

October 11th 1975 Vol. 29 No. 41

athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

WHO'S WHO IN BRITISH ATHLETICS

Gladys Taylor—Denise Brown—Myra Nimmo

★ Javelin Thrower's
Fight For Freedom

★ Remarkable Return
of Ivanka Khristova



15p

JOS HERMENS,
the Dutchman
who has broken
world records for
10 miles, 20km
and the hour.

Bukta



for people who put

Life into
living

Send now for FREE catalogue to BUKTA, Brinksway, Stockport enclosing stamp to cover postage.

SOVIET WALKERS COULD WIN LUGANO CUP

USSR to gain first ever victory in Lugano Cup? East Germany (4) and Great Britain (2) have been the winners in the previous six editions of what is regarded as the World Team Championship. The USSR have always finished second to East Germany since they entered the competition in 1967 but this year have an outstanding chance to score their first success.

With the retirement of Hohne, Selzer, and Skotnicki the East Germans are particularly vulnerable at 50km and though talented and young they may be, surely Kroel, Pilarski and Muller cannot seriously trouble Soldatenko, Ljungin and Svetschnikov. Again at 20km the Russian 'oldtimers' of Golubnichiy, Bartsch and Ivchenko should hold their own against the redoubtable Reimann, Stadtmuller, Frenkel and Lipkowski. With their sensational defeat by Hungary in the Eliminator when Bernd Kannenberg blew up spectacularly in the 20km, West Germany could well again find themselves losing

third place to Italy. The latter have a solid team led by Visini and Zambaldo and backed by Bellucci, Carpentieri, Valore, Vecchio and perhaps yet again, the indestructible Pamich. Britain should comfortably beat a below-strength USA, Sweden, Hungary and France to secure fifth position and, at their very best, could trouble even West Germany and Italy. The 20km foursome of Adams, Flynn, Mills and Seddon have real prospects of gaining third spot behind the 'big two' but the 50km squad of Banyard, Fogg, Thorpe and Warhurst have a tough task and will do extremely well to better sixth place.

by Colin Young

Individually at 20km, the two foursomes from the USSR and East Germany plus Kannenberg, Adams, Flynn, Lelievre, Ornoch and Zambaldo should form a leading group which should ensure one of the most exciting races ever seen at the distance. Watch out for Otto Bartsch now aiming for Montreal gold but, of course, nobody can write off 'Mr 20km' Golubnichiy! At 50km Soldatenko and Ljungin will be hard to beat with Weidner, Visini and Kroel not far behind. First 'Englishman' home could well be ex-Belgravian, John Knifton (USA), who rarely has a bad race on such occasions.

Both races will be held on the same flat 5km circuit at Grand Quevilly near Rouen. 20km on Saturday, October 11th (15.15), and the 50km the following day (12.30). An International women's 5km is being held prior to the 20km at 14.30.

Course record for Paul Nihill in Medway AC Inter-club 5M 200y at Maidstone, September 21st: 1, P. Nihill (Med) 38:51; 2, A. Ardley (Tonb) 41:13; 3, R. Parkins (Med) 41:58; 4, M. Scammell (Newn) 43:30; 5, S. Holliday (Med) 43:47; 6, B. Byers (ER) 44:02.

Heat and humidity slows Montreal pre-Olympic 20km. Tom Dooley, who did not compete because of injury, states that conditions were really oppressive. Heat and humidity were extremely high and the walkers trained at 6.00 am or 11 pm to get the best conditions. Gerard Lelievre did very well to push winner, Bernd Kannenberg, very hard.

Bob Dobson outkicks Carl Lawton in London Fire Brigade 3km at Crystal Palace, September 24th. 1, R. Dobson (S'end) 13:00.4; 2, C. Lawton (Bel) 13:03.8; 3, A. Buchanan (B&H) 13:12.2; 4, A. James (BoE) 14:04.8; 5, M. Scammell (New) 14:32.6; 6, M. Oliver (BoE) 14:39.0.

European results. USSR v USA at Kiev, July 5th. 1, N. Smaga (USSR) 95:16; 2, V. Golub-



Bind Your Own Copies of "Athletics Weekly"

with the specially designed Easibinder. Each copy can be inserted quickly and simply. Holds a year's copies.

Strongly made with stiff covers and attractively bound in green leathercloth and milskin, the title 'ATHLETICS WEEKLY' is gold blocked on the spine and there is a space for a Self-Seal or similar adhesive label to be inserted giving the year.

Packed in a box including VAT and carriage paid £1.78 (includes 42p postage). Two for £3.34 (inc 62p postage), three for £4.70 (inc 62p postage).

Send your remittance with order to:
ATHLETICS WEEKLY
344 High Street, Rochester, Kent

Continued on page 35

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol 29 No 41

October 11th, 1975

Business Manager: P. W. Green

Editor: MEL WATMAN

Editorial Assistant: JON WIGLEY

Subscription Department and Distribution:

VERONICA GILLINGHAM & ANN STAMMERS

Advertisement Director: P. W. GREEN

Assistant Business and Advertisement
Manager: TIM GREEN

Special Contributors: CLIFF TEMPLE
and DAVE COCKSEGE

Overseas News Editor: BOB SPARKS

Walking Correspondent: COLIN YOUNG

REGIONAL CORRESPONDENTS

Wales—Bernard Baldwin and Clive Williams.
Ireland—Neill Morton and Nick Davis. Scotland—
Colin Shields.

OVERSEAS CORRESPONDENTS

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

Published by

WORLD ATHLETICS AND
SPORTING PUBLICATIONS LTD., 344 HIGH
STREET, ROCHESTER, KENT.
Tel: Medway (0634) 44644

Advertisement Department

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

Printed by

THE KENT ART PRINTERS LTD.,
NEW ROAD, ROCHESTER, KENT ME1 1DT.
Registered as a newspaper at the Post Office.

SUBSCRIPTION RATES

Direct subscribers in the U.K. and H.M. Forces.
12 Months (52 issues) £9.32.
6 Months (26 issues) £4.66.

All other subscriptions:

(Home) 12 Months £11.18.
Overseas Surface Mail 12 Months £10.40.
Air Mail (Europe) £12.48.
Air Mail (Outside Europe) Rates on application.

THE WEEK AHEAD

Saturday, October 11th: Lugano Trophy Walk-
ing Final, Rouen (1st day); Metropolitan CC
League, Hainault Forest; Chiltern CC League
(Div 1, Oxford/Div 2, Eastcote); Surrey AC CC
Relay, Richmond Park; Wrekin '10'; Karrimoor
Two-Day Mountain Marathon; SLH Cyclists v
Harriers, Coulsdon; Chippenham to Calne 6M
Walk.

Sunday, October 12th: Lugano Trophy Final
(2nd day); Collingwood AC CC Races; Coat-
bridge '5'; Rowntree Mackintosh '10'; Crawley
AC 35M Road Relay; Norwich Union Road
Relay; Woodford Green AC Veterans 5km Paar-
lauf.

Wednesday, October 15th: West Midlands
Wednesday CC League, RAF Tern Hill; Lincs
CC League, Cottesmore.

UK FIXTURES 1976

Clubs, areas and associations etc are re-
quested to submit to the BAAB Teams & Fixtures
Secretariat, 70 Brompton Road, London, SW3
1EE, any known fixtures and venues by **October
31st**, so that a provisional Fixture List for 1976
may be prepared prior to the European AA
Calendar Congress in Madrid on November
8th/9th.

FEATURED THIS WEEK

- ★ Lugano Cup Final Preview—by Colin
Young 2
- ★ Javelin Thrower's Fight for Freedom
(Trackwise) 8
- ★ Woodward Wins London-Brighton Race 14
- ★ Who's Who in British Athletics (featur-
ing Gladys Taylor, Denise Brown &
Myra Nimmo) 16
- ★ Olympic 100: More Than Just a Race—
by Don Steffens 18
- ★ Memories of the World Masters—by
Stan Allen 22
- ★ Remarkable Return of Ivanka Khristova
—by Ivan Berenyi 24
- ★ Study of Back Injuries 31

Cover photo by George Herringshaw

Road & CC Relays

ANOTHER STORMING LEG BY KENYON

REDUNDANT engineer Steve Kenyon of Bolton, while not loving the dole, is shaking off his frustration with some of the fastest running of his career. Following his fastest lap in the Hollingworth Road Relay, he turned in the best work rate in Warrington AC's Burtonwood Road Relay on September 27th. He was the only athlete below the 17 minutes mark, and with 86 teams starting including Airedale, Stoke, Tipton, Liverpool H, Salford, Manchester AC, Liverpool Pembroke and Manchester & District, there was enough talent on parade for motivation.

The biggest surprise on the opening lap was Peter Shaw (Manchester AC) taking second place and David Brennan of Warrington finishing fourth with Airedale and Tipton dividing them. Keith Darlow also caught attention running for Bolton's second team, finishing 6th in 17:41 and beating first team runner Ron Hill by a couple of places and 7sec.

Kenyon, who on this running should be back in the international cross-country fold, sorted out the winners' team ticket on the following stage giving his side a 200y lead and clocking 16:32. John Temperton kept Airedale on the list by taking second place and he was followed to base by Roger Harrison (Liverpool H). John Calvert (Blackburn) ran 17:01, second fastest of the day; John Fox held Airedale's second squad in fifth position, Allan Rushmer was sixth for Tipton in 17:50, and Peter Berry brought East Cheshire into 10th position in 17:09, the fourth best time of the day.

Mike Freary and Tony Byrne did their duty for Bolton on the last two laps but there was a lot of juggling with the puzzle from the contenders. David Evans shot Liverpool H into second place on the penultimate lap only to lose ground to Alywn Dewhirst on the last. The glory run on this stage was snatched by Scottish international Laurie Reilly. He stood on the line looking as white as Cheshire cheese for Sale team-mate Gary Davis to send him off in seventh position. The colour changed to Cheddar as he dashed down the long home straight to take third place at the expense of Tipton's Brian Cole who missed out by one second.

Joe Lancaster

1, Bolton United (R. Hill 17:48, S. Kenyon 16:32, M. Freary 17:12, A. Byrne 17:45) 69:17;

2, Airedale & Spen Valley (F. May 17:22, J. Temperton 17:26, D. Mayho 18:22, A. Dewhirst 17:34) 70:44;

3, Sale (P. Gaylor 18:20, S. Edmunds 17:36, G. Davis 17:52, L. Reilly 17:06) 70:54;

4, Tipton (K. Rollason 17:35, A. Rushmer 17:50, D. Fownes 17:57, B. Cole 17:33) 70:55;

5, Manchester & District (D. Blakeley 18:15, R. Wilde 17:26, P. Raval 17:50, F. Pendlebury 17:40) 71:11;

6, Liverpool H (D. Murphy 17:40, R. Harrison 17:16, D. Evans 18:00, P. Burton 18:44) 71:40;

7, A&SV 'B' 72:20; 8, Liverpool Pembroke 72:30; 9, Stoke 72:32; 10, Manchester AC 72:39; 11, Bolton 72:41; 12, Salford 72:55; 13, Blackburn 73:15; 14, Sutton 74:10; 15, Blackpool & Fylde 73:15; 16, Wirral 74:53; 17, Bury 74:57; 18, Salford 75:03; 19, Liverpool Pembroke 75:06; 20, Stoke 'B' 75:08. 70 teams closed in.

Fastest: Kenyon 16:32, J. Calvert (B'burn) 17:01, Reilly 17:06, E. Berry (E Ches) 17:09, M. Freary (Bolt) 17:12, R. Harrison (Liv H) 17:16.

GLOUCESTER WIN HEREFORD ROAD RELAY AT LAST

AFTER several years as runners-up Gloucester AC took first place at Hereford on September 27th after a shaky start. Dudley & Stourbridge led on the first lap through P. Meredith (13:38) followed by Gloucester 'B' (K. Whyte 13:46) and Sparkhill (J. Mills 13:50). Gloucester (A. Thomas 14:01) were back in fifth place. The second lap saw Dick Cooper take Worcester Nomads from sixth to first (13:48) while Jerry Smith (13:54) brought Gloucester up to second, Dudley dropping back to third. Cannock were holding on to fourth place (B. Silverstone 14:08) followed by Gloucester 'B'. John Mitchell took Gloucester into the lead on the third lap (13:51) while Jim Tingle kept Worcester in second place. Gloucester 'B' (Tim Clegg 14:18) moved into third with Cannock (M. Day 15:03) still fourth, while Shrewsbury moved up to fifth. Mike Hill (13:23) clinched the race for Gloucester on the last lap with the fastest time of the day to finish in 55:09, with Worcester (Dave Hope 13:43) second and Cannock reaping the reward of consistency by moving up to third (G. Trainor 14:01). **Result:** 1, Gloucester 55:09; 2, Worcester Nomads 56:12; 3, Cannock Chase 57:08; 4, Shrewsbury & Dist 58:01; 5, Gloucester 'B' 58:19; 6, Dudley & Stourbridge 60:00.

Youths 2½M Road Race

The home club, Hereford & County AC, had the winner in Huw Shakeshaft. Cannock packed three in the first six to win the team event, while AAC Chesham and Hereford followed on. 1, H. Shakeshaft (Here) 14:02; 2, T. Howard (Cann) 14:07; 3, N. Newsome (AAC/Chesham) 14:41; 4, S. Willmott (Cann) 15:07; 5, D. Leech (AAC/Chesham) 15:11; 6, M. Hunt (Cann) 15:13. **Team:** Cannock 12.

BLACKHEATH H CC RELAY**At Sparrows Den, September 20th**

1, Croydon (K. Rock 11:33, D. Faircloth 11:16, J. Lee 12:03, D. Warzak 11:13, J. Bruce 11:48, C. Stebbings 11:26) 69:19;

2, South London H (M. Newport 11:48, P. Williams 12:07, J. Roberts 11:35, J. Rix 11:22, W. Upcott 11:23, R. Gevers 11:18) 69:33;

3, Blackheath (E. Pepper 12:06, M. Athawes 12:08, R. Coles 11:21, R. Richardson 11:50, I. Wilson 12:13, P. Horwood 12:16) 71:54;

4, Portsmouth 72:15; 5, Medway 73:19; 6, Croydon 'B' 73:34; 7, SLH 'B' 74:12; 8, Kent 74:42; 9, Elliott-Reed 75:30; 10, Portsmouth 'B' 75:40.

Fastest: Warzak 11:13, Faircloth 11:16, Gevers 11:18.

DORMA YOUNG ATHLETES ROAD RELAYS**At Bolton, September 21st****Youths**

1, Liverpool Pembroke (I. Elliott 13:52, S. Petersen 14:18, B. Calvert 13:30, M. Dwyer 14:02) 55:42; 2, Pilkingtons (D. Shepherd 14:31, K. Rothwell 13:58, K. Jacques 14:18, S. Anders 14:30) 57:07; 3, Manchester AC (G. Cooper 13:42, M. Scruton 14:10, G. Broster 14:34, S. Williamson 15:33) 57:39; 4, Holmfirth 58:17; 5, Bolton 58:51; 6, Wigan 64:08; 7, Thornleigh 64:36; 8, Bolton 'B' 64:39. **Fastest:** Calvert 13:30, S. Caldwell (Bolt) 13:33, Cooper 13:42.

Boys

1, Manchester AC (N. Gribble 14:40, M. Ware 14:31, C. McKenzie 14:24, P. Northrop 14:09) 57:44; 2, Bury (J. Conroy 15:04, J. Farrar 15:23, M. Webb 14:52, D. Cole 13:57) 59:16; 3, Liverpool Pembroke (K. Hendrickson 15:08, S. Kernighan 14:37, P. Langhan 15:22, P. Dwyer 14:45) 59:52; 4, MAC 'B' 60:04; 5, Rossendale 60:11; 6, Bolton 60:38; 7, Kendal 60:48; 8, Horwich RMI 61:31; 9, Salford 63:04; 10, Farnworth 63:31. **Fastest:** Cole 13:57, S. Greenhalgh (Bolt) 13:59, Northrop 14:09. **(Colts):** 1, Manchester AC (L. Cusworth 7:09, I. Patten 7:31, P. Hodkin 7:17, E. Price 7:04) 28:43; 2, Kendal 29:42; 3, MAC 'B' 29:54; 4, Wolverhampton & Bilston 30:35; 5, Liverpool Pembroke 31:08; 6, Wigan 31:12. **Fastest:** P. Dixon (Ross) 6:53. **(U12):** 1, Winsford 31:36; 2, MAC 31:37; 3, Anfield Comp 31:45. **Fastest:** D. Powell (W&B) 7:37.

ROSSENDALE FELS RACE**(Cat: B/9M/2000')****At Rawtenstall, September 14th**

1, J. Calvert (Blackburn) 59:43
2, A. Spence (Bingley) 59:56
3, R. Rawlinson (Unattached) 60:22
4, R. Wilde (M&D) 60:52; 5, N. Ward (Bolt) 61:21; 6, G. Ellis (Holm) 61:46; 7, A. Buckley (Holm) 62:13; 8, C. Robinson (Roch) 62:29; 9, M. Weeks (Bing) 62:31; 10, M. Seddon (Holm) 63:37; 11, K. Garrett (B'burn) 63:48; 12, P. Blackeney (Salf) 63:55; 13, D. Ford (Holm) 64:08; 14, A. Bradley (Holm) 64:22; 15, P. Campbell

(Bolt) 64:47; 16, H. Kelly (E Ches) 65:07; 17, C. Mattock (Bris) 65:47; 18, V. Duff (B'burn) 65:56; 19, I. Partington (Ross) 66:00; 20, D. Anderson (Bing) 66:00; 21, G. Woodburn (B'burn) 66:04; 22, K. Mayor (Bolt) 66:06; 23, P. Bailey (E Ches) 66:10; 24, P. Sanderson (Ross) 66:14; 25, R. Chaisty (Bury) 66:20; 26, M. Curtis (E Ches) 66:49; 27, P. Lynch (B'burn) 67:03; 28, R. Patell (Bolt) 67:07; 29, J. Hinchy (Barn) 67:13; 30, W. Lambert (Holm) 67:18. **Teams:** 1, Holmfirth 23; 2, Blackburn 30; 3, Bingley 31.

Juniors

1, D. Lewis (Ross) 19:05; 2, J. Stott (Kend) 19:30; 3, J. Mountain (Bing) 19:36; 4, M. Vazmar (Rock) 19:41; 5, P. Robinson (Kend) 19:49; 6, P. Dixon (Ross) 19:51; 7, M. Roberts (Ken) 20:04; 8, I. Fletcher (Ross) 20:10; 9, P. Livesey (Ross) 20:14; 10, J. Millington (Ken) 20:18; 11, P. Cowell (Ross) 20:19; 12, D. Jackson (Unatt) 20:28; 13, M. McGuire (Kend) 20:46; 14, M. Spence (Kend) 20:54; 15, C. Roberts (Kend) 21:00. **Team (U16):** Kendal 17. **(U14):** Rossendale 28.

VAUX MOUNTAIN TRIAL**(Cat: A/19M/8000')****At Seathwaite, Duddon Valley, September 14th**

1, J. Naylor (Kendal) 4:37:45
2, P. Walkington (Blackburn) 4:47:25
3, A. Walker (Kendal) 4:51:54
4, J. North (Clay) 5:02:20; 5, R. Halenko (Clay) 5:08:05; 6, M. Gilbert (Pres) 5:13:09; 7, H. Blekinsop (Kend) 5:14:04; 8, D. Booth (TH&H) 5:22:14; 9, D. Rosen (TH&H) 5:22:20; 10, E. Roberts (Kend) 5:26:04; 11, M. McGill (Amble) 5:30:03; 12, H. Walker (B'burn) 5:30:54; 13, K. Windle (Clay) 5:33:05; 14, M. Short (Horw) 5:33:24; 15, T. Walkington (Kend) 5:34:20; 16, J. Blair-Fish (Loch) 5:35:44; 17, P. Murray (Bolt) 5:36:52; 18, I. Roberts (Holm) 5:40:17; 19, B. Millen (Kend) 5:40:27; 20, C. Brad (Kes) 5:42:41; 21, K. Ledward (Esk) 5:43:04; 22, D. Lamond (Kes) 5:43:08; 23, W. Smith (Clay) 5:47:56; 24, M. Hyman (OC) 5:48:34; 25, J. Loxham (Clay) 5:50:32; 26, R. Rae (Read) 5:51:42; 27, P. Bland (Ken) 5:52:12; 28, D. Hartley (Lanc O) 5:52:40; 29, K. Brooks (Ley) 5:52:41; 30, M. Walford (Kend) 5:54:08. **Teams:** 1, Kendal; 2, Clayton-le-Moors; 3, Kendal 'B'.

Company Unit Sport Social and Old Boys**HAVE YOU GOT A CLUB TIE?**

A minimum of 2 dozen High Quality terylene ties with or without stripes, printed with your own Club motif in full colour from 95p each. Also ladies squares in silk or tricot with motif in full colour in opposite corners.

If you haven't a design our Art Department will oblige free of charge, also Jacquard woven and embroidered ties.

MADDOCKS & DICK LIMITED**Sandeman House, 13 High Street,****Edinburgh EH1 1ST. 031-556 2206****Established 25 years**

Hope Springs Eternal In Marathon

THE sixth annual Rotherham marathon on September 21st, incorporating the Northern Counties and Northern Veterans Championships, drew a record entry of 131 competitors of whom 95 faced the starter. The day was coolish with warm sunny periods, but a strong breeze was troublesome throughout the race and slowed the times considerably, particularly over the last six miles.

The marathon is always an unpredictable event and this race ran true to form. Drama occurred when race leader Sid Hope (running his first marathon) was led off course by the race pilot, who having pictured a tyre on his bicycle decided to call in home to change his wheel. At the garden gate he realised that Hope had followed him home and in so doing had lost a couple of minutes to the other runners. In retrospect the scene is amusing, though more fitted to the world of celluloid, but Hope certainly was not laughing. He rejoined the field at around tenth position, and from enjoying a 30-40sec advantage he was suddenly 95sec down on the leader. Suspense developed as he battled his way back through the field, willed on by an eager crowd of race followers who breathed a sigh of relief when by 18 miles he was back in front. Honour was satisfied and embarrassment avoided when he eventually came home a comfortable winner in

2:25:45. When one considers the demoralising effect of such an incident, it speaks volumes for Sid's spirit and fight against the odds, and but for the time lost and the strong wind he would surely have been rewarded with a time closer to 2:20 for his baptism.

The first mile round Herringthorpe Stadium was covered at a suicidal pace by Cavin Woodward, who later paid for his indiscretion, and by 5M (26:44) Hope had established a 16sec lead over Dave Allen and Doug Watson, Richard Belk, Barry Pickersgill and Moore another 5sec down. Soon after 9M came the upset, with the result that at 10M Allen was now leading (53:18) by 5sec from Watson and Belk with Moore (53:40), Pickersgill (53:55), Spence (54:00), Godolphin (54:40), Day (54:41) and Hope (54:53) in chase. By 15M Allen (80:39) had extended his lead to 36sec over Watson and Belk but Hope was closing fast at 81:18. Next came Spence (82:09), Pickersgill (82:13), Moore (82:34), Day (83:36) and Godolphin (83:41).

Twenty miles saw the final picture begin to develop. Hope (1:49:25) was going for home whilst Allen (1:49:40) was beginning to feel the pace and Watson (1:50:15) was battling on firmly ahead of Belk (1:51:22), Pickersgill (1:52:36) and Moore (1:53:05), whilst Hodgkinson (1:54:03), the first Veteran, was running strongly to come into the individual reckoning. Further back in 10th position, Hague (1:54:59) was looking freshest of all and coming through fast. Spence had called it a day as had Godolphin. So the closing stages saw Hope finish a clear winner from Watson whilst the tiring Allen hung on to third place. Pickersgill rallied to hold off a late challenge from Hodgkinson who had a fine run to take the Veterans award and Hague came through to sixth, with only Hope faster over the last six miles.

Further down the field it was good to see the return to marathon running of Eddie Kirkup, 1958 Commonwealth Games representative. Eddie, now 47, ran steadily to finish 26th in 2:49:49, and in so doing helped the local team to finish second, behind Leamington with Altrincham third.

There was an impressive prize list of over £200 in awards. The mishap apart, this was a well organised event enjoyed by all and must have enhanced Rotherham's application to stage the AAA Championship and Olympic Trial next May.

R. Hague

CREST HOMES SPONSORED

WALTON '10'

(Under A.A.A. Laws)

SUNDAY, OCTOBER 19th, at 3.30 p.m.

- ★ Race Souvenir to every competitor
- ★ Fabulous Individual, Vets & Team prizes. (Remember Last Year)
- ★ Fast, Accurately Measured Course. Start & Finish—Stompond Lane Track
- ★ Great afternoon out for all, pre-race publicity, entertainment, big crowds.
- ★ Entry 20p per Runner (state if Vet)
- ★ No Team fee (3 to score)

To: Bruce Judd, 10 Orchard Gardens, Cranleigh, Surrey.

OR Phone Clive Beauvais on Egham 6896 for more details.

ENTRIES CLOSE TUESDAY, OCT. 14th

1, S. Hope (Crewe & Nantwich)	2:25:45
2, D. Watson (Wirral)	2:26:39
3, D. Allen (Manchester AC)	2:29:04
4, B. Pickersgill (Wake) 2:30:46; 5, K. Hodgkinson (Salf-V) 2:30:59; 6, M. Hague (Roth) 2:31:22;	
7, R. Belk (Kend) 2:32:48; 8, T. Moore (Liv H) 2:32:56; 9, C. Woodward (Leam) 2:34:35; 10, D.	

Dixon (Sund) 2:35:20; 11, F. Day (E Ches) 2:36:30; 12, J. Mullis (Leam) 2:38:58; 13, D. Attwell (Alt) 2:39:04; 14, G. Newton (Lut) 2:40:17; 15, M. Thompson (Taralgon/Aus) 2:41:04; 16, J. Noone (Salf) 2:42:23; 17, R. Train (Hull) 2:42:59; 18, A. Winterbottom (E Ches) 2:43:23; 19, H. Artiss (Ver) 2:43:53; 20, A. Kean (Lanc) 2:45:45; 21, F. Wheeler (Bing) 2:45:49; 22, J. Berry (Wake) 2:46:33; 23, L. Tew (Bird-V) 2:47:53; 24, D. Bennett (Barn) 2:47:53; 25, G. Kaye (Barn) 2:47:53; 26, E. Kirkup (Roth-V) 2:49:49; 27, J. Sawyer (Long-V) 2:50:28; 28, B. Mills (Long-V) 2:50:29; 29, J. Hockey (Lanc) 2:53:46; 30, P. Dearing (E Hull) 2:54:22. **Teams:** 1, Leamington 52; 2, Rotherham 69; 3, Altrincham 90.

JUNIOR/YOUTH INTER-COUNTY MATCH

At West London, September 14th

100: D. Thompson (Mx) 11.3. 200: D. Hill (Mx) 23.5. 400: 1, D. King (Mx) 50.4; 2, I. Cooper (Hants) 50.8. 800: P. Chimes (Mx) 1:58.7. 1500: C. Sly (Mx) 4:07.4. 3000: 1, M. East (Mx) 8:37.4; 2, A. Murphy (Ex) 8:46.2. 110H: 1, W. Greaves (Ex) 15.3; 2, M. Scott (Sy) 15.4; 3, K. Pascoe (Hants) 15.8; 4, P. Darrell (Mx) 16.0. (B): T. Clifton (Ex) 15.9. 400H: 1, Greaves 57.4; 2, J. Longman (Hants) 58.6. (B): T. Shiret (Ex) 58.5. 2000SC: R. McKim (Mx) 6:12.0. 3000W: 1, G. Morris (Sx) 13:58.8; 2, M. Lewin (Mx) 14:26.0; 3, M. Spellman (Ex) 14:57.0; 4, I. Statter (Sy) 15:02.4. (B): 1, C. Pope (Sx) 14:50.0; 2, S. Sharp (Mx) 15:13.8; 3, B. Schulz (Ex) 15:40.4. SP: 1,

R. Slaney (Sx) 15.71/51'6½"; 2, R. Tilley (Mx) 14.49/47'6½"; 3, M. Eyres (Ex) 13.99/45'10½"; 4, P. Lees (Hants) 13.78/45'2½". (B): B. Slaughter (Sx) 11.93/39'1½". DT: 1, Slaney 51.46/168'10"; 2, Berry (Ex) 40.42/132'7"; 3, I. Strutt (Mx) 38.94/127'9"; 4, Allingham (Hants) 38.56/126'6"; 5, D. Watkins (Sy) 37.14/121'10". (B): Slaughter 37.34/122'6". HT: 1, M. Petra (Kt) 53.10/174'2"; 2, M. Mileham (Mx) 52.02/170'8". (B): R. Quinn (Mx) 45.70/149'11". JT: T. Bamford (Mx) 46.82/153'7". 4 x 100: 1, Middlesex 43.4; 2, Hants 44.4; 3, Surrey 44.4; 4, Essex 44.9. 4 x 400: 1, Middlesex 3:27.1; 2, Essex 3:30.1.

Team scores: Middlesex 245; Essex 217; Surrey 170; Hants 142; Sussex 123; Kent 84.

Youths

100: D. Baptiste (Mx) 11.8. 200: M. McFarland (Mx) 23.6. 400: G. Stewart (Ex) 52.1. 800: D. Joseph (Ex) 2:03.8. 1500: E. Martin (Ex) 4:06.6. 3000: D. Beaver (Mx) 9:05.4. 100H: 1, G. Oakes (Mx) 14.6; 2, P. Wilkin (Kt) 14.6. 1500: 1, R. Rose (Mx) 4:26.0; 2, C. Reitz (Ex) 4:33.0. (B): G. Fell (Ex) 4:49.4. 2000W: J. Dunsford (Mx) 9:33.4. SP: 1, A. Husk (Ex) 16.34/53'7½"; 2, P. Birstonas (Kt) 13.71/44'11½". (B): A. Vince (Ex) 15.38/50'5½". DT: T. Barker (Mx) 41.32/135'7". HT: 1, Girvan (Ex) 45.92/150'8"; 2, Sage (Sy) 44.16/144'10". (B): Husk 40.58/133'2". JT: I. Lubbock (Kt) 46.72/153'3". 4 x 100: 1, Kent 45.2; 2, Essex 46.0. 4 x 400: 1, Essex 3:32.0; 2, Middlesex 3:35.8.

Team scores: Essex 223; Middlesex 194; Kent 187; Surrey 157; Sussex 128; Hants 119.

WE ARE RUNNERS AND WE KNOW ABOUT:

THE STUDS

From Sweden, the incomparable **Compass Rose**: tried and approved by hundreds of runners. The lightest shoe in the range—and it stays that way to the end of the race! Standard model £6.75, Wedged Heel £6.95.

From France, the **Adidas Cross**: better internal padding than Compass Rose, arch support and heel wedge, blue upper. Sizes to 5½ £6.15, 6-12 £6.95.

From Finland, the **Nokia Hermes**: a very strong shoe with rubberised upper. No heel wedge. Very good value. Sizes to 39 £3.85, 40-48 £4.60.

Cash/cheque/PO with order please, payable the 'Sweat Shop'. Postage 30p per pair.

THE ROAD TRAINING SHOES

THE BIG THREE: Adidas Country, ideal for roads or grass with excellent underfoot support. White leather upper 5-5½ £10.45, 6-12 £10.95.

Gazelle, the high mileage shoe, spongy sole, suede upper 3½-5 £9.25, 6-12 £9.95.

SL72, biggest seller, arch support, ridged sole 5-5½ £9.95, 6-12 £10.95.

JUST IN NEW SHOE FROM TIGER the **BANGKOK**, Maroon and orange uppers in velour, ripple sole, one shoe weighs 80z. Has all the excellent features of a Tiger designed shoe, all sizes £7.25.

HOW TO ORDER: many of our shoes are in continental sizes and all lasts vary, so please send your foot outline.

THE SWEAT SHOP 76 BROAD STREET TEDDINGTON MIDD. TW11 8QT. 01-943-0636

phone, write or come and see us (open 9 to 5.30 daily, late evening Friday 7pm)

RUN BY RUNNERS FOR RUNNERS

JAVELIN THROWER'S FIGHT FOR FREEDOM

A FEW seasons ago Janis Donins, a Latvian, was one of the best javelin throwers in the world. He won in the 1971 USA v USSR match at Berkeley with a personal best of 89.32/293'0", still good enough to rank 12th of all-time, and he was silver medallist in that year's European Championships behind Janis Lusis. Since then his track and field career has been of rather less significance than his fight with the Soviet authorities to settle in the United States with his American wife.

Janis Donins first met Kathy Keefe in 1969 when the USSR team was in Los Angeles for a match against the USA. He was among a group of athletes Kathy invited to a barbecue at her parents' home. "It was one of those 'love at first sight' things", she reflects. It wasn't easy to pursue their courtship but two years later, at Berkeley, Janis proposed and Kathy accepted. A happy occasion, but their problems were only just beginning.

Jon Hendershott, of 'Track & Field News', takes up the story. "Kathy begged Janis to defect. No, he said. His younger brother Uldis was Soviet junior javelin champion and defection would kill any chance for Uldis to travel abroad. Donins' parents both had high-level jobs in

Latvia, were due for retirement and pensions, but all would be seriously threatened if he defected. So they agreed Kathy would live in Riga".

The intention was for Kathy to wait till she graduated in Slavic studies from the University of Southern California but the Soviet Embassy in Washington put pressure on her to marry quickly. "If it isn't important to you both that Janis compete in the Olympics, by all means complete your education", they wrote to her. So, Kathy travelled to Riga on Christmas Day of 1971 and they were married on January 12th, 1972.

TRACKWISE

"She reluctantly became a Soviet citizen (but refused to renounce her US citizenship)", writes Jon Hendershott. "Family members, even Janis himself, were urged by the secret police to persuade her to become a Soviet citizen. Donins' mother was demoted and eventually fired from her job in education. Uldis wasn't allowed to travel to the US with the Soviet junior team. The couple found many of their 'friends' were informers. Their phone was tapped, their apartment bugged, their mail opened".

Meanwhile, Janis injured a knee while weight lifting and missed out on the Munich Olympics, but there was worse to come. Kathy, pregnant by this time, travelled to the USA to visit her sick father . . . and phoned Janis to say she wasn't coming back as she couldn't endure life in the USSR. But return she did, and three months later—in February 1973—Nicole was born.

This happy event apart, life continued to be grim. "Janis, as a member of the Red Army sports club, was paid to train and given an apartment", continues Jon Hendershott, "but an army official said he would have to renew his contract for half what he was formerly paid or receive nothing. Kathy tried to get a job with American companies, but as a Soviet 'citizen' had to get approval from Moscow. Nyet. She tried to teach English, but was told there were too many English teachers.

"Janis was dismissed from the army team in May of 1974. As hard as it was, Kathy and Nicole returned to the US in June. Janis, who has a Master's Degree in physical education, was forced to work as a truck loader, a menial task. Every week Kathy phoned Riga just to hear his voice. She finally persuaded him to apply for an emigrant visa. In early November his request was denied. He was told he couldn't reapply for a year".

While Kathy campaigned in the USA ("the Soviets are very sensitive to bad publicity")



JANIS DONINS

Fionnbar Callanan

Janis could do nothing but remain a virtual prisoner, many thousands of miles away from his wife and baby daughter. Kathy: "He is just trying to stay sane. He is alone, he is ridiculed, he is called a traitor. They are trying to wear him down, but his voice is strong and sure when we talk. He won't give in".

Hope and despair alternated. In January 1975 the Moscow authorities volunteered to review his application to emigrate—a good sign. In February the decision was announced: no, he could not leave.

Pleasant to report, there is a happy ending to this story. Whether on account of the unfavourable publicity in the United States, or because they felt that Janis's services to the state as an outstanding athlete were over ("he was booted out of the army because he's not the fantastic athlete he used to be—all he ever did in the army was train as an athlete every day", says Kathy), the authorities in Moscow relented. In July, Janis was granted an exit visa and on August 2nd he was reunited with Kathy and Nicole in California. Our best wishes go with them.

World Cup in 1977?

Such has been the unqualified success of the European Cup, inaugurated in 1965, that the creation of a World Cup tournament is almost certain. It is the brainchild of Artur Takacs, one of the most respected and influential of international officials, who sees it as "a logical continuation of the European Cup, which has proved to be a success from the sporting and financial point of view". A sub-committee, headed by European AAA president Adrian Paulen, has drawn up a formula which will be presented to this weekend's meeting of the IAAF Council in France. Subject to Council's approval, it is expected that the full IAAF Congress—which meets in Montreal next summer—will give the World Cup project its blessing.

The men behind the World Cup hope it can be staged every other year, starting as early as 1977, possibly in the week or two following the next European Cup Finals which are likely to be held in Leipzig. Favourite for hosting the inaugural World Cup Finals is Dusseldorf, with Helsinki, Los Angeles and Tokyo also in the running.

The format of this potentially exciting and glamorous tournament has yet to be made public, but Mr Takacs has stressed that all continents must be involved. One possibility is that the first three nations in the European Cup Finals will qualify, together with the United States and continental teams representing Africa, Asia, Australasia and South America (but where would that leave Canadian and West Indian athletes, for example?). What is certain is that the finals would be for men and women, and would be spread over three days.



Introducing Montreal Ted—seen here with BAAB treasurer Marea Hartman. He is the creation of Chris Evamy of the advertising agency Posmark Ltd and will be used in promotions to raise funds for the 1976 Olympic athletics squad and beyond. "We hope Montreal Ted will soon become as familiar to the public, and particularly children, as the Wombles or Dougal", Marea explains, "and we are relying—indeed calling—on all UK companies and personalities with an interest in backing our athletes to help make him so." Posmark has been appointed the BAAB's first ever promotion consultants.

1984 Olympic Venue

The Montreal Olympics are barely nine months away, and preparations for the 1980 Games in Moscow are well under way . . . but where will the Olympics be held in the chilling year of 1984? The venue will not be chosen until 1978 but Teheran, Algiers and Sydney have already announced their intention of seeking the nomination . . . and there is a possibility of Glasgow applying. Britain's third largest city is considering spending £22,000 on a feasibility study.

The cost of staging the Games would be astronomical but there is a body of opinion in Glasgow who feel that the money—drawn perhaps from North Sea oil profits—would be a tremendous investment for a socially unprivileged community. "What Glasgow needs", says parks director Keith Fraser, "is something bold and imaginative to revitalise it and give it new

spirit. To what better purpose could Scottish oil money be put?"

However, the chance of Glasgow—or any other European city—are not bright. Not since 1952 have the Games been held twice running in Europe—and Moscow have the 1980 Olympics. At this point in time the Iranian capital seems the most likely candidate . . . always assuming, of course, that the Olympics are still intact by then.

Montreal appeal fund

The cost of putting on an Olympics may be enormous—as Montreal is finding to its dismay—but it's also an increasingly expensive business equipping, transporting and housing an Olympic team. The British Olympic Association has recently launched its 1976 appeal for the money needed to send some 500 competitors and officials to Montreal and Innsbruck (Winter Olympics), and the target is £500,000 net. It is hoped to raise in the region of £250,000 through manufacturers' promotions, and two marketing programmes with an Olympic theme have already been announced by Golden Wonder and Weetabix.

John L. King (chairman of Babcock and Wilcox), who is chairman of the appeal's committee, is conscious of the major task facing his committee in these difficult economic times. "However, I am confident that with the enormous help we receive from governing bodies of sport, our membership branches and individual mem-

bers of the public we will succeed in reaching our target which is vital to the success of Britain's Olympic teams".

Part of the money set aside by the BOA to help team preparations will be used to pay for high altitude training, probably at Colorado Springs (USA)—7300 feet, for three or four weeks prior to the Olympics.

Advertisements for myself

"Olympic Games: British hammer-throw record holder wants a medal in Montreal, and requires a sponsor to enable him to train six hours a day, and thus have an equal chance against world-class opposition". That was the advertisement placed recently in 'The Guardian' by Barry Williams, who because of injury (he underwent knee operations at his own expense) has not competed for over a year but has been training this summer in Germany with Karl-Hans Riehm and Erwin Klein.

Williams, who's UK record stands at 71.26/233'9", was quoted in the 'Daily Telegraph' as saying: "I'm not out to make a penny out of this. All I want to do is to be able to stop work and train six hours a day as do the top throwers. Given equal opportunity, I know I can be up there with them. I have no more knee trouble after my operations, and all I need is just the time, because I showed myself, when I was in Germany, that I could master the necessary techniques used by Riehm and Klein, given enough time".

The appeal met with success, for General Relays Ltd of Crewe (near where Williams lives), who manufacture telephone equipment, have agreed to sponsor him. Williams (28) will be able to take a year's leave from his post as a college lecturer and train to his heart's content. "My dreams have been fulfilled", he said, "but more important, the response to this advertisement shows that this type of sponsorship is available. But everyone must go and work for it. They can't expect to sit back and wait for the cash to roll in. It doesn't work like that".

The grant will, of course, have to be administered by the BAAB to meet with the rules . . . and there is a bonus from the company to help other hammer throwers in the north-west of England.

The task facing Williams is formidable, for hammer throwing standards have rocketed this year. Prior to 1975, the world record stood at 76.66/251'6" by Aleksey Spiridonov (USSR) and only five others in history had ever topped 75m. This year the record has been stretched to 79.30/260'2" by Walter Schmidt (WG) with four other men over 77m and a further four at 75m and beyond! No thrower below 75m (246'1") standard can expect to challenge for a medal in Montreal.



BARRY WILLIAMS

George Herringshaw

Mel Watman

RESULTS IN BRIEF

September 7th

Northern Vets AC 10,000m track Champs at Bolton (40/44): 1, R. Balding 32:23; 2, M. Morral 32:33. (45/49): 1, A. Hughes 33:33; 2, R. Kernighan 33:49. (50/59): K. Hall 35:24. (O/60): E. Wallace 40:37.

September 13th

Worthing Downs '11'. 1, D. Pellett (B&H) 59:21; 2, J. Donovan (Shaft) 60:03; 3, B. Collier (W&DH) 60:59; 4, C. March (HBS) 63:07; 5, G. Soanes (HBS) 64:18; 6, W. Hanscomb (Ran) 64:31. **Team:** Worthing.

September 20th

Belgrave H 5½ miles Road Race H/cap at Wimbledon: 1, P. O'Connor (1:45) 27:01; 2, A. Bruce (5:30) 28:15. **Fastest:** J. Stow 28:37.

September 21st

Humberside Pentathlon Champs at Hull. (Junior Men): Pickering (C of Hull) 2719. (Youths): D. White (Scun) 2395. (Boys): R. Smith (C of Hull) 1589. (Junior Women): 1, D. Austin (Malet L) 2806 (1:52); 2, M. West (Norm P) 2757 (5:09); 3, J. Greenhough (Grim) 2616.

September 24th

City of London Poly Road Race at Tower Hill (2½ miles). 1, A. Catton (If) 12:45; 2, M. Moody (M'head) 13:24; 3, L. Parrott (Hav) 13:26.

September 27th

Harrison Cup H/cap 3½ Miles Road Race at Parliament Hill. 1, N. Johnstone (High-J) 24:25; 2, D. Gooding (High) 24:55; 3, V. Joseph (High) 25:01. **Fastest:** Gooding 19:55.

MIDDLESEX AAA NOTES

Middlesex County AAA have arranged lectures for officials and those wishing to become officials at the Polytechnic of Central London, 309 Regents Street, London W1. Lectures start at 7 pm and all are welcome. Dates: October 24th—timekeeping (lecturer: Harry Hathway); October 31st—starting (Ron Jewkes); November 7th & 14th—field judging (Jim Biddle); November 21st—track judging (Les Golding). Enquiries to E. C. Baines, 224 Mount Pleasant Road, London N17 6JQ (Tel: 01-808 9874).

The association are also holding a practical test for timekeepers on October 26th at Copthall Stadium, Hendon, starting at 10.30 am. Will those wishing to take part advise Mr Baines, as above.

SCAAA CHAMPIONSHIPS (PART)

At West London, September 21st

4 x 100: 1, QPH 44.5; 2, Essex Beagles 44.8.
4 x 400: 1, TVH 3:19.8; 2, Oxford City 3:20.4;
3, Essex Beagles 3:20.6; 4, Southampton & Eastleigh 3:22.5. (Junior) Decathlon: 1, B. Gormon (Yeo) 5683 (12.6, 6.10, 11.00, 1.88, 55.2, 17.2, 29.08, 3.30, 51.68, 5:11.2); 2, G. Watson (Twick) 5658 (11.6, 6.83, 10.06, 1.67, 55.5, 18.1, 32.24, 3.20, 43.42, 5:06.5); 3, S. Ashdown (Lut) 5322 (12.2, 6.56, 8.80, 1.79, 52.9, 17.6, 29.78, 2.50, 40.20, 5:04.6); 4, I. Hoube (Lut) 5125 (1.88); 5, C. Burgess (Bed) 4935 (1.91, 1.62); 6, N. McPhee (Lut) 4753 (4.00); 7, S. Burke (Old G) 4561; 8, K. Shearon (Ver) 4426; 9, A. Bichener (Bed) 4220; 10, D. Polley (Barn) 4192; 11, K. Seldon (Hill) 3949. (Youths) HJ: 1, G. Robertson (Ox) 1.92/6'3½"; 2, G. Udo (Shaft) 1.86/6'1¼"; 3 eq, B. Long (Sy) & I. Murray (C&C) 1.80/5'10½"; 5, P. Munt (Mit) 1.80. (Competition abandoned at main Championships owing to rain). Decathlon: 1, B. Long (Sy) 4776 (12.6, 44.70, 37.90, 54.7, 1.88, 10.88, 5.85, 2:44.1); 2, M. Christy (Swin) 3576 (12.5, 34.52, 22.32, 55.6, 1.55, 7.79, 5.64, 2:49.6); 3, S. Rumbelow (Bed) 3553 (12.8, 33.50, 26.32, 59.5, 1.66, 10.38, 5.47, 3:10.5).

The best high jump this year by Gillian Howell (City of Hull) was 1.76/5'9¼", and not as printed in the UK 'Top Ten'. She cleared that height in the inter-area pentathlon at Kirkby on September 20th.

REEBOK THE SPECIALISTS FOR CROSS-COUNTRY SHOES

STUDS—FAB-XC (C310) £5.75

Blue leather upper with white trim. Fitted with a black multi-studded sole unit. Superb shoe, strong and lightweight.

THE PEAKS (C350) £7.50

The ultimate in lightweight studded shoes. Made on the Reebok track shoe last. Soft white hide leather upper with blue/orange trim. The super light studded sole gives perfect traction over the most severe courses.

SPIKES—UNIVERSE (A150) £8.50

Same upper as "The Peaks" with interval heel and nylon sole fitted with four screw-in spikes.

POST FREE from

REEBOK INTERNATIONAL
140-142 BOLTON ROAD, BURY
(061-764 4965)

(Also available from specialist dealers and Reebok agents).

Reebok shoes are made in England by Reebok Sports Ltd. World distribution by Reebok International (Agencies in Europe available).

A THROWER'S LAMENT

Oh to be a runner, with Olympics near.
For all I need to run, is just my training gear.
But the good lord made me big and strong.
Quite unsuitable—for marathon.
So through all these passing years.
I've had to shed so many tears.
Just to watch my discus fly.
But now I wonder, Why! Oh why!

Each morning off to work I go,
to join the deadly traffic flow.
So while I'm sitting aimlessly,
the runners all are passing me.
Because to work, they run to train.
Yet I can only wait in vain,
until the hours of work are done,
and I can go to the gymnasium.

At five-o'clock, a living earned.
The journey homeward I've returned.
To join another traffic jam,
it would be quicker if I ran.
But I can't train till after tea,
which makes the runner, two up on me.
I wonder what the public would say,
if I threw my discus on their highway?

SOUTHERN COUNTIES (UK) COACHING Crystal Palace National Sports Centre a series of six INDOOR (TRAINING) COMPETITION SESSIONS commencing at 10.30 a.m.

have been arranged for Intermediate and Senior Women Hurdles, and Junior and Senior Men Hurdles.

A graded starter, timekeepers and track judges will be in attendance.

There will be 3 races per group at 60 metres, over 5 flights of hurdles.

Competitors' coaches are welcome.

DATES

Saturday,	8th	November,	1975
Saturday,	20th	December,	1975
Saturday,	3rd	January,	1976
Saturday,	17th	January,	1976
Saturday,	14th	February,	1976
Saturday,	13th	March,	1976

Fee: 25p per session

These sessions should be invaluable to hurdlers competing at Cosford.

K. G. Sports Ltd will present a £5.00 voucher to be spent at their Catford branch to the member of each age group credited with the fastest time after attending 4 sessions. A full list of results of all sessions will be available on 13th March, 1976.

Please send entries as soon as possible for all or any one session (please print name and address) with s.a.e. to **G. Stratford, Southern Counties Staff Coach (Women's Hurdles), "Lynwood", 2 Austin Avenue, Bickley, Kent BR2 8AJ (Tel: 01-467 2960).**

Entries will also be accepted on the morning of competition.

So at the end of a long, tiring day.
To the weights room I wend my way.
Here waiting for my turn to lift,
as tons of weights I have to shift.
It gives me time to think again,
of the hours one wastes just to train.
By this time the runner's enjoying life,
watching telly with his wife.

The following day is just the same,
striding to work, the runners train.
But I must wait for the day to go,
before at the circle I can throw.
I only hope my coach is there!
He is the answer to a thrower's prayer.
The discus throw is so complex.
Yet one running stride flows to the next.

When it comes to my competition,
the crowds don't want my exhibition.
They don't know how far I throw,
unless the announcer tells them so.
The spectator knows not who has won, or lost
until the final discus has been tossed.
But on the track he can see,
who has won—instantly.

In the papers the next day,
I have to read to my dismay.
The Russian match we would have won.
If the throwers had thrown like the runners had run.
A Russian thrower has time to play.
I have to train at the end of a day.
A runner can train for an hour or so.
It takes me that time to travel to throw.

To compare me is to make a mock
with a thrower from the Eastern bloc.
Nature provides all the runner requires.
Not for the thrower, it so transpires.
I train like hell, to do my best,
and I'm proud to wear my country's vest.
My lot is hard, you will agree,
so don't compare the runner with me.

Wilf Paish

READING (POLICE) '10'

September 20th

1, S. McHale (Gloucester)	50:13
2, L. Presland (Aldershot, Farnham & Dist)	50:42
3, R. Bean (Cambridge Police)	51:58
4, G. Bath (Sal) 52:02; 5, T. Davis (AF&D) 52:31; 6, M. Woods (AF&D) 52:38; 7, J. Bassett (Bris) 54:09; 8, P. Larkin (AF&D) 54:16; 9, R. Charney (TVH) 54:29; 10, M. Moody (M'head) 54:59; 11, C. Beauvais (Walt) 55:08; 12, M. Hill (Glos) 55:19; 13, N. Pittams (West) 55:47; 14, D. Dowdle (Glos) 55:58; 15, H. Hazlehurst (Met P) 56:04. Teams: 1, AF&D 17; 2, Gloucester 41; 3, Salisbury 55; 4, Met Police 54; 5, Orion 89; 6, Maidenhead 95.	

The track & field events of the Pan-American Games will be held in Mexico City from October 13th to 20th.

Bromsgrove & Redditch 'Stars of Tomorrow' Meeting

At Redditch, September 20th

400: K. Colebrook (Scun) 56.1. HJ: 1, B. Gibbs (Leic) 1.55/5'1"; 2, J. Smallwood (Hales) 1.55. (Inters) 100: 1, M. Probert (Warr) 12.3; 2, S. Howells (Loz) 12.4. 200: 1, Probert 25.9; 2, Howells 25.9. 400: 1, H. Potter (Wirr) 60.0; 2, M. Cotton (B&R) 60.3. 1500: B. Madigan (Brack) 4:50.0. 2500W: 1, B. Francis (B&H) 13:07.2; 2, M. DeGiovanni (Croy) 13:14.6; 3, K. Hill (Sol) 13:59.4; 4, A. Kempson (B&R) 14:16.6; 5, S. Smith (Harb) 14:32.8; 6, M. Paige (Shrew) 14:51.2; 7, J. Williams (Worc) 15:45.0. HJ: 1, J. Sulik (Ox) 1.60/5'3"; 2, J. Sykes (DHCTC) 1.60; 3, J. Dale (Ox) 1.55/5'1"; 4, S. Morley (Hick) 1.50/4'11". LJ: D. Fenn (Cov) 5.56/18'3". (Juniors) 100: 1, A. Bailey (Cov) 12.8; 2, E. Hurley (Bris) 12.9; 3, A. Ford (Ox) 13.0. 200: 1, J. Davis (Hick) 26.8; 2, S. Hearnshaw (Bris) 26.8; 3, D. Rimmington (DHCTC) 26.8. 800: 1, K. Baker (Cov) 2:19.9; 2, J. Clark (Bris) 2:20.4; 3, A. Soar (Notts) 2:20.7; 4, J. Devey (B&R) 2:26.3; 5, S. Samy (Brack) 2:26.9. 1500: 1, Soar 4:59.2; 2, D. Miles (Trow) 4:59.3; 3, H. Mulrennan (Stret) 5:00.5; 4, M. Samy (Brack) 5:01.2. 75H: 1, T. Hester (Ox) 11.9; 2, H. Brown (Cann) 12.0; 3, D. Finch (Sol) 12.2; 4, Y. Peart (Rad) 12.5. HJ: 1, Peart 1.60/5'3"; 2, Brown 1.51/4'11½"; 3, E. Little (Cov) 1.51; 4, D. Bates (Cann) 1.48/4'10½". LJ: 1, Brown 5.17/16'11½"; 2, S. Hearnshaw (Bris) 4.98/16'4½"; 3, C. Heritage (Cov) 4.97/16'3½". SP: 1, A. Franks (Rad) 10.89/35'8½"; 2, F. Condon (Brack) 10.71/35'1½"; 3, J. Seldon (Hill) 10.19/33'5½"; 4, K. Doyle (Bris) 9.74/31'11½"; 5, B. Maloney (Loz) 9.59/31'5½". DT: 1, Condon 34.60/113'6"; 2, Franks 31.40/103'0"; 3, T. Cooper (Melb) 31.34/102'10"; 4, J. Minns (Brack) 30.22/99'2"; 5, J. Eden (Melb) 29.54/96'11"; 6, Rimmington 27.02/88'8". JT: 1, J. Seldon (Hill) 41.86/137'4"; 2, A. Wiley (Cov) 32.02/105'1"; 3, Rimmington 27.16/89'1".



Vyvienne Webster, who started the Minor Girls 1500 at Redditch (under the watchful eye of Jack Hyde), is at the moment taking a starters' course at Halesowen College and is also being helped and coached by Mr Hyde. Vyvienne was a member—along with Sonia Lannaman—of Solihull's record breaking Junior 4 x 100 team a few years back.

(Girls) 800: 1, S. Whitehead (Hales) 2:28.0; 2, F. Creethers (Cann) 2:29.9; 3, K. Morris (Hav) 2:29.8.

Gillian Dainty of Birchfield leads at the 300 mark in the Intermediate 800 at the 'Stars of Tomorrow' meeting. She won in 2:12.5 ahead of Kathryn Pilling (Rossendale) 2:18.8 and Helen Grogan (Bromsgrove & Redditch) 2:22.1, here seen running second.



Photos by R. G. Forbes

Woodward Wins 'Brighton' By Huge Margin

Cavin Woodward was told by his wife, "you were beaten in last year's Brighton by the narrowest margin; this year you should win by the biggest margin". This is exactly what Cavin did. Running his typical style of race with a fast start which took him well ahead of all the others, he never looked to be in trouble, neither did he flag over the difficult closing stages of this long race when he increased his lead over the South African J. J. Sutherland. His winning margin of 14min 47sec has not been exceeded since the early days of this 25-year-old race, when the competition was not as keen as today. Last year, John Newsome (who did not defend his title owing to injury) beat Woodward by only six seconds after 52½ miles.

There was a large overseas entry for this year's 'Brighton' on September 28th, including four teams from South Africa, and another visit from the Millrose AA, New York. The strong winds of the previous day had mercifully subsided. The dry, sunny morning afforded the competitors good running conditions.

Woodward led the 109 competitors from start to finish, reaching Streatham Hill Station (5M from Big Ben) in 27:45, with Ian Burgess 52sec behind. Mick Orton and Alan Richards followed with Gordon Baker (2nd in 1968) and Sutherland (2nd in this year's Comrades). Woodward continued to forge ahead of Burgess, passing 10M in Croydon in 55:00, through Purley and Coudon, to reach 20M in Redhill in 1:52:26. The road leads on to Horley, Gatwick and then Crawley (30½M). Woodward passed the 'George' in Crawley in 2:52:18, 2:36 inside the time of Alastair Wood, when he made the record three years ago. Burgess had been overtaken by Sutherland and Orton, locked in combat since the early stages of the race. A number of others, who had made a more restrained start, were now moving up—notably the Midland marathon champion, Tony Kearns, who was now sixth (3:01:30), behind Richards (2:59:58).

Woodward increased his lead from four to six minutes over the next hilly stretch to Bolney (nearly 39M) arriving in 3:46:28, although he was now nearly two minutes behind Wood's time. The leader continued unabated over the last 14 miles, which took him over the South Downs, and at long last to the Brighton Corporation boundary, with less than five miles to the traditional finish at the Aquarium. This stage he ran faster than Wood had done, so that his winning time of 5:12:07 was only 65sec outside the record, and over four minutes faster than his previous best.

Woodward's record in the last four years has been outstanding: 1972, 3rd in 5:34:47; 1973, 2nd in 5:16:36; 1974, 2nd in 5:16:16; 1975, 1st in 5:12:07. Sutherland, who was with Orton at Crawley (2:56:14), had managed to shake him

off by Bolney and held on to second place to the finish.

The strong South African entry, which provided 11 of the 30 who won first class standards, was met by some excellent performances from home athletes. Spring Striders, however, beat the redoubtable Tipton in the team race, with Vaal Harriers third. No fewer than ten teams closed in.

Another 26 competitors achieved the second class standard, and only a quarter of those who started failed to arrive in Brighton within the time limit. Kearns won the trophy for the first newcomer, outside the first three. Of the notable performances, mention must be made of Derek Funnell. He was the first winner of the Veterans award, instituted seven years ago. This year he was again successful in his best time ever.

J.C.J.

1, C. Woodward (Leamington)	5:12:07
2, J. J. Sutherland (Vaal/South Africa)	5:26:54
3, M. Orton (Tipton)	5:30:54
4, A. Kearns (Kett)	5:31:34; 5, D. Van Eeden (Springs S/SA) 5:35:55; 6, G. Deeny (Spring S) 5:36:35; 7, G. Shaw (Bord) 5:41:56; 8, T. Roden (SLH) 5:45:09; 9, W. Carr (Tip) 5:47:14; 10, G. Kay (Barn) 5:48:22; 11, M. Newton (SLH) 5:48:27; 12, D. Funnell (E&E) 5:49:05; 13, C. Beneke (Coll/SA) 5:53:17; 14, M. Thompson (Trar/Aus) 5:54:39; 15, A. Reid (Spring S) 5:56:00; 16, G. Howell (Coll) 5:56:27; 17, B. Adams (Wins) 5:57:08; 18, G. Archer (Hill) 5:59:19; 19, H. Kern (Johann/SA) 6:01:56; 20, R. Jones (Spring S) 6:02:21; 21, C. Hunt (W&B) 6:02:25; 22, A. Herrett (S&E) 6:03:29; 23, J. Bentley (Tip) 6:05:01; 24, R. Moir (Durb/SA) 6:05:25; 25, D. Bennett (Barn) 6:06:50; 26, I. Burgess (S&E) 6:07:10; 27, M. Coventry (Mit) 6:07:23; 28, J. Brotherhood (TH&H) 6:07:52; 29, D. McWhirter (Tip) 6:11:28; 30, J. Gardner (Vaal/SA) 6:13:58. Teams: 1, Spring Striders (SA) 21; 2, Tipton 28; 3, Vaal (SA) 52; 4, SLH 64; 5, Southampton & Eastleigh 68; 6, Epsom & Ewell 68; 7, Collegian (SA) 72; 8, Johannesburg (SA) 77; 9, Millrose (USA) 105; 10, Cambridge H 111.

There are still a few vacancies for teams in the international senior and junior cross-country races at Bournemouth on November 2nd. Contact organiser, Roger Brown. Telephone: B'mouth 22066—Ext 576 (B) or B'mouth 518953 (H).

* * *

Southern Counties WAAA 200 Club Draw: (September winners) Miss Betty Turner £25, Mrs J. Peck £15, K. Woolcott £5. (October) Mrs Tallie Swallow £25, Mrs I. Richings £15, LOAC £5.

WINTER GEAR

STUDS

Adidas 'Cross'. The ideal lightweight shoe for cross country running. Synthetic waterproof upper, with a multi studded sole and heel wedge. Navy/white trim. Sizes: 4½, 5½ £5.75, 6-11 (incl. ½ sizes) £6.50.

Lawrence 'Cross Country Studs'. Lightweight multi studded shoe. Blue/white trim. Sizes: 2, 3, 4, 5 £5.00, 6, 6½, 7, 7½, 9, 11 £5.75.

TRAINING SHOES

Tiger 'Cortez'. We still have a few pairs available in this special offer. Extremely hard wearing, ideal for training. Still only £7.45. Sizes: 5½, 6, 10½, 12½.

Please note: some of these shoes have small marks and must be classified as 'seconds' but the majority are perfect and a tremendous saving on the usual price of £12.39.

NEW Tiger 'Bangkok'. Extremely well made lightweight shoe (8 oz), with velour upper and slight ripple sole. Sizes: 5, 5½, 6 (Maroon/white), 6½-11 (Orange/white). Only £7.20.

Adidas 'Rom'. Needs no introduction. Excellent general purpose shoe. White/blue trim. Sizes: 5, 5½ £6.95, 6-11 (no 10½) £7.75.

'Sabre' Training Shoes. Excellently well made shoe with extremely supple light grey chrome leather upper. Cushion insole and padded tongue. Non slip gristle sole. Excellent value. Sizes: 5, 5½ £4.20, 6½-11 (no 7, 9) £4.95.

MISCELLANEOUS

Adidas Sweat-Shirts. Great new line. Heavy Cotton, fleece lined warm-up top. Adidas motif. Red, Sky or Yellow. 5'6", 5'9", 5'11". £4.40.

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

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

Full postage must be enclosed when exchanging goods.

Please enclose part postage, i.e. 25p for track-suits, 30p shoes, 10p shorts, vests etc.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD

Telephone: Medway 47055

Chris Patching (18) Jumps 2.03 At TVH Open Meet

At West London, September 3rd

200: M. Clark (G&G) 22.7, 800: 1, K. Spencer (Har) 1:52.3; 2, M. Davis (Inv) 1:56.5. 3000: 1, J. Brown (Hill) 8:21.2; 2, R. Galloway (N Lon) 8:24.0; 3, A. Murphy (Hav) 8:24.2; 4, F. Green (Mit) 8:25.4; 5, P. Hamilton (B'heath) 8:26.4; 6, E. Morris (N Lon) 8:27.4; 7, J. Abberton (Poly) 8:27.4. 400H: 1, S. Johnson (E&E) 55.2; 2, N. Brothers (Wyc) 56.0; 3, L. Godfrey (WS&E) 56.9; 4, P. Keen (Twick) 58.0. (B): 1, R. Andrews (Ayl) 57.7; 2, D. Bowman (Shaft) 57.8. HJ: 1, C. Patching (WS&E-J) 2.03/6'8"; 2, C. Burgess (Bed-J) 1.97/6'5½"; 3, R. Willms (Twick-Y) 1.83/6'0". SP: 1, S. Clark (W Gn-Vet) 16.18/53'1"; 2, N. Griffin (WS&E) 14.10/46'3¼"; 2, P. Sharman (TVH) 13.31/43'8"; 4, J. Proudfoot (W'stow) 13.12/43'0¼". DT: 1, Griffin 49.84/163'6"; 2, B. Kelly (High) 43.18/141'8"; 3, Sharman 40.10/131'7". (Women) 800: 1, P. Newnham (Ox) 2:12.0; 2, L. Pamment (Camb H) 2:13.3; 3, B. Price (Mx) 2:14.5; 4, H. Page (Mx) 2:15.0; 5, V. Rowe (LOAC) 2:16.0; 6, H. Greer (Hill) 2:17.5; 7, T. Walsh (Sy) 2:17.7; 8, J. Kimber (Med) 2:18.4; 9, J. Low (Mx) 2:18.9.

BOOT TROPHY MEETING

At Leicester, August 30th

400: J. Goodacre (Notts) 49.8. HJ: C. Wilson (Notts) 1.90/6'2¼". LJ: R. Byers (Notts) 6.77/22'2½". TJ: R. Langley (Cov) 13.79/45'3". (Youths) 100/200: R. Galloway (Cov) 11.3/22.8. 4 x 100: Coventry 46.0. (Boys) 200: D. Butler (Leic) 23.6.

SOUTHERN LEAGUE

SEPTEMBER SHIELD

Chelmsford 73; Southend 72; Ilford 50; Essex Beagles 43; Walthamstow 23.

200: Whitehead (Chelm) 22.7. 400: S. Marlow (Chelm) 50.0. 400H: A. Shiret (S'end) 56.5. PV: Turner (S'end) 3.40/11'1½". SP: 1, Francis (Ilf) 14.38/47'2¼"; 2, Woods (S'end) 13.13/43'1". DT: Francis 42.50/139'5". HT: Woods 44.64/146'5". JT: Hollywood (S'end) 66.94/219'7".

Belgrave H officers: President, W. Couzens; secretary, R. Hall, 9 Drayton Close, Fetcham Park, Leatherhead, Surrey; treasurer, J. Baker; walking secretary, C. Lawton, 146 Revelstone Road, London SW18; road & cc secretary, G. Biscoe, 34 Pams Way, Ewell, Surrey; field events secretary, W. Couzens.

Bolton United Harriers officers: General secretary, G. Entwistle, 6 Southmoor Way, Bolton (Tel: Bolton 56866); track secretary, Miss S. Booth, 26 Pimlott Road, Bolton.

Who's Who In British Athletics

Return of our popular series, this week featuring three of our leading women athletes.

GLADYS TAYLOR

Born in Jamaica, 5.3.1953. Height: 1.75/5'9"; Weight: 64kg/140lb; Club: Essex Ladies AC. Occupation: audio secretary. Single. Lives in Leytonstone, East London. Hobbies and interest: tennis, dancing and her fiancé. Coach: Peter Woodroffe 1972/73 (for pentathlon); Ron Bowden since concentrating on 200 (1973).

Became interested in athletics when she went to the track to watch her sister train "and Mr King (who was then our secretary) said why don't I bring my kit next time. I suppose it started from there". Joined Essex Ladies in 1968 and started at high jump and 200m. Favourite events now are 200, 100 and 400—"in that order!" Finished 2nd in English Schools 200m in 1970 (25.2) and 3rd in 1971 (24.5). "I didn't really think about international athletics because I really enjoy inter-club matches and was quite happy at that level".

Personal bests: 100—11.6 & 11.75 electrical (1975), 200—23.5w & 23.8 (1975), 300—37.5 (1975), 400—52.77 (1975), 100H—14.3 (1973), HJ—1.69/5'6½" (1973), LJ—5.95/19'6½" (1971), SP—11.11/36'5½" (1974), Pent—4088 (1973). UK international since 1973; member of Commonwealth record 4 x 400m relay team (3:26.6).

Annual progression:

Year	200	400	Pent
1969	25.6	—	3851*
1970	24.7	—	3989*
1971	24.5	—	3710
1972	25.0	—	—
1973	24.0	57.5	4088
1974	23.9	55.8	4021
1975	23.5w/23.8	52.8	—

* scored on old tables

Most pleasing performance was "that 51.1 relay split in Dresden, after going as reserve for the 4 x 100". Greatest disappointment: "Unlike the pleasurable things in life, disappointments are generally short-term and I don't think I've ever had any really, except perhaps not being selected for the Commonwealth Games in the pentathlon". Next year's targets are a place in the Olympic 200m final and a medal in the 4 x 400m relay. Intends competing about another five years but not really sure. Does not think she will stay in athletics after retiring: "I doubt very much if I'll have time once I get married and have a couple of kids". Likes everything about athletics ("travelling, meeting people and most of all winning"); dislikes "training in winter

—but due to a certain group of lads and Jackie it's no so bad now". Was County Schools tennis champion. Brother, Walcot, "was fairly good at 800, I think he was ranked No 1 in his age group when he was about 15; sister, Joy, "ran about 2:17 for 800 a few years ago".

Advice to a youngster taking up the sport: "Just try and enjoy it as much as possible". Gladys adds: "All my success is due to Ron Bowden's coaching and understanding coupled with the encouragement I get from the lads I work with. Also my club and all the officials have been terribly good to me, especially Mr King". Athlete she particularly respects and admires: "Irena Szewinska—she's a terrific athlete and a very friendly person".

Training

Trains five times a week in winter, four times in summer. Recently been able to train on the



Gladys Taylor (left) winning her 100m heat at the WAAA Championships, with Israel's Esther Rot second.

Ed Lacey

Denise Brown in action at RAF Cosford in the Britain v Belgium indoor match. She won the event with a leap of $1.80/5'10\frac{3}{4}"$, equalling her personal best.



Tim Pike

all-weather track at Woodford which is "pretty good, but plays hell on your achilles if you train on it too often".

"Coaching has been the key to my success, especially as last winter was the first time I really trained seriously—thanks to Ron". Sees her coach three times a week.

Training cycle: Basic conditioning (six weeks); stamina and strength, speed recovery.

Typical week's training in winter: Sunday—hurdling drills, sprint drills and 1 x 500. Monday—rest. Tuesday—5 x 300 and weights, hopping, etc. Wednesday—10 x 100 on grass. Thursday—one hour conditioning (2 x 5 x 100/120m, 25sec recovery with 15 minutes between sets). Friday—rest. Saturday—5 x 300 on grass.

Typical week's training in summer: Sunday—hurdling drills, starts (six for skill and six for speed). Monday—rest. Tuesday—2 x 3 x 250m (working on last 100m). Wednesday—10 x 80m. Thursday—2 x 5 x 30m flat out, 1 x 500m. Friday—rest. Saturday—race.

Dislikes "repetition work—if I had my way would do 60's every session, and that's not because I'm lazy". Plans more of the same training using the experience gained from the 1975 season. Likes to compete frequently with one day's rest before major competition.

DENISE BROWN

Born at Beckenham (Kent) 1.5.1955. Height: 1.76/5'9"; Weight: 62kg/137lb; Pulse rate at rest: 54. Clubs: Wolverhampton & Bilston AC/Birmingham University. Occupation: Mathematics student. Single. Lives in Birmingham. Hobbies: Sewing, driving, squash, badminton, trampolining, drinking and eating out. Coach: Ron Murray (since 1971).

Became interested in athletics when she went with friends to the local athletic club and joined Kent AC at age 11. Started at 800m and cross-country; favourite event now is the high jump.

Finished 60th and approx 80th in the English Schools cross-country championships at Peterborough and Isle of Wight respectively and in the English Schools track championships finished sixth in the high jump in 1971, first in 1972 and equal second in 1973. Began to realise she could reach international level "when I first got a personal details card from the Junior Commission".

Personal bests: 800—2:27.0 (1968), HJ—1.80/5'10 $\frac{3}{4}"$ indoors & 1.79/5'10 $\frac{3}{4}"$ (1975), LJ—5.20/17'0 $\frac{1}{2}"$ (1974). UK international since 1975; WAAA champion 1975. Annual progression at high jump:

1969	1.50/4'11"	1973	1.76/5'9 $\frac{1}{4}"$
1970	1.60/5'3"	1974	1.73/5'8 $\frac{1}{2}"$ (1.71/5'7 $\frac{1}{2}"$)
1971	1.63/5'4 $\frac{1}{2}"$	1975	1.80/5'10 $\frac{3}{4}"$ (1.79/5'10 $\frac{3}{4}"$)
1972	1.66/5'5 $\frac{1}{2}"$		

Most pleasing performances: "Winning WAAA's this year—it's the first time the competition finished with a clearance instead of three failures; and winning against the Russians". Greatest disappointment: "Hurting my achilles tendon while competing in the World Student Games (Rome) this year". Next year's target is "to get a good degree as well as making Montreal"; all-time goal is "to learn to run on my toes instead of my heels". Intends competing "until I get bored and lose the incentive to improve". After retirement "I would probably take a couple of years break and then I would like to coach". What she most likes about athletics is "winning and celebrating; travelling and meeting new people from different countries". Dislikes "people who call high jump and field events, circus tricks and imply we don't need to train". Has represented her county at swimming. Grandfather was a sprinter.

Advice to a youngster taking up the sport: "Don't expect it to be all enjoyment—like everything it has its ups and downs". In her early

continued on page 20

OLYMPIC 100—MORE THAN JUST A RACE

THE 1972 Olympic sprints were an insult. Heads of several Americans with high expectations hung very low while returning from Munich's domed Olympic Stadium. An expected solution to the mystery of Valeriy Borzov went undiscovered and, much to the Americans' dismay, unprobed during the flurry of mix-ups.

The Olympic sprints had been nearly the sovereign property of the US for decades. Just look at the past records. Since the 1932 Games only one non-American (Germany's Armin Hary in 1960) had broken the US's grip on Gold medals in the 100. Following a similar trend, only Italian Livio Berruti (1960, also) had deprived the Americans in the 200. And during that stretch only two nations (Jamaica and Holland) had ever put two sprinters among the top six finishers. The US never had fewer than two.

So, when the US's untired young sprinters returned in 1972 with 'only' two silver medals, there were plenty of sad faces and unanswerable questions. Was this great tradition, which had been initiated by Eddie Tolan (1932) and Jesse Owens (1936) and continued by the likes of Bob Hayes, Henry Carr, Jim Hines and Tommie Smith, on its way to the graveyard? Was this mechanised style of Borzov's, developed with the aid of Soviet computers, an indication of the future—signaling that precise, machine-like workmanship would oust the lovely, naturally-gifted talents displayed so prominently by a sprinter.

The Olympic 100m dash is more than a mere footrace to Americans. It represents the culmination of a struggle, the way out of the ghetto for some black kids, attention of millions through the media and, maybe, a chance at lucrative professional sports. It means being the world's fastest human . . . the best . . . the number one.

End to US domination

But the 1972 Olympic race was unacceptable. After all, Borzov is white. And white sprinters simply aren't the world's fastest humans. Everyone knows that to be a great sprinter, you have to be black. Over half the Olympic finalists since 1960 had been black. All the 100m world record holders in 1972 were black. Perhaps fate had decided it was time for America's domination to tumble. More than that happened—it fell apart.

Part of the problem which doomed the Americans in 1972 was lack of consistency by any one performer. Prior to the Olympics, Eddie Hart was viewed as America's top sprinter capable of challenging Borzov. This designation was due primarily to two races which he won—more importantly the Final Olympic Trials in Eugene where he tied the world record of 9.9. Inexperienced Rey Robinson was sprinting for only the second year, and Robert Taylor's only outstanding performance of note was when he outsprinted Borzov on a relay anchor.

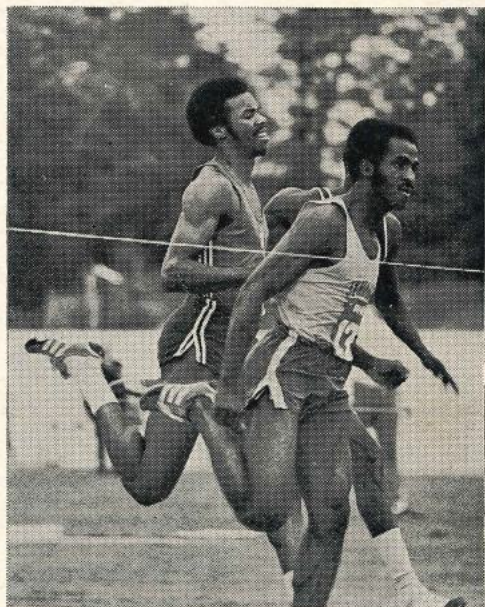
Maybe 'Mother Fate' was smiling on the US when Hart and Robinson failed to show for the quarter-

By Don Steffens

finals. Remember? They didn't have the proper timetable and were late. It didn't matter. Borzov was flawless, he was everything the Americans weren't—well prepared mentally and physically, a consistent performer who never breaks down when the pressure is strongest, one of the soundest technicians the sprint races have ever witnessed.

But that surely wouldn't happen again in 1976. No way. The US has tasted that bitter medicine, and once is enough. Lack of consistency was one area which definitely would not be a problem at the 1976 Olympics in Montreal. At least, that's how it appeared a couple months ago.

The potentially fastest man on American soil in 1972 appeared to be Steve Williams, a recently arrived comet who was just starting to shine brilliantly on his way to stardom. He tied the 100y record of 9.1 in 1973 to rank No 1 in the world as Borzov went into semi-retirement. He was the world's best 200 runner in 1973, too. In 1974, he started off with some great times—a couple of 9.2s for 100y. But he pulled a hamstring muscle during May. It wasn't serious but it prohibited him from running at top speed. Nevertheless, he equalled the 100m record of 9.9. Sure, he lost his No 1 ranking to Silvio Leonard, the Cuban Junior



Don Quarrie got the better of Steve Williams on this occasion, the 100m at the Philips Golden International in July.

Ed Lacey

who was undefeated at the 100 and 200 distances. But Williams' future hadn't lost its glimmer. He was running on an injured leg.

And just for insurance, there were several outstanding youngsters in the developing stages. Reggie Jones was born and raised in New York City. His running style was as unpolished as that of a city-boy dashing across a barnyard. He has broad shoulders, weighs a hefty 190lb (86kg) and looks big enough to tow the other sprinters down the track without losing a tenth of a second.

A 17-year-old high school athlete popped into the nation's elite—named Houston McTear. The son of a lumber mill worker in southern Florida, McTear runs with a style that is raw and brutal. But unlike Williams, his start is reliable. By early 1975 he had run a stunning 9.0.

Some of the biggest news of 1974 was generated by obscure Ivory Crockett when he became the first man to run 100 yards in a legal 9.0 seconds. Though many observers eyed his new world record with scepticism, it was officially accepted. Then there are the other sprinters capable of running with the world's best: Steve Riddick, fast-starting Clifford Outlin, Olympian Rey Robinson, veteran Marshall Dill. But . . . lack of consistency. It haunts every one of them.

Too many races

"American sprinters run too many races," analysed Hasely Crawford recently. He ran for Trinidad in the Munich Games and plans to be in Montreal, too. But his preparations have been less pressurised than those of the Americans. "I like to pick my races. Just look at McTear. He has a lot of talent but he's running here and there, wearing himself out. That's not good."

Maybe not. But Americans don't have the good fortune of having well-qualified national coaches at their disposal like the Scandinavians, Germans and Soviets. Borzov can choose his races, analyse them and make improvements for the next time. Most Americans have to take what they can get, which usually isn't very much. Steve Williams is lucky. A knowledgeable sprint coach, Brooks Johnson, assists him. Via the telephone. This situation isn't conducive to the best results, but you have to take what you can get.

For Williams, this system was apparently working out well early in the year. He went through a good indoor season, smoothing out his start and improving his acceleration in the early part of the race. In May Stevie Wonder ran a 10.0. Then a month later on Eugene's fast track, he coasted to a fine trio of times at the AAU: 10.19, 10.22 and 10.21. Several false starts disrupted his train of thought in the final and he lost to Don Quarrie's 10.16. Steve thought back to that 10.0 in Jamaica.

"I only ran 45 metres in my form," related Williams. "In my perfect race, I'll get a good start and be into my knee lift by 20 yards. I figure both Crockett and McTear had their perfect races when they ran 9.0. But my perfect race will be a whole lot faster than that."

There's the problem. Williams is talking about that one perfect race. Sure, a perfect race is possible.

Borzov was close in the Munich final. But consistency must be a constant companion. Borzov was fairly consistent at the Olympics—never truly pushed while always winning by a comfortable margin. In Rome's European Championships last year it was the same story. He always wins. Not in a flashy finish that is, somehow typically American. Rather, with a well-polished technique from a gun-pop start to mid-race acceleration to a well-timed lean. Hours of practice have brought a sprinter without super leg speed to the top.

For some reason, nobody likes to admit that Borzov is one of sprinting's all-time greatest. But he is. And everyone is worried about Borzov. Except Borzov. "When I come to the starting line, I think about everything but the race," claims the 25-year-old Ukrainian. His opponents seem to think of nothing but Borzov.

"Borzov is always hiding," lamented Williams after Quarrie whipped him first in the 100 and then in the 200 at the AAU. "I had intended to run in the US-USSR meet, but he doesn't run against anybody. Anyway, he has all those European sprinters psyched out."

American sprinters, though, seem to indirectly psyche themselves out—false confidence might be the culprit. At the AAU, Williams was upset because he thought he set a new 100m record. "Three timers caught me in 9.8 in the heat. What about that? Shouldn't I get a record?" His electric time was 10.19. The discrepancy between those hand-held times and the electric times might have been responsible for over-confidence by the Americans leading up to Munich. Should they even have been on the same track with Borzov?

More trouble of a like nature is brewing. Reggie Jones ran a 9.9 in Boston on July 26th. Scepticism showered down from everywhere. Perhaps it is a cheap record. Even Heinz Vogel, editor of the West German magazine *Leichtathletik*, mentions the time with an eyebrow raised. "Charlie Wells, who got second in 10.0, isn't any better than a second or third-rate sprinter in America," points out Vogel. "He was fifth at the AAU in 10.42, sixth at the Helsinki World Games in 10.61 and third at the US-USSR dual in Kiev. Now, 10.0. How good, then, is Reggie Jones' 9.9?"

There is little doubt that at some future time Jones would be capable of running 9.9. But 1975, by his own admission, seemed an unlikely year. At the NCAA championships in Provo, Utah, here is what he said: "I haven't been doing the proper workouts to run a strong 100 this year. The 200 has been my main race in 1975." His only noteworthy marks had been a 9.3 for yards and a 10.30 in a semi-final at the AAU.

Williams, on the other hand, has harvested a fine collection of sprint times this summer. Sadly for him, most have been attained while losing races to Jamaican Quarrie, who is making a super comeback. Remember how Quarrie wrapped himself up into a ball after he pulled a hamstring muscle during the qualifying rounds at Munich? That occurred just one year after his 19.8 200 world record at the Pan American Games in Cali, Colombia. Well, he's back—strong in 1975 at both 100 and 200 metres.

continued on page 30

WHO'S WHO continued from page 17

days she was inspired by David Hemery and today respects Dwight Stones "for his approach (mentally) and technique".

Training

Trains six days a week in winter, five days in summer; "according to University lectures for about two hours". Trains at Birmingham University where there is a "good weights room, well-kept cinder track and plenty of gyms". On Wednesday nights in winter she trains at Cosford for jumping. Cosford is a 25 mile journey from home; Warley (in summer) is 5 miles.

"Coaching has been very important, particularly for technique work in the early stages, less so now as I have a reasonable idea of what is needed". Sees her coach about once a term and about three times a week during holidays. Enjoys bounding and weights; dislikes "road running and lots of repetitions of the same thing, ie 20 x 50m".

Training cycle: "Just summer and winter".

Typical week's training in winter: Sunday—Track session (Tartan). Monday—Bounding, track session (cinder). Tuesday—Weights and 150m repetitions uphill. Wednesday—Cosford jumping and mobility work. Thursday—Weights and road run. Friday—Rest ("game of squash and a sauna!"). Saturday—Weights, long slow run.

Warm-up for training in this period consists of a short jog followed by exercises and strides. Works at $\frac{1}{2}$ maximum in weight sessions; 10 repetitions concentrating mainly on thighs.

Typical week's training in summer: Sunday—Various track work. Monday—Bounding. Tuesday—Jumping and technique work away from pit. Wednesday—Track session (6/8 x 150/200m). Thursday—Track session (short sharp sprints). Friday—Rest. Saturday—Competition.

Warm-up similar to winter's. Before competition has about one hour warm-up: jog one mile, more extensive exercises, and strides and sprints. There are no plans for altering training. Likes two days rest before competition, ideally twice every three weeks.

MYRA NIMMO

Full name: Myra Alexander Nimmo. Born in Edinburgh, 5.1.1954. Height: 1.65/5'5"; Weight: 57kg/126lb. Club: Glasgow University. Occupation: student. Single. Lives in Glasgow. Hobbies: horse riding, squash and listening to records. Coach: Frank Dick (since May 1970).

Became interested in athletics "through school, who sent me to a club". Joined Maryhill Ladies AC in 1969. Began at hurdles; favourite event now is 100m hurdles—"probably because I have no pressure in my second event". Won the Scottish Schools hurdles title in her last two years at school. Inspired in early days by Susan Watson, at that time a top Scottish hurdler. Began to realise she could reach international level "when I started jumping in excess of 6 metres and got my junior international".



Myra Nimmo winning the WAAA long jump title this year.

Ed Lacey

Personal bests: 100—11.9 (1974), 200—24.3w (1974), 300—38.4 (1973), 100H—13.5w (1974) & 13.81 electrical (1975), 200H—28.4 (1970, 1971 & 1972), 400H—64.1 (1974), LJ—6.45/21'2"w (1975) & 6.43/21'1½" (1973), Pent—3817 (1974). UK junior international 1972; senior international since 1973; WAAA LJ champion 1973 & 1975; 4th 1974 Commonwealth LJ. Annual progression:

Year	100H	LJ
1969	—	5.43/17'10"
1970	—	5.83/19'1½"w (5.69/18'8")
1971	14.8	5.60/18'4½"
		(broken bone in foot)
1972	13.9w/14.0	6.19/20'3½"
1973	14.0	6.43/21'1½"
1974	13.5w/13.8	6.34/20'9½"
1975	13.8	6.45/21'2"w (6.37/20'10½")

Most pleasing performance was in 1973—"when I jumped 6.43m, never having jumped over 6.22m before. There was thunder and lightning and all other events at Meadowbank had stopped. In that competition I had four personal bests". Greatest disappointment? "As yet no major disappointment. My coach prepares me for what is coming in a competition so even if I do not do what some people expect I know what is right and what is wrong. When I have decided to go for a big jump my coach has prepared me to do that". Next year's target is "to gain an Olympic place and to compete well"; all-time goal is "to achieve the most perfect jump that my body can produce". Intends competing "until I feel that I have reached that all-time goal, ie

that on one jump I feel that I could not better it". Expects she will stay in athletics after retirement—"perhaps in a physiological capacity, ie using my academics practically". Most likes "meeting people from all over the world"; dislikes "jealousies which are inevitable in any competitive sport". Advice to youngsters: "Enjoy it". Athlete she particularly respects is Irena Szewinska: "I admire her great competitive spirit, yet she is so natural and friendly to everyone". Success at other sports? "I successfully fall off horses at the equestrian school".

Training

Trains six days a week in winter, four days (dependent upon competition) in summer, usually for an hour at lunch-time. Normally trains at Westerlands University Ground: "ash track but good and helpful groundsmen". Nearest first-class facilities at Meadowbank (40 miles).

"Coaching has been very important as I compete in two very technical events". Sees her coach about once a week. "Hate trying to do technical work when it is freezing cold or pouring with rain".

Training cycle: "My training periods have. I think, been explained fully in Frank Dick's periodisation articles in your magazine".

Typical week's training in winter: **Sunday**—Usually something technical as coach is present, plus sprint technique work. **Monday**—Weight training, 3 x 5 x 80 per cent max. **Tuesday**—6 x 300m, 4min recovery. Relaxed—no watch. **Wednesday**—Short approach jumps and long hurdles session (ie broken hurdles or 200m hurdles). **Thursday**—Rest. **Friday**—2 x 4 x 150m, 2min recovery, looking for some quality in each run. **Saturday**—Fartlek.

Typical week's training in summer: **Sunday**—3 x (120, 90, 60m) 90sec recovery plus 3 min. **Monday**—6 x 120m, full recovery, at 80 per cent effort. **Tuesday**—2 x 60m hurdles from blocks and 3 x 4 x 40m sprints. **Wednesday**—3 x flat out jumps and big warm down. **Thursday**—Rest. **Friday**—Warm-up and mobility. **Saturday**—Competition. Note: "never have a set programme in summer; often just train as I feel".

Present training is different from last year: "Christchurch altered things and then I concentrated on hurdles in the summer". Change planned: "I will double periodise this year, ie will include indoor competitions". Always trains the day before a major competition, rests one or two days before that. "I compete more than I like but select the competitions that I will peak for".

DAVE MEEK'S LAKELAND RIDGE TRAVERSE

THE first Lake District Ridge Traverse was accomplished on August 17th by fell runner, Dave Meek (Keswick AAC), of Ambleside. The 50 mile run was devised by Dave partly as a means of regaining his fitness after a nagging knee injury had so far prevented him from competing at all this year. The west-to-east route covered the widest part of the National Trust Lake District Boundary and each section followed a direct ridge line: (1) Ennerdale to Dunmail, (2) Dunmail to Kirkstone, and (3) Kirkstone to Swindale.

Pennine Way record-holder Pete Dawes (Kendal AAC) accompanied Dave over the first section. They set off from the filter station of Ennerdale Water at 06.30 hours in a heavy downpour of rain mixed with sleet. Cloud hung low on the fells as they climbed to their first summit, Crag Fell, and due to a misunderstanding the pair became separated beyond their second summit, Iron Crag. Much of this section followed the latter part of the Ennerdale Horseshoe Fell Race course in reverse, traversing the summits of Haycock, Scoat Fell, Pillar and Kirkfell. Beyond the next peak, Great Gable, Dave descended from the clouds to the summit of Sty Head Pass, where he was met by his Keswick AAC club-mate, Chris Bland—one of the three fell running "Blands of Borrowdale", as distinct from the Kendal AAC Blands. He took a 10 minute break here to savour the hot tea and jam butter fetched up by Chris and was about to set off alone when Pete Dawes suddenly loomed up out of the mist. Together they followed the

track up to Esk Hause, then headed northeasterly to the top of Stake Pass and "bagged" the summits of High White Stones, Calf Crag and Steel Fell before descending to the crest of Dunmail Raise for further refreshment provided by the support party, which consisted of Dave's wife Diana, Penny Thompson, Fred and Margaret Rogerson, and Frank and Janet Travis.

Twenty minutes later, at 12.50 hours, Dave set off up the steep grassy flanks of Seat Sandal accompanied by Pete Bland (Kendal AAC) and Mike Pearson (Keswick AAC). The bad weather of morning had now given way to blue skies and sunshine, and the remainder of the day was to be dry and very warm. From Grisedale Hause, they ascended the rough slopes of Fairfield and continued southeasterly along the severely undulating ridge via the summits of Hart Crag, Dove Crag and Red Screes to the top of the Kirkstone Pass. A quarter-hour break sufficed here and Dave and Pete Bland then started the climb up to St Ravens Edge and the final traverse of the Far Eastern Fells, including Pike Howe, John Bell's Banner, Stony Cove Pike, Thornthwaite Beacon, High Street, Mardale Ill Bell, Harter Fell, Adam Seat, Artle Crag, Selside Pike and Selside End. The last five miles were on lanes and field paths and it was 19.45 hours when the runners reached their terminal point at Shap Village. It had been an extremely arduous day over some of Lakeland's finest mountains and a very worthy achievement on the part of Dave Meek and his pacers. Well done, Dave!

W. R. Smith

MEMORIES OF THE 'MASTERS'

Stan Allen reflects on the World Masters Champs in Toronto

THE first evening saw almost all the athletes and their supporters in Sunnybrook Park for the cross-country. There was competition for all seven classes, ranging from the 40-44 group (Class 1A) to those of 70 and over (Class 4), and they all ran the same course of 10,000m. The programme notes included the warning that 'this course is both physically and mentally demanding in the true tradition of cross-country running'. It contained a very flat and fast start for 1600m and then dipped down to an undulating area which led to the river. We had been warned that if it rained anybody less than 5'6" tall would have to swim! The river crossing was some 30m and about knee deep. Some more undulating grassland was followed by Hell Hill which was steeper than the hill in the Luton 'National' but only 150m long. The fallen tree at the top of this hill had to be cleared as well. After two loops of the river and the hill, the finish was 2000m away through fast woodland and back to the grassland for the lung-bursting finale.

In the 1A race, Roy Fowler was enjoying himself up Hell Hill when MacDonald of NZ dropped back, prompting Roy to turn and ask his opponent to keep going as otherwise he would feel lonely with so little of the race completed. Roy went on to win by 53 sec from MacDonald. Mike Barratt

was third with 200m to go but lost out to Hal Higdon (USA) and Holmroos of Finland, while Maurice Morrell ran very well for eighth. The 1A race, five to score, was won by England with George Harrison finishing 17th and Eric Austin—on his bleedout for his marathon—20th. Bill McMinnis took the over 60 race by over three minutes. This ex-Sgt PTI from the RAF was very fit and went on to greater glory on the track. The magnificent trophy for overall winners also went to England... it was so large that the team found an airline pilot who was willing to take it back to Britain with him and waved a fond, temporary farewell.

The true nature of the track at Etobicoke Stadium became evident in the semi-finals of the 100m when the sprinters sounded like dray horses with a heavy load of cobblestones. The bitumastic under-surface had a thin layer of rubber and this eventually led to most of the middle distance and distance men wearing flats instead of spikes. Ron Taylor clocked 11.0 to win his semi in the 1A group, while in the final he was narrowly beaten by Olympic medalist Thane Baker (USA) in a shared 11.1. Both injured themselves in this race and though Ron came home, Thane carried on heavily strapped in the 200. After the 100 final, Jack Heywood—Herne Hill's track international in the

THE UNIGATE MARATHON

The Eleventh Marathon at Harlow

Incorporating
Southern Counties & Essex Championships

Sponsored by Unigate
FROM HARLOW SPORTCENTRE
SATURDAY, OCTOBER 25th
1.30 p.m.

Prizes: First 20 Individuals, first local man, first 3 Vets O/40, first O/50. First 3 Teams (3 scorers). Time Certificates to all finishers.

Entries: Individuals 25p (all runners must enter as Individuals), Teams 25p (6 run, 3 score). No additional fee for Championship events.

Full details from Tom Dradey, 78 The Maples, Harlow, Essex CM19 4RA. (Tel.: Harlow 33554.) S.A.E. please.

CLOSING DATE OCT. 13th—CERTAIN!

**BATLEY SPORTS
DEVELOPMENT COUNCIL**
(In conjunction with Airedale and
Spen Valley A.C.)
ANNUAL ROAD RACES
(Under A.A.A. and W.A.A.A. rules)
Sponsored by Home Charm Paints
(SPL) Ltd.

SUNDAY, OCTOBER 26th, 1975

Ladies' Composite Relay

Juniors 1½ miles, Intermediates 1 mile,
Seniors 1 mile.

Young Athletes' Composite Relay

Boys 2 miles, Colt 1 mile, Youths 3 miles.

Senior 6 Mile Open Race

Individual and Team Race.

TOTAL PRIZE MONEY £150

Prizes for first three teams and first 'B' and 'C' teams in relays; first 6 individuals plus first veteran, first three 'A' and 'B' teams in Senior Race.

Entry Fee: 30p per team in relays. 25p per individual in Senior Race (no team fee).

Entries to: K. Duckworth, 70 Marsh Street, Bradford BD5 9PB.

CLOSING DATE OCTOBER 15th

Britain on the way to victory in the 4 x 400m relay in Toronto. Fred Smith, the UK team captain, hands over to Gerry Leroy for the anchor leg, with the Americans second. The British squad clocked 3:30.0, best on record by a Vets team.

Van Parish



'fifties — remarked that there were more athletes in the treatment room than there were on the track. The medical facilities at the stadium and local hospitals were excellent and the physicians dedicated.



The oldest sprinter, Duncan MacLean, trains with the fastest miler, John Walker, at Crystal Palace.

Fionnbar Callanan

Keith Scott, AAA Junior 100y champion in 1951, gained a silver medal in the 200m. He ran a very fast turn—so fast that two of the US squad damaged previous injuries—and then streaked up the straight with a huge smile on his face. The 200m 'honours race' was held between Fritz Schreiber (82) of Sweden, Charlie Speechley (87) of Belgrave, and Duncan (Tartan Flash) MacLean (90) of Scotland. Fritz won in 44.7, with Duncan at 49.2 and Charlie at 53.3. However, Charlie had badly damaged his arm in a clash with a toilet door during the week and hadn't really recovered from his 5000m walk effort. He let it drop that he swam for Britain in the 1912 Olympics!

Briefly: Spare a thought for poor old John Day who carted his Skypole all the way to Canada with great difficulty at stations, airports and tube tunnels. This Blackheath Harrier didn't make his opening height . . . Eric Shirley hit the final hurdle in the 400m hurdles and fell to the track; he groggily got to his feet and finished in fifth best time . . . The marathon was as sparkling as the 7am start suggested it would be. Art Taylor of Canada tried to break away from Eric Austin and Arthur Walsham at 15 miles but Eric ran out the winner with a 2:28 clocking, while Arthur took the 1B gold . . . Australia's Alby Thomas followed up his 8:26.8 3000m victory (running 65 for the third lap) with a front-running 3:59.5 1500m. "I sure did that the hard way," he said . . . Jack Fitzgerald gained the justly deserved honour of being elected chairman of the World Masters' international steering committee who are responsible for the direction of the sport for the over-40s between now and the 1977 World Championships in Gothenburg.

The result of the Senior Men's 4 x 800m at St Helens on August 31st was: 1, Pilkingtons (M. Findlater 1:59.5, G. Birkett 2:04.5, M. McCauley 1:56.1, J. Carroll 2:01.8) 8:01.9; 2, Sutton 8:06.0.

REMARKABLE RETURN OF IVANKA KHRISTOVA

by *Ivan Berenyi*

THE totally unexpected but suitably spectacular return to the international top-bracket in the women's shot-put of Bulgaria's veteran Ivanka Khristova with results which begin to threaten the event's leading exponents—Nadyezhda Chizhova (USSR), Helena Fibingerova (Cze) and Marianne Adam (GDR)—inevitably poses a number of intriguing questions.

Such are, briefly: what is the optimal age for women shot-putters? Is it normal to expect gradual, step-by-step improvement in results in this ostensibly least feminine of women's field events? Can it be that the stress of unbroken competition year after year erodes rather than helps to build up physical endurance in women and that a break can thus generate a quantum jump in results? And, finally, is this the event to prove in a way the equality of the sexes? Attempting to come up with straight answers to most of these questions would involve a lot of conjecture and adjustment, to the extent of perhaps making the answers valueless, but nonetheless their uncertain shapes loom pretty large in athletic circles.

On the face of it, Ivanka Khristova's career was quite straightforward—until this year. She was born on November 19th, 1941 in Kustendil, Bulgaria. A big, strong country girl with a massive frame and the facial structure and neck of an aspiring middle-weight pugilist, she was singled out early as a girl pre-destined for athletic stardom, and put her name on the Bulgarian records list in 1958, at age 16, with a put of 12.09/39'8". The years went by, and she never looked back. In 1959 she improved her result to 13.29/43'7½"; in 1960 to 14.97/49'1½"; in 1961 to 15.27/50'1½"; in 1962 to 15.62/51'3"; in 1963 to 15.86/52'0½". During all these years her results remained modest, though, in international terms, and she did not collect any major prize like an Olympic or European medal. Her best result was a 7th place in the European Championships and in 1964, when she raised her best to 16.19/53'1½", she finished 10th in the Tokyo Olympics.

Ivanka's big assets were her diligence and iron physique. None of the back-aches and strained ankles or wrists that so persistently plague other women shot-putters for her. But no real results either, not at that stage at any rate. It wasn't until 1968 that she managed to cross the 17-metre line, reaching 17.57/57'7½" that season. Disappointed at her results, she deliberately missed the 1966 European Championships, but was persuaded to participate in the Mexico Olympics in 1968 and gained 6th place.

Now she was on the up and up. In 1969 she threw 18.04/59'2½" and placed 4th in that year's European Championships; and in 1972 she gained third place in the Munich Olympics, and raised her best to 19.73/64'8½". She achieved her dream of an Olympic medal, reckoned that there was little chance of much further improvement in results, and was already in her thirties: it was time to start thinking of having children and

of retirement. She hung on till the 1973 season, to marshall the Bulgarian women's team to an impressive third place in the European Cup, herself finishing second in the final. But she did not improve her best any longer: at 19.65/64'5¾", her biggest put for 1973 stayed just a fraction behind the previous year's best. It was time to draw the curtain on a modestly illustrious career, and she announced her retirement.

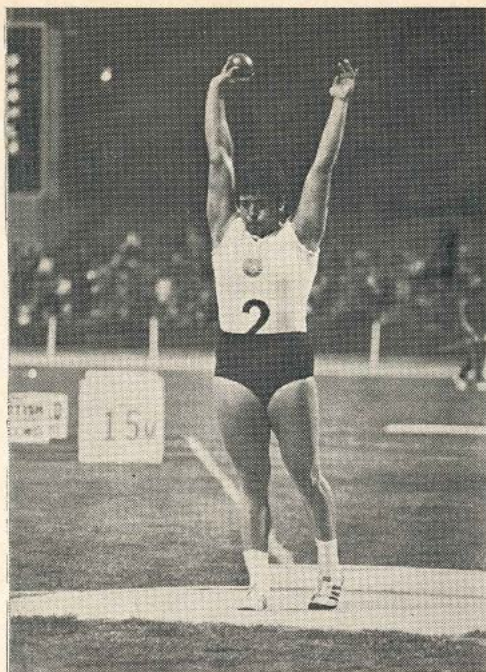
She did not count on the persuasiveness of coach Vassil Krumov. Previously she had been with two coaches, Slavtcho Dunaliev and Jordan Krastev, but her third, Krumov, has proven himself the most ambitious and hardest-driving, and he talked Ivanka into competing in the European Indoor Championships in Gothenburg 'for the very last time.' She finished fourth, reiterated her wish to retire and subsequently gave birth to a son.

Another bronze medal

This time, everyone believed that her career had finally ended—everyone, that is, but Vassil Krumov, who launched a new campaign of persuasion as the time of the Rome European Championships approached. Perhaps needless to say by now, he succeeded and Ivanka earned a bronze medal and



Fionnbar Callanan photo



Ivanka Khristova competing in the 1973 European Cup Final at Meadowbank. She finished second.

Fionnbar Callanan

raised her Bulgarian national record to 19.93/65'4 $\frac{3}{4}$ "—the border of the magic 20 metres barrier.

Ivanka retired yet again but with 20m so close the coach gained the support of her husband this time and won the ensuing battle of wits more easily than ever. She duly competed, and finished third in the 1975 European Indoor Championships. On April 16th Ivanka Khristova broke through the barrier with 20.04/65'9" and then proceeded with a put of 20.35/66'9 $\frac{1}{2}$ " the next day. On May 21st, Ivanka improved her best to 20.38/66'10 $\frac{1}{2}$ " in Sofia in a remarkable series which included a fail of 21.22/69'7 $\frac{1}{2}$ " where she stepped out of the circle by a hair's breadth. She continued to progress steadily throughout the year, climaxing with 21.09/69'2 $\frac{1}{2}$ " for 4th place on the world all-time list.

THE 20-METRE CLUB

21.60/70'10 $\frac{1}{2}$ "	Marianne Adam (GDR)	1975
21.57/70'9 $\frac{1}{2}$ "	Helena Fibingerova (Cze)	1974
21.45/70'4 $\frac{1}{2}$ "	Nadyezhda Chizhova (USSR)	1973
21.09/69'2 $\frac{1}{2}$ "	Ivanka Khristova (Bul)	1975
21.02/68'11 $\frac{3}{4}$ "	Esfir Krachevskaya (USSR)	1975
20.22/66'4"	Margitta Gummel (GDR)	1972
20.12/66'0 $\frac{1}{2}$ "	Ilona Schoknecht (GDR)	1975

"I can't understand it myself, but the 4 kg shot appears to have become much lighter this year, and I have never been stronger in training in my life or able to prepare with more elan and dedication," says the 1.72/5'7 $\frac{3}{4}$ " tall, 85kg/187lb Bulgarian female powerhouse. "That brief retirement spell and perhaps childbirth seems to have done me a world of good. Now I am perfectly sure that I will be in the medals in Montreal and am secretly hoping to be first to break the 22m (72'2 $\frac{1}{4}$ ") dream barrier. I know the result is in me, and I am not afraid of my competitors. I do respect them though."

Tough talk from a usually too modest athlete. But no empty bragging. Witness to that from the stronger sex is East German shot-put ace Hartmut Briesenick. "I have seen Ivanka in training and she was most impressive," he says. "I feel there will be no holding her. Her improvement is simply miraculous."

RRC CORNWALL '10'

September 7th

- 1, D. Cox (Woodford Green) 50:15
- 2, A. Rowling (City of Plymouth) 51:37
- 3, J. Edwards (Tipton) 52:05
- 4, B. Popel (West) 52:48; 5, T. Parker (Stret) 52:52; 6, A. Jenkins (Worc) 53:02; 7, W. Valentine (West) 53:15; 8, J. Steed (Ver-V) 53:17; 9, J. Stack (HHH) 53:19; 10, P. Corney (Port) 53:22; 11, E. Phillips (Ply) 53:31; 12, D. McFadzean (RN) 53:44; 13, K. Rock (Tip) 54:16; 14, C. Crawley (RN) 54:22; 15, R. Retter (Ex) 54:47; 16, M. Osbourne (West) 54:57; 17, R. Little (Shaft) 55:09; 18, R. Corney (Swin) 55:22; 19, R. Griffin (Tip) 55:29; 20, J. Flatters (West) 55:38. **Teams:** 1, Westbury; 2, Tipton; 3, Plymouth.

BRACKNELL ATHLETIC CLUB

14th Annual

OPEN 10 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 8th NOVEMBER, at 2.45 p.m.

From the Sports Centre, Bagshot Rd., Bracknell
Awards: first 3 Indiv., first 2 Vets, first 3 teams, first 'B' team, first Vets team (3 score).
Entries: 20p per Indiv. to D. Rikly, 34 Saffron Road, Bracknell, Berks (Tel: 3993). SAE for acknowledgment/results.

ENTRIES CLOSE 1st NOVEMBER

REDHILL & REIGATE A.C. 19th ANNUAL PRIORY RELAYS

SATURDAY, 1st NOVEMBER, 1975

REIGATE PRIORY GROUNDS

Senior 6 x 2 $\frac{1}{2}$ Miles at 2.15 p.m.

Entry Fee: 80p per team

Youths—straight race at 1.45 p.m.

over one lap of the Senior course, 6 run, 4 score

Entry Fee: 50p per team, 15 Individuals.

Entries, with names and club colours, together with all entry fees, to Mrs L. D. Christmas, 48 Atherfield Road, Woodhatch, Reigate, Surrey RH2 7PS by Wednesday 15th October. Under A.A.A. Laws.

Experimental Pentathlon

Angela Rothwell (14) won the WAAA Junior pentathlon title at Kirkby on Sept 20th with a record score of 3694. Kathryn Warren took the Intermediate title with 3790. The Senior inter-area contest, with the 800m replacing the 200m as an experiment, was won by Val Mullin with 3762 including a 1.76/5'94" high jump.

Senior Inter-Area

1, V. Mullin (N) 3762 (14.7, 10.20, 1.76, 5.45, 2:36.7); 2, G. Howell (N) 3699 (15.2, 8.27, 1.76, 5.62, 2:28.2); 3, T. Sanderson (M) 3582 (14.4, 10.39, 1.62, 5.29, 2:42.0); 4, S. Wright (N) 3510 (15.1, 10.75, 1.54, 5.44); 5, M. Daniels (S) 3459 (9.90, 1.62); 6, J. Bowerman (S) 3447 (9.66, 5.51); 7, J. Byng (S) 3428 (15.4, 12.03); 8, H. Alderton (S) 3330 (14.5, 1.64); 9, S. Spragg (M) 2958 (10.98). **Teams:** 1, North 10,971; 2, South 10,334; 3, Midlands 9,466.

WAAA Intermediate Champs

1, K. Warren (Dby) 3790 (11.6, 7.44, 1.71, 5.64, —); 2, J. Attrill (Ply) 3673 (11.7, 9.32, 1.66, 5.24, 2:27.3); 3, Y. Wray (Shrew) 3614 (11.6, 9.54, 1.51, 5.27, 26.5); 4, G. Gray (Thurr) 3591 (12.3, 10.55, 1.54, 5.38); 5, S. Dewhurst (Rown) 3456 (12.4, 9.35, 1.63); 6, M. Laing (Liv H) 3450 (12.4, 9.23, 1.54, 26.4); 7, B. Gauntlett (BoE) 3433 (1.54, 25.5); 8, F. Meachin (Lymm) 3376 (12.1, 1.60); 9, E. Wren (H&W) 3355 (12.3, 1.60); 10, J. Manson (Bally) 3267 (5.28); 11, S. Hay (St A) 3226 (5.32); 12, S. Linsley (M&C) 3226 (1.60); 13, F. Bartley (Liv P) 3097 (12.4, 1.54, 14, V. Weston (Linc W) 3094 (12.5); 15, J. Humphreys (Shrew) 2903; 16, C. Scanllan (St Ben) 2808 (1.66).

WAAA Junior Champs

1, A. Rothwell (Chelm) 3694 (5.42, 25.9, 11.8, 9.95, 1.62); 2, K. Hagger (Ex) 3556 (5.37, 27.3, 11.5, 9.31, 1.62); 3, D. Cole (Har) 3511 (5.28, 26.8, 12.8, 10.57, 1.62); 4, E. O'Brien (Corbally) 3317 (5.14, 12.1, 9.41, 1.50); 5, M. Sommerville (ESH) 3300 (5.03, 26.5, 1.62); 6, P. Wright (Cup) 3289 (5.29, 26.3, 1.50); 7, M. Chambers (Belf) 3275 (5.01, 26.5, 12.2); 8, G. Sumner (Unatt)

3233 (5.10, 1.53); 9, D. McNulty (Sale) 3135 (5.12, 11.8); 10, B. Kavanagh (Bally) 3097 (26.2, 1.50); 11, G. Waller (Wok) 3031 (12.2, 10.21); 12, W. Brown (Liv P) 2888 (26.1, 12.0); 13, S. Lee-Taylor (Ex) 2817 (1.50); 14, T. Gale (Liv P) 2763; 15, C. Conlan (Liv P) 2697; 16, J. Sawyer (Ver) 2572; 17, B. Woods (Liv P) 2511; 18, A. Attrill (Ply) 2476 (12.0).

MORE WORLD RECORDS BY JOS HERMENS

Jos Hermens, the Dutchman who broke the world 10 miles record with 45:57.6 at Papendal on September 14th, struck again on the same track on September 27th. This time he collected world records for 20km (57:31.8) and the hour (20,907m—which is a tantalising, for 'English minded' people, 17 yards short of 13 miles). The previous records stood at 57:44.4 and 20,784m, both set by Gaston Roelants three years ago.

The all-time one hour list now reads: 20,907m Hermens (Neth) 1975; 20,784m Roelants (Bel) 1972; 20,518m Polleunis (Bel) 1972; 20,493m Haro (Spa) 1975; 20,472m Hill (UK) 1968; 20,394m Haase (GDR) 1973; 20,341m Fava (Ita) 1975; 20,340m Wright (UK) 1971; 20,305m Rault (Fra) 1973; 20,303m Grove (UK) 1968.

Hermens' intermediate times included 8:35.2 at 3000, 14:21.8 at 5000, 28:45.0 at 10,000 (as against 28:44.0 by Roelants in his record run), 43:08.8 at 15,000 and 46:18.0 at 10 miles.

Sutton Harriers officers: Chairman, J. Hodgetts; treasurer, A. Walsh; secretary, W. McCall, c/o 5 Newby Avenue, Rainhill, Prescott, Merseyside; women's secretary, Miss V. Barton, 53 Florence Street, St Helens, Merseyside.

Luton United AC have a home fixture at Stopsley Sports Centre on October 18th for all ages. Any club without a fixture on that day are invited. First race starts at 2.30 pm.

Winners of the Northern WAAA Junior 100m Championship was G. Southern (B&F) and not B. Ward (Liv P) as printed.

METRO. BOROUGH OF WOLVERHAMPTON LEISURE & AMENITIES COMMITTEE WOLVERHAMPTON & BILSTON A.C.

ALDERSLEY SEARCHLIGHT SESSION NO. 1

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

AT ALDERSLEY STADIUM, MONDAY, 21st OCTOBER, 1975

7.00 p.m.	Hurdles—all ages	7.20 p.m.	600m C, B, Y, JM, SM, MG, JL, IL, SL
7.50 p.m.	150m C, MG	8.10 p.m.	1000m, Y, JM, SM, JL, IL, SL
		8.40 p.m.	300m, B, Y, JM, SM, JL, IL, SL

Entries on night 15p—any number of events. Ages 1st September, 1976.

Enquiries: Gwynne Griffiths, The Organiser, Aldersley Stadium, Wolverhampton. (Tel: 751171).

Next Searchlight Session—Monday, 24th November

WOODWARD HEADS FIELD ALL THE WAY

CAVIN WOODWARD, 30 mile world record holder, quickly headed a large field of over 50 runners in the 36M 158y Two Bridges Road Race (Dunfermline—Rosyth) on August 23rd, and by 5M (27:04) had established a gap of almost two minutes from Allan Radcliffe (28:58) with Mick Orton leading a bunch composed of Colin Youngson, Alan Richards and George Kay close behind on 29:03. At 10M (54:57) Woodward had opened the margin to three minutes from the bunch of five, but by 15M (1:23:26) Kay and Radcliffe were dropped and Youngson, Orton and Richards were together at 1:26:50. Woodward steamed through 20M in 1:51:27 and was fresh as he passed the marathon mark in 2:27:44 with just under ten miles to go. Orton (2:30:40) was slightly ahead of Scottish marathon champion, Youngson (2:30:44), at this point but faded soon afterwards to third place which he easily held to the finish.

Youngson, revelling in the extra distance beyond the marathon point, passed 30M in 2:53:13 to Woodward's 2:50:04 and opened a two minute gap on Orton. Woodward's winning time of 3:26:45 was just 2:38 outside the three-year-old record set by Alex Wight of Edinburgh AC.

Lt Allan (Royal Navy/Pitreavie), running this distance for the first time, ran very well for fifth place and cleaned up the prize list in a big way. He won the Hampton Cup for "best performance by serving member of HM Forces", the Ridley Trophy for "best local athlete" and took first prize in the handicap. Tipton Harriers, who have given great support to this race over the years, provided the first two teams from their nine runners completing the course. Don Turner, winner of the inaugural race in 1968, finished 43rd in 4:46:0.

Colin Shields

1, C. Woodward (Leamington) 3:26:45
 2, C. Youngson (Edinburgh Southern H) 3:29:44
 3, M. Orton (Tipton) 3:31:52
 4, A. Richards (Tip) 3:33:35; 5, A. Radcliffe (Pit/RN) 3:36:28; 6, G. Kay (Barn) 3:42:08; 7, W. Carr (Tip) 3:49:00; 8, M. Coventry (Mit) 3:49:20; 9, G. Archer (Hill) 3:51:10; 10, D. McWhirter (Tip-V) 3:52:01; 11, J. Lees (W&B) 3:52:58; 12, M. Newton (SLH) 3:53:38; 13, W. Russell (Clyde-V) 3:56:35; 14, C. Hunt (W&B) 3:58:12; 15, J. Malpass (Tip) 4:00:17; 16, G. Bentley (Tip) 4:00:34; 17, J. Wagstaffe (Tip) 4:01:52; 18, W. Humphreys (SLH) 4:02:41; 19, R. Meadowcroft (Alt) 4:03:03; 20, M. Thomson (Traralgon/Australia) 4:06:24; 21, A. Burkitt (Tip) 4:12:28; 22, D. Weir (Sale) 4:13:15; 23, D. Harris (D&S-V) 4:13:45; 24, D. Cooper (Camb H-V) 4:14:05; 25, G. Kemp (E&S) 4:14:07; 26, V. Ezzi (Falk) 4:15:04; 27, C. Day (US Navy) 4:15:43; 28, M. Casse (Camb H) 4:17:29; 29, F. Byrne (Camb H-V) 4:17:55; 30, J. Such (Leam)

4:19:05. **Teams:** 1, Tipton 14; 2, Tipton 'B' 48; 3, Wolverhampton & Bilston 63.

CIVIL SERVICE CHAMPIONSHIPS

At West London, August 23rd

100/200: A. McKenzie 11.7/22.9. 400/800: K. Crew 50.3/1:57.0. 1500: 1, J. Cain 3:57.0; 2, J. Dryden 3:57.4; 3, P. Chimes 3:57.8; 4, D. Gallo-way 3:57.9; 5, F. Green 3:58.1. 5000: R. Lunnon 14:25.8. 3000SC: 1, B. Baggalley 9:14.6; 2, D. Evans 9:16.6. 3000W: 1, P. Selby 12:56.8; 2, R. Dobson 12:58.0; 3, G. Robinson 13:45.6; 4, D. Hall 13:48.0. 110H: 1, Willoughby 16.0. 400H: 1, K. Lancey 54.6; 2, N. Brothers 55.5; 3, Willoughby 56.8. HJ: C. Brambley 1.95/6'4". PV: 1, A. Williams 4.75/15'7"; 2, B. Drayton 4.30/14'14"; 3, S. Cameron 3.50/11'54". LJ: R. Gilfrin 6.69/21'11". TJ: A. Lees 14.14/46'4". SP: R. Kennedy 15.52/50'11". DT: 1, Kennedy 41.28/135'5"; 2, C. Melliush 39.50/129'7". HT: 1, Melliush 59.34/194'8"; 2, P. Parr 39.50/129'7". (Vets) 100: E. Milton 11.8. (Women) 100/200: M. Tranter 12.6/25.2. 400: 1, L. Taylor 56.2; 2, S. Reed 57.8; 3, T. Piggford 59.4. 800: 1, A. Parker 2:17.3; 2, S. Endersby 2:18.2. 1500: 1, Parker 4:46.7; 2, Endersby 4:53.7. LJ: 1, Tranter 5.54/18'24"; 2, L. Williams 5.35/17'64". SP: J. Britton 11.11/36'54".

GRANTHAM & DISTRICT A.C.

present

1st GRANTHAM 'S' ROAD RACE

(Under A.A.A. Laws)

ON SUNDAY, NOVEMBER 2nd
at 2.30 (from RIVERSIDE)

OVER 50 PRIZES

SENIOR, JUNIOR, VETS, LOCAL
'A' TEAMS, 'B' TEAMS, SERVICES,
UNIVERSITY/COLLEGE, N.S.E.
and MIDLAND COUNTIES TEAMS.

Entries: 20p Individual, 40p Team (3 to count) on AAA forms to **Bob Tristram, 19 Rushcliffe Road, Grantham, Lincs NG31 8ED (Phone 3905) by Wed., October 22nd.**

COME AND SUPPORT A NEW
CLUB ON THE A1 AND MAIN
RAIL

Sponsored by Local Firms

Scottish Record For Liz Sutherland

EDINBURGH 108 v MUNICH 93

At Munich, September 20th

100 (+ 0.8): 1, A. McMaster (E) 10.6; 2, R. Portatz (M) 10.7; 3, S. Brodie (E) 10.8; 4, S. Letzel (M) 10.9; 5, P. Hoffmann (E) 11.0. **200** (+ 1.2): 1, McMaster 21.4; 2, Hoffmann 21.8. (Guest): Brodie 21.7. **800**: 1, P. Forbes (E) 1:50.0; 2, H. Handl (M) 1:50.4; 3, G. Gobmeier (M) 1:50.7; 4, R. Weatherburn (E) 1:50.8. **5000**: 1, A. Weatherhead (E) 14:11.6; 2, J. Dingwall (E) 14:11.6. **110H** (+ 0.6): 1, S. McCallum (E) 14.4; 2, R. Heis (M) 14.9; 3, M. Dlouhy (M) 15.0; 4, K. Maguire (E) 15.6. **HJ**: 1, J. Buchert (M) 2.06/6'9"; 2, B. Burgess (E) 2.03/6'8"; 3, F. Hagg (M) 2.03; 4, Maguire 1.95/6'4½". **LJ**: 1, R. Kick (M) 7.04/23'1½"; 2, K. Morrison (E) 6.98/22'10½"; 3, R. Sova (M) 6.91/22'8"; 4, A. Welles (E) 6.74/22'1½". **SP**: 1, F. Kiesel (M) 16.08/52'9¼"; 2, P. Buxton (E) 15.46/50'8½"; 3, D. Hanschmann (M) 15.35/50'4½"; 4, C. Black (E) 14.59/47'10½". **DT**: 1, Kiesel 51.16/167'10"; 2, Buxton 50.92/167'1". (Guest): C. Black 48.98/160'8". **4 x 100**: 1, Edinburgh 41.5; 2, Munich 42.3.

(Women) 100 (+ 1.2): 1, H. Golden (E) 11.6; 2, E. Sutherland (E) 11.7; 3, P. Sharp (M) 11.9; 4, C. Steger (M) 11.9. (Guest): E. Douglas (E) 12.2. **200** (+ 0.7): 1, Golden 23.7; 2, A. Littlejohn (E) 24.7. **800**: 1, K. Williams (E) 2:11.6; 2,

A. Clarkson (E) 2:11.7. **100H**: 1, E. Sutherland (E) 13.7 (Scottish nat rec); 2, E. Noeding (M) 13.7; 3, M. Wells (E) 14.4. **HJ**: 1, M. Walls (E) 1.71/5'7¼"; 2, G. Schlecht (M) 1.71; 3, J. Thomson (E) 1.68/5'6". **LJ**: 1, P. Sharp (M) 5.96/19'6¼"; 2, A. Eimuller (M) 5.89/19'4"; 3, S. Brodie (E) 5.50/18'0¼". **SP**: 1, E. Wilms (M) 16.83/55'2¼"; 2, B. Philipp (M) 13.60/44'7½"; 3, M. Ritchie (E) 12.59/41'3½"; 4, C. Chalk (E) 11.88/38'11½". **DT**: 1, Ritchie 50.70/166'4"; 2, Wilms 44.62/146'5"; 3, A. Brommel (M) 41.48/136'1"; 4, Chalk 41.46/136'0". **4 x 100**: 1, Munich 46.0; 2, Edinburgh 46.7.

COATBRIDGE GAMES

September 20th

100: 1, A. Hislop (ESH) 10.8; 2, D. Gormal (Glas Un) 11.1. **200**: 1, Hislop 22.0; 2, Gormal 22.2; 3, I. Callander (Clyde V) 22.6. **Monkland Mile**: 1, R. MacDonald (Clyde V) 4:10.2; 2, C. Garforth (Leeds) 4:12.4; 3, M. Knowles (Leic) 4:13.3. **3000**: J. Caine (Gates) 8:36.0. **3000SC**: 1, J. Burns (Shett) 9:17.0; 2, J. Evans (Shett) 9:24.0; 3, A. McIntosh (Pit) 9:25.6. **(Boys) 800**: G. Williamson (Spring) 2:05.0. **(Senior Women) 100**: 1, A. Dalton (Law) 12.0; 2, L. Boyle (Clyde V) 12.1; 3, M. Hutton (Clyde V) 12.4; 4, S. Livingston (Pit) 12.5. **(Inters) 1500**: 1, E. Robinson (Pit) 4:48.4; 2, M. Pahnke (Clyde V) 5:00.9.

MEDWAY ATHLETIC CLUB

52nd ROCHESTER "5"

SUNDAY, NOVEMBER 16th, 1975

Start 3 p.m.

ROCHESTER ESPLANADE

AWARDS

Willis Cup: 1st Individual

Simmons Cup: 1st Team

Charlie Pay Trophy: 1st Kent Runner

GREATLY INCREASED PRIZE VALUES

Value of Prizes £150 for: First 10 Individuals, First Three Teams, First 'B' Team, First Two Veterans. Additional prizes up to first 20, according to entry.

Changing Accommodation: Mathematical School, Maidstone Road, Rochester.

Entries: 6 run, 4 to score

Fees: All to enter as individuals

at 20p each. NO TEAM FEES.

Race Secretary:

L. Smith, 5 The Shades, Knights Place, Strood, Rochester, Kent (Medway 70224)

CLOSING DATE: November 5th, 1975

Does Your Club need new ideas?

Come and recharge your batteries at the first

NATIONAL CLUB CONFERENCE

AT LEICESTER

ON SUNDAY, NOVEMBER 16th

Find out how other clubs deal with:

- Recruitment of Members.
- Coaching and competition for all ages and abilities.
- The huge cost of running an athletic club.

This could give you the lead you are looking for.

Details from and applications to:

David Couling,
82A Birstall Road,
Birstall,
Leicester,

enclosing fee of £1 which includes a buffet lunch (S.A.E. please).

WINSFORD SPORTS COUNCIL**'SKI' 7 MILES ROAD RACE****September 13th**

September 1951

1, L. Reilly (Sale)	32:13
2, A. Blinston (Altrincham)	32:24
3, A. Byrne (Bolton)	32:48
4, D. Brennan (Warr) 32:56; 5, F. Pendlebury (M&D) 32:58; 6, R. Hill (Bolt) 33:14; 7, S. Curran (Salf) 33:17; 8, G. Davies (Sale) 33:29; 9, S. Edmunds (Sale) 33:32; 10, S. Clegg (Salf) 33:33; 11, P. Lindsell (Salf) 33:35; 12, B. Aspden (Salf) 33:39; 13, D. Ashe (Stoke) 34:00; 14, A. Key (Alt) 34:18; 15, B. Murphy (Salf) 34:28; 16, D. Blakeley (M&D) 34:46; 17, G. Lawson (M&D) 34:47; 18, B. Adams (Wins) 34:48; 19, B. Thompson (Warr) 34:50; 20, D. Brown (Salf) 34:50; 21, P. Whiteman (Stoke) 34:54; 22, S. Walker (Sale) 34:55; 23, S. Chabowski (Staff) 34:56; 24, P. Martin (Salf) 35:09; 25, M. Morrell (Wirr-V) 35:15. Teams: 1, Sale 18; 2, Salford 28; 3, Manchester & Dist 38; 4, Salford 'B' 47; 5, Altrincham 59; 6, Bolton 66; 7, Warrington 87; 8, Winsford 90; 9, Wrexham 96; 10, Crewe 98.	

SALISBURY ROUND THE HOUSES**ROAD RACE****September 14th**

September 14th

1, P. Flavel (Oxford City)	22:54
2, R. Crabb (Swindon)	23:12
3, S. McHale (Gloucester)	23:22
4, J. Bednarski (Swin) 23:33; 5, G. Davies (Bris) 23:53; 6, Jones (RAF) 23:55; 7, D. Francis (West) 24:00; 8, M. Fletcher (Chelm) 24:04; 9, P. Fletcher (Chelm) 24:17; 10, I. Kellie (West) 24:19; 11, J. Willoughby (Chelm) 24:24; 12, K. Vooght (Hill) 24:32; 13, K. Daykin (RAF) 24:34; 14, A. Shrimpton (S&E) 24:36; 15, J. Townsend (Swin) 24:39; 16, E. Phillips (Ply) 24:42; 17, R. Corney (Swin) 24:43; 18, B. Popel (West) 24:45; 19, N. Skipper (Port) 24:46; 20, A. Harmer (Port) 24:49. Teams: 1, Swindon 38; 2, Westbury 56; 3, Chelmsford 84.	

Youths 3½ miles

1, G. Bath (Sal) 19:01; 2, R. Swan (Bas) 19:14; 3, R. Nash (West) 19:31; 4, T. Matthews (West) 19:40; 5, J. Pickford (West) 19:47; 6, G. Owen (Bris) 19:52; 7, M. Cowman (West) 20:05; 8, G. Osbourne (West) 20:15; 9, B. Martyniuk (Glos) 20:18; 10, R. Hingey (Ox) 20:22. Teams: 1, Westbury 12; 2, Westbury 'B' 27; 3, Gloucester 45. (Boys 2½M): 1, K. Kiddle (Port) 16:31; 2, P. Hudd (Bris) 16:33; 3, K. Hall (Bris) 16:39; 4, D. Ludlam (Port) 16:46; 5, S. Bushell (Bris) 16:53; 6, J. Sharp (West) 17:12. Team: Bristol.
--

ICKNIELD CC LEAGUE**At Luton, September 27th**

1, A. Simmons (Luton United)	29:59
2, K. Clifford (Cambridge & Coleridge)	30:55
3, R. Thompson (Luton United)	31:04
4, M. Mangan (P'borough) 31:19; 5, L. Irvine (C&C) 31:26; 6, R. Church (P'borough) 31:38; 7, G. White (Lut) 31:51; 8, R. Hill (Lut) 32:17; 9, G. Bourne (Lut) 32:40; 10, J. Jenkins (Hunt) 32:44; 11, R. Brooke (C&C) 32:46; 12, F. Stebbings (Lut) 32:53; 13, W. Getty (P'borough) 33:03; 14, A. Boast (C&C) 33:06; 15, D. MacArthur (C&C) 33:12. Teams: 1, Luton 404; 2, Cambridge & Coleridge 379; 3, Peterborough 322; 4, Huntingdon 234; 5, Stevenage 232; 6, Kettering 210.	

Youths/Boys

1, T. Currant (Lut) 20:40; 2, A. Ingram (Bed) 20:55; 3, R. Benehay (Bed) 21:12; 4, A. Bingham (Kett) 21:14; 5, M. Hicks (Kett) 21:20; 6, P. Dilley (Stev) 21:22; 7, G. Wale (Hunt) 21:28; 8, M. Knapp (Stev) 21:31; 9, G. Rizzo (P'borough) 21:45; 10, M. Field (Melb) 21:48. Teams: 1, Bedford 160; 2, Stevenage 151; 3, Kettering 142. (Colts): 1, A. Wakefield (Lut) 10:43; 2, G. Spring (Bed) 10:56; 3, M. Brown (Stev) 10:58; 4, J. Moroney (Bed) 11:06; 5, V. Hubbins (Lut) 11:09; 6, S. Goodwin (Bed) 11:19. Team: Bedford 180.

Judging by this photo taken by Graham McDonald, an incorrect result was recorded in the AAA Junior 100m final at Kirkby. Daley Thompson won but Drew McMaster (on far side) is clearly ahead of Cecil Moven (nearer camera). However, Moven was officially awarded second place and McMaster third.



OLYMPIC SPRINTERS contd. from page 19

When Williams ran 10.0 in Jamaica, he also handed DQ his first loss ever at home. Likewise in the 200. But it didn't alarm the diminutive DQ. "That was my first race of the year, and the times (10.2 and 20.2) were good, so I wasn't displeased," the 24-year-old Quarrie confided after the race. Since that season-opening meet, Quarrie and Williams have staged what may become an epic series of confrontations, including a world record-equalling 19.8 for metres and 19.9 for yards (by both runners) in Eugene. Quarrie has out-run his US rival in 9 of 12 races this year.

What all this points toward is potential danger for the US sprint corps in Montreal. The premier American sprinter is being repeatedly trounced at the hands (feet!) of someone who isn't even considered the top candidate for Gold at the Olympics. Quarrie's premier event is the 200.

The favourite for the Montreal 100 (and possibly the 200) still has to be Borzov, the double Olympic winner from 1972. He has rarely been tested and he summed up his competitive strengths succinctly after winning the European Championship 100 in Rome: "I've never had a bad start in important meets. I think I will be better in 1976." Leonard, like Williams, has world record credentials and in 1974 he whipped the American in their only duel. Quarrie is a legitimate threat to win one and perhaps two medals. As is Leonard. And Williams. And don't forget the likes of Hasely Crawford, Felix Mata and Pietro Mennea plus all those East Germans who usually receive a 10.0 in Dresden shortly before any important race.



Pietro Mennea, Italy's European 200m champion.

Fionnbar Callanan

World All-Time Sprint Lists

100 YARDS (HAND-TIMED)

9.0	Ivory Crockett (USA)	1974
9.0	Huston McTear (USA)	1975
9.1	Bob Hayes (USA)	1963
9.1	Harry Jerome (Canada)	1966
9.1	Jim Hines (USA)	1967
9.1	Charles Greene (USA)	1967
9.1	John Carlos (USA)	1969
9.1	Willie McGee (USA)	1970
9.1	Steve Williams (USA)	1973

100 YARDS (AUTOMATIC TIMING)

9.21	Charles Greene (USA)	1967
9.30	Houston McTear (USA)	1975
9.32	Lennox Miller (Jamaica)	1967
9.33	Cliff Outlin (USA)	1975
9.34	Reggie Jones (USA)	1974

100 METRES (HAND-TIMED)

9.9	Jim Hines (USA)	1968
9.9	Charles Greene (USA)	1968
9.9	Eddie Hart (USA)	1972
9.9	Rey Robinson (USA)	1972
9.9	Steve Williams (USA)	1974
9.9	Silvo Leonard (Cuba)	1975
9.9	Reggie Jones (USA)	1975
10.0	39 men	

100 METRES (AUTOMATIC TIMINGS)

9.95	Jim Hines (USA)	1968
10.02	Charles Greene (USA)	1968
10.04	Lennox Miller (Jamaica)	1968
10.05	Bob Hayes (USA)	1964
10.05	Steve Riddick (USA)	1975
10.07	Valeriy Borzov (USSR)	1972
10.08	Steve Williams (USA)	1975
10.09	Hermes Ramirez (Cuba)	1968
10.11	Roger Bambuck (France)	1968
10.13	Pablo Montes (Cuba)	1968
10.14	Ronnie Ray Smith (USA)	1968

200 METRES (HAND-TIMED)

19.7	John Carlos (USA)	1968
19.8	Tommie Smith (USA)	1968
19.8	Don Quarrie (Jamaica)	1971
19.8	Steve Williams (USA)	1975
20.0	Peter Norman (Australia)	1968
20.0	Larry Black (USA)	1972
20.0	Valeriy Borzov (USSR)	1972
20.1	13 men	

200 METRES (AUTOMATIC TIMING)

19.83	Tommie Smith (USA)	1968
19.86	Don Quarrie (Jamaica)	1971
19.91	John Carlos (USA)	1968
20.00	Valeriy Borzov (USA)	1972
20.05	Peter Norman (Australia)	1968
20.16	Steve Williams (USA)	1975
20.19	Larry Black (USA)	1972
20.23	Pietro Mennea (Italy)	1975

Sports Council Study of Back Injuries

ONE of the main findings of the Sports Council's Pilot Study of Sports Injury Clinics (the report of which will shortly be published) was that back injuries are amongst the most troublesome of sports injuries—difficult to diagnose correctly and to treat adequately. The Sports Council has, therefore, commissioned a study specifically of back injuries in sportswomen and sportsmen. The main objectives of the investigation will be to determine which types of spinal lesion occur most commonly in sport (and what lesions go with which sports) and to elucidate the factors which are associated with the development of spinal lesions in their various forms. It is hoped that the project will lead to more effective diagnoses and treatments of back injuries occurring in sport. The study is, therefore, in the direct interest of the sporting world. It is expected to run for one year from September 1975.

For the purposes of the project, a back injuries clinic for athletes has been established in the Department of Rheumatology and Rehabilitation in King's College Hospital. Governing Bodies (and their regional, area, county, and local divisions), individual sports clubs, General Practitioners, hospital casualty and orthopaedic departments, etc may—and, it is hoped, will—refer cases to this clinic. Individual sportsmen and sportswomen with back problems may also refer themselves direct. The Sports Council is hoping that as many as possible of those athletes, of whatever age and level of skill, who suffer from back pain will attend the clinic: the study will gain in value according to the numbers who attend and the diversity of sports and of spinal injuries investigated. Everyone will receive a thorough clinical examination and, where appropriate, treatment will be prescribed and supervised. The research work will be carried out by a clinical expert in spinal lesions. The medical research worker who is writing the report on the Sports Council's Pilot Study of Sports Injury Clinics will also act as Research Consultant to the project. Overall supervision of the enquiry rests with a Steering Committee whose members include two consultants in rheumatology

from two leading London teaching hospitals, Alan Pascoe of the Sports Council and a DHSS observer.

The clinics will be held regularly each week at King's College Hospital. Athletes wishing to attend should ring (01) 274-6222 extension 2450 to make an appointment. Emergency cases may contact the Clinician through this number any time of the week.

Recommended travelling directions

Bus: The hospital is 5 min walk from Camberwell Green which is served by many bus routes. The following buses actually pass the hospital gates: Nos. 40, 68, 176, 184 and 185.

Tube: Oval Station (Northern Line) is approx 15 min walk from King's College Hospital. Alternatively visitors may catch a 185 bus from outside Oval Station which will take them to the hospital gates.

British Rail: Trains from London Bridge/Victoria leave for Denmark Hill at quarter past and quarter to the hour every day. Journeys approx 10 min. King's College Hospital is 2 min walk from Denmark Hill Station. Trains from Holborn Viaduct/Blackfriars leave approx every half hour for Denmark Hill. Journeys approx 10 min.

DALEY THOMPSON STARS AGAIN

Daley Thompson (17) broke the UK Junior decathlon record (senior implements) with a score of 7100 at Cwmbran last weekend. He placed 2nd to Jean-Pierre Crozet (7277) in the UK v France contest, with Gus McKenzie finishing 3rd with a personal best of 7091. Britain won against what was virtually a French 'B' team, 27,784 to 27,702, and also won the women's pentathlon, 12,350 to 11,361. Sue Longden was the winner with a personal best of 4275, only 25 pts short of the Olympic qualifying, with Ann Simmonds (née Wilson) 2nd at 4195.

BRISTOL ATHLETIC CLUB

16th MIKE SULLY MEMORIAL CROSS-COUNTRY RACES

(Under E.C.C.U. and W.C.C. & R.W.A. Rules)

FRY'S SPORTS GROUND, KEYNSHAM, BRISTOL—SUNDAY, 9th NOVEMBER 1.15 p.m.

A "NATIONAL" class meeting for both sexes and all age groups—1400 entries in 1974. Spectator course, full commentary. At the cross-roads of the M4 & M5.

5M Senior Men	1974 Winner J. Bednarski
5M Junior Men	New Event This Year
3 Mile Youths	1974 Winner K. Harrison
2½ Mile Boys	1974 Winner J. Lothian
1½ Mile Colts	1974 Winner G. Redhead
1½ Mile Jnr. Colts	1974 Winner I. Pring
2½M Snr. Ladies	1974 Winner C. Tranter
2½M Inter. Ladies	1974 Winner L. Ward
1½M Jnr. Ladies	1974 Winner K. White
1½ Girls	1974 Winner S. Williams

Prizes: First 10 and first 3 teams, 1st & 2nd Vet in Senior Men. First 3 and first 3 teams all other events.

PRIZE VALUE OVER £300

Senior Men & Ladies-winner's prize value £25. All Men's teams 4 to score. Ladies events 3 to score.

Fees: Senior Men & Senior Ladies 30p. All others 20p (no team fees).

Entries/Enquiries with s.a.e to Reg Owen, 30 Purn Road, Bleadon Hill, Weston-Super-Mare, Avon (Bleadon 813346).

Entries close Nov. 3rd. No late entries

Young Athletes' Results

WAKEFIELD H YOUNG ATHLETES

ROAD RACES

At Wakefield, September 20th

An efficiently organised afternoon of road racing was enjoyed by a large body of spectators—the afternoon highlighted by an exciting leg in the junior relay by Nicky Lees who took 27sec off John Ashton's course record. The Colts race was never in doubt with Owen ten yards clear after a quarter of a mile and extending the lead throughout. The Boys relay race looked to be sewn up after two legs with Rossendale 45sec clear, but running an equal fastest time for the one lap course enabled Crawley to demonstrate his finishing burst, taking the race for Derby. In the Youths race a similar margin had to be pulled back by Clive Prestt (a winner of the previous week's Middlesbrough Parkland races), but pull it back he did, bringing QEGS home in front of a consistent Pilkington team.

Duncan Gaskell

Junior 3 x 2½ miles

1, Derby & Co (N. Lees 13:20, D. Rowe 14:17, D. Reeves 14:29) 42:06; 2, Holmfirth (C. Hollingworth 13:57, I. Moore 15:52, A. Ulrick 14:37) 44:26; 3, Derby & Co 'B' (M. Yatim 14:49, M. Watts 15:37, D. Kwatek 16:15) 46:39; **Fastest:** Lees 13:20 (rec), Hollingworth 13:57, Rowe 14:17.

Youths 3 x 2½ miles

1, Queen Elizabeth GS (A. Bates 14:49, A. Cooper 15:02, C. Prestt 14:08) 43:59; 2, Pilkington (K. Rothwell 14:28, S. Anders 14:53, K. Jaques 14:47) 44:08; 3, Holmfirth (D. Sykes 14:10, S. Matthews 14:59, J. Whiteley 15:05) 44:14; 4, City of Hull 44:34; 5, Wakefield 45:00; 6, East Hull 45:04. 15 teams closed in. **Fastest:** Prestt 14:08, Sykes 14:10, J. Metcalfe (Wake) 14:22. **(Boys 3 x 1½M):** 1, Derby & Co (T. Gardner 7:17, S. Bunting 7:40, S. Crawley 6:51) 21:48; 2, Rossendale (D. Lewis 6:51, P. Dixon 7:21, I. Fletcher 7:38) 21:50; 3, Derby & Co 'B' (R. Whyte 7:29, J. Avery 7:27, D. Pratt 7:17) 22:13; 4, Bedford 22:21; 5, Halifax 22:38; 6, Derby 'C' 23:12. 12 teams closed in. **Fastest:** Crawley & Lewis 6:51, P. Vigurs (Bed) & P. Millington (Dby 'C') 7:12. **(Colts 1½M):** 1, A. Owen (Wake) 7:37; 2, C. Hutchinson (Wake) 7:48; 3, W. Dixon (Ross) 7:50. **Team:** Wakefield 10.

Tony Miller is anxious to receive a copy of the results of the Scottish Schoolgirls Championships and Scottish Schoolgirls Pentathlon Championships for the UK ranking lists. Can anyone oblige? Contact him at 6 Beachy Road, Broadfield, Crawley, Sussex.

YOUNG ATHLETES LEAGUE AUXILIARY FINAL

At Thurrock, September 6th

Youths

100: K. Biggs (BoE) 11.5. 200: 1, Biggs 22.9; 2, M. Whitaker (Cann) 23.0. 400: 1, J. Presnell (Tonb) 50.5; 2, J. Read (Cann) 51.7. 800: S. Rebbeck (Tonb) 2:01.8. 1500: T. Howard (Cann) 4:26.3. 3000: Mitchell (BoE) 9:40.6. 1500SC: 1, P. Davis (Cann) 4:41.3; 2, N. Young (Tonb) 4:41.8. 100H: 1, P. Johnson (BoE) 13.8; 2, C. Hayes (Bris) 14.0; 3, P. Wilkins (Tonb) 14.5. HJ: M. Watts (Bris) 1.75/5'8½". PV: T. Sherwin (S'end) 3.00/9'10". LJ: J. Shaw (BoE) 6.10/20'0¼". TJ: C. Goff (Tonb) 12.98/42'7". SP: A. Husk (S'end) 16.94/55'7" (UK Youths best). DT: B. Long (Sy) 37.24/122'2". HT: 1, Husk 45.60/149'7"; 2, S. Irvin (Bris) 43.58/143'0". JT: 1, Taylor (Cann) 53.22/174'7"; 2, Bamford (Hill) 51.58/169'3"; 3, Johnson (BoE) 49.32/161'10". 4 x 100: Enfield 46.0. 4 x 400: 1, Enfield 3:34.2; 2, Bristol 3:35.8. **(Boys)** 100: N. Swift (Hill) 12.2. 200: N. Green (Bris) 24.5. 400: P. Goacher (Cann) 53.3. 800: S. Glover (Cann) 2:09.2. 1500: K. Arkell (Cann) 4:28.8. 3000: Hudd (Bris) 9:40.6. 80H: 1, Adams (BoE) 11.7; 2, Green 11.8. HJ: D. Paris (Sy) 1.55/5'1". PV: V. Corp (Bris) 2.40/7'10½". LJ: Goacher 5.65/18'6½". TJ: O. Sussex (S'end) 12.60/41'4¼". DT: P. Millbourn (Tonb) 35.22/115'7". HT: C. Silman (Bris) 31.60/103'8". JT: Samuels (Cann) 43.02/141'2".

Teams: 1, Bristol; 2, Cannock; 3, Borough of Enfield.

CANNOCK CHASE YOUNG ATHLETES

MEETING

August 24th

(Youths) 100: B. Galloway (Cov) 11.4. **(Boys)** HJ: 1, R. Hepburn (Forrester HS/Edin-age 13!) 1.83/6'0"; 2, B. McGillion (Spa) 1.75/5'8½"; 3, F. Redley (Spa) 1.75; 4, S. Cameron (Ox) 1.70/5'7". LJ: P. Goacher (Cann) 5.88/19'3½". SP: M. Walker (Cov) 14.04/46'0¼". DT: 1, J. Buttress (Here) 41.72/136'10"; 2, N. Walker (Cov) 38.14/125'1"; 3, J. Skinner (Cov) 38.04/124'10". **(Inter Women)** 200: 1, S. Howells (Loz) 25.1; 2, S. Morley (Hick) 26.4. 1500: 1, G. Dainty (B'field) 4:44.5; 2, Y. Rowe (Dby) 4:56.2. **(Juniors)** 100: 1, E. Hurley (Bri) 12.5; 2, K. Antcliffe (DHTC) 12.6; 3, K. Smallman (Hick) 12.8; 4, W. Hines (Hick) 12.9; 5, C. Reaney (Stoke) 13.0; 6, D. Rimmington (DHTC) 13.0. 200: Antcliffe 27.0. 800: 1, S. Johnson (Leic) 2:22.8; 2, K. Baker (Cov) 2:25.5; 3, D. Watson (Dby) 2:27.9. 75H: 1, J. Turner (Stoke) 11.6; 2, T. Hester (Ox) 11.7; 3, Y. Peart (Rad) 12.3; 4, D. Finch (Sol) 12.5. HJ: Peart 1.50/4'11". LJ: H. Brown (Cann) 5.23/17'2". SP/DT: A. Franks (Rad) 9.99/32'9¾" & 31.02/101'9". JT: 1, D. Rimmington (DHTC) 29.22/95'10"; 2, A. Wiles (Cov) 28.44/93'4". **(Girls)** 100: J. Parry (Ches) 13.2. 800: D. Robinson (Sheff) 2:31.9.

SOUTHERN WOMEN'S LEAGUE FINAL POSITIONS

Division One

1, Exeter	1045½
2, City of Plymouth	987
3, Chelmsford	948½
4, Reading	945
5, Norfolk Olympiades	944
6, Essex Ladies	922
7, Bracknell	911
8, Epsom & Ewell	863½
9, Cambridge Harriers	855½
10, Middlesex Ladies	854
11, Portsmouth Atlanta	846½
12, Aldershot, Farnham & Dist	839
Wycombe Phoenix	839
14, Harlow	827
15, Brighton & Hove	826
16, Southampton & Eastleigh	822
17, Oxford Ladies	818
18, London Olympiades	803
19, Verlea	741½
20, Thurrock	721½
21, Southend-on-Sea	703
22, Ilford	702
23, Windsor, Slough & Eton	697
24, Crawley	688
25, Kent	623

Relegated: Kent, Crawley, Windsor, Slough & Eton, Ilford, and possibly Southend.

Division Two

1, Medway	1095
2, Luton United	1063½
3, Woking	1059
4, Uxbridge	1050½
5, Basildon	1037
6, Bedford & County	942
7, Barnet	937
8, Watford	932
9, Surrey AC	916
10, Radley	907
11, Surrey Beagles	890½
12, Wigmore Ladies	746
13, West Norfolk	737½
14, Stevenage & North Herts	729
15, Highgate	716
16, Hayes Phoenix	708½
17, Bognor Regis	707½
18, Peterborough	697
19, Parkside	681½
20, Sutton & Cheam	657½
21, Torbay	622
22, Spartan Ladies	570½
23, Worthing & District	532½
24, Huntingdon	503
25, Guildford & Godalming	424

Relegated: Spartan LAC, Huntingdon, Worthing & Dist, Guildford & Godalming.

Division Three

Winners of the promotion match: Cambridge & Coleridge. Also promoted: Selsonia, Tonbridge, Essex Beagles.

DERBY LAC 305 v EDINBURGH AC 274 v LEICESTER 241 v NOTTS 195 (WOMEN)

At Leicester, September 20th

100/200: E. Mander (Dby) 12.5/25.5. HJ: 1, J. Harrison (Leic) 1.67/5'5¼"; 2, D. Grant (Leic) 1.60/5'3". LJ: G. Morton (Leic-I) 5.86/19'2¼". DT: 1, K. Mallard (Leic) 39.80/130'7"; 2, F. Vittles (Notts) 38.40/126'0". JT: S. Hallam (Leic) 34.08/111'10". (Inters) 100/200: F. Patterson (Dby) 12.2/25.6. 400/800: C. Avery (Dby) 59.8/2:21.2. 1500: 1, F. Oldershaw (Dby) 4:52.5; 2, Y. Rowe (Dby) 4:56.1. 80H: 1, S. Springer (EAC) 12.2; 2, A. Bonser (Leic) 12.2. 200H: 1, Patterson 29.9; 2, T. Gahegan (Leic) 31.0; 3, C. Armstrong (EAC) 31.9; 4, D. Hemmingway (Dby) 31.9. 4 x 100: Leicester 52.1. (Juniors) 100: C. Pryce (Notts) 12.7. 200: T. Gahegan (Leic) 26.6. 800: 1, S. Johnson (Leic) 2:19.0; 2, A. Telford (Dby) 2:23.5. 1500: 1, D. Watson (Dby) 4:58.4; 2, K. Boyce (Leic) 5:01.8. 75H: 1, Pryce 12.0; 2, A. Rhodes (Dby) 12.3; 3, M. Devine (EAC) 12.3. HJ: Pryce 1.50/4'11". LJ: Devine 5.00/16'5". SP: 1, Pryce 11.24/36'10½"; 2, W. Lewis (Dby) 9.51/31'2¼". DT: 1, K. Lynch (EAC) 28.06/92'1"; 2, W. Wass (Leic) 27.18/89'2". JT: 1, K. Johnson (Leic) 29.74/97'7"; 2, K. Hayday (Dby) 27.98/91'9". 4 x 100: Leicester 52.8.

SOUTHEND-ON-SEA SHORT TROPHIES MEETING (WOMEN)

At Southend, September 20th

Southend 64; Chelmsford 48; Ilford & Middlesex 38; Basildon 29; Hillingdon 29; Essex Beagles 15; Essex LAC 12; Hayes & Thurrock 4; Spartan 2.

100H: 1, A. Simmonds (S'end) 14.6; 2, C. Lowman (Chelm) 15.9. LJ: 1, Simmonds 5.73/18'9¾"; 2, C. Earlington (Mx) 5.41/17'9". DT: 1, D. Sturman (Chelm) 36.08/118'4"; 2, S. Tudor (Hill) 35.88/117'8". JT: C. Whitmore (If) 39.68/128'10". 4 x 100: Southend 48.9. (Juniors) Middlesex 50; Basildon 34; Hillingdon 29; Essex Beagles 28; Essex LAC 27; Ilford 25½; Chelmsford 23; Southend 14½; Hayes 9; Thurrock 7. 75H: 1, M. Ferris (Hill) 12.3; 2, Y. Baldeo (Mx) 12.5; 3, J. Fuller (S'end) 12.6. HJ: 1, V. Gibbs (Hill) 1.52/4'11¼"; 2, Y. Baldeo (Mx) 1.52. LJ: D. Wright (Mx) 5.00/16'5". SP: 1, C. Myhill (Chelm) 10.72/35'2"; 2, T. Brockwell (If) 10.65/34'11¼"; 3, D. Byfield (S'end) 9.45/31'0". JT: 1, Myhill 32.66/107'2"; 2, V. Simpson (Ex LAC) 31.08/102'0"; 3, J. Bunnage (If) 27.22/89'4". 4 x 100: 1, Middlesex 51.4; 2, Essex Beagles 52.5; 3, Basildon 52.8.

The AGM of the Southern Women's League will be held at 10.30 am on December 6th at the Polytechnic, Regent Street, London. Clubs wishing to join, or anyone with proposed alterations to rules, should contact P. Smith, 67 Ember Farm Way, East Molesey, Surrey by October 31st. Proposed League dates for 1976 are:—April 24th, May 8th, June 19th, July 3rd, August 14th and September 4th.

MODERN PENTATHLON ASSOCIATION OF GREAT BRITAIN

announce the SEVENTH ANNUAL BIATHLON CHAMPIONSHIPS to be held at the NATIONAL SPORTS CENTRE, CRYSTAL PALACE, on 13th and 14th DECEMBER, 1975. Qualifying competitions will be held around the country during November.

Individual and Team competitions, Men's Open, Junior (male) and Ladies Open. (Junior class is for competitors under 17 years of age on the 1st January, 1975).

Biathlon distances are as follows:—

Men's Open 300 metre swim, free-style; 4000 metre run, cross country.

Junior (male) 200 metre swim, free-style; 3000 metre run, cross country.

Ladies 200 metre swim, free-style; 1500 metre run, cross country.

Both individuals and clubs must be either affiliated to or members of one of the AAAs, ASA or MPAGB.

Challenge Trophies and Prizes in all classes.

Entry forms and rules for this competition are available from the Administrative Officer, MPAGB Offices, 1a Godstone Road, Purley, CR2 2DH. Telephone No: 01-668 7855.

Obituary

A. R. TWINN

Followers of athletics in Kent will sadly miss the familiar and popular figure of Arthur Twinn who died suddenly on September 28th, aged 68.

Past President of Kent AC from 1962 to 1968, life vice-president and latterly press secretary, he was always sensitive to other people's views and invariably did scant justice to his own in putting other interests first. His unfailing attendance on club training nights and weekends at club or county meetings was characteristic of his loyalty and love of athletics. Never one to refuse a call from any organisation for his services, he was always available and took great pleasure in being a graded timekeeper.

After war service in the Army, Arthur gave several years' valuable service to youth club activities. His keen interest in all sports led him to take up running at the unusually late age of 40, but like everything else he undertook, he gave of his best and competed in several marathons before devoting his time to club affairs.

He had a great capacity for befriending and helping people, young and old alike, and he was always at hand when assistance was required, be it for transport, jumble sales or other fund raising activities. His warm, engaging personality will be greatly missed.

Peter Yates

RON HARRIS

It was with a deep sense of sorrow that I learned of the untimely death of my coaching colleague, Ron Harris. As far as our club is concerned he will be impossible to replace, and I shall miss him every time I go to the stadium. His own athletes, both beginners and internationals, can tell of his tremendous devotion to their interests—I can speak of the joys of working with him.

We have shared a track since long before our two clubs were amalgamated, and in all the years we have worked together he has been a model of patience and tolerance. The great knowledge and skill which he brought to his event was always matched by his thoughtfulness for the needs of his coaching associates.

He was the least selfish of men and gave of his time and energy without sparing himself—even, perhaps, when he should have done.

Athletics has lost a great coach. Wolverhampton and Bilston AC has lost a loyal servant, and I have lost a valued personal friend. We are all poorer for his passing, but immeasurably richer for having known him. He was a gentleman who was in all senses of the word a gentle man.

Charles Taylor

All cross-country information for the 1975/76 season which may be of interest to Taunton and West Somerset AC should be sent to Mrs G. B. Hall, 48 South Road, Taunton, Somerset.

WALKING continued from page 2

nichiy (USSR) 95:18; 3, M. Alexeyev (USSR) 95:23; 4, T. Dooley (USA) 101:26.2. (Start and finish on track, remainder on 10 lap hilly circuit; course flooded in places due to rainstorm). West German Championships: 20km at Gelsenkirchen, June 28th. 1, B. Kannenberg 87:44.8; 2, G. Weidner 90:49.2; 3, H. Mayr 93:42.6. 50km at Holskirchen, July 13th. 1, Kannenberg 4:01:33.4; 2, Weidner 4:03:53.2; 3, H. Schubert 4:19:31.6. GDR v UK 20km at Dresden, June 21st. 1, H-G. Reimann 89:36.2; 2, L. Lipkowski 90:22.6; 3, P. Frenkel 90:58.0; 4, R. Mills (UK) 94:00.4; 5, B. Adams (UK) 96:25; 6, H. Gauder 97:50.

Larry Young and Tom Scully dominate USA Pan-Am and Lugano Cup Trial 20km at Eugene, Oregon, August 16th. Sensations before and soon after the start. Tom Dooley was a non-starter due to foot trouble, Dave Romansky did not show up and Ron Laird retired as they left the stadium due to a pulled hamstring sustained when breaking two track records. Young and Scully soon pulled away from Jerry Brown and have been designated for the Pan-Am 20km on October 15th: 1, L. Young 94:15; 2, T. Scully 94:15; 3, J. Brown 98:03; 4, J. Knifton 98:23; 5, R. Kitchen 98:38; 6, W. Glusker 98:58; 7, R. Henderson 102:50; 8, R. Daniel 104:48; 9, R. Kulik 104:48.

ATHLETIC EVENTS

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

BEDFORD & COUNTY A.C.

Annual

AMPTHILL TROPHY C.G. MEETING

(Under AAA & WAAA Laws)

At Ampthill Park, Ampthill, Beds.

SUNDAY, NOVEMBER 2nd, 1 p.m. Start

Men's Events
Seniors—5 Miles
 The Texas Cup
Youths (U/17) 3½M
 J. Nottingham Cup
Boys (U/15) 2½M
 Bed. Cty Press Cup
Coits (U/13) 1½M
 Bed. AC Trophy

Ladies' Events
Seniors—2½ Miles
 Texas Ladies' Cup
Inters (U/17) 2½M
 Ampthill Cup
Juniors (U/15) 1½M
 Ampthill Rec. Cup
Minors (U/13) 1½M
 Bed. AC Trophy

All ages as on Sept. 1st 1975

Medals first 3 Ind. each race. Teams—Cups/Trophies & Medals each event (4 run, 3 score). Entries 75p per team, 25p per ind. on AAA forms to D. M. Goodwin, 8 Hickling Close, Queens Park, Bedford (Tel: Bedford 50572) not later than 20th October.

NCAA 10,000m track walk champs at Stretford, September 21st. 1, C. Harvey (Lancs) 48:13; 2, A. Malone (Lancs) 48:27; 3, E. Crompton (Ley) 50:18; 4, S. Tyas (Yks) 50:54; 5, I. Smith (Sheff) 51:30; 6, T. Rogan (Yks) 54:53.

West Yorkshire T&F League 1500m at Cleckheaton, September 10th. 1, J. Toehill 6:39; 2, S. Tyas 6:45.

Yorkshire RWC Morecambe 20km Walk, September 13th. 1, R. Thorpe (Sheff-V) 97:58; 2, P. Ryan (Sheff) 99:23; 3, C. Harvey (Lancs-J) 100:10; 4, T. Taylor (Leigh) 101:26; 5, M. Greasley (Sheff) 101:58; 6, G. Toone (Leic) 102:12; 7, P. Markham (Leic) 102:29; 8, E. Crompton (Ley) 104:11; 9, J. Toehill (Yks) 105:01; 10, S. Lewis (Leic) 105:33; 11, S. Tyas (Yks) 105:44; 12, A. Malone (Lancs) 106:03; 13, I. Smith (Sheff) 106:45; 14, C. Squire (Leic) 108:40; 15, R. Marsden (Lancs-V) 109:55. **Teams:** 1, Sheffield 19; 2, Leicester 33; 3, Yorkshire 55.

Yorkshire RWC Track Championships at Huddersfield, September 17th. (Senior 10km): 1, J. Toehill 49:53; 2, S. Tyas 50:36; 3, P. Illingworth 53:25; 4, D. Picton 53:26. (Boys) 2km: 1, B. Payton 11:50; 2, B. Elliott 12:11; 3, B. Dunn 12:33.

**KETTERING CHARITY CUP
CROSS COUNTRY RACES**7 MILES TEAM & INDIVIDUAL
VETS TEAM RACE INCLUDED

Fees: Teams 60p, Individuals 10p

SATURDAY, NOVEMBER 15th, 1975**AT WICKSTEEDS PARK, KETTERING**

Dressing Rooms at Bishop Stopford School, The Headlands, Kettering.

Ladies 2 Miles 2.15 p.m.**Youths 3 Miles**

Entries to E. W. Boyfield, 12 Wellington Road, Raunds, Wellingborough, Northants. Phone: Raunds (093-35) 2460.

ENTRIES CLOSE NOVEMBER 3rd**CLASSIFIED ADVERTISEMENTS**

5p per word. Box No 20p extra. Trade 10p per word, 6 insertions of same copy 9p per word, 13 insertions 8p per word, 26 insertions 7p per word—prepaid.

STOPWATCHES. Latest electronic & mechanical models. Accusplit III, Cronus I & II. Omega, Heuer etc—Splits & Basics. Details from Dept. A.W. **AUTOCHRON 70, 15 Westow St, Crystal Palace, SE19 3RY.** Tel: 01-653 8214. Open 9—5.30 Mon—Sat (closed Weds). Callers welcome.

CUPS, MEDALS, PLAQUES. Send for Brochure. Save engraving costs. **Brunwin, 1 The Avenue, Brentwood CM13 2DA.**

MIDLAND COUNTIES A.A.A.

OPEN INDOOR MEETING

AT RAF COSFORD

WOLVERHAMPTON, STAFFS.

SATURDAY, NOVEMBER 15th, 1975

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

Senior Men: 60m, 200m, 600m, 1500m,
3000m, 60m Hurdles, Pole Vault,
Shot, High Jump, Long Jump.

Juniors: 60m, 200m, 600m, 1500m and
Shot.

Youths: 60m, 200m, 600m, 1500m,
Shot and Long Jump.

Women: 60m, 200m, 600m, 1500m,
60m Hurdles, Long Jump, High
Jump, 3000m and Shot.

Int. Women: 60m and 60m Hurdles.

Entry Fees: 30p per event including
VAT.

CLOSING DATE OCTOBER 27th

Entry Forms and Prospectus available
from: (SAE please),

Midland Counties AAA,
Devonshire House,
High Street, Deritend,
Birmingham B12 0LP.

Tel: 021-773 1631

**Please enclose a stamped addressed
envelope with your entry**

MIDLAND COUNTIES A.A.A.

INDOOR FIXTURES

1975/76

AT RAF COSFORD

WOLVERHAMPTON, STAFFS.

Open Meeting—November 15th, 1975.
Entries close October 27th.

Open Meeting—December 13th, 1975.
Entries close November 24th.

Cosford Games—January 9th/10th
1976. Entries close December 22nd.

National Indoor Champs—January
23rd/24th. Entries close 5th January,
1976.

Open Meeting—February 21st, 1976.
Entries close 2nd February, 1976.

Under 20 Champs & Intermediate
Ladies—19th/20th March, 1976.
Entries close 1st March, 1976.

Entry Forms and Prospectus can be
obtained from:

Midland Counties AAA,
Devonshire House,
High Street, Deritend,
Birmingham B12 0LP.

**Please enclose stamped addressed
envelope with your application.**