLAND FIFTH IN ITALY

AMONGST the leaders throughout, Bill Sutherland finished a close up fifth in the Giro de Roma 20km on November 4th, beating such seasoned internationals as Gabriele Nigro and Pasquale Busca who had only Ron Wallwork of our squad in front of them in the Lugano Cup 20km. The race was held on a four lap circuit which, according to the times recorded, appears to have been over distance by several hundred metres. A group of ten headed the field with Pfister and Busca later dropping away. At 10km Nigro attacked but was soon re-caught by Nermerich, Quirino, De Vito and Sutherland. Then Edoardo Quirino, the promising youngster who walked so well at Frankfurt, broke away with Nermerich and it was only in the last 3km that the wily, experienced German was able to break away. Kannenberg finished strongly for third and as Nigro faded both De Vito and Sutherland moved by, nearing the finish. All valuable experience for the Highgate policeman.

1. B. Nermerich (W. Ger) 95.24; 2. E. Quirino (Italy) 95.58; 3. B. Kannenberg (W. Ger) 97.19; 4. N. De Vito (Italy) 97.39; 5. W. Sutherland (GB) 97.45; 6. G. Nigro (Italy) 98.01; 7. H-R. Magnor (WG) 98.48; 8. P. Busca (It) 99.06; 9. A. Zambaldo (It) 99.27; 10. J-C. Decosse (Fr) 100.00.

Excellent win for Bob Hughes in Midland League, November 5th. None the worse for his gruelling experience in Germany, Bob Hughes finished well clear in this 5M which turned out to be $\frac{1}{2}$ mile too long. Eric Taylor had a tough time holding off Bob Turney, who is in cracking form at the present time. Despite the absence of many regulars there was a fine field of 60 finishers. In the Junior 3M, Peter Dallow had a clear cut win over the National Youths' champion Kevin Sturdy in another good field of 38 finishers. (Senior 5M) 1. R. Hughes (RSC) 41.34; 2. E. Taylor (Broms & Redd) 42.55; 3. R. Turney (Cov. G)

43.03; 4. T. Morris (Grey) 43.50; 5. B. Butler (Broms) 44.38; 6. J. Mullen (Cov. G) 44.47; 7. R. Gardner (Broms) 44.58; 8. R. Woodward (RSC) 45.02; 9. E. Cox (RSC) 45.23; 10. A. Parker (Birm) 45.31; 11. J. Dallow (Broms) 45.51; 12. R. Mad-dick (Birm) 45.53; 13. A. Ramm (Broms) 45.58; 14. G. Squire (Leics) 46.07; 15. S. Lewis (Broms) 46.47. (Junior 3M) 1. P. Dallow (Broms) 23.37; 2. K. Sturdy (Broms) 34.51; 3. A. Rutter (Dudley) 25.49; 4. M. Banahan (Dudley) 25.56; 5. R. Chaplin (Broms) 26.07; 6. I. Wainwright (Grey) 26.09; 7. P. Rodgers (Broms) 26.27; 8. K. Singh (Caludon Castle) 26.31; 9. D. Finch (Broms) 26.49; 10. W. Sonney (Worcs) 27.35. Individual handicap: 1. G. Slade (Worcs) 9.00; 2. Wainwright 5.00; 3. Rodgers 5.00. Team: Bromsgrove & Redditch.

Today's events. The Enfield Open "7" should produce a fine race with the two outstanding teams, Belgrave and Basildon, likely to have several individuals filling the leading placings along with Bill Sutherland and Shaun Lightman. The man to beat is obviously Wilf Wesch. At Bradford the first Northern League race takes place with Ron Wallwork, Tony Taylor, John Warhurst and Mick Holmes likely to lead the way. Over the week-end, at Lilleshall, the second annual coaching conference is being held.

Colin Young

Wesch wins Civil Service "7", November 7th. Held over the usual two lap Thames Ditton course, the Civil Service Championship which incorporated a match against the Stock Exchange, Met. Police and Belgrave, attracted a field of 91. Although Bill Sutherland, Bob Coates and Eric Hall were non-starters, the race was not devoid of stars and produced one of the most gripping races for several years. As expected, Wilf Wesch led the field from the "off" but was surprisingly joined by Ian Brooks within a half mile. These two gradually built up a lead of 100y over Carl Lawton who in turn was 20y up on the CS challengers,

MEDWAY A.C. WOMEN'S

OPEN ROAD RELAYS

(FORMERLY ROCHESTER ROAD RELAYS)

In conjunction with Upbury Manor SMSAC

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

SATURDAY, 5th DECEMBER, 1970

All 3 x 1 Mile 580 Yards

JUNIORS (11, 12 or 13) 2.15 p.m.

INTERMEDIATES (14 or 15) 2.45 p.m.

SENIOR WOMEN (Over 16) 3.15 p.m.

Ages as on September 1st, 1970

Changing at Upbury Manor School

PRIZES FOR FIRST THREE TEAMS, ALSO FASTEST LAP, IN EACH RACE

Entry Fees: 5/- each team in Junior and Inter. races, 7/6 each team in Women's race.

Entries to P. W. Green, "Lynton Croft," 40 Wooldeys Road, Rainham, Kent, by Monday, November 23rd. No late entries accepted.

PORTSMOUTH ATHLETIC CLUB

'BRICKWOOD FIVE'

"Round the Houses Open Road Race"

(Under A.A.A. Laws)

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

From ALEXANDRA PARK, PORTSMOUTH

Awards: 1st, 2nd, 3rd, 4th, to Finish 1st, 2nd, 3rd, 4th. Teams (3 to score) Winning Team to Hold the Challenge Trophy for One Year. 1st, "B" Team or other team not in first four. At least six consolation prizes gaining no other award, and first Veteran.

Entries: Fee 4/- per individual (no team fee), under the name of entrant's first claim club, to A. Gibb, 8 Magdalen Court, 355 London Road, Portsmouth, PO2 9HH, by 28th November.

Also Young Athletes (U/18 1.9.70) 2½ Miles at 2.30 p.m. Awards: At least first ten. Fee 2/-.

Ray Middleton and Bob Dobson. Brooks, walking the race of his life, was still with Wesch at halfway (25.29). Lawton passed through in 26.13 with the CS pair, still contesting their private duel, in 26.18.

At 5½M Wesch stepped up the pace and dropped Brooks and this pattern repeated itself a little later when at the same point Dobson made his bid to pass Middleton. Brooks and Middleton had no answers to these breaks and watched their rivals pull strongly away, and Wesch steamed home the overall winner in 51.25. Dobson, third overall, won his first Civil Service title in a personal best of 52.19. Brooks held onto second, recording his fastest ever for this distance, and could well be heading for international honours next year. Geoff Robinson, never troubled for the third Civil Service spot, gained his first ever medal in these championships.

1, W. Wesch (Belgrave) 51.25; 2, I. Brooks (St. Ex) 51.48; 3, R. Dobson (CS) 52.19; 4, C. Lawton (Bel) 52.55; 5, R. Middleton (CS) 53.17; 6, J.

Moullin (Bel) 54.03; 7, G. Robinson (CS) 54.37; 8, A. Seddon (MP) 54.41; 9, B. Ingarfield (Bel) 54.53; 10, C. Fogg (MP) 55.33; 11, D. Vale (CS) 55.37; 12, K. Tuson (SE) 56.03; 13, R. Pearce (SE) 56.13; 14, P. Maidment (Guest) 56.34; 15, D. Hopkins (CS) 56.47. **Teams:** (12 a side) 1, Civil Service 230; 2, Belgrave 283; 3, Stock Exchange 302; 4, Met. Police 361. **Civil Service:** 1, Dobson; 2, Middleton; 3, Robinson; 4, Vale; 5, Hopkins; 6, B. Rawlings (Army). **Teams:** 1, London PR 8; 2, Inland Revenue 27; 3, Ministry of Defence (Army) 27.

Bob Dobson

Buchanan wins Inter-club "7", at Steyning, November 7th. 1, A. Buchanan (B & H) 55.12; 2, D. Stevens (Steyn) 55.13; 3, B. Hawkins (B & H) 55.29; 4, R. Emsley (Steyn) 56.19; 5, D. Read (Steyn) 56.37; 6, D. Boxall (B & H) 56.48; 7, K. Emsley (Steyn) 57.55; 8, J. Birks (B & H) 58.49. **Teams:** 1, Brighton & Hove 66; 2, Steyning 70. Steyning AC Champ: 1, Stevens; 2, R. Emsley; 3, Read.

Scottish Results

VICTORIA PARK AAC ROAD RELAY

October 3rd

1, Shettleston (N. Morrison 13.40, L. Stewart 13.45, W. Scally 14.03, R. Wedlock 14.02) 55.30.

2, Victoria Park (J. Reilly 14.09, H. Barrow 14.12, A. Johnston 13.44, A. Smith 14.15) 56.20.

3, Edinburgh SH (K. Ballantyne 14.36, G. Brown 14.36, D. Macgregor 13.36, G. Bryan-Jones 13.46) 56.34.

4, Clydesdale H. (D. Gemmell 14.25, I. Donald 14.27, A. Faulds 14.01, I. Leggett 14.15) 57.08.

5, Springburn (A. McLellan 14.24, H. Gorman 13.55, E. Knox 14.29, K. Lunn 14.55) 57.43.

6, Bellahouston (B. Goodwin 14.05, F. Clement 14.46, J. Adair 14.23, I. Kerr 14.38) 57.52.

7, Dumbarton 58.12; 8, Dundee Hawkhill 58.21; 9, Glasgow Police 58.37; 10, Falkirk Victoria 59.01; 11, Greenock Wellpark 59.10; 12, Clydesdale "B" 59.36; 13, Edinburgh Univ. 59.59; 14, Monkland 60.11; 15, Edinburgh SH "C" 60.15; 16, Greenock Glenpark 60.18; 17, Teviotdale 60.25; 18, E. Kilbride 60.41; 19, Maryhill 60.45; 20, Garscube 60.54; 21, Cambuslang 60.59; 22, Larkhall YMCA 61.10; 23, Shettleston "C" 61.16; 24, Babcock & Wilcox 61.18; 25, Ayr Seaforth 61.32; 26, Shettleston "B" 61.58; 27, Garscube 62.10; 28, Springburn "B" 62.28; 29, Greenock Glenpark "B" 62.33; 30, Bellahouston "B" 62.48. 71 teams finished.

Fastest: Macgregor 13.36, Morrison 13.40, Johnston 13.44, L. Stewart 13.45, Jones 13.46, D. Gunstone (Dundee Hawk) 13.48, R. McDonald (Monkland) 13.50, A. McKean (Edin. Un) 13.50.

CROSS-COUNTRY RACES

At Lesmahagow, October 31st

(Senior Boys) 1, J. Lawson (Springburn); 2, A. McInnes (Johnstone HS); 3, R. Foy (Johnstone HS); 4, D. Chaplin (Shett); 5, J. McDonald (Lesmahagow); 6, W. Logan (Ayr); 7, J. Fleming

(Spring); 8, D. Stevenson (Spring); 9, R. Drummond (Shett); 10, W. Donaldson (Monkland). **Teams:** 1, Springburn 16; 2, Johnstone HS 30; 3, Lesmahagow 40; 4, Monkland 49; 5, Bellahouston 73; 6, St. Mary's, Bathgate 78; 7, Pitreavie 81; 8, Vale of Leven 94; 9, East Kilbride 99; 10, Larkhall YMCA 118.

(Junior Boys) 1, N. Muir (Shettleston); 2, J. Robb (Johnstone HS); 3, M. Williams (Pitreavie); 4, J. Weir (Les); 5, A. Logan (Les); 6, J. O'Neill (Monkland); 7, B. Cowan (Lesmahagow); 8, J. Johnstone (St. Mary's); 9, D. Green (St. Mary's); 10, B. Johnstone (St. Mary's).

(Women) 1, D. Greig (Tannahill) 15.52; 2, A. Stafford (Bathgate) 15.58; 3, A. Buchanan (Pitreavie) 16.15; 4, P. Spence (Greenock Rankin) 16.22; 5, E. Livingstone (Edinburgh SH) 16.24; 6, N. O'Boyle (Clydes) 16.26; 7, L. Hamilton (Larkhall) 16.55; 8, M. Morrison (Lesmahagow) 17.05.

(Intermediates) 1, M. O'Boyle (Clydes); 2, H. Coyle (Bathgate); 3, J. Close (Fauld); 4, M. Dewar (Fauldhouse); 5, D. Mercer (Bellahouston); 6, S. Dunn (Larkhall); 7, A. Doronagan (Edinburgh); 8, D. Brown (Pit); 9, I. Brown (VP); A. Edment (Law); 11, E. Gilfillan (Larkhall); 12, A. Kearney (VP). 30 finished.

(Juniors) 1, A. Cherry (Fauldhouse); 2, I. Gibson (Pitreavie); 3, A. McKenna (VP); 4, A. Munro (Glas); 5, Watson (Bathgate); 6, G. Brown (Lesmahagow); 7, R. Aitken (Glasgow); 8, Y. Smith (Lesmahagow); 9, J. Millington (Edinburgh); 10, M. McFarlane (Fauldhouse); 11, I. Mitchell (Lesmahagow); 12, A. Arthur (Bathgate). 60 finished.

(Minor Girls) 1, M. Oliver (Teviotdale) 3.13; 2, D. Wilson (Edinburgh) 3.17; 3, J. Eaglesham (Edinburgh SH) 3.20; 4, K. Ferguson (Bathgate) 3.25; 5, J. Brown (Lesmahagow) 3.26; 6, J. Dickson (Lesmahagow) 3.27; 7, M. Hane (Pitreavie) 3.28; 8, M. Mayne (Lesmahagow) 3.29; 9, H. McKay (Fauldhouse) 3.31; 10, L. Sneddon (Grangemouth) 3.32.

LETTERS

WOMEN'S LEAGUE

Dear Sir,

Miss Beamish from Gloucester may be interested to read the following information.

On August 22nd, 1969, I wrote to the Midland WAAA regarding the formation of a Midland Women's League. I also wrote to Mrs. Nelson Neal and Miss Hartman on March 3rd, 1970 regarding the formation of a Midland and/or National Women's League.

Mrs. Nelson Neal is in the process of trying to form a Midland League, but as far as the National League is concerned Miss Hartman indicated that this was not financially a sound proposition, but refused to offer any further information or details.

If Miss Beamish wishes to put her proposition to the WAAA AGM I do not doubt that she would find many to support her.

Mrs. J. Wall,
Hon. Secretary, Notts WAAA

KEEP THOSE AAA MATCHES

Dear Sir,

An article in "The Times" on November 2nd stated that the AAA have decided, as part of their proposed cut in expenditure, to drop all representative matches against Universities and Colleges with the exception of Loughborough. While one cannot deny that such cuts are needed, surely to drop these matches will do far more harm than the saving in expense can justify.

These matches are invaluable to athletes who, while not of international class, are only a few rungs lower down the ladder, and as such they provide an important step on the way up. Without the prospect of representing the AAA, an athlete might well think that the jump from area to national representation far too big a gap for him to achieve but with the AAA in between he will probably keep trying and not be frightened off. Also one cannot deny the encouragement given to an athlete by the prospect of getting his first "AAA vest".

I very much hope that other athletes will support my view, and perhaps through your pages, we may be able to let the AAA know how important these matches are to us.

T. J. Newman,
Wooford Green AC

WINTER TRAINING FOR SPRINTERS

Dear Sir,

I was very interested and somewhat dismayed at the letter by Jack Harris, and feel that it should not pass unanswered. His thoughts regarding the winter training of sprinters is, I feel personally, one of the main reasons that we as a country do not produce more 10.4 100m, 21.0 200m sprinters.

This typical British approach of completely stopping speed work at the end of the current

season, and instead running cross-country up until Christmas, and then weather permitting out on the track from January, is an approach which our history indicates is not the way to produce the sprinting strength that we so badly need. I would personally like to see a different approach made to the sprinter's winter training for example:—

Instead of shutting down sprinting until Christmas, sprinters should maintain their speed work all through the winter, weather permitting. It should be appreciated that if you remove the sprinter too far away from his sprinting environment, then after several months of cross-country he has to be re-educated to sprint fast. With such a long period away from sprinting it would mean that come the beginning of the track season the sprinter is endeavouring to catch up on his speed work, when in fact he should be concentrating on the more technical aspects of sprinting. Rather than the sprinter running **cross-country** which tends to slow down his reactions, and further the type of endurance that he builds up does not necessarily increase his sprinting power, he should rather be concentrating on building up local muscular endurance by repetitive sprinting, and weight training.

The use of indoor racing from say the middle of December to the end of February is beneficial, as the opportunity to produce fast sprinting in a pleasant environment is very satisfying during this period. "What a shame that we in the South don't have a suitable indoor venue available."

Rather than become stale, the sprinter who maintains his speed work and regular time trials during the winter months, weather permitting, has his interest stimulated.

We must, if we are going to produce sprinters who can compete with credit for the country, start to re-think our approach to the whole aspect of winter training required by sprinters.

Patrick C. M. McCarthy,
AAA Senior Coach

DISCRETION OF THE PRESS

Dear Sir,

The news of Lillian Board's grave illness came as a shock to all who had no previous idea of what she was suffering from.

The Press is often taken to task for lack of taste and discretion, but on this occasion I would like to pay tribute to those journalists and their editors who, so I understand, had known the true situation for some time but who refrained from printing anything until Lillian herself was told.

Lillian, you have over 50 million friends in this country pulling for you.

C. C. Sharon,
London, N.4

MOVE AAA HEADQUARTERS

Dear Sir,

At last someone has stood up and told the AAA what we in the provinces and backwoods have been saying for years. Charles Taylor, a lone voice crying out in the wilderness from Wolverhampton, asks with every justification why the Association continues to have its headquarters

in the most expensive city in the country. The committee established to save £11,000 a year could do worse than look into this suggestion. After all the late Phil Gale did pretty well operating from a PO Box number in Hoddesdon.

Clubs have to count their pennies and keep a tight rein on administration costs. Has anyone at Park Crescent realised the hardship caused to little clubs by the ridiculous circular on charity walks put out in August 1969? Our youngsters have recently sold £50 worth of AAA Members' Draw tickets. According to Barry Willis they have probably endangered their amateur status—or does he think ticket sellers ask for the cash to be paid “direct to the Organising Secretary of the Event”?

R. E. S. Clay,

Hon. Secretary, Holbeach AC

Barry Willis comments: “I am delighted to know that Holbeach AC have earned money for themselves (and the AAA) by selling tickets and only wish that more clubs would take advantage of the opportunities which our Annual Draw provides. Of course selling draw tickets has nothing to do with amateur status—but when money is paid as a result of an amateur athlete's performance in a charity walk, it is surely wise to require that it is not handed to him but is instead given direct to the organisers.”

CAN'T PLEASE THEM ALL

Dear Sir,

As a member of the audience at the AAA Club film show on October 29th, I can understand Mr. Gutteridge's disappointment, but not his disgust. I too had certainly hoped to see much of interest in the middle and long distance events. However, Toni Nett's position as official photographer to the IAAF must inevitably put much of his output into the instructional category. Field events obviously therefore would receive the lion's share.

Possibly there were not so many with representative honours among the audience when I attended. Still the two Campbells—Colin and Mike—must have seen a lot to interest them. It is very much a case of not being able to “please all the people all the time”. In conclusion I hope the A.A.A. Club is not put off by the criticism. The evening's function went off in a very friendly atmosphere despite the fact that a mere 60 out of 150 seats were occupied.

Brendan Deary,

Bedford

BRAVE MEN

Dear Sir,

Having been a spectator standing out in weather that could not be described, unless one had seen for oneself—driving rain and very high winds—I marvelled at the 34 runners who took part in the 40 miles track race at Maindy Stadium.

How brave these men were, knowing almost before the race started that any attempt at a world record was almost impossible, but try they did on a track that looked like an unmade road on a new housing estate.

Lynn Hughes, who won the race, can find some

consolation in the fact that had he run the race on one of the all-weather tracks he would have absolutely smashed the record to pieces, as some of the other runners can confirm.

Some of the runners still had around 10 miles to run after the winner had gone in for his well earned shower, but on and on they went, with only one thought in mind: to finish.

Dave Terrett,

Newport

ERNEST RILEY

Ernest Riley, former Athletics Organiser of the “News of the World”, died at his home near Kendal, Westmorland, last week. He was 79.

Until his retirement in 1956 he was responsible for the promotion of the annual British Games meetings, and together with the late Joe Binks, organised the epic series of road relay races between London and Brighton, Manchester and Blackpool and Edinburgh and Glasgow.

A great advocate of road running he will perhaps be best remembered as the originator of the National Road Relay Race, held for so many years over the classic London-Brighton course.

A gentleman in the truest sense of that word, he made many friends in athletics all over the world.

K.J.F.

BRUMEL'S RECORD BEATEN!

Valeriy Brumel's 1963 high jump figures of 2.28/7'5½”, one of the longest standing world records, have been bettered at last. Ni Chih-chin (China), who shares Brumel's birthdate of April 14th, 1942, is reported to have jumped 2.29/7'6” last weekend—17½ inches above his own head! As China is not a member of the IAAF, the mark cannot be recognised officially as a world record.

Before 80,000 (!) spectators at Changsai, Ni Chih-chin cleared 1.98/6'6”, 2.03/6'8”, 2.13/6'11½”, 2.18/7'1½” and 2.24/7'4½” first time and 2.29 on the second. More details next week.

KANGAROO CLUB

A series of

TRIPLE JUMP TRAINING DAYS

directed by A.A.A. Senior Coaches

will be staged throughout the winter

ON THE 3rd SUNDAY OF EACH MONTH AT CRYSTAL PALACE (South), LEICESTER (Midlands) and SALE (North)

commencing 10.45 a.m., Sunday Nov. 15th

Any athlete who has achieved a distance equal to, or further than AAA Grade 1 standard for his age group will be welcome.

Fees: Kangaroo Club members FREE. Non-members: 3/- per session.

Full details from D. Hayward, Hon. Sec., Kangaroo Club, 65 Cotton Manor, Berwick Road, Shrewsbury, Shropshire (s.a.e. please).

BOOK REVIEWS

"Metric Conversion Tables (International Edition)", compiled by Bob Sparks (obtainable from the publishers, Arena Publications Ltd., or "AW" Book Department, 16s. post paid).

The previous Government's intention that Britain would switch over to the metric system of measurement by 1975 is being seriously questioned by the present Administration, and it looks as though we shall be having miles, yards, feet and inches with us for several years to come. At the same time, British athletics—which, much to its credit, has "metricated" itself with surprising speed—must persist with this more rational system. So, while the two systems are in use concurrently, there will continue to be a need for conversion tables.

Until now, this magazine has converted results on the basis of the American tables compiled by Dr. Don Potts and recognised by the Association of Track and Field Statisticians. Now we feel these have been superseded by those compiled, using an ICL 1904 Computer, by Bob Sparks of the NUTS. They were recently officially approved by the IAAF.

There are six-at-a-glance tables in the International Edition: metric to Imperial for the high jump and pole vault (every centimetre from zero to 5.99/19'7½"), for the long jump, triple jump and shot (every centimetre from zero to 29.99/98'4½"), for the discus, hammer and javelin (every 2cm from zero to 129.98/426'5), plus similar tables converting Imperial into metric.

There are occasional differences as compared with the American tables. For example, in the high jump Potts converts 2.29m (Ni Chi-chin's new world record) as 7'6¼", Sparks as 7'6"; in the pole vault Papanicolaou's 5.49 is 18'0¼" according to Potts but a round 18 feet by Sparks' method.

Two other versions of Bob Sparks' tables are available. The Standard Edition (8s. 6d. post paid) contains Imperial to metric conversions in quarter-inches from zero to 89'11¼" and in inches from 70ft. to 349'11" plus various other useful tables (surprisingly not incorporated in the International Edition). The Pocket Edition (3s. post paid) simply provides the straight Imperial to metric tables.

"The Guinness Book of Records," edited and compiled by Norris and Ross McWhirter (published by Guinness Superlatives Ltd., 20s.).

Would you believe that next month's Asian Games are to be staged at Krungtepmahanakorn . . . (then come another 130 letters) . . . ukamprasit? Well, that's the shortened version of the official name for Bangkok and if you're dying to find out all 158 letters then the Guinness Book of Records is for you! It's the brilliantly conceived mixture as before, with the data updated and featuring some 260 new illustrations. Surprising slip-up appears in the athletics section: former world steeplechase record holder Vladimir Dudin is twice referred to as Dudkin—but this must be one of the very few errors in over 300 large pages of scrupulously researched information of both the useful and useless variety.

"Beginning Track and Field," by John M. Cooper (obtainable from Prentice Hall International, Durrants Hill Road, Hemel Hempstead, Herts; 10s.).

A 60-page booklet by an Indiana University coach, listing technique and training hints for the novice athlete.

"Woodford Green Athletic Club 1908-1968," by John Hayward (20s. post paid from the author, 35 Danbury Way, Woodford Green, Essex).

This handsomely produced, lavishly illustrated publication is a fitting tribute to the history of one of Britain's most distinguished clubs—which began its life on May 8th, 1908 as a branch of the Woodford Green Working Men's Club. The story of the club and its members, the famous Dave Jones, Derek Johnson, Geoff Elliott, Gerry Carr, Harry Payne, Bert Cooper, etc.), and the not so famous, is an absorbing one.

The club's all-time ranking lists make very interesting reading and one is reminded of the amazing versatility of Derek Johnson: equal 8th in the 100m (10.9), equal 4th at 200m (21.8), first at 400m (47.4), 800m (1:46.6), 1500m (3:42.9) and mile (4:05.0), 4th in the steeplechase (9:16.8), 7th at 200mH (25.4) and 3rd at 400mH (53.4). And who remembers that English shot-put international Sid Clark was an 11.3 100m/22.7 200m sprinter a dozen years and more ago?

"Croydon Harriers 1920-1970," edited by Trevor James (11s. post paid from Mr. James, 84 Blenheim Park Road, South Croydon CR2 6BF).

More club history in this jubilee booklet. No one is quite sure when the first athletic club was founded in Croydon but the sport was well established in the town well over a century ago. The "Croydon Chronicle", on May 2nd, 1857, reported the results of the sports day at Addiscombe Military College, including a 5'6" high jump by a lad believed to be 16.

A photo of the club's star shot-putter, Nick Morgan (16.95/55'7½" in 1961) brought back some personal memories. At the RAF Inter-Station Championships that year I was expecting to run in the 3 miles or 3000m steeplechase but, to my consternation, was "volunteered" to score a point in the shot. Nick won with about 50ft. and yours truly established some sort of world record by failing to reach even half the winning distance!

Mel Watman

SCHOOLS PLEASE NOTE

In the current English Schools AA Handbook the weight for the discus for girls in 1971 is given as 1.25kg. This should be 1kg for all girls' age groups.

AGE RECORDS—ADDITIONS

(See page 14)

Mile (age 19) 4:00.4 Philip Banning, 1500m (Girls, age 19) 4:16.8 Norine Braithwaite.

* * *

M. Rollason clocked 15.42 in the Bilborough GS Relay, not as printed, and sixth fastest time was 16.09 by D. Driver (Northampton GS).

OFFICIAL APPROVAL

I.A.A.F. OFFICIALLY APPROVE THE SPARKS CONVERSION TABLES—STOCKHOLM, 1970

BOB SPARKS, B.Sc. (Statistics); Member of the Association of Track & Field Statisticians; The Honorary Statistician to the Amateur Athletic Association and a member of the National Union of Track Statisticians has this year produced the **ULTIMATE in Track & Field Athletics METRIC CONVERSION TABLES.**

Following their (limited) Official use at the **EDINBURGH COMMONWEALTH GAMES** the tables have now been **OFFICIALLY APPROVED** by the **INTERNATIONAL AMATEUR ATHLETIC FEDERATION** and are now available for **YOUR** use.

INTERNATIONAL EDITION (7" x 8")—
(Sample page on request) **Price: 16/-**

- ★ Six Tables.
- ★ Spiral Bound—lays flat.
- ★ Separate Event Groups:
 - (A) High Jump and Pole Vault
 - (B) Long Jump, Triple Jump, Shot
 - (C) Discus, Hammer, Javelin
- ★ Produced on an ICL 1904 Computer and calculated/programmed according to the I.A.A.F. Rules for Competition.
- ★ Metric to Imperial Tables—0 to 129.98m/426'5"
- ★ Imperial to Metric Tables—0 to 399'11"/121.90m

STANDARD EDITION (6" x 9")—Price: 8/6d.

- ★ Eight Tables.
- ★ Spiral Bound—lays flat.
- ★ Weights:
 - Kilogrammes to pounds
 - Kilogrammes to Stones and Pounds
 - Stones and Pounds to Pounds
- ★ Time Conversions (Running events)
- ★ Distance equivalents (Running events) to 100 miles/160, 934.40 metres
- ★ Table VI: 0 to 89'11½" (In ¼-inches) to 27.42m
- ★ Table VII: 70'0" to 349'11" (In inches) to 106.66m
- ★ Wind Measurements (Metres per second/ Miles per hour)
- ★ I.A.A.F. Rules on Wind Measurements

POCKET EDITION (5½" x 8½")—Price: 3/-

- ★ Two Tables.
- ★ Paperback edition.
- ★ Table 1: 0 to 79'11½" (In ¼-inches) to 24.38m
- ★ Table 2: 70'0" to 309'11" (In inches) to 94.46m

Cash with Order Please

Prices include Postage and Packing

All editions are now available direct from the Publishers

DEPT: AW/70/2 ARENA PUBLICATIONS LIMITED

**325 STREATHAM HIGH ROAD,
LONDON, S.W.16**

ICKNIELD LEAGUE At Luton, October 24th

1. Grenville Tuck (Cambridge & Col.-J) 35.28
2. P. Gilsonan (Corby TH) 35.32
3. Graham Tuck (Cambridge & Col.-J) 35.38
4. A. Toseland (Bigg) 37.10; 5. D. Gartside (Hunt) 37.23; 6. I. Gartside (Hunt) 37.27; 7. Coleman (Lut) 37.35; 8. S. Sharratt (Lut) 37.39; 9. A. Butcher (C & C) 37.56; 10. M. Holt (P'boro) 38.02; 11. I. Seabrook (Bed) 38.47; 12. J. Montgomery (Corby) 38.40; 13. J. Roberts (C & C) 38.54; 14. Hutter (Lut) 39.12; 15. Churm (Lut) 39.17; 16. B. Jeffs (C & C) 39.28; 17. J. Davidson (Corby) 39.38; 18. A. Page (Kett) 40.02; 19. E. Williams (C & C) 40.05; 20. Whittle (Lut) 40.05; 21. Buck (Lut) 40.27; 22. Soper (Lut) 40.31; 23. J. Monorey (C & C) 40.37; 24. P. Blount (Kett) 40.55; 25. Widdons (Lut) 41.07.

Teams: 1, Cambridge & Coleridge 61; 2, Luton UH 85; 3, Kettering TH 135; 4, Corby TH 179; 5, Huntingdon 188; 6, Bedford & Cty. 283; 7, Peterborough 305; 8, Stevenage & NH 321; 9, Biggleswade 352.

Youths

1. K. Steere (Cambridge & Col) 17.20
 2. R. Henchie (Cambridge & Col) 17.25
 3. T. Butt (Stevenage & NH) 17.45
 4. R. Thompson (Luton) 18.01; 5. Simplen (Kett) 18.13; 6. P. Hammond (C & C) 18.14; 7. White (Kett) 18.21; 8. A. Farr (Luton) 18.36; 9. P. Odell (Beds) 18.45; 10. Cole (Kett) 19.02; 11. A. Hill (Stev) 19.07; 12. Fanon (Kett) 19.12.
- Teams:** 1, Cambridge & Coleridge 23; 2, Kettering TH 34; 3, Luton 65; 4, Peterborough 73; 5, Stevenage & NH 88; 6, Bedford & Cty. 97.

Colts

1. S. Young (Luton) 13.19; 2. Tawell (Hunt) 13.55; 3. E. Minon (P'boro) 14.13; 4. J. Buckley (P'boro) 14.18; 5. R. Gates (P'boro) 14.20; 6. A. Fage (C & C) 14.22.
- Teams:** 1, Peterborough 17; 2, Huntingdon 21; 3, Cambridge & Col. 26; 4, Biggleswade 27; 5, Luton 53; 6, Bedford & Cty. 65.

"AW" CLUB FILM SHOW

The "AW" Club Film Show, open to all members of the "AW" Club, will be held at Bowaters' Private Cinema, Bowater House, Knightsbridge, London, S.W., on Friday evening, December 11th (7 p.m. for 7.30). Tea and biscuits will be served from 7 p.m. Members can apply for one ticket each—an extra ticket can be sent if seats are available in the last week. Please quote your Club number when applying and enclose s.a.e.

Bromsgrove & Redditch AC officials: President, Councillor F. W. R. Cardy; secretary, T. Simons; 350 Birmingham Road, Bromsgrove (Tel: 3981); treasurer, S. R. C. Compton; ladies sec., Miss J. Adams, 5 Willow Way, Redditch.

Last week Ryde H. gave April 25th/26th for the opening of their new track. This should have been 24th/25th.

MENTAL GYMNASTICS IN WATERLOO "8"

THE ban on the Republic of Ireland runners took some of the bite out of the Waterloo 8 miles road race at Crosby last Saturday, an event that has always been a battleground for the English and Irish competitors.

Irishmen, wherever based, are renowned for their hope. Optimism brought Dick Duffy, Frank Browne and Dave Reynolds, all members of Lourdes AC of Drogheda to the event, but they had to watch instead of compete.

Their journey should not have been wasted, for they had the chance to see the best field assembled in the North for twelve months. From the start Malcolm Thomas, the Welsh cross-country champion, made sure that the Celts would not be pushed out completely. The Thames Valley Harrier set the pace surrounded by a group of twenty, including Tim Johnston, Ron Barlow, Keith Angus (who has found a new lease of life since returning home to Sheffield from Worcester), Alan Blinston, Ron Hill, Mike Teer, Tony Byrne, Peter Morris, Leo Carroll and Trevor Wright, the winner last year.

They bounded along, jockeying for positions, then at two miles Johnston struck. He raised the pace gradually and the group disintegrated. Thomas, Hill and Blinston were the last to fall when Wright moved to the Portsmouth runner's shoulder. In the next three miles there was as much mental gymnastics as physical endeavour with the two pace-setters trying to find a weakness, English cross-country champion Wright poached two yards, and that was enough. The Yorkshireman opened up, and was soon 150 yards clear. His run must have inspired his fellow citizens. Angus battled through to finish fourth.

His Sheffield United colleagues Derek Pratt (12th) and David Barden (13th) made sure of the team race, a performance they never achieved when National cross-country champions, and the change in name for Pembroke ACC to Liverpool Pembroke has given them status. They finished third with good packing from John Balmer, Terry Dwyer, and Kevin O'Toole—a couple of good old Irish names!

Joe Lancaster

1. T. Wright (Hallamshire)	36.54
2. T. Johnston (Portsmouth)	37.17
3. M. Thomas (Thames Valley)	37.23
4. K. Angus (Sheffield U) 37.32; 5. R. Hill (Bolton) 37.37; 6. A. Blinston (Altrincham) 37.40; 7. L. Carroll (Wirral) 37.42; 8. M. Teer (N. Belfast) 37.47; 9. R. Barlow (Sutt) 38.11; 10. P. Morris (Blackpool) 38.16; 11. A. Byrne (B'pool) 38.18; 12. D. Pratt (Sheff. Un) 38.20; 13. D. Barden (Sheff. Un) 38.22; 14. J. Balmer (Liv. Pembroke) 38.24; 15. T. Myatt (Wirral) 38.40; 16. T. Pugh (Hallam) 38.43; 17. T. Dwyer (Liv. Pem) 39.00; 18. J. Fawery (B'pool) 39.02; 19. K. O'Toole (Liv. Pem) 39.02; 20. S. James (Sutton) 39.02; 21. B. Renshall (Sutton) 39.08; 22. P. Waddington (Liv. H) 39.17; 23. G. Lawson (M & D) 39.18; 24. D. Seaton (N. Belfast) 39.19; 25. S. Towndrow	

(Liv. Pem) 39.20; 26. R. Brown (Liv. Pem) 39.22; 27. D. Lockley (Wall) 39.27; 28. D. Barden (Sheff. Utd) 39.35; 29. I. Morrison (B'drain) 39.38; 30. T. Parker (B & F) 39.55; 31. D. Lindsay (Wall) 40.05; 32. F. McGuire (B & F) 40.13; 33. G. Peel (B'burn) 40.16; 34. A. Hudson (B & F) 40.24; 35. G. Entwistle (M & D) 40.29; 36. A. Ascot (Liverpool H) 40.32; 37. B. Watson (Camb) 40.42; 38. J. Wright (Wallasey) 40.45; 39. R. Swann (Bolton) 40.08; 40. J. Hayes (B'drain) 40.51; 41. B. Lloyd (Sutton) 40.52; 42. L. Yule (Hallam) 41.12; 43. J. Calvert (B'burn) 41.16; 44. A. Binks (L'pool Un) 41.17; 45. M. Flynn (W'loo) 41.19; 46. D. Evans (W'loo) 41.29; 47. B. Woods (Sefton) 41.34; 48. M. Donovan (W'loo) 41.48; 49. M. Lavery (N. Belfast) 41.59; 50. S. Keech (M & D) 42.01.

51. S. Breckell (B'burn) 42.07; 52. K. Mayor (Bolton) 42.13; 53. J. Bradshaw (Liv. Pem) 42.19; 54. J. Eckersley (W'loo) 42.23; 55. P. Jagan (Bangor Un) 42.33; 56. T. Prescott (Sutton) 42.36; 57. P. Jones (L'pool Pem) 42.38; 58. W. Irvine (N. Bel) 42.53; 59. H. McAvoy (N. Belfast) 42.53; 60. B. Shaw (B & F) 42.58; 61. D. Jenkins (L'pool H) 43.02; 62. C. Pooley (L'pool Un) 43.05; 63. E. Sumison (Wirral) 43.06; 64. K. Metcalfe (B'burn) 43.09; 65. P. Chapman (Bangor Un) 43.11; 66. D. Martin (N. Bel) 43.23; 67. R. Symington (L'pool) 43.40; 68. D. McNully (B'burn) 43.43; 69. C. Johnson (Sutton) 43.48; 70. A. McKnight (N. Belfast) 43.59; 71. J. Newberry (N. Belfast) 44.01; 72. M. Whiteside (Wallasey) 44.05; 73. G. Atkinson (B'burn) 44.07; 74. L. Nicholson (Liv. Pem) 44.09; 75. W. Smith (Liv. Pem) 44.12; 76. J. Candling (Bound) 44.15; 77. M. Teehan (Wall) 44.20; 78. D. Murphy (W'loo) 44.25; 79. T. Doak (N. Bel) 44.42; 80. S. Cottier (W'loo) 44.49; 81. D. Wallism (B'burn) 44.55; 82. Clague (Pem) 45.03; 83. D. Hughes (Wall) 45.09; 84. T. Allan (Liv. Bound) 45.10; 85. J. Bennison (W'loo) 45.11; 86. P. Keeley (Wrexham) 45.21; 87. D. Wilson (N. Bel) 45.30; 88. P. Roach (Liv. Pem) 45.33; 89. A. Knowles (W'loo) 45.37; 90. D. Gilfoyle (Liv. Pem) 45.44; 91. F. Jackson (W'loo) 46.22; 92. J. Osborn (B'burn) 46.42; 93. Griffiths (Wrexham) 46.47; 94. R. Robinson (Sefton) 47.01; 95. V. Bateman (Liv. Pem) 47.14; 96. G. Baldwin (Wrexham) 47.22; 97. Geddis (B'drain) 47.41; 98. D. Evans (W'loo) 47.59; 99. D. Deegan (Liv. Pem) 48.28; 100. G. Willan (Sefton) 48.47.

Teams: 1, Sheffield UH 29; 2, Blackpool & Fylde 39; 3, Liverpool Pembroke 50; 4, Sutton H. 50; 5, Hallamshire 59; 6, North Belfast H. 81; 7, Wirral 85; 8, Bolton UH 96; 9, Manchester & Dist. 108; 10, Liverpool H. 119; 11, Blackburn 127; 12, Waterloo 139.

Shaftesbury Harriers officers: President, F. Henning; secretary, D. C. Lee, 31 Rochester Drive, Pinner, Middlesex (01-866-3327); fixtures sec., R. Simons, 6 Manor Way, Chesham, Bucks; C.C. sec., H. J. Ashton; road running sec., G. Elsmore; treasurer, A. J. Kendall. The retiring president, C. J. Harrison, was elected a Life Member.

EDITORIAL continued from page 2

British Board take the view that athletes from the Republic should not be allowed to compete on United Kingdom soil. The result of this long-standing feud is that it is the athletes, as always, who suffer.

The sixty runners on this occasion were refused permission to compete—much to the distress of the promoting club, not to mention the athletes themselves.

Arthur Gold, BAAB secretary, insists that the Board's attitude is "purely a defensive action." He says: "The Board have no grudge to bear against Irish athletes but we must protect our own athletes, including those from Northern Ireland". He adds: "The matter could be settled tomorrow if the BLE would recognise the normal courtesies of international athletics".

This absurd and mutually damaging situation has existed now for more than three years. How much longer must it continue? The athletes of the UK and the Irish Republic are, I am certain, eager to compete against each other and their governing bodies are—or so I thought—placed in authority to reflect the wishes of those they represent. Let the BAAB, BLE, Northern Ireland AAA and other interested parties meet soon to settle this once and for all, with one thought uppermost in all minds: what will best serve the athletes and the sport.

BEST WISHES

Dear Sir,

We, the editorial and printing staff of "Athletics Weekly", would like you—through the medium of the magazine—to convey our sincere and best wishes to Lillian Board for her complete recovery and return to the sport so dear to her heart.

"Well Wishers"

BRISTOL ATHLETIC CLUB
present the 11th Annual

MIKE SULLY MEMORIAL CROSS-COUNTRY RACES

on Saturday, 28th November

Fees: Seniors 3/-. Youths 2/-. Boys 2/-.

Entries and details: Mr. S. Upsher, 18 Dormer Road, Eastville, Bristol.

CARDIFF A.A.C. WHITBREAD TROPHY 4 x 2½M. CROSS-COUNTRY RELAY

(Under A.A.A. Laws)

**CASTLE GROUNDS, CARDIFF
SATURDAY, DECEMBER 19th, 1970**

Prizes depend on entry but are certain for 1st and 2nd Team, and Plaques for Fastest Lap and Fastest Lap by over 35 years.

Entry fee: 10/- per team. Entries with fees to N. P. John, 15 Heol Glyn, Energlyn, Caerphilly, by December 12th.

THE LILLIAN BOARD FUND**Combined "AW" & WAAA Effort**

WHEN the news that Lillian Board had cancer was made public last week-end and the family decided to send her to the clinic run by Dr. Issels in Bavaria, my first reaction was that we must do something practical to help. I immediately contacted George Board and, with his approval, decided to start a fund to assist the family in the very considerable expense involved, with Lindley Armitage suggested as trustee of the fund. Then I heard that Marea Hartman was starting a similar fund and on the telephone we agreed to join forces and invite all those who wish to help to send a donation to "The Lillian Board Fund", c/o Miss Marea Hartman, Barclays Bank, Grosvenor Gardens, London, S.W.1. Miss Hartman has asked me to mention that in the first instance she asked for donations to go direct to her, but it has now been agreed that they should be sent to this branch of Barclays Bank, where a special account has been opened. Lindley Armitage and Paul Curtis-Bennett have agreed to be trustees of the fund.

The first letter I opened on Monday morning was one from George Brooks from Brighton who felt sure that a fund would be started and sends a donation. He writes "may such money, together with our sympathy, and also our best wishes, enable her to fight through and regain her health and strength again." This, together with any other donations, including our own, will be forwarded to the fund, c/o Barclays Bank.

I asked George Board to pass on the good wishes of all "AW" readers to Lillian and this he promises to do. Our thoughts will be with her constantly in the coming weeks and if courage and faith have anything to do with it, Lillian has an abundance of both and this should greatly enhance her chances of recovery. Good luck, Lillian, in this greatest contest of all.

"Jimmy" Green

COSFORD INDOOR MEETING

Please note that entries for the December 12th meeting should be sent to the Midland Counties AAA, Rooms 30 & 32, Queen's College Chambers, 38a Paradise Street, Birmingham, 1. (Tel: 021-643-6916).

CLASSIFIED ADVERTISEMENT

6d. per word.

Trade 1s. per word

TODAY'S ATHLETE, edited by Brian Mitchell, is published by Pelham at 35/-. Essential reading for all concerned with Modern Athletics.

ATHLETIC EVENTS

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

MIDLAND COUNTIES WOMEN'S AMATEUR ATHLETIC ASSOCIATION

will be holding their "Officials Examinations" for Track and Field on Wednesday, November 25th, 1970, at Four Dwellings Schools, Quinton, Birmingham, at 7 p.m.

Applications to the organiser:—Mrs. B. A. Carr, 132 Wolverhampton Road, South, Birmingham, 32 2B.G.

CATHOLIC STUDENT SPORTS FEDERATION CALLING CATHOLIC GIRL STUDENT ATHLETES!

It is intended to send a team to the Annual Catholic Student International to be held at Avignon, France, during Easter Week, 1971. Age groups: born 1952, '53 or '54 (Junior) born 1955, '56 or '57 (Cadet)

Events (both age groups): Sprints, Middle Distance, Hurdles, Shot, Discus, Javelin, High Jump, Long Jump and Relay.

Girls interested, please send best 1970 marks (with date and venue) name and address of school, and date of birth, to J. Deady, 20 Chorley Road, Standish, Wigan, Lancs, by January 1st, 1971.

To be held in conjunction with THE TWENTY-THIRD BEDFORD TO ST. NEOTS

Annual Boxing Day Road Relay Race

(Open Team Competition—Senior, Youth and Boys—Organised by Bedford & County Club)

Entry Fee 15/- per team
(A.A.A. Rules apply)

THE FIFTEENTH OPEN 12 MILE INDIVIDUAL ROAD RACE incorporating special Veteran's Race

(Under A.A.A. Rules)

Winner will hold the "David Huckle" Challenge Trophy for one year—"F. G. Stocker" Cup for veterans. Medals for first three in each race. Time Certificates for all who finish.

Start—10.30 a.m. from St. Paul's Sq., Bedford BOXING DAY, SAT., 26th DECEMBER, 1970

Entries to A. Maddy (Hon. Team Sec.) "Watendlath", Little Paxton, St. Neots, Hunts. Tel. St. Neots 3459, with 3/- entry fee and A.A.A. Form. Competitors must be over 21 years of age as per Rules, Veterans over 40.

Particulars of rendezvous with acknowledgment of entry.

CLOSING DATE—SAT., 12th DECEMBER

LEICESTER CORITANIAN A.C.

present a

WINTER TRACK & FIELD MEETING

On the all-weather track at Saffron Lane Leicester, on Sunday, December 6th, at 2 p.m. Sprints, MD, HJ, LJ, SP, DT, HT, Hds.

Details from R. Float, 31 Half Moon Crescent, Oadby, Leicester.

TIPTON HARRIERS

NEW YEAR'S EVE RACES

(Under A.A.A. Laws)

8 p.m. Boys 2 Miles 9 p.m. Youths 3 Miles
11.45 p.m. SENIOR MEN'S FOUR MILES

All races from Tipton's new H.Q.

Good changing, prizes. Bar till late.

Entries: 3/- ind. and 5/- teams

ENTRIES CLOSE—18th DECEMBER

Details from: Dave Denton, 105 Waterloo Road, Smethwick, Warley, Worcs.

LANCASHIRE COUNTY A.A.A.

1971 CROSS-COUNTRY CHAMPIONSHIPS

will be held on Saturday, January 2nd AT SPRINGFIELD PARK, ROCHDALE. There will be Boys', Youths' & Senior (18 yrs. and over) events. Entry forms will be sent in bulk to Club Secretaries. They will be sent out individually ONLY if s.a.e. is provided to A. R. Mason, 19 Nocturnum Dell, Birkenhead L43 9UL to whom entries should be sent. Entry Fees: Boys 2/-, Youths 2/6, Senior 3/6. **CLOSING DATE SAT., DECEMBER 5th**

BASINGSTOKE ATHLETIC CLUB 6th ANNUAL ROAD RACES

(Under A.A.A. Laws)

SUNDAY, DECEMBER 6th

6 MILES SENIOR

3 MILES YOUNG ATHLETES

Teams (4 run, 3 score): Senior 10/-, Y.A. 7/6. Individual entrants: Y.A. 2/-, Senior 2/6.

Prizes: Trophy & Prizes to first 3 teams & first 3 individuals both races, also 1st Veteran. Entries by Nov. 25th, to I. S. Byett, 21 Bardwell Close, Basingstoke, Hants.

THURROCK HARRIERS

3rd Annual

FESTIVAL OF CROSS-COUNTRY

(Under A.A.A. Laws)

SATURDAY, 28th NOVEMBER, 1970

(New Improved Course)

Races for: Youths/Boys/Colts/Boys U12 (6 to run, 4 to score)

Fees: 10/- per team, 2/6 per individual.

Awards: 3 Ind., 3 Teams and Special Award in each race.

Full details from and entries to Mr. R. Sales, 78 Orchard Road, South Ockendon, Essex, RM15 6HH, by 18th November, 1970.