October 12th 1974 Vol. 28 No. 41

athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

* Interview with Roger Mills
* UK v France Decathlon & Pentathlon
* Exciting Finish in London—Brighton
* The Brendan Foster Story (Part Three)



12p

BRONISLAW MALINOWSKI (Poland) leads from ANDERS GARDERUD (Sweden) in Rome steeplechase.

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Easy For Kirkham

COLIN KIRKHAM proved a popular and easy winner of Cardiff AAC's 5th "Lake 15" on October 5th, smashing Bob Sercombe's 1973 course record by 2min 09.4sec. He never appeared to be in trouble, apart from the time when he was nearly knocked over by a careless motorist about 2 miles from home!

He went through 5M along with Peter Ratcliffe, Dave Jones, Steve Edmunds, Mike Hurd, Don Faircloth and race organiser Mike Critchley in 24:24. However, at the 10M point, which he reached in 48:09, he had opened up a 63sec gap over Faircloth, who in turn had 20sec to spare over Jones and Ratcliffe, the latter making his first excursion in a race of this distance. Hurd was 5th, a further 3sec behind, with Critchley 6th on 50:01, and Edmunds 7th with 50:20.

Kirkham only slightly increased his lead over Faircloth—to 67.2sec in fact—but the damage had been done, and he came home in 74:11.6. His second 5 miles time of 23:45 told where he had put all the work in, with his final "5" taking 26:02.6. Both Faircloth and Hurd were well inside the previous record, and Dave Jones, the joint winner of the Welsh marathon title last month, broke Bernie Plain's CAAC club record with his 4th place—a time Plain set when winning in 1972. Derek Davies of Cheltenham took the vets award and the home team had very little difficulty in winning the team race.

Clive Williams

1, C. Kirkham (Coventry Godiva) ... 1:14:11.6
2, D. Faircloth (Croydon) 1:15:18.8
3, M. Hurd (Royal Air Force) 1:16:10.2
4, D. Jones (Card) 1:16:59; 5, M. Critchley (Card) 1:17:42.6; 6, S. Edmunds (Sale) 1:18:42; 7, P. Ratcliffe (Card) 1:21:04.6; 8, W. Ashford (Cwm) 1:21:10.2; 9, M. Dunne (Sale) 1:21:18.6; 10, D. Walsh (Card 'B') 1:21:39; 11, T. Lonergan (Sale) 1:22:31; 12, T. Lane (Read) 1:23:23.6; 13, A. Pankhurst (Croy) 1:24:02; 14, J. Walsh (Card 'B') 1:25:08.8; 15, D. Roberts (Swan) 1:25:12; 16, J. McCurdie (AFD) 1:26:21.8; 17, S. Aylett (Gil) 1:27:04.8; 18, D. Davies (Chelt-vet) & G. Edwards (Chelt) 1:27:39.8; 20, M. Armstrong (UWIST) 1:27:46.2. **Teams:** 1, Cardiff 16; 2, Sale 26; 3, Croydon 37; 4, Cardiff 'B' 49; 5, Cheltenham 66; 6, Newport 77.

NO CHANGE YET IN AMATEUR STATUS

Proposals for changing the rules relating to amateur status (as summarised in the August 24th issue) were not discussed at the recent IAAF Congress as notice was sent out only 3½ months in advance whereas the constitution demands four months. The proposals will be on the agenda of the next Congress, in Montreal in 1976.

Cover photo by Mark Shearman

ATHLETIC EVENTS

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

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MEN'S EVENTS	LADIES' EVENTS
Seniors (18+) 5M.	**Seniors (17+) 2½M.**
The Texas Cup	Texas Ladies' Cup
Youths (U/18) 3¾M.	**Inters (U/17) 2¾M.**
J. Nottingham Cup	Ampthill Cup
Boys (U/14) 2¼M.	**Jnr. Girls (U/15) 1¼M.**
Bedford County Press Cup	The Ampthill Recorder Cup
Colts (U/12) 1¼M.	**Minors (U/13) 1¼M.**
BAC Colts Trophy	BAC Minors Trophy

All ages as on Sept. 1st, 1974
Medals first 3 Ind. each race. Teams—Cups/Trophies each event (4 run, 3 score). **Entries** 50p per team on A.A.A. forms to D. M. Goodwin, 32 Chaucer Road, Bedford (Tel.: Bedford 46214) **not later than October 19th.**

SOUTHERN COUNTIES (U.K.)
COACHING

A series of six Indoor (Training) Competition Sessions have been arranged for Women Hurdlers at the Crystal Palace National Sports Centre.

All races will be over 60 Metres for Juniors, Intermediates and Seniors.
Graded Officials including Starter, Timekeepers and Judges will be in attendance, and Coaches of athletes taking part are cordially invited.

These sessions should be valuable to those who are competing at Cosford during the Winter season.

DATES

Sat. 9th November '74 com. 10.30 a.m.-12 p.m.
Sat. 30th November '74 com. 10.30 a.m.-12 p.m.
Sat. 14th December '74 com. 10.30 a.m.-12 p.m.
Sat. 4th January '75 com. 10.30 a.m.-12 p.m.
Sat. 8th February '75 com. 10.30 a.m.-12 p.m.
Sat. 22nd February '75 com. 10.30 a.m.-12 p.m.

Entry Fee: 15p for Juniors and Inters., 20p for Seniors.

Please send entry as soon as possible for all or any sessions, stating best performance over or near to the distance, to: Mr G. Stratford, B.A.A.B. Senior Coach and Southern Counties Staff Coach (Women's Hurdles), 'Lynwood', 2 Austin Avenue, Bickley, Kent BR2 8AJ.

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, October 12th. The Crest Homes Walton '10' (Ian Thompson, Dave Bedford, Tony Simmons, Tuck brothers, Bob Holt, Don Faircloth, Bob Richardson etc) from Queen's Road, Walton (3 pm); Ridgeway Relay (Swindon to Reading); Metropolitan CC League at Hainault Forest; Essex League at Ipswich; Surrey CC Relays at Richmond Park; Brighton & Hove Seafront Relay; Kent CC League at Maidstone; Gwent CC League at Bridgend; Chiltern CC League (Div 1 at Bracknell, Div 2 at Maidenhead); Icknield CC League at Biggleswade; Kent Women's Road Relay Championships at Bexley; SLH Cyclists v Harriers Race at Coulsdon; Two man-two day Mountain Marathon (1st Day); Chippenham to Calne 6M Walk.

Sunday, October 13th: Rowntree Mackintosh '10' (incorporating Yorkshire Champs); Norwich Union Road Relay; Sunderland Road Races; Airolo to Chiasso Walk Relay (Switzerland); Two-man Mountain Marathon (2nd Day).

Wednesday, October 16th: Wyton Road Relay at RAF Wyton; Lincs Services CC League at Scampton.

NATIONAL WOMEN'S ROAD RELAYS

The National Women's Road Relays will be run at Markeaton Park, Derby, on November 9th. The venue is alongside the Derby outer ring road (A 5111) near its northern end and, with the exception of about ¼ mile of the senior course, all the running will be confined to roads and paths within the park. The courses are exactly the same as used for the Northern women's road relays in October 1973 and are quite flat with mostly straight running.

* * *

Hastings AC officers: President, Cllr Mrs P. Shields; chairman, R. Mills; secretary, Brian Griffin, 22 Githa Road, Hastings, Sussex, fixture sec, Anthony Colver, 128 Mount Pleasant Road, Hastings; treasurer, A. Barker; club coach, J. Barker; team manager, R. Pack.

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International Decathlon/Pentathlon **In Paris, September 28th/29th**

ROY MITCHELL (19) OVER 7000 POINTS

SOME excellent performances and scores were recorded in the France v UK Decathlon & Pentathlon at Colombes Stadium, Paris on September 27th/28th with a French Senior and Junior record falling as well as the UK Junior record.

SENIOR DECATHLON

First day (conditions—sunny but cold winds). Competing in the Senior match were 3 Juniors: Roy Mitchell (19) for the UK, Philippe Bobin (19) for France, and an Icelandic athlete. In the 100m Roy Mitchell started off well, recording a personal best time of 10.9 in edging out Bobin for 2nd place in his heat, the winner being European silver medallist Yves LeRoy (10.8). Alan Drayton was the next highest UK athlete (7th) with 11.2. With following winds, LeRoy improved his lead with a long jump of 7.44m. Mitchell, not to be outdone, had a 7.39/24′3″ jump (wind: + 2.6m), exceeding his liftetime best by 1cm, and it was the second best by a UK Junior this year. Bobin went out to 7.33m, with Alan Drayton recording a legal 6.97/22′10½″. Roy Snow landed in the sand at 6.50/21′4″, but later had to have his foot packed. LeRoy increased his lead to 95 points after his 14.59m shot, where Roy Mitchell scored a hat-trick of pb's with a sound 12.25/40′2¼″.

Alan Lindop reporting from Stade Colombes

Corden (1.81/5′11¼″), Youngs (1.84/6′0½″) and Drayton (1.87/6′1½″) had good performances in the high jump. Five athletes cleared 1.96/6′5″, including Roy Mitchell, who had equalled his best at this height. Both Roy and Elias Svenisson (Iceland) cleared 1.99/6′6¼″ on their second attempt. At 2.02m (6′7½″) Svenisson went out, but Roy had a magnificent first time clearance, with daylight between him and the bar. It was not only a pb by 6cm, but equalled Dave Kidner's UK decathlon best. Roy took three token jumps at 2.05/6′8¾″, which if he had cleared would have been a UK Junior record. The last event saw Bobin win his 400m race in 50.2, while Mitchell was paired with LeRoy, recording his 5th personal best with a 50.1 clocking in 3rd place! Mitchell's first day total was 4018 pts, which constituted a UK Junior first day best, beating Gus McKenzie's previous best by 163 pts. This meant that Roy was also 233 ahead of his UK Junior record. Alan Drayton also excelled himself, beating his best first day total (3634 to 3620). Points at the end of the first day: LeRoy (4428), Bobin (4050), Mitchell (4018), Drayton (3634-6th) Youngs (3519-8th), Corden (3321-13th), Phipps (3156-15th) and Snow 3053 (16th). The match score gave France a lead of 1400 pts.

Second day (Conditions—raining for the hurdles, dry but cold for the other events). The leading three competitors were placed in the first heat, LeRoy winning in 14.7, Bobin 2nd at 14.9 and Mitchell 3rd at 15.0 (another personal best!), which equalled the best UK Junior mark this year. Alan Drayton did well to record 15.1, and Chris Youngs cleared the hurdles in 15.3 for a lifetime best in "English weather conditions". Mike Corden moved up a few places with a 40.66/133′5″ discus performance and Drayton stayed in 6th place with a toss of 40.82/133′11″. Roy Mitchell's run of bests came to a temporary halt with a throw of only 29.92/98′2″. The pole vault was split into two pools, with LeRoy and Bobin coming in when most of the others had finished their vaulting. The British athletes did well here, with Youngs vaulting a personal best of 3.50/11′5¾″, Nick Phipps clearing 4.00/13′1½″, and Drayton recording 859 pts for a clearance at 4.20/13′9¼″, despite unfavourable winds. This performance moved Alan into 5th place, and Roy (who cleared 3.20/10′6″) down to 7th. He passed his personal best of 3.30m! In the javelin Drayton set yet another best with 50.98/167′3″. Mitchell started with personal best number-seven, his throw being measured at 55.18/181′0″ (with a 55.12m backup). The points after 9 events were LeRoy 7716, Bobin 7220, Drayton 6678 (5th) and Mitchell 6626 (6th).

In order to reach 7000 points, Alan Drayton had to better 5:16.7 for his 1500m, while Roy didn't want to know what he had to achieve (he did in fact have to run 5:06.4 or better). The race was held at 9 pm, 11 hours after the first event. Alan finished with 4:52.7 and Roy his 8th personal best (!) of 4:50.4, making totals of 7127 and 7088 respectively. Alan's tally was 203 on his best, which was a good way to celebrate his 23rd birthday, and Roy added 344 to his UK Junior record. Alan is now 7th on the UK all-time ratings, and Roy 9th. Chris Youngs finished 18 pts shy of his best mark, after clocking a personal best of 4:40.5.

The French, who dominated the match, also achieved their targets. LeRoy's 4:41.9 gave him 8229, beating his own French record of 8146 set in the European championships, and it was also a European 1974 best, and second only in the world to Bruce Jenner's 8304. In second place Philippe Bobin (son of Robert Bobin), who in fact looks a better prospect than LeRoy as he is

technically better in most events, finished with 7636. However, for record purposes his Junior record mark will stand at 7595 (101 ahead of his previous best) due to his long jump performance. In decathlons the maximum wind speed allowed is 4mps (instead of the usual 2mps), and the recorders had to look back to his third best jump (his best two marks were aided by a wind of + 4.2mps) which was 7.13m (+ 3mps).

JUNIOR DECATHLON

The Juniors also started off well, with Greg Richards and Wayne Dubose equalling personal records in the first event, although the French just headed them. AAA Junior champion John Howell moved into 3rd place with a 6.49m leap but Richards had trouble with his run-up and had to be content with a 4.66m jump (personal best 6.76m). Martyn Hay high jumped a personal best of 1.76/5′9¼″ to keep in 5th place. The 400m times were average after a long day, and Guy Loigerot finished the day with 3509 with Gilles Delaune in 2nd place. Martyn Hay topped the British performers recording a first day best total (3071—previous best 2951), and John Howell (3068-2928) and Wayne Dubose (2987-2930) did likewise. The French led overall 10,282 to 9126.

Rain struck the hurdles event, but Hay managed to knock a tenth off his best time, and Dubose, who dead-heated with Howell in his heat, gained a best. Howell, who has a best discus mark of 46.16, hoped to make up here, but had to be content with 39.18m to gain only one place. Although only 144lb, Wayne managed a career best of 35.54/116′7″. The British lost ground in the pole vault, although Marytn Hay recorded his 4th best mark with a 3.10/10′2″ clearance. Greg Richards, whose pb was 2.50m (8′2½″), somehow managed to scrape over 2.80m (9′2¼) and went on to clear 3.20m (10′6″)!

Both Greg and Martyn produced javelin best performances, Wayne Dubose heading the throwers with 54.60/179′1″. When the 1500m runners came to their marks one athlete was missing, John Howell. Between the 9th & 10th events John had accidentally walked into the wall in a dark tunnel leading from the ground, and was knocked out. He was taken to hospital, but was later discharged with no apparent serious damage. Wayne went out on his own in the 1500m, finishing 16sec ahead of the others. Martyn Hay and Gregory Richards made it three successive personal bests. This gave Martyn six career bests and Greg four. Wayne, whose previous best was just under 6000, had no trouble on this occasion, adding 205 for a grand total of 6192 for 6th best of all-time, while Martyn Hay's total of 5927 added 244 to his best. The French took the match.

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WOMEN'S PENTATHLON

(Conditions as 2nd day of Decathlon). Just before the British team departed for Paris, news was relayed to the team management that Ann Wilson was unwell and had withdrawn from the match, leaving only three athletes. This meant that all three girls had to finish to secure the overall team event. With a following wind of 3mps (which was counteracted by the rain), Florence Picaut went into the lead, with Pat Chapman reducing her best hurdles time of 14.0 followed closely by Sue Wright, also with a best time. The British trio didn't do very well in the shot but Sue Wright headed the high jump marks with Christine Debourse at 1.72/5′7¼″. Sue complained about back-ache from the landings but it didn't seem to do her much harm, for in the long jump she opened up with a 5.91m (wind: + 0.4m), 9cm ahead of her best ever mark. Her second jump was the one that clicked: she leapt out to a magnificent 6.18/20′3½″ with a legal wind of + 1.20m, adding 36cm to her best. To prove it was no fluke she cleared 5.96m on her last jump (about 6.06m from take-off). Sue Mapstone also had her best individual event with a legal 6.03/19′9½″. With one event to go, the British girls went into the lead 9716 pts to 9637 pts. Running into an 0.4m wind, Sue Wright produced a stunning run, winning by a huge margin of 1.2sec and knocking a fifth off her best of 24.9. Her final score, 4192 was 49 above her previous best, while Sue Mapstone missed 4000 by just one point, and Pat Chapman had her second best score to give Britain a well earned victory. Sue Wright now moves to 4th best pentathlete of all-time using the 100m hurdles.

The UK record sheets for the Decathlon & Pentathlon showed a UK Junior record, a UK Junior 1st day best, a UK high jump Decathlon best, 5 overall best scores & first day scores, and 30 personal bests in the individual events—a most rewarding weekend.

SENIORS

1, Y. LeRoy (F) 8229 (10.9, 7.44m, 14.59m, 1.96m, 48.4, 14.7 46.50m, 4.70m, 64.66m, 4:41.9); 2, P. Bobin (F) 7636 (10.9, 7.33m, 13.81m, 1.96m, 50.2, 14.9, 38.76m, 4.80m, 50.90m, 4:58.6); 3, J-P. Schoebel (F) 7451 (11.0, 6.91m, 13.15m, 1.84m, 50.3, 15.0, 37.28m, 4.40m, 61.68m, 4:45.3); 4, M. LeRouge (F) 7396 (10.9, 7.05m, 13.33m, 1.84m, 50.9, 15.7, 40.62m, 4.20m, 58.52m, 4:45.3); 5, A. DRAYTON (UK) 7127 (11.2, 6.97m, 11.40m, 1.87m, 51.0, 15.1, 40.82m, 4.20m, 50.98m, 4:52.7); 6, R. MITCHELL (UK) 7088 (10.9, 7.39m,

12.25m, 2.02m, 50.1, 15.0, 29.92m, 3.20m, 55.18m, 4:46.8); 7, M. Pradet (F) 6972; 8, E. Sveinsson (I) 6884; 9, D. Millepied (F) 6852; 10, M. CORDEN (UK) 6801 (11.8, 6.29m, 12.72m, 1.81m, 52.6, 15.8, 40.66m, 3.80m, 57.40m, 4:38.7); 11, C. YOUNGS (UK) 6676 (11.3, 6.31m, 12.68m, 1.84m, 51.2, 15.3, 31.84m, 3.50m, 49.86m, 4:40.5); 12, K. Fredriksen (I) 6619; 13, V. Vilhjamason (I) 6428; 14, H. Johanneson (I) 6349; 15, N. PHIPPS (UK) 6319 (11.7, 6.29m, 12.01m, 1.70m, 53.7, 16.2, 35.76m, 4.00m, 47.94m, 4:57.5); 16, R. SNOW (UK) 5881 (11.9, 6.50m, 9.63m, 1.70m, 54.6, 16.3, 29.08m, 3.20m, 46.58m, 4:31.2).

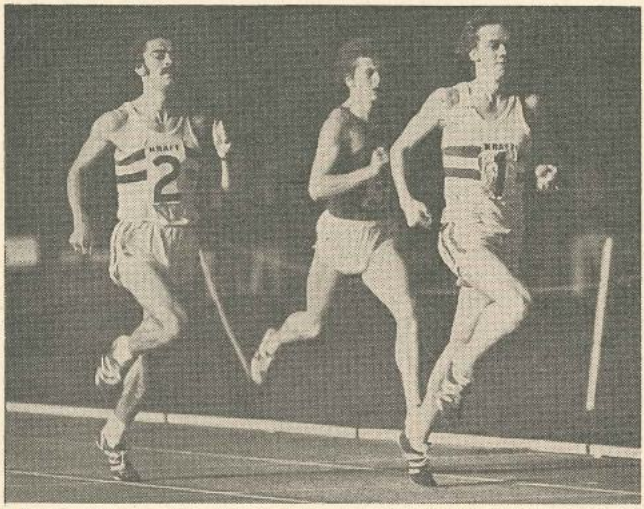
Teams: 1, France 30,712; 2, UK 27,692; 3, Iceland 26,280.

Juniors

1, G. Delaune (F) 6642; 2, G. Loigerot (F) 6534; 3, J-C. Rheder (F) 6395; 4, W DUBOSE (UK) 6192 (11.7, 5.98m, 10.99m, 1.60m, 52.0, 16.9, 35.54m, 3.40m, 54.66m, 4:27.8); 5, P. Sellier (F) 6159; 6, M. HAY (UK) 5927 (11.8, 6.32m, 11.10m, 1.76m, 55.3, 15.8, 29.54m, 3.10m, 50.68m, 4:57.0); 7, G. RICHARDS (UK) 5381 (11.6, 4.66m, 9.74m, 1.76m, 53.8, 16.0, 25.10m, 3.20m, 41.96m, 4:46.2); J. HOWELL (UK) did not finish (11.8, 6.49m, 12.31m, 1.60m, 54.5, 16.9, 39.18m, 2.90m, 42.72m). **Teams:** 1, France 19,571; 2, UK 17,500.

Women's Pentathlon

1, S. WRIGHT (UK) 4192 (14.1, 9.67m, 1.72m, 6.18m, 24.7); 2, F. Picaut (F) 4108 (13.9, 12.00m, 1.69m, 5.77m, 26.4); 3, S. MAPSTONE (UK) 3999 (14.3, 10.49m, 1.63m, 6.03m, 25.9); 4, P. CHAPMAN (UK) 3914 (14.0, 10.49m, 1.60m, 5.73m, 26.2); 5, G. Borfiga (F) 3871; 6, V. Dumon (F) 3835; C. Debourse (F) did not finish (27.2, 11.94m, 1.66m). **Teams:** 1, UK 12,105; 2, France 11,814.



UK v FINLAND

Tony Settle (1), winner in 1:49.3, and Pete Browne (second in 1:49.5) gained maximum points in the 800 metres. Jaakko Honkanen was third in 1:49.8.

Ed Lacey

David Roberts (1) won the 100 metres by just one-hundredth of a second from Raimo Vilen (4)—both 10.7—with Brian Green third in 10.9.



Mike Street

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NEWSOME JUST HOLDS ON

THE 24th annual London to Brighton road running race organised by the Road Runners Club on September 29th produced the closest finish to date when a very weary John Newsome just managed to force his way to the tape ahead of fast finishing Cavin Woodward, who thus had to be content with the runner-up position for the second year in succession.

A record number of 94 athletes from an entry of 103 were sent on their 52¾ mile way by the 7 am chimes of 'Big Ben' and immediately it was Woodward, winner of this year's Woodford to Southend race, and Newsome, marathon international and SLH '30' victor earlier in the month, disputing the lead. At the Croydon 10M checkpoint they raced through together in 55:34, more than 1½ minutes ahead of a pursuing group comprising former winner Dave Bagshaw, Ian Burgess and David Ritchie and an incredible 3½ minutes up on Alastair Wood's record schedule.

At about 13M, shortly after Coulsdon, Woodward was forced to leave the road to answer 'the call of nature' and when he rejoined the race about 30 seconds later Newsome held a lead of some 150y—a lead which, at it turned out, he was never to lose! He stormed through Redhill (20M) in 1:53:10, 29sec ahead of Woodward and still 3½min inside Wood's 1972 time, with Bagshaw and Burgess together in 1:56:43, and Ritchie (1:57:06) now being pressed by O'Reilly (1:57:24).

Newsome increased his lead in the stretch up to Crawley (30½M) passing through 1½min ahead of Woodward in 2:53:19, with O'Reilly now in third place ahead of Bagshaw and Burgess. The cool early race conditions had now given way to a strong sun and the leader's time was now only fractionally superior to Wood's record schedule and by Bolney (39M) Newsome's time of 3:46:46, although still good enough to keep him 1½min clear of Woodward, was over 3min outside record time. O'Reilly still held third (3:51:10), Ritchie fourth (3:53:54) and Burgess had at last parted company with Bagshaw to claim fifth spot in 3:56:22.

Newsome was now beginning to look tired but there was no hint of the drama to come as he completed the arduous ascent of Dale Hill to come through the Pyecombe check-point (46M) in 4:32:54, 1¾min ahead of his rival. Over the final 6½M through the outskirts of Brighton, however, the strength and experience of the Leamington man began to tell as he slowly but surely took yard after yard out of Newsome's lead, but unfortunately for him he literally ran out of road and the courageous Yorkshireman crossed the line at the Aquarium on Brighton's front just 6 seconds to the good in an excellent finishing time of 5:16:07—the third fastest on record.

Woodward was splendid in defeat and succeeded in trimming his personal best for the fourth consecutive year for a time of 5:16:13. His day must surely come! In an equally stirring finish Ritchie came again to snatch third place from O'Reilly some 400y from the finish, with Burgess holding on to fifth to claim the 'Athletic Review' trophy for the first newcomer outside the first three to finish, and 'iron man' Ron Bentley finishing faster than anyone to take sixth place and also the Veteran's award. In a day of close finishes Tipton took the team race, a mere one point ahead of Leamington, with Cambridge Harriers third.

The 13 overseas competitors did not make their usual impact on the race, although Clayton Bristol and Peter Stewart of the USA ran solidly for tenth and 12th positions, whilst R. G. Coleman was the first of the seven South African entrants in 13th place. The first 20 runners beat the first class standard time of 6hr 15min and the second class time of 7hr 09min was achieved by a further 37 competitors—by far and away the best overall standard produced in any race thus far and a very good indication of the manner in which this event is growing year by year in both stature and popularity. **Mike Tomlins**

1, J. Newsome (Wakefield) 5:16:07
2, C. Woodward (Leamington) 5:16:13
3, D. Ritchie (Birchfield) 5:24:54
4, T. O'Reilly (Small Heath) 5:25:24; 5, I. Burgess (S'ton & E) 5:26:53; 6, R. Bentley (Tipton) 5:37:52; 7, C. Hunt (Wolv & B) 5:38:53; 8, D. Bagshaw (Sheff Utd) 5:40:46; 9, W. Carr (Tip) 5:49:59; 10, C. Bristol (USA) 5:55:20; 11, P. Muddeman (Leam) 5:57:24; 12, P. Stewart (USA) 5:58:43; 13, R. Coleman (S Afr) 6:01:51; 14, G. Bentley (Tip) 6:02:36; 15, D. Funnell (Epsom & E) 6:04:28; 16, D. Davey (Leam) 6:05:04; 17, D. Cooper (Camb H) 6:06:11; 18, M. Casse (Camb H) 6:06:37; 19, M. Newton (SLH) 6:08:34; 20, R. Donkin (Sun) 6:11:50; 21, V. Gutteridge (Camb H) 6:15:13; 22, G. Barlow (Chelt) 6:17:55; 23, J. Forrest (Ranelagh) 6:20:13; 24, W. Weller (Bel) 6:20:21; 25, R. Meadowcroft (Bolton) 6:21:35; 26, D. McWhirter (Tip) 6:22:14; 27, J. Brotherhood (Thames H&H) 6:22:31; 28, G. Cobden (Verlea) 6:26:12; 29, A. Fern (S'ton & E) 6:26:50; 30, G. Rorke (USA) 6:28:35;

SHOT PUTTING 1974

A short film, 50ft, 16mm silent in colour, taken by John Le Masurier, Principal Coach, B.A.A.B., during the Philips sponsored meeting, A.A.A. v. Borough Road College at Crystal Palace on May 22nd, 1974. Those competing are M. Winch (GB) with a personal best of 67'0½"/20.43m, G. Capes, UK record holder, and Al Feuerbach (USA) with 69'3¼"/21.12m, UK All-comers record. Cost of reel £5, from

GUY BUTLER,
Harbledown, Little Hadham, Herts.

31, R. Reynolds (TVH) 6:28:39; 32, A. Risley (Camb H) 6:29:25; 33, F. Popplewell (HHH) 6:32:13; 34, H. Artiss (Ver) 6:32:32; 35, D. Carr (S Afr) 6:32:52; 36, J. Cock (Epsom & E) 6:36:12; 37, D. Bennett (Barnsley) 6:36:25; 38, G. Bennison (Bolton) 6:39:20; 39, F. Byrne (Camb H) 6:39:38; 40, A. Blatchford (Epsom & E) 6:47:20; 41, J. Dixon (Epsom & E) 6:47:50; 42, D. Brown (Vale of Glam) 6:48:15; 43, K. Shaw (Camb H) 6:48:52; 44, J. Haley (Spenb) 6:49:36; 45, B. Jones (Grimsby) 6:50:46; 46, P. Bennett (Crawley) 6:51:00; 47, P. Hart (Leam) 6:52:16; 48, D. Morgan (Vale of Glam) 6:54:05; 49, J. Kennedy (Barnsley) 6:54:37; 50, R. Sinar (W Brom) 6:55:52. 77 finished.

Teams: 1, Tipton 15; 2, Leamington 16; 3, Cambridge H 34; 4, Epsom & E 50; 5, Southampton & E 50; 6, Verlea 68; 7, Sunderland 78; 8, Vale of Glamorgan 83. **Vet:** R. Bentley (Tip).

ROY FOWLER – SUPER VET!

"SWEAT SHOP" said the notice on a van, parked near the start of the Chris Vose 7M 385y road race at Warrington on September 28th. It was a timely warning of things to come. Roy Fowler, one time of England always of Stoke, made the event a torture chamber for the vast field.

Fowler was involved earlier in the week in a car crash and lost his nerve to drive; he should have competed for the Midlands in an area cross-country match but could not find a chauffeur. His clubmates drove him to Warrington and that was the last they saw of the amazing forty-year-old. He took an early lead from Allan Rushmer, Trevor Jefferies, Peter Rawnsley, John Todd and Keith Rollason. Salford Harriers, with thoughts of the first team prize, lodged four runners in the top ten places and clung together. At the half way stage, Fowler was well on the way to a double—the veterans prize and individual award. The field was chasing from 60y behind and making no impression.

Rushmer, after a long spell of injury and a spasmodic racing programme, started to put on the pressure. The 60y gap was whittled down to 30, and in the last half mile to 20. When the route came on to playing fields leading the finish, the Stoke evergreen turned on more magic. He unleashed the same sort of sprint that brought him the International cross-country championship many years ago.

Ron Hill, warming up for the Kosice marathon on October 6th, whistled through the field in the later stages to finish sixth. Rushmer, with backing from Rollason and Keith Boyden, won the team award for Tipton, although Salford had four runners over the finishing line before the Midland champions had a third. The Lancashire club also had the first reserve team to finish but lack one athlete of international class to make them a first class outfit.

Joe Lancaster

1, R. Fowler (Stoke) 34:49
2, A. Rushmer (Tipton) 34:51
3, T. Jefferies (Wolverhampton & B) ... 34:57
4, F. Rawnsley (Sheff) 35:14; 5, K. Rollason (Tip) 35:16; 6, R. Hill (Bolt) 35:17; 7, C. Leigh (Salf) 35:22; 8, J. Todd (ASV) 35:27; 9, S. Curran (Salf) 35:46; 10, S. Clegg (Salf) 36:03; 11, D. Brown (Salf) 36:08; 12, K. Boyden (Tip) 36:13; 13, R. Morris (Wins) 36:18; 14, T. Parker (Stret) 36:24; 15, R. Davis (B'burn) 36:27; 16, A. Hudson (B'pool) 36:28; 17, D. Ashe (Stoke) 36:31; 18, M. Oldham (MAC) 36:36; 19, J. Edwards (Tip) 36:43; 20, P. Malcolmson (Pem) 36:49; 21, J. Fisher (Dby) 37:01; 22, G. Harvey (Stoke) 37:01; 23, V. Regan (Bolt) 37:02; 24, L. Austin (Stoke) 37:08; 25, N. Jones (B'burn) 37:11; 26, K. Mayor (Bolt) 37:13; 27, P. Carey (Liv) 37:14; 28, K. Garrett (B'burn) 37:14; 29, R. Barlow (Sutt) 37:14; 30, M. Brennan (Pres) 37:19;

31, A. Walsham (Salf) 37:22; 32, F. McGuire (B'pool) 37:23; 33, S. Howcroft (Leigh) 37:32; 34, J. Carroll (Pilk) 37:36; 35, A. Etchells (MAC) 37:36; 36, P. Martin (Salf) 37:40; 37, M. Sutton (Staff) 37:42; 38, J. Hopkins (Sheff) 37:47; 39, J. Prescott (Leigh) 37:49; 40, H. Kelly (E Ches) 37:50; 41, F. Rimmer (Sutt) 37:53; 42, B. Boxen (M&D) 37:54; 43, P. Minshull (M&D) 37:56; 44, P. Egerton (Wins) 37:58; 45, A. Rydout (Alt) 38:00; 46, D. Reid (Pem) 38:05; 47, M. Dooling (Liv) 38:11; 48, R. Wood (Warr) 38:16; 49, P. Mainwaring (Wrex) 38:17; 50, B. Woods (Seft) 38:17; 51, M. McNair (Liv) 38:19; 52, D. Shallcross (Wirr) 38:21; 53, G. Woodburn (B'burn) 38:23; 54, J. McFarlane (Leigh) 38:27; 55, E. Johnson (Stoke) 38:28; 56, A. Winterbottom (E Ches) 38:30; 57, D. Vickers (Bolt) 38:34; 58, H. Symonds (Alt) 38:36; 59, D. Farwell (M&D) 38:38; 60, D. Jones (Pres) 38:45. 186 finished.

Teams: 1, Tipton 19; 2, Salford 26; 3, Stoke 40; 4, Bolton 55; 5, Blackburn 68; 6, Salford 'B' 78; 7, Leigh 126; 8, Sheffield 128; 9, Winsford 130; 10, M&D 144. **Vet:** R. Fowler. **U/19:** S. Howcroft. **U/18:** G. Helm (Leigh) 39:19.

Southern Counties Women's CC and RWA officers: President, Mrs V. Searle; chairman, Mrs J. Jones; vice-chairman, Mr J. Horsburgh; secretary, Mr R. F. J. Scruton, 88 Whetstone Road, Farnborough, Hants GU14 9TA (Tel: 0252-46301); treasurer, Mr A. Wood; champs sec, Mr J. J. Barlow, 332a Fullwell Avenue, Clayhall, Ilford, Essex (Tel: 550-0514); walking sec, Mr M. Long, 10 The Ridings, Iver, Bucks (Tel: Iver 1467); coaching sec (CC), Mr S. Belton; coaching sec (Walking), Mr M. Long; medical officer, Dr Roma White.

Accolade 8 Hours **Colin Young reports**

GREAT DAY FOR BRITISH WALKING

IN a race which produced sterling performances in plenty, constant fluctuations in fortune, courage, endurance and fortitude, the most satisfying aspect of the Accolade 8 hours track walk at Haringey on September 29th was the involvement of everyone present. Organiser Bill Sutherland did a fantastic job and was rewarded with a record breaking day in all ways. The walkers, officials, the lap scoring team led by Reg Wells, the measurement squad under John Bromley, the announcing by Cliff Temple and Steve Cluney, the enthusiastic ever-willing attendants, refreshment ladies, the large crowd of walking supporters and other interested parties . . . everyone had a great day, but no one more than Ray Middleton.

The epitome of the walker's walker, Ray had his finest race in a career already lasting almost two decades in the sport. Never experiencing a really rough period Ray says he was lifted by the encouragement and excitement of the crowds as he got amongst the records held by Harold Whitlock since 1935. Harold was there, very happy indeed to present the very cup he received 39 years ago to Ray, who in turn was proud to have beaten the very fine records set by a man who has been an inspiration to all British walkers for the past four decades. Sponsors, Accolade, must be happy with the venture for it certainly matched in every way their 24 hour run promotion of last year. The Haringey & Southgate club were delighted with the whole show and particularly the record breaking, as were their president, Ron Pickering, and the Mayor of the Borough.

From the start, Ray made it clear he meant business by setting the pace, tracked by John Lees and Dave Boxall, the latter dropping away after 5 miles or so. **10km:** Middleton 53:04, Lees 53:05, Boxall 53:59, Lawton 54:32, Selby 55:02, Markham 55:27, Fogg 55:50, Michel 55:53, Holmes & Harrison 55:55, Harding 56:17, Young & Dowling 56:18, Casey 58:23, Vos 58:36, Moulinet 58:37.

John Lees now took over and proceeded to blaze the trail in no uncertain manner before being overhauled by Middleton at 26 miles. It was a typically gallant effort by the Brighton man who realised his ambition by breaking the old records. Peter Selby and Carl Lawton had moved up, while Alain Moulinet had started to warm up. **20km:** Lees 1:45:12, Middleton 1:46:04, Selby 1:48:34, Lawton 1:49:10, Boxall 1:49:25, Fogg 1:51:19, Holmes & Markham 1:51:24, Young 1:52:25, Harding 1:52:26, Michel 1:52:55, Moulinet 1:53:01, Harrison 1:53:07, Dowling 1:57:50, Casey 1:58:29, Vos 2:01:33.

At 20M Lees was still piling on the pace as Ken Harding, displaying that metronome-like pace judgment which is his forte, started to move through and Derek Harrison gained places. **20M:** Lees 2:50:59, Middleton 2:53:02, Selby 2:56:13, Lawton 2:56:17, Fogg 2:58:55, Harding 3:00:27, Markham 3:01:23, Boxall 3:02:37, Harrison 3:03:05, Holmes 3:03:10, Moulinet 3:03:17, Michel 3:04:29, Young 3:05:27, Dowling 3:15:30, Vos 3:16:23, Casey 3:18:23.

Ray's judgment and experience now paid off as Lees felt his great effort. Charley Fogg, walking a stormer, went into third with Harding, looking better and better, close behind. Moulinet was starting to move faster than anybody on the track for quite long periods. Selby had a rough time, while Carl Lawton came down to a shuffle to retire at 5 hours after a gallant effort to keep it going. At the back, Vos and Casey plodded on while Paddy Dowling stuck at it despite bad sickness bouts. **50km:** Middleton 4:34:04, Lees 4:36:30 (personal best!), Fogg 4:39:26, Harding 4:40:15, Moulinet 4:44:50, Selby 4:47:51, Holmes 4:50:01, Michel 4:50:44, Lawton 4:51:38, Markham 4:52:02, Harrison 4:53:48, Boxham 4:55:42, Young 4:57:17.

With the records at his mercy, Ray went on relentlessly. Moulinet had roared through to such effect that he had virtually caught Lees at 40M and was to have a battle royal with John and Ken Harding for second as the latter closed up. First Lees recovered and dropped his rivals but finally it was super-vet Harding who finished strongest of all. Colin Young now was making inroads after having to make several pit stops early on. Hero of the day, Mike Holmes, who came down from Bradford for a weekend holiday (!) and finished up doing a fine Highgate 'hour' and then completing the 8 hours, started to find things really tough but battled through magnificently after an excellent first half. **40M:** Middleton 5:56:29, Lees 6:04:04, Moulinet 6:04:22, Harding 6:04:49, Selby 6:13:25, Fogg 6:14:10, Michel 6:19:52, Young 6:23:07, Holmes 6:23:43, Boxall 6:23:57, Harrison 6:24:05.

And so to the last gruelling miles. Ray swept on inspired, Ken never faltered, finally John Lees and Alain Moulinet slowed and Charley Fogg went beserk in a final effort and thought he had nailed third only to discover he had to find another lap to get Lees. Closing strongly, Colin Young overtook Michel despite the latter's last minute burst.

The generally cold weather with a strong breeze was responsible for the many short pit stops taken by several walkers, while some ultra fast laps were put in when certain walkers heard their chosen favourite records played over the loudspeaker system! (Organiser Bill Sutherland had "The Sun Won't Shine Any More" played just

CROSS-COUNTRY

Adidas Cross. The ideal lightweight shoe for the country. Blue synthetic waterproof uppers. 3½-5½ except 4½ **£4.54,** 6-11½ except 10 and 11 **£4.90.**

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Power CC2. White leather upper with padded collar. Fitted with deep ripple rubber sole. 3-5 (full sizes only) **£4.75,** 6, 6½, 7, 8, 9, 9½ and 10 **£5.25.**

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before the finish—the signal for a torrential downpour—M.W.) All in all, a memorable day for everyone who was present. Thank you Accolade, Haringey and Bill Sutherland. Let's have another 'do' next year.

50M: Middleton 7:31:06, Harding 7:40:45, Lees 7:42:33, Moulinet 7:46:44, Fogg 7:48:13, Selby 7:49:55, Young 7:57:17.

Result: 1, R. Middleton (Bel) 53M 352y/85,618m; 2, K. Harding (RSC) 52M 645y/84,277m; 3, J. Lees (B&H) 51M 1353y/83,314m; 4, C. Fogg (Enf) 51M 913y/83,029m; 5, A. Moulinet (France) 51M 817y/82,824m; 6, P. Selby (Sy WC) 51M 158y/82,223m; 7, C. Young (Ex B) 50M 89y/80,550m; 8, R. Michell (B'hth) 49M 1491y/80,221m; 9, D. Harrison (Boundary) 49M 950y/79,741m; 10, D. Boxall (B&H) 49M 211y/79,052m; 11, M. Holmes (Yks) 48M 1448y/78,573m; 12, P. Markham (Leic) 48M 1214y/78.360m; 13, J. Vos (Neth) 47M 486y/74,796m; 14, T. Casey (RoI) 44M 1456y/70,855m; 15, J. Dowling (Sheff) 43M 693/69,418m. C. Lawton (Bel) retired after 5hr.

THE RECORD BREAKERS

Ray Middleton. Born in London, 9.9.1936; postal worker; lives at Hendon (NW London). Represented UK in every Lugano Cup Final since 1961, the only walker in the world to have taken part in all six. Was 4th in 1961 (4:39:24), 2nd in 1963 (4:17:15), 7th in 1965 (4:19:15), 8th in 1967 (4:29:23,), 11th in 1970 (4:19:57), 19th in 1973 (4:22:25). Also represented UK in 1962 European, 1964 Olympics (13th in 4:25:49) and 1969 European (5th in 4:27:00); silver medallist in 1966 Commonwealth 20 miles. Future plans: "Will make one last bid for the Lugano Cup place in 1975. Might go for the 100 miles in the same year. Will not walk at international level after 1976 but will still walk at club level".

Ken Harding. Born at Congleton, 23.6.1929, stock controller; lives at Stoke-on-Trent. Was 24th in 1970 Lugano Cup Final (4:42:03); won Midland 50km (4:30:34) in 1973; this year won Bradford Open 50km (4:38:51) and Manchester to Blackpool 51¾M (8:08:51). Ambition: "To race successfully".

John Lees. Born at Hove (Sussex), 23.2.1945; accountant; lives at Hove. Between April 11th and June 3rd 1972 walked 2,876 miles across the USA from Los Angeles to New York in 53 days 12 hours 15 minutes (average 53.7 miles per day), breaking Bruce Tulloh's running record. Ambition: "To gain full British international vest".

Roger Mills interview: page 20
More Walking News: page 30

FIFTH ANNUAL CONVENTION FOR ATHLETICS COACHES

At Meadowbank Sports Centre, 2nd — 3rd November, 1974

Arranged jointly by Meadowbank Sports Centre and Scottish National Coach, F. W. Dick.

1974 brings your Fifth Annual Coaches' Convention to Scotland's home of International Athletics—Edinburgh. The Meadowbank Convention takes a deeper and wider look at coaching than previous Conventions and must constitute an essential source of knowledge for those who think about the athlete and sport today.

Guest speakers this year include:
Mike Bull, Commonwealth Games Silver Medallist in the Pole Vault; 'Sandy' Ewen, Churchill Fellow and leading authority in the Hurdles; Maurice Hanssen, President of the British Health Foods Manufacturing Association and a member of the Praesidium of the European Association of Health Foods; Dr Hugh Simpson, Pathologist at Glasgow Royal Infirmary; Tony Ward, author, commentator and former professional Athletics Administrator; Clyde Williams, Lecturer in Physiology, Aberdeen University; and Mike Winch, Commonwealth Games Silver Medallist and researcher in development of the Shot.

PROGRAMME

Saturday

09.00-09.15	Assembly
09.15-10.00	The Training Environment—F. W. Dick
10.15-11.00	Technical Variance in Coaching Men's and Women's High Hurdles—A. Ewen
11.15-11.30	Coffee
11.30-12.45	Review of Teaching and Technique Training Methods
13.00-14.00	Lunch
14.00-14.45	The Next Revolution in Shot—M. Winch
15.00-15.45	Aspects of Coaching Pole Vault—Dr M. Bull
16.00-16.15	Tea
16.15-17.00	Periodisation and the Athlete's Year—F. W. Dick
19.30	Convention Dinner

Sunday

09.15-10.00	Effects of Biorhythms on Training and Performance—Dr H. Simpson
10.15-11.00	Technology and Technique—A. Ward
11.15-11.30	Coffee
11.30-12.15	Specific Forms and Effects of Endurance Training—C. Williams
12.30-14.00	Lunch
14.00-14.45	Nutrition and Optimal Performance—M. Hanssen
15.00-15.45	Training Theory of Maximal, Elastic and Endurance Strength—F. W. Dick
16.00-16.30	Conclusion

Convention Fee £1.00
Convention Dinner £2.00*

*Excluding V.A.T.

Cheque/P.O./M.O. to be made payable to Edinburgh Corporation and sent to D. E. Farrer, Meadowbank Convention, Meadowbank Sports Centre, 139 London Road, Edinburgh EH7 6AE. If accommodation is required, this should be stated.

WALES

CARDIFF CAMPAIGN FOR SPORTS CITY

CARDIFF AAC, the undisputed champions of British club athletics following their clinching of the Pye Gold Cup to add to their hat-trick of British Athletics League Division One wins, have started a campaign to get the proposed "Welsh Sports City" built in South Glamorgan—and preferably in Cardiff.

Their chairman, former Welsh high jump and hurdles record holder John Lister, has sent a letter to all South Glamorgan and Cardiff District Councillors urging them to do everything in their power to ensure that the project comes to the South Glamorgan area.

He says in his letter that the voice of his club deserves to be heard due to their achievements and hints that should a decision on Sports City be deferred, on financial grounds for example, a modern athletic facility on a smaller scale should be provided. This could then form the basis of a Sports City—should the go-ahead be given for South Glamorgan to build it some time in the future.

The present facilities available to the Cardiff club, which incidentally has the largest membership of any British club, fall far short of the requirements for competition. In fact the British League has refused to allow Maindy Stadium to be used for league matches, thereby forcing Cardiff to go to the magnificent new Cwmbran Stadium, which is in the Borough of Torfaen's area, for their "home" matches.

Cardiff are in fact the only Division One club without a Tartan track and the associated facilities that make up a stadium with international requirements.

ANGLO-WELSH MUST CHOOSE

FOR the first time, since the war anyway, the Welsh CCA have decided to hold their Senior Championships on the same day as the ECCU Championships—March 1st. This means, of course, that anglo Welshmen must now choose between helping their club in the ECCU race, or coming back to the homeland in an attempt to make the Welsh team for the International. It also means that Cardiff AAC will be unable to bid for the ECCU title—for 1975 anyway—a title that they have always wanted to win.

★ The Welsh CCA, who stage the International race at Chepstow Racecourse in 1976, have announced that they have obtained sponsorship from Welsh Brewers Ltd—a member of the Bass-Charrington Group—for the Championship.

★ The Welsh AAA have announced that all of next year's track and field Championships, the Colts, Boys, Youths, Junior men, and Senior (except 10,000 and marathon) will be held at Cwmbran on one weekend—June 28th and 29th. This is a decision that will be welcomed by both athletes and officials alike.

★ Ken Griffiths, the Welsh AAA Championships secretary, was a little disappointed with the response from athletes for this year's marathon Championship. He asks therefore that all athletes interested in next year's race should contact him at 7 Channel View, Marcross, Llantwit Major, Mid Glam, with a suggested date for next year's event.

Clive Williams

BROMSGROVE & REDDITCH YOUNG ATHLETES ROAD RELAYS

September 7th

(Youths 4 x 2½M)

1, Westbury (G. Hill 11:54, D. Cowles 12:14, S. Evans 12:09, J. Pickford 11:50) 48:07; 2, Manchester AC (D. Joyce 11:56, C. Burnett 12:29, B. Eden 12:16, M. Plant 11:40) 48:21; 3, Gloucester (R. Robinson 11:46, A. Rennie 12:54, M. Salter 12:42, B. Martinuik 11:44) 49:06; 4, Small Heath (P. Williams 11:45, B. Atkins 12:45, J. Butlin 12:24, M. Toland 12:28) 49:22; 5, Coventry Godiva (H. Rose 11:51; S. Warkling 19:53, C. Dix 11:56, M. Boulton 12:57) 50:37; 6, Manchester AC 'B' 51:51; 7, Tipton 51:40; 8, Liverpool Pembroke 52:02; 9, Birchfield 53:10; 10, Westbury 'B' 53:21; 11, Bromsgrove & R 56:21. **Fastest:** Plant 11:40.

(Boys 4 x 2½M)

1, Westbury (S. Parker 12:02, M. Cowman 12:15, R. Nash 11:57, T. Matthews 11:57) 48:11; 2, Manchester AC (G. Cooper 12:07, P. Northrop 12:07, G. MacKenzie 12:18, D. Smith 12:02) 48:34; 3, Manchester AC 'B' S. Phillips 12:14, I. Davies 12:48, P. Murray 12:38, M. Scruton 12:30) 50:10; 4, Bromsgrove & R 51:00; 5, Worksop 51:23; 6, Coventry Godiva 51:37; 7, Birchfield 52:45; 8, Westbury 'B' 52:49; 9, Liverpool 53:00; 10, Tipton 53:16. 21 teams closed in. **Fastest:** R. Nash (West 'B') & Matthews 11:57.

(Colts 4 x 2½M)

1, Birchfield 53:48; 2, Rossendale 54:17; 3, Manchester AC 54:27; 4, Worksop 53:34; 5, Manchester AC 'B' 56:28; 6, Bromsgrove & R 56:41; 7, Gloucester 56:47; 8, Liverpool Pem 56:56; 9, Tipton 57:12; 10, Westbury 57:24. 27 teams closed in. **Fastest:** B. Lewis (Ross) 12:57. **(Under 12's 1½M):** 1, J. Moran (B&R) 9:27; 2, W. Dixon (Ross) 9:33; 3, P. Towers (B&R) 9:39; 4, A. Gateley (MAC) 9:56; 5, D. Harrison (Thurr) 9:58; 6, H. Hood (B&R) 10:01. **Teams:** 1, Bromsgrove & R 10; 2, Manchester AC 21; 3, Thurrock 36.

Pat Chapman First In Inter-Area Pentathlon

At Birmingham University, September 22nd

THE Northern WAAA won the Inter-Area Pentathlon, held in cold and damp conditions. The individual winner, Pat Chapman, led from the first event with a 14.7 hurdles and was never headed. Moving into second place after the last event was 16-year-old Valerie Mullin with a personal best score of 3770, just ousting another teenager, Gillian Smith (17). Birchfield's Junior relay team won the WAAA 4 x 100m championship quite convincingly the first time round, and also the re-run, in a time which would have won the Intermediate championship.

Alan Lindop

1, P. Chapman (S) 3848 (14.7, 10.47, 1.62, 5.62, 25.9); 2, V. Mullin (N) 3770 (15.3, 9.04, 1.68, 5.55, 25.4); 3, G. Smith (N) 3749 (15.1, 9.39, 1.64, 5.54, 25.7); 4, J. Philp (S) 3527; 5, G. Howell (N) 3446; 6, H. Alderton (S) 3276; 7, S. Hodgson (N) 3273; 8, S. Andrews (S) 3220; 9, J. Waldron (M) 2829. Teams: 1, North 14,238; 2, South 13,871; 3, Midlands 10,725.

WAAA Championship events (Senior women) Medley relay: 1, Birchfield 4:10.6; 2, Bury 4:14.8; 3, Rossendale 4:44.2. **(Inters)** 4 x 100: 1, Middlesex LAC 50.4; 2, Liverpool H 50.8 (50.7 ht); 3, Furness 51.2; 4, Bury 51.4; 5, Verlea 51.5; 6, Halesowen 52.7 (51.9 ht). **(Juniors)** 4 x 100: 1, Birchfield 49.8; 2, Reading 51.1; 3, Warrington 51.1 (50.8 ht); 4, Houghton 51.8; 5, Coventry Godiva 51.9.

Open events (Seniors) SP: S. Spragg (Chelt) 10.35/33'11½". JT: 1, J. Zaslova (B'field) 35.26/115'8"; 2, Spragg 34.10/110'10. **(Inters)** JT: L. Crawford (Hales) 32.86/107'10". **(Juniors)** 100: K. Wood (Bury) 13.0.

HILLINGDON AC WAKEFIELD TROPHY

At Hayes, September 22nd

Enfield 348; Hillingdon 311; Cambridge H 263; Watford 237; Twickenham 189; Windsor 81.

Invitation (Osma) Mile: 1, P. Williams (Camb) 4:12.7; 2, S. Lawrence (Pilk) 4:18.6; 3, M. Knapp (E'bourne) 4:20.3. DT: N. Griffin (Wind) 50.16/164'7". HT: B. Lewis (Hill) 43.20/141'9". (Jnrs) 2000SC: M. East (Twick) 6:02.6. HJ: Berry (Wat) 1.80/5'10¼". SP: Tilley (Enf) 13.63/44'8¾". (Yths) 1500SC: R. Button (Enf) 4:53.6. 100H: P. Johnson (Enf) 14.9. SP: Strzadala (Twick) 13.75/45'1½". JT: K. Seldon (Hill) 48.30/158'5". (Boys) 100: M. Bond (Camb) 11.7. 200: 1, M. Zugai (Enf) 24.0; 2, Bond 24.0. **(Women)** 100/200: E. Barnes (Camb) 12.4/25.3. Inv 800: 1, K. Fielon (Port) 2:15.6; 2, A. Mason (Bris) 2:16.9; 3, M. Barrett (Ver) 2:18.0. HJ: 1, H. Bray (Wat) 1.60/5'3"; 2, C. Barber (Hill) 1.55/5'1". (Inters) 100: J. Kingan (Hill) 12.6. 400: L. Pamment (Camb) 60.4. (Jnrs) 100: 1, B. Gauntlett (Enf) 12.6; 2, S. Archer (Hill) 12.6. 200: 1, Archer 26.2; 2, A. Pomfrett (Enf) 26.8. 800: 1, S. Bond (Wind) 2:27.5; 2, L. Wilkinson (Enf) 2:28.0. 75H: 1, J. Duffield (Enf) 11.6; 2, P. Harris (Hill) 11.8. HJ: 1, S. Ball (Wat) 1.59/5'2½"; 2, J. Burdon (Camb) 1.56/5'1¼". LJ: C. Stone (Enf) 4.99/16'4½". SP: 1, S. Tudor (Hill) 11.26/36'11½"; 2, I. Duffin (Camb) 10.21/33'6"; 3, G. Hodges (Wat) 9.85/32'3¾". DT: Tudor 29.94/98'2¾". 4 x 100: 1, Enfield 51.2; 2, Hillingdon 52.5. (Girls) 100/200: J. Gardner (Twick) 13.2/27.0.

BRITISH CC CUP IDEA SHELVED

David Denton informs us that, owing to insufficient support, he will not be proceeding with the idea of a British Cross-Country Cup. Mr Denton, secretary of the MCCCA and organiser of the annual Inter-Area and Triangular races, has moved to 39 London Road, Lichfield, Staffs (Tel: 23870; business—Stoke 48699).



Neville Wade (19) of Herne Hill Harriers receiving tuition from coach Margaret Whitbread, watched by fellow students, at the Guinness School of Sport held at Crystal Palace. Neville was a schoolboy international last year.

SPECIAL OFFER

Save money on these top class shoes which are being reduced in price only to clear our shelves of oddments in various lines. Current price in brackets.

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Adidas 'Athen'. Red velour/white trim. Sizes: 6, 6½, 7½, 8, 8½, 10 only. **£5.95** (£7.75).

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Very attractive sleeveless vest, latest modern continental styling in excellent quality stretch nylon. Royal/White trim, Scarlet/White trim, Royal. Sizes: 30/32in. **£1.12,** 34/36in. **£1.39,** 38in. **£1.54.**

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Bukta 'Classic'. Royal/White trim, Scarlet/White, Black/White, White/Royal, 28in., 30in., 32in. **£1.15,** 34in., 36in. **£1.32.**

Litesome 'Scandinavian'. Brief cut in Sateen cotton with elastic hip. White, Black, Amber, Emerald, Royal, Navy and Sky. Sizes: 28in., 30in., 32in., 34in., 36in., 38in. **Buy now while still obtainable at our Special Price of 99p.** Can cost up to £1.50.

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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. 12p for track-suits, 10p shoes, 5p shorts, vests, etc.

THE SPORTS CENTRE

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

HAMMER CIRCLE REUNION

The 1974 Hammer Circle Reunion was held at Meadowbank on September 14th/15th. Numbers were considerably down on previous years, but all those who attended had an enjoyable week-end. All three of our European Championship representatives were present and the competitions were consequently of a high standard. A dinner was held at which the Guest of Honour, Bob Watson, was presented with a hip flask in recognition of his many years service to hammer throwing in Scotland.

Officers elected: President, A. H. Payne; chairman, R. J. Bowden; general secretary, C. J. Melluish, 39 Criffel Ave, London SW2 4AY; treasurer, P. R. G. Aston; membership secretary, B. Fraser.

September 14th: 1, I. Chipchase 67.52/221'6"; 2, H. Payne 66.62/218'7"; 3, C. Black 65.64/215'4"; 4, P. Dickenson 64.84/212'9"; 5, C. Melluish 58.94/193'4"; 6, J. Whitehead 58.54/192'1"; 7, A. Woods 50.52/165'9"; 8, P. Conway (RoI) 48.66/159'8"; 9, D. Bell 44.58/146'3"; 10, E. Campbell (RoI) 43.10/141'5". Juniors (6.25kg): P. Buxton 49.32/161'10". Youths (5kg): 1, B. Riddles 54.74/179'7"; 2, S. Watson 52.38/171'10"; 3, R. Gibson (RoI) 51.16/167'10". Boys (4kg): S. Monroe 50.00/164'0".

September 15th: 1, Black 66.00/216'6"; 2, Payne 63.12/207'1"; 3, Dickenson 62.30/204'5"; 4, Melluish 56.72/186'1"; 5, P. Scott 52.74/173'0"; 6, Woods 50.00/164'0"; 7, M. Mileham 48.70/159'9"; 8, W. Robertson 47.26/155'1"; 9, Buxton 44.50/146'0"; 10, Bell 43.98/14'3"; 11, Campbell 43.52/142'9"; 12, Conway 42.80/140'5"; 13, D. Benning 40.30/132'3". Youths (5kg): 1, Riddles 53.46/175'5"; 2, Watson 52.00/170'7"; 3, Gibson 51.34/168'5". Boys (4kg): Monroe 49.54/162'6". Scots Hammer: 1, Black 34.58/113'5"; 2, Melluish 31.18/102'3"; 3, Payne 31.14/102'2". 28lb Weight: 1, Black 26.18/85'10¾"; 2, Payne 25.87/84'10½"; 3, Robertson 20.35/66'9¼".

HAMPSHIRE WOMEN'S CHAMPIONSHIPS

At Portsmouth, September 22nd

800: M. Townsend (Port) 2:20.5. Pen: 1, V. Marshall (B'mth) 2909; 2, S. Scholes (S&E) 2874 (15.9 100H). (Inters) 400: C. Stickland (Ryde) 63.4. 1500: M. Gallaway (Port) 5:02.1. (Jnrs) 1500: 1, S. Ludlam (Port) 4:53.0; 2, R. Smeeth (AFD) 4:55.6; 3, C. Goodman (B'mth) 5:02.6. Pen: 1, S. Clarke (Port) 2691 (26.2 200, 5.11 LJ); 2, C. Taylor (S&E) 2606; 3, A. Giddings (Port) 2491.

Rossendale AC (Ladies) officers: Chairman, Mr R. Brindle; secretary, Mrs M. Nuttall, 133 Cherry Crescent, Rawtenstall, Rossendale, Lancs (Tel: Rossendale 29086); treasurer, Mrs J. Beardow.

* * *

The address of Peter Morrison (Berks high jump coach) is PE Dept, Wallingford School, St George's Road, Wallingford, Oxon OX10 8HR.

Southern League – Final Tables

DIVISION 1

Club	Match Points	Place Points
Essex Beagles	812½	30
Metropolitan Police	816	28½
Oxford City AC	782	27
Ilford AC	786	26
Windsor Slough and Eton	714	24
Shaftesbury H	716	22
Epsom and Ewell	681	22
Herne Hill H	645	21
Haringey and Southgate	677	20
Verlea AC	662	19½
Belgrave H	666	19
Mitcham AC	656	19
Hercules Wimbledon	659	18½
Cambridge H	667	18
Aldershot Farnham and D	651½	17
City of Plymouth	623	16½
Highgate H	620	16
Blackheath H	515	15
Portsmouth AC	577	14
Feltham AC	576½	11
Surrey Beagles	553½	10½
Exeter H	495½	10
Medway AC	542½	9½
Bournemouth AC	499½	9
Surrey AC	416½	7

DIVISION 2

Club	Match Points	Place Points
Royal Navy AC	822½	29
Wycombe Phoenix	765½	27
Worthing and District	760	27
Kent AC	790½	26
South London H	748½	26
Havering AC	735½	26
Cambridge and Coleridge	730	23
Bracknell AC	696½	20½
Chelmsford AC	672	19
North London AC	668	18½
Harlow AC	643½	18
Walton AC	636½	18
Yeovil Olympiads	630½	17½
Crawley AC	650½	17
Norfolk Olympiads	624	16½
Sutton and Cheam H	642	16
Ealing and Southall AC	599	16
Southend on Sea AC	561	14
Thurrock H	568½	13
Torbay AC	539	13
London AC	577	11
Horsham Star H	525	11
Guildford and Godalming	516	10
Watford H	508	10
Queens Park H	252½	7

DIVISION 3

Club	Match Points	Place Points
Newham AC	835	28
Old Gaytonians AC	829	28
Tonbridge AC	803½	26½
Twickenham AC	818	26
Eastbourne Rovers AC	764	24½
Invicta AC	789	24
Windsor Slough and Eton 'B'	739	23
Haslemere Border AC	724½	23
Hadleigh Olympiads	749½	22
Newbury AC	694	21
Stevenage and North Herts	685	19
Hastings AC	672½	18
Walthamstow AC	642	18
Redhill and Reigate AC	613½	18
Bedford and County AC	617	17½
Maidenhead AC	596½	16
Ipswich H	511	15
Colchester AC	496	14
Huntingdon and District	579½	12½
Didcot and District AC	550½	12
Woking AC	442	10
Andover and District AC	383½	10
Peterborough AC	455	8½
Swindon AC	294	6½
Dorking St Pauls AC	103	3

DIVISION 4

East Anglia

Club	Match Points	Place Points
Holbeach	589	22
West Suffolk	568	20
Lowestoft	513	18
West Norfolk	374	10
Biggleswade	271	7
Milocarian	181	5

London

Club	Match Points	Place Points
Victoria Park H	738	23
Barnet and District	691½	21
Essex Police	513	16
Eton Manor	423½	11
London School of Economics	426	9

South East

Club	Match Points	Place Points
Cambridge 'B'	678½	23
Folkestone	581	19
Haywards Heath	458½	17
Dartford	279	10
Thames Poly	32	5
East Kent	110	4

West

Club	Match Points	Place Points
London Irish AC	694	26
West Cornwall AC	664	25
Oxted and District	434	15

Bognor Regis	406	13
Basingstoke	394	12
Salisbury	320	11
Camberley	263	8

Central

Oxford 'B'	695	23
Aylesbury	661	21
Wolverton	367	15
Banbury	313	13
Trowbridge	93	4

KANGAROO CLUB SCHOOLS POSTAL CONTEST

(Senior Boys). LJ: Bryan (Brigg) 6.86/22′6¼″. Team: Brigg GS 12.55. TJ: Evans (KH VIII) 13.08/42′11″. Team: Kelly Coll 24.82. **(Inter Boys)** LJ: Sturgess (KH VIII) 6.06/19′10¾″. Team: King Henry VIII 11.82. TJ: Sharma (Pend) 12.68/41′7½″. Team: King Henry VIII 24.64. **(Junior Boys)** LJ: Poole (KH VIII) 5.37/17′7½″. Team: King Henry VIII 10.53. TJ: Grant (Pend) 12.26/40′2¾″. Team: Orange Hill 23.09.

Final Points Table (Senior Boys): 1, Kelly Coll 28; 2, King Henry VIII 24; 3, Briggs GS 23. **(Inters):** 1, King Henry VIII 36; 2, Pendeford 28; 3, Brigg GS 26. **(Juniors)** 1, Orange Hill 34; 2, Pendeford 26; 3, Northicote 17; 4, King Henry VIII 17.

Sponsorship For ECCU

CROSS-country is the latest sport to be sponsored. The English Cross-Country Union have announced that they are to be sponsored to the tune of £5,000 by the Provincial Insurance Co Ltd of Kendal. The sponsorship will be spread over five years and the Provincial will also give assistance to the English team for the International Championship in Morocco in March, and provide prizes for the English Cross-Country Championships.

Man behind the sponsorship is ECCU treasurer Jack Davies who said: "This is a shot in the arm for the sport. Despite our great success in international events it is often a struggle to make ends meet."

Cross-country has a strong case for being recognised as England's most successful major sport at international level. In the 60 annual International Cross-Country Championships England have won 43 of the team titles and gained 35 individual successes, a fantastic record. Despite this, the ECCU have always had to work to a tight budget.

Now the news of extra cash is greeted enthusiastically by the sport. Says Jim Alder: "This will help the great tradition of cross-country running in England to be maintained. The sport has never had the necessary financial backing in the past. I only wish this would happen in Scotland as well."

Peter Keeling

THE UNIGATE MARATHON

The Tenth Marathon at Harlow

(Incorporating Essex County Championship)
26 Miles 385 Yards (Under A.A.A. Laws)

Sponsored by Unigate

FROM HARLOW SPORTCENTRE
SATURDAY, OCTOBER 26th
1.30 p.m.

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

Entries: Individuals 25p (all runners must enter as Individuals), Teams 30p (6 run, 3 score). No additional fee for Essex Championship.

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

CLOSING DATE OCT. 14th—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 27th, 1974

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 £130

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 and Senior team race, 15p individuals.
Entries to: K. Duckworth, 70 Marsh Street, Bradford BD5 9PB.
CLOSING DATE OCTOBER 16th

WHAT NEXT FROM BRENDAN FOSTER?

Mel Watman concludes his account of the European champion's career

HAVING already run personal best times in the 1970 Commonwealth Games, 1971 European Championships and 1972 Olympic Games, Brendan Foster went one better in his next major international championship, the 1974 Commonwealth Games. He set two personal bests—UK records in both the 5000 and 1500! This ability to peak for the big races is Brendan's trademark and much envied by his rivals. How does he do it?

"It's not a secret", he told Cliff Temple in an interview we published last year. "It's just that I know that having done certain training I will be at a peak on that particular day. I start four weeks before the big race, building up. I know the sessions are going to get better, and they do. And I know the race is going to come at the end, and it does. So it's confidence in the system that I use for a month". Doing the right training is certainly a vital part of the process, but equally important is Brendan's mental attitude. If anything is certain in athletics it is that Brendan Foster will give 100 per cent of himself in a race; there is a dogged streak in his character which ensures that the tougher the going the better he will run. Another advantage he enjoys is having behind him a coach like Stan Long, who encourages his experienced athletes to be independent. "I think a coach is most valuable as someone to talk to and lean on when things are not going right", says Stan.

Brendan's 1974 season must rank among the most successful on record . . . a world record, a European title, a Commonwealth silver medal, two UK records and a remarkable road relay stage suggesting 10,000 may yet prove to be his greatest event.

January 27th, Christchurch. Won his 5000 heat, larking about, in 13:45.6. It was his first track race since the European Cup Final.

January 29th, Christchurch. He lost the fastest 5000 duel in history by just a foot or two to Ben Jipcho (13:14.4), himself claiming a UK record of 13:14.6 and moving into 3rd place on the world all-time list behind Emiel Puttemans (13:13.0) and the Kenyan. Brendan went ahead on the 7th lap, shadowed by Jipcho, and passed 3000 in 7:59.2. Dave Black (who finished 3rd in 13:23.6) regained the lead coming up to 4000 (10:41.6) but was left when Brendan put his head down with just over 800 to go. Jipcho could not be dropped, though, and moved into a narrow lead just before the final straight. Time for the last lap: 55.6 for Jipcho, 55.8 for Foster. "Perhaps I should have struck earlier", mused Brendan. "This one was not really a race until the last five laps, and obviously if we did it again I would race all the way. I thought I was going to catch Jipcho in the finishing straight, but I didn't quite make it".

January 31st, Christchurch. Ran a comfortable 4th in his 1500 heat (3:44.9).

February 2nd, Christchurch. Although lowering the UK record to 3:37.6, Brendan found himself in 7th place in the most fantastic race of all-time. Brendan, not one to shirk a fast early pace, was some 30m down on Filbert Bayi in the second lap and finished 35m behind as the Tanzanian set a world record of 3:32.2 ahead of John Walker 3:32.5, Jipcho 3:33.2, Rod Dixon 3:33.9,



Brendan's final track race in 1974 was the 2 miles which he won at the Coca-Cola Meeting in 8:23.4. Here he runs second to Graeme Crouch, followed by Lasse Viren and Steve Prefontaine.

Peter Tempest

Graeme Crouch 3:34.2 and Mike Boit 3:36.8. Brendan knew then, if he wasn't quite sure before, that he had made the correct decision in moving up to 5000.

March 24th, Milan. A week after setting a world indoor 5000 best of 13:24.6, Emiel Puttemans led throughout the 9500m 'Five Mills' cross-country (31:08.6), well ahead of Frank Shorter (31:19.4) and Brendan (31:34.8).

April 27th, Sutton Coldfield. "He's the greatest club man anywhere" is how one colleague has described him, and he certainly went to town on behalf of Gateshead Harriers on the 9th stage of the AAA National Road Relay. He took over 6th and handed over 5M 900y later just one second behind the leader, having covered the hilly course in an astonishing 24:28. Another half mile at that pace would have taken him to 6M in 26:38! Next fastest were Dave Black at 24:46 and Bernie Ford at 25:00.

May 4th, Wembley. Brendan brought cheer to the Newcastle fans at the FA Cup Final when, wearing United colours, he outclassed Juha Vaatainen over 3000 on the famous turf (8:05.0 to 8:13.0).

June 30th, South Shields. Hamstring and back trouble during May and June was threatening to ruin all Brendan's plans for the season; he was far behind with his training. At this local meeting he eased his way back into racing, holding back for the first mile (4:28.0) and prancing through the second in 4:14.4 to clock 8:42.4 far ahead of Dave Bedford (8:57.6).

July 13th, Crystal Palace. Brendan's training was not going well and he needed a pyschological boost. The AAA 5000 provided it. After seven laps of steady running he decided it was time to move out, so he covered the eighth circuit in 59.2! That was the end of the race as a race, and Brendan came home in 13:27.4 well clear of Jos Hermens (13:35.2). "I'll be all right in three or four weeks time", he declared.

July 26th, Meadowbank. Running his first 1500 since Christchurch, Brendan outkicked Frank Clement and the Czechs in 3:41.2. It was a slowish time but then Brendan, still desperately making up for lost training, had run 20 miles the previous day.

August 3rd Gateshead. The newly appointed Sports and Recreation Manager for Gateshead fervently wanted this meeting, the first to be held on the Tartan track, to be a great success—so much so that he even went to the lengths of breaking a world record for the 10,000 fans! Fulfilling a life's ambition of setting a world record in his home town, Brendan hacked 2.4sec off Emiel Puttemans' highly esteemed 3000m figures with the sparkling time of 7:35.2. The first half, paced by Mike Baxter, took 3:49.0; the second 1500, alone against the stopwatches, took just 3:46.2. The lap times were almost unbelievable: 60.0, 60.5, 62.2, 61.3, 60.0 (!), 62.1, 59.9—and a final 200 in 29.2. Brendan was happy ("it was like a dream come true"), but in no way complacent ("I'm still not sharp enough").

August 10th, Crystal Palace. Mentally deflated, as well as physically jaded after another heavy week's training, it was not altogether surprising to find Brendan below par for the Emsley Carr mile. Nevertheless he ran 3:58.4, behind Frank Clement (3:57.4) and Ray Smedley (3:58.0).

August 17th, Meadowbank. As a final tune-up before Rome, Brendan ran 800 in 1:51.4—only 0.3 outside his best—and 400 in 52.6.

September 6th, Rome. Brendan enjoyed himself in his heat, demoralising the opposition (in the other heats as well as his own) with a 59.1 lap midway and trotting home in 13:37.0.

September 8th, Rome. This was the climax to date of Brendan Foster's career—world records notwithstanding. Athletics is about competition and here Brendan was totally dominant. Not since the days of Vladimir Kuts have we seen such a talented championship field so completely dominated by one man. Breaking away just before 3000 with a 60.2 lap, he was at one stage (the bell) 80m ahead and but for the exhausting weather he would surely have broken Puttemans' world record. No matter, a time of 13:17.2 sufficed to bring him home in solitary splendour, with Manfred Kuschmann taking the silver in 13:24.0 and Lasse Viren the bronze in 13:24.6. "Maybe I could have gone for a real fast one", he reflected, "but you can't have everything at once—it's that medal I wanted primarily".

September 13th, Crystal Palace. 'Big Bren' didn't quite feel up to a full blooded record attempt in the Coca-Cola 2 miles, so he contented himself with destroying the opposition once more with a withering mid-race spurt (60.8 fifth quarter) and loped to victory in 8:23.4 ahead of Ray Smedley, Jos Hermens and Lasse Viren (all 8:25.8). A momentous season was at an end.

Brendan is not one to rest on his laurels: "There's my medal, I've done it, it's over. Now plan for the next one". There are no international championships in 1975, unless he goes for the European Indoor, so he can afford to experiment. The world awaits, with trepidation, his 10,000 debut!

Annual Progression

Year	1500	Mile	2M	5000
1966	—	4:15.8	9:21.0	—
1967	—	4:07.4	—	—
1968	—	—	—	—
1969	3:47.1	4:05.6	—	—
1970	3:40.6	4:06.0	8:30.8	—
1971	3:39.2	3:58.5	8:24.8	14:36.0
1972	3:38.2	3:55.9	—	—
1973	3:38.5	3:59.2	8:13.8	13:23.8
1974	3:37.6	3:58.4	7:35.2m	13:14.6

COAST TO COAST RELAY

A team of ten Harrogate AC runners completed in relays a coast-to-coast run (150 miles) in 17hr 39min 12sec. The route was from Ravenglass (Cumbria) to Ravenscar (Yorks) via Windermere and Northallerton.

Interview with ROGER MILLS

by Alastair Aitken



Roger Mills approaching the finish of the European 20 kilometres championship.

Maurice Frank Jones

What do you get most out of athletics?

Roger Mills: Personal satisfaction really. I just enjoy being the best; it's a hunger. I also have the great satisfaction of being fit.

Is there anything you feel badly about in athletics, like selection?

Personally, I think I should have gone to Munich. I think walkers are hard done by and I think they have been since 1908. The rest of the people in the team in Rome were rooting for us and if we produce the goods I can't see they have got any grounds for complaint. Of course there are still some people who don't consider walking an athletic event. What they don't realise is that walkers as athletes probably have more sophisticated training methods than middle distance runners, with cardiac circuits, isometrics, weights, this sort of set-up. The walkers think about the sport a lot deeper than a lot of people imagine and are just as dedicated as your marathon runners. I used to be a runner and I still enjoy running—it's a nice change from walking training. I do about two sessions a week running and I do a cross-country season for the club. It's a great feeling running over the country.

You mentioned walking needs as much dedication as marathon running . . .

Equally so, because where a marathon runner is out on the road for say an hour a walker is out for one hour 20 minutes for instance. To do 90 miles a week for a walker you have got to be out for a fair old time on that road!

What are your feelings about walking events being withdrawn from the Olympic Games?

I am hoping they will be reinstated for 1980 of course. The 20 is still in for Montreal. The grounds they put up for dropping it are a joke! The people who want it stopped are so out of touch with athletics that the decision made does not really surprise me. The reason they gave for keeping in the 20 kilos is because some people are already preparing for it. That is fallacy, really, because you have got to prepare longer for the 50 kilometres.

BORDER HARRIERS AND A.C.

26th Running of the

BRAMPTON TO CARLISLE

ROAD RACE AND

YOUTHS AND BOYS RACE

Saturday, November 23rd, 1974

Holders: Individual—N. Sloane (Blackpool & Fylde). Team—Sale Harriers.

Awards: 1st, 2nd, 3rd Teams; 1st 'B Team; First 6 Individuals; 1st, 2nd, 3rd H'cap.; 1st, 2nd, 3rd Veteran awards; 1st Cumbrian (Old Cumberland); 1st Border Harrier.

Entry Fees: 20p each—no team fee. Teams: 4 run, 3 score. **Entries** on A.A.A. forms to P. A. Nash, 87 Petteril St., Carlisle CA1 2AW. **Entries close November 9th.**

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Saturday, November 9th, at 2 p.m.

West Park School, Spen Lane, Leeds 16

JUNIOR BOYS, BOYS AND YOUTHS TEAM RACES

(9 to enter, 6 to run, 3 to count)

Plaques first 3 teams and first 3 places

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SENIOR 4 x 2M.

CROSS-COUNTRY RELAY

'A' and 'B' Teams, plus Vets Team Awards

Entries: 70p per Senior team, 50p per Youth team. **Entries close Nov. 28th** to D. M. Stark, 28 Barons Court, Leeds LS15 7AP (Leeds 643414).

There were only two British walkers in the 20 and 50km at Rome. What are your feelings about that?

The guy who finished only 20 seconds behind me in the trials had a good enough chance of beating Amos Seddon and myself out in Rome and we finished fourth and seventh.

You think Olly Flynn would probably have done well?

He might have done, that is open to question. But he should have been given the chance.

What was your approach to the start of the walk in Rome?

I was extremely relaxed. Being walkers and being victimised as we have been, we were all shaking hands. You line up and everyone is wishing everyone else the best. We did three laps on the track and once that started there was a 'fire in my belly' and I was ready for the kill. I went out the stadium about 15th but that did not worry me.

When did the good ones break away?

They are all good ones! In these conditions you don't know who is going to have a good one and who isn't. From the time we hit the road there was a bunch of ten or 11 in the front: all the Russians, all the East Germans. Golubnichiy was playing it shrewd sitting in behind Lelievre and Stadtmuller, just testing how they were moving. He was being watched by Kannenberg and I was back with Visini, who said to me, "OK, we'll work together for a bit", so I said, "Fine, how are you going?" He said "OK", so I said "Right, we'll stick with it for a while". He was getting the usual frantic support from the Italians.

I understand from Derek Ibbotson that I walked a fairly reasonable first 5km and by that time I had got rid of Visini. Zschiegner, the East German, had come off the back and I was up with him. At 4 or 5km I could see the leaders, I could see it was breaking up and there were guys all over the place. It was an exceptionally good road surface, well marshalled, a well organised race, good support.

The best part was between 10 and 15 which it should not have been. I had just taken a Russian and I was lying about seventh. I had meant to coast this section but I was catching up another one and I thought I will chop him while I can. I took him, and in the last lap the other Russian was still in front of me, but meanwhile two or three in front had dropped out and another pulled; we were lying fifth and sixth with 5km to go. I knew the last 5km would be tough, and with 3 or 4km to go I knew I was going to hit some trouble pretty soon because of the sweat problem and I had stopped sweating. Going past the markers at 17 and 18km I was just willing myself on. The Italians were then telling me I was in fourth place but I did not believe them. Somebody else had dropped because I had not overtaken anybody at that stage.

I was still fairly close to the Russian but he was moving. I was now concentrating on staying as close to him as possible rather than taking his scalp because I was going through a dodgy period. I was starting to go all over the place and our lads on the road were telling me I was fourth and "to keep going". I eventually made the finish, slightly disappointed that I was not in a better condition because I would like to have had a go at the Russian. I did not have a chance to crack him at all; I am sure I could. I could have taken him once I had got up there but, there again, happy for us we took fourth and seventh.



Aftermath of Roger's plucky performance in Rome: he is carried off after finishing fourth in a state of collapse. He was ninth at 10km (45:49.4), sixth at 15km (1:08:28) and clocked a final time of 1:32:33.8.

Ed Lacey

In the Stadium, the group of British supporters I was with were worried whether you would get to the finish.

I knew I would make it, it was just a matter of how long it would take me. I was so determined to finish. The only thing that complicated it was I was not used to the bends on the track after coming off the road. I was thinking I must finish! I must finish!

I was pleased. I knew I could mix with these guys when I finished eighth in Lugano. The only trouble is we do not get, to some extent, the trips we would like, though I am not saying we are not grateful for the trips we get. If we had more confidence, maybe gone a little harder earlier on, maybe I would have been able to tuck in with them when it mattered. It is difficult to say, though, as I think I walked the right race. In fact I am certain I walked the right race. I am quite confident that, if I make Montreal, I can give as good as they give. I was fairly confident when I came out to Rome that we could put up a good show. I hope other people notice and look through the performances of the British athletes and put into perspective what the walkers have done for British athletics.

What training have you done for the European Championships?

I don't do as much training mileage-wise as many of the lads but I think I do more quality than most. I like to be pressurised during my day. I like my day to be full so the training I put in is usually fairly hard. I like to vary it and as I said before I like running; a bit of weights and circuit, squash maybe. I could not do walking seven days a week, it would drive me round the bend. There is a fine edge between taking off the racing shine and leaving it on the training track, but there again if you adjust the body and it becomes accustomed to working hard during training it will cope with racing so much easier. I am doing about 120 kilometres a week in all, which includes a run. Seven days a week, once a day, and other things thrown in—squash, swimming, whatever there is time for.

Have you got a coach?

No, but Colin Young is my second opinion. Nine times out of ten we agree on the strategy or the policy I am going to adopt. Through the years you listen and you learn what suits yourself and what doesn't. I would rather do it on my own anyway because I would rather take the glory or the shame on my own shoulders than anyone else take it.

Some people laugh at walkers. What is your feeling about that?

I have hardened to it now. Sometimes I just go through town centres for the hell of it just to be there, just to try and educate the morons who are standing there. I find it quite hysterical at times that a fat overweight female can look at me and giggle and gain some satisfaction out of the way I look and not judge in some respects her own physical condition by mine.

Roger Mills (Ilford AC) was born at Romford on February 11th, 1948; he is 1.82/5′11½″ tall and weighs 74kg/164lb. Best marks of 6:08.9 (mile—world best), 12:08.2 (3000), 1:29:04 (20km).

If you're moving fairly fast, OK, but I still get the 'aggro' and get involved in the odd street scuffle. Guys drive at you and ride their bikes at you. Once or twice a week I have to cross the road and have a quiet word with somebody. You try and harden yourself as you are out for training and that is what you intend to do. But if you have had a hard day and the training is not going well, your legs are hurting and some 'creep' says something to you, it's just too much and you just go over there and express your feelings to him. You probably regret doing it afterwards but one leaves in the hope that he has been educated and he won't do it again. But a lot of walkers, when they start, stick to the stadium and track for months till they gain enough courage to go out with the lads on the road.

Eventually they get dedicated and realise they can't get anywhere until they train harder and they will pluck up courage to go from home and it's quite profound the feelings that the walkers suffer because of the abuse.

Do you enjoy walking in the winter?

I don't like it, I don't like training when it's wet, windy and dark. In the sunshine I love to go training but you have to got to put your heavy stuff in during the winter. My blood circulation suffers in the winter but it's what you put in that you take out in the summer.

Which walkers do you admire?

Golubnichiy and Pamich. Pamich because he looks a champion and he conducts himself as a champion. He talks to everybody. I have seen him at races give the cup he's won to some little kid. Golubnichiy because honestly I did not think he was worth a place in Rome. I thought I would be able to get him this time, but he beats the best in the world. He beats the world record holder who had done on paper this year 4 minutes faster than him. You have got to be a great athlete to do that. I thought that would be his last one but he must be at Montreal! It's nice to race with him, it's a great honour almost —but I still want to chop him! Seeing Matthews in Tokyo was incredible; I can remember it to this day and that was a long time ago now.

Finally, have you a word to say about Phil Embleton?

Phil was a great mate of mine. He is also in my book one of the 'Greats', but he never had the chance to really blossom. I went to see Phil quite a lot in hospital and whenever I had to get anything out of his locker there, sitting there, were a pair of walking shoes. He had them to the end.

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Inter-Area Match **At Bristol, September 22nd**

Wind Blows Sprinters To Fast Times

HELPED by following winds, the sprinters, hurdlers and jumpers produced some eye-catching performances in the inter-area match at Whitchurch, Bristol, on September 22nd. Steve Green and Gareth Edwards were given 10.4 for 100m, Tim Bonsor 21.3 for 200, Peter Templeton and Derek Cole were over 24½ft in the long jump, and Judy Vernon clocked 13.4 in what may be the final hurdles race of her career. Fine javelin marks were registered by Dave Travis (80.14/262'11") and Yvonne Fountain, who improved from 47.14/154'8" to 51.32/168'4".

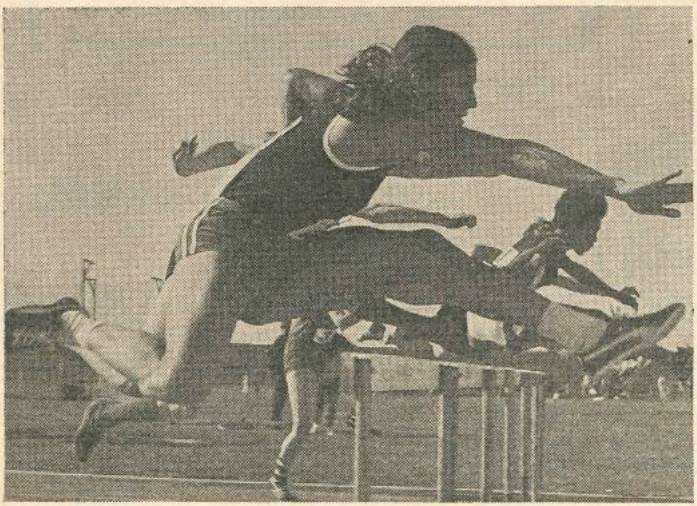
SOUTHERN COUNTIES 241, MIDLAND COUNTIES 155, SOUTH WEST COUNTIES 152, WALES 126

100: 1, S. Green (S) 10.4; 2, G. Edwards (W) 10.4; 3, T. Bonsor (M) 10.5; 4, R. Walters (M) 10.6; 5, P. Evans (W) 10.6; 6, A. Cornaby (S) 10.6; 7, S. Matthews (SW) 10.7; 8, N. Thorpe (SW) 10.9. **200:** 1, Bonsor 21.3; 2, Walters 21.5; 3, Evans 21.7; 4, M. Clark (S) 21.7; 5, A. Williams (SW) 21.9; 6, D. Laing (S) 21.9. **400:** 1, R. Benn (S) 48.9; 2, P. Browne (S) 49.5; 3, R. Ashdon (SW) 49.6; 4, H. Davies (SW) 50.2. **800:** M. Downs (M) 1:57.5. **1500:** R. Callan (M) 4:01.5. **5000:** 1, T. Colton (M) 14:33.8; 2, K. Penny (S) 14:34.0. **3000SC:** 1, R. Cytlau (M) 9:13.4; 2, K. Hutchin (S) 9:37.6; 3, J. Tierney (M) 9:39.6. **110H:** 1, P. Kelly (M) 14.6; 2, A. Cronin (S) 14.7; 3, N. Gerrard (S) 15.0; 4, I. Willoughby (SW) 15.0; 5, C. Bovell (SW) 15.7. **400H:** 1, S. James (W) 54.5; 2, Kelly 54.7; 3, P. Young (S) 55.8; 4, N. Chislett (SW) 57.0; 5, A. Harris (S) 57.5; 6, M. Strange (M) 57.5; 7, J. Dixon (SW-Vet) 58.2. **3000 Walk:** 1, A. Buchanan (S) 13:24.2; 2, S. Maidment (SW) 13:44.0; 3, M. Hall (S) 14:01.2. **4 x 100:** 1, South 42.8; 2, Midlands 43.6; 3, Wales 43.7; 4, S West 44.3. **4 x 400:** 1, South 3:23.2; 2, S West 3:25.4.

HJ: 1, G. Griffiths (W) 1.91/6'3¼"; 2, C. Meade (S) 1.88/6'2"; 3, G. Ward (M) 1.85/6'0¾". **PV:** 1, A. Williams (S) 4.71/15'5½"; 2, N. Phipps (S) 4.00/13'1½"; 3, R. Goodall (M) 3.90/12'9½"; 4, G. Ward (M) 3.80/12'5½"; 5, D. Jolly (SW) 3.80. **LJ:** 1, P. Templeton (SW) 7.49/24'7"; 2, D. Cole (S) 7.47/24'6¼"; 3, L. Hoyte (S) 7.07/23'2½"; 4, P. Bevan (M) 6.97/22'10½"; 5, I. Nicholson (SW) 6.86/22'6¼". **TJ:** 1, J. Vernon (S) 15.12/49'7¼"; 2, S. Power (M) 14.84/48'8¼"; 3, F. Rush (S) 14.24/46'8¾"; 4, A. Holley (SW) 13.96/45'9½". **SP:** 1, W. Tancred (S) 17.89/58'8½"; 2, S. Clark (S-Vet) 15.85/52'0"; 3, J. Walters (W) 14.17/46'6". **DT:** 1, W. Tancred 60.26/197'8"; 2, P. Tancred (S) 53.84/176'8"; 3, P. Rees (W) 48.32/158'6"; 4, Walters 47.18/154'9"; 5, J. Howell (M) 44.06/144'7"; 6, H. Payne (M) 42.68/140'0"; 7, E. Berry (SW) 41.82/137'2"; 8, N. Goodman (SW) 41.30/135'6". **HT:** 1, Payne 68.06/223'3"; 2, P. Dickenson (S) 66.08/216'9"; 3, C. Melluish (S) 60.72/199'2"; 4, Berry 59.14/194'0"; 5, B. Stebbings (SW) 52.10/170'11"; 6, Rees 46.38/152'2". **JT:** 1, D. Travis (S) 80.14/262'11"; 2, P. Hollywood (S) 67.00/210'10"; 3, N. Aplin (SW) 64.22/210'8"; 4, G. Daws (SW) 62.78/206'0"; 5, G. Brooks (W) 60.06/197'0".

Women

Southern Counties 153; South West 81, Wales 76.



Judy Vernon, who says she is retiring, finished on a winning note at Bristol, clocking a windy 13.4 ahead of Lorna Boothe.

Michel Bland

100: 1, J. Pawsey (S) 11.8; 2, B. Martin (S) 11.9; 3, J. Evans (SW) 12.3; 4, P. Ronan (W) 12.3. **200:** 1, J. Vernon (S) 24.3; 2, Martin 24.6; 3, Evans 25.5. **400:** H. Page (S) 57.8. **800:** G. Goodburn (S) 2:16.5. **1500:** 1, Goodburn 4:43.0; 2, P. Yule (S) 4:49.4. **3000:** 1, B. Price (S) 10:16.6; 2, C. McLoughlin (S) 10:16.6. **100H:** 1, Vernon 13.4; 2, L. Boothe (S) 14.1; 3, S. Eastman (SW) 15.0; 4, M. Atkinson (W) 15.2. **400H:** 1, J. Farry (S) 64.6; 2, S. Davidson (S) 67.8; 2, B. Crutchley (SW) 69.0. **4 x 100:** South 47.8. **4 x 400:** South 4:07.6. **HJ:** 1, R. Few (S) 1.70/5'7"; 2, C. Mathers (S) 1.70; 3, A. Gilson (SW) 1.70; 4, C. Mullins (SW) 1.65/5'5"; 5, V. Rothera (W) 1.60/5'3". **LJ:** 1, Mullins 5.94/19'6"; 2, Boothe 5.69/18'8"; 3, B. Ruttledge (SW) 5.56/18'3"; 4, G. Regan (W) 5.46/17'11". **SP:** 1, B. Bedford (S) 14.96/48'2½"; 2, J. Beese (W) 12.03/39'5¼"; 3, V. Head (W) 11.15/36'7"; 4, B. Gill (SW) 10.88/35'8½"; 5, L. Collins (SW) 10.67/35'0¼"; 6, Mathers 9.14/30'0". **DT:** 1, Bedford 48.06/157'8"; 2, J. Kerr (S) 45.52/149'4"; 3, Beese 39.32/129'0"; 4, Head 38.94/127'9". **JT:** 1, Y. Fountain (S) 51.32/168'4"; 2, P. Carter (S) 47.14/154'8"; 3, Gill 40.38/132'6"; 4, C. Johnson (SW) 39.26/128'10"; 5, Beese 34.54/113'4"; 6, A. Williams (W) 33.58/110'2".

HARDAKER-KING TROPHY MEETING
At Keighley, September 14th

Leeds City 72; Hull Spartan 34; Wakefield 33.

100/200: D. Artley (Hull S) 11.2/22.3. 400: A. Gibson (Hill) 50.0. 1500: M. Cox (Leeds) 3:56.3. 5000: M. Dell (Leeds) 14:23.6. **(Youths)** 200: D. Bluemink (Leeds) 23.2. 1500: S. Cahill (Leeds) 4:08.1. SP: P. Armstrong (Leeds) 13.30/43'7¼". **(Boys)** 400: J. Burns (Leeds) 54.3. **(Margaret Leighton Cup—Senior Women):** Hull Spartan 58; City of Hull 50; Airedale & Spen Valley 24. 100: K. Walker (Hull S) 12.4. 400: S. Howell (Cty Hull) 57.5. 800: S. Sugden (A&SV) 2:19.5. SP: J. Atack (Wake) 11.90/39'0½". **(Inters)** 1500: J. Stockell (A&SV) 4:56.5. 4 x 100: Hull Spartan 52.3. **(Juniors)** 800: J. Noble (A&SV) 2:23.7. 4 x 100: Hull Spartan 53.0.

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ENTRIES CLOSE OCTOBER 19th

Results in Brief

August 17th

Yorkshire WAAA Intermediate 400m Championships at Rotherham. 1, J. Clarke (SUH) 59.8; 2, J. Rogers (Hull S) 59.8; 3, M. Leisk (Hull S) 60.5; 4, V. Stammers (Hull S) 60.5.

September 10th

North East Field Events Club Competition at Newcastle upon Tyne. HT: 1, P. Gordon (Met P) 60.50/198'6"; 2, A. McKenzie (ESH) 58.40/191'7"; 3, P. Scott (NSP) 53.34/175'0".

September 12th

Bury AC 10M Track Championship at Bury. 1, A. Morley 51:37; 2, R. Chaisty 53:58; 3, R. Dunn (Sheff Un) 56:48.

September 14th

Manchester AC Schools Trophy Races at Gatley. (U/16): 1, S. Phillips 16:15; 2, P. Northrop 16:16; 3, D. Smith 16:30. Team: Broadway (U/14): 1, F. Peters 11:50; 2, M. Ware 11:52. Team: Marple Hall. (U/13): R. Price 12:04. Team: Wilmslow. (U/12): N. Hibbert 10:00. Team: Marple Hall.

September 15th

Mitcham AC Championships at Carshalton. SP: M. King (Youth) 13.31/43'8". DT: C. Sutherland 43.54/142'10". (Youths) DT: King 41.26/135'4". **(Women)** SP/DT: J. Kerr 14.23/46'8¼" & 44.26/145'2". (Inters) SP: 1, L. Newell (Croygst) 10.20/33'5¾"; 2, J. Jackson 10.20. DT: 1, Newell 36.06/118'4"; 2, C. Leigh 28.82/94'7"; 3, J. Jackson 28.74/94'3".

September 21st

'Thomas' Cup at Richmond Park (3¾M Handicap). 1, R. Seconde (25:40) 16:15; 2, R. Lofts (8:50) 18:20; 3, D. Trevena (7:20) 18:56. Fastest: M. Kortenray 20:28.

September 22nd

Horwich RMI Composite Relay (2 Road/2 Fell). 1, Bolton 69:37; 2, Sale 70:42; 3, Holmfirth 71:12; 4, Altrincham 71:36; 5, Rochdale 71:44; 6, Salford 72:03; 7, Blackburn 73:00; 8, Holmfirth 73:29; 9, Sale 'B' 74:37; 10, Sale 'C' 74:51. **Fastest:** (Road) S. Kenyon (Bolt) 20:33 (Fell) A. Buckley (Holm) 13:22.

Ilford AC officers: President: Mrs Phyllis Winger; chairman, D. R. Snow; general secretary, A. P. Tiffin, 287 Hornchurch Road, Hornchurch (Horn 47366); treasurer/walking sec, A. F. Perkins, 19 Fawn Rd, Chigwell (500-4796); women's sec, Mrs M. Gilham, 13 Tillotson Road, Ilford; CC sec, H. Williams, 84 Tyleand, Billericay (Bill 25294); women's CC sec, Mrs P. Jones, 34 Freshwell Avenue, Chadwell Heath; track sec, R. Gill, 3 Thorogood Road, Sth Hornchurch (Rainham 54969).

World Record For Edinburgh AC

EDINBURGH ATHLETIC CLUB'S 24 hour, 10 man by 1 mile relay record attempt at Meadowbank on September 28th/29th was a total success. Sale Harriers' world club best of 293M 378y was surpassed; so too was the absolute best on record distance of 295M 269y by a US Olympic Training Camp team. The Edinburgh AC squad covered 297M 1145y, a startling average of 4:50.9 per mile.

The men who put together this stoic performance were, in running order:—

Jim Alder (34), freelance journalist; world record holder for 30km, 1966 Commonwealth marathon champion, silver medallist in the 1970 Commonwealth and bronze medallist in the 1969 European. He ran 32 mile segments during the attempt, with a fastest of 4:38 and slowest of 5:00. Eleven of the runs were inside 4:50.

Jim Dingwall (25), post graduate chemistry student; Scottish 10,000m champion and international whose personal bests include 3:45.8 for 1500 and 2:27:47 for the marathon. He, too, ran 32 miles—from 4:38 to 4:57, with 22 of them faster than 4:50. Remember, the recovery period between each mile stint was little more than 40 minutes—and this went on for 24 solid hours!

Doug Gunstone (24), chartered accountant; Scottish cross-country international (as is his wife) who was runner-up in last year's Scottish 10,000m. He completed 31 miles between 4:42 and 5:04, including eight inside 4:50.

Phil Hay; came in as reserve and covered 16 miles between 4:45 and 5:20, six under 4:50. He had to drop out at the halfway mark suffering from sheer physical exhaustion.

Danny Knowles (19), apprentice electrician; has track times of 3:52.7 and 14:57 to his credit. He ran 31 miles, from 4:41 to 4:59—13 under 4:50.

Ron Knowles (19), apprentice electrician; he's Danny's twin brother, the younger by ten minutes, and has run 3:49.3 and 14:49. His 31 miles ranged from 4:41 to 5:04, ten of them better than 4:50.

Alec Mathieson (31), fireman; a 4:15 miler who has run a 2:25 marathon. He covered his 31 mile stages between 4:43 and 5:01, with ten inside 4:50.

Joe Patton (22), surveyor; runs for Birchfield Harriers when south of the border and has clocked 14:27 for 5000. It anyone can be singled out for special praise it must be Joe whose 31 miles ranged between 4:39 (four of them) and 4:55—no fewer than 29 of that total being inside 4:50!

Alec Wight (31), university lecturer in computer science; a 2:15:27 marathoner who is record holder for the Two Bridges '36'. He chalked up 31 miles between 4:44 and 4:56—15 under 4:50.

Jim Wight (29), statistician; Alec's younger brother, he ran for Scotland in the 1974 Commonwealth marathon (his best is 2:15:04). His 31 miles varied between 4:42 and 5:02—nine inside 4:50.

Conditions were, for Meadowbank, very good with little wind during the entire 24 hours. It was completely dry throughout and although very cold at night it was sunny during the daytime.

Edinburgh AC wish to thank their sponsors, Philips Electrical Ltd, the other firms without whose assistance the record attempt would not have been possible, Edinburgh Corporation and the Meadowbank staff.

★ Blackheath Harriers, having to contend with heavy rain, cold and wind at Crystal Palace, covered 286M 963y in their record bid eight hours earlier. They slipped behind schedule after 15 hours.

St ALBANS CC RELAY

CAMBRIDGE & COLERIDGE won the St Albans CC Relay on September 21st by a huge margin of almost two minutes. After Kevin Steere had taken them into the lead on the second stage they were never headed, save on the fourth leg when Tony Simmons took Luton United into a temporary lead. Running a solo leg on the last stage, Grenville Tuck recorded the fastest individual times of the day. Reading, 14th on the first leg, moved steadily through the field to finish second.

1, Cambridge & Coleridge (Boast 12:15, Steere 10:43, Grah Tuck 11:15, Jukes 12:07, Bean 11:15, Gren Tuck 10:42) 68:17;

2, Reading (Piotrowski 12:19, Allden 11:39, Duff 11:36, (R) Stevens 11:47, (D) Dipper 11:37, (G) Stevens 11:14) 70:12;

3, Luton United (Price 12:04, Beevor 11:14, (R) Thompson 12:10, Simmons 10:46, Hill 12:08, Clarke 12:37) 70:59;

4, Highgate 71:08; 5, Haringey & Southgate 71:21; 6, Enfield 71:30; 7, Verlea 71:36; 8, Verlea 'B' 73:28; 9, Shaftesbury 73:29; 10, Hillingdon 73:32; 11, North London 73:39; 12, Reading 'B' 74:22; 13, Wycombe Phoenix 74:46; 14, Old Gaytonians 75:27; 15, Cambridge & Coleridge 'B' 76:19. 58 teams closed in.

Barnet & District AC officers: President, B. E. Fowler; secretary, D. Burrage, 14 Burlington Rise, East Barnet EN4 8NN; women's sec, Mrs N. Elmore, 9 Milton Avenue, Barnet, Herts; treasurer, I. Hay; track fixture sec, N. Carpenter; men's CC sec, B. Gilbert; women's CC sec, Mrs J. Smith.

* * *

Keswick AAC officers: Chairman, K. Nicholson; secretary, R. T. Brewster, 17 The Hawthorns, Keswick, Cumbria (Tel: 73127); treasurer, D. Moulding.

CWMBRAN OLYMPIADS

OPEN FLOODLIT MEETING

(Sponsored by Hypark Hire)

at

CWMBRAN STADIUM (TARTAN)

on

THURSDAY, OCTOBER 24th, 1974

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

FIELD EVENTS

7.30 p.m. Long Jump (all groups)
8.00 p.m. Javelin (Y, J, SM)

TRACK EVENTS

7.00 p.m. 100 Metres (all groups)
7.45 p.m. 3000 Metres (I, SW)
8.00 p.m. 800 Metres (all groups)
8.45 p.m. 5000 Metres (J, SM)
9.05 p.m. 400 Metres (I, SW, J, SM)

Entry Fees: Seniors 20p, others 15p.

Entries close Monday, October 21st.
S.A.E. for acknowledgement.

To: R. D. Evans, 6 Ash Green, Oakfield Park, Cwmbran, Gwent.

NAME: .....

ADDRESS: .....

.....

.....

EVENT: .....

AGE GROUP: .....

CLUB: .....

BEST PERFORMANCE: .....

I am an amateur in accordance with A.A.A. Laws and enclose an entry fee of: .....

.....

STAFFS OPEN AND CHAMPIONSHIP ROAD RELAY

At Keele, September 21st

1, Liverpool H (D. Evans 17:31, R. Harrison 17:30, P. Carey 17:21, P. Waddington 17:02) 69:24;
2, Tipton (K. Rollason 17:25, D. Fownes 17:26, K. Boyden 17:49, B. Cole 17:22) 70:02;
3, Stoke (G. Harvey 17:54, A. Dean 17:49, R. Fowler 17:13, A. Adams 17:44) 70:40;
4, Liverpool H 'B' (A. Farrell 17:32, J. Woods 17:50, P. Kennedy 17:54, P. Carey 18:12) 71:28;
5, Liverpool Pem (K. Carroll 17:42, R. Brown 17:50, B. Renshall 17:55, P. Malcolmson 18:22) 71:49;
6, Small Heath (K. Scott 17:58, J. Tierney 18:27, G. Davies 18:21, P. Williams 19:16) 74:02;
7, Stoke 'C' 74:07; 8, Tipton 'C' 74:08; 9, Tipton 'B' 74:16; 10, Liverpool Pem 'B' 75:05; 11, Stoke 'B' 75:19; 12, Liv Pem 'C' 75:27; 13, Halesowen 76:13; 14, Stafford 76:37; 15, Tipton 'D' 77:26. 26 teams closed in.

Fastest: (3M 1000y) Waddington 17:02, Fowler 17:13, Carey 17:21, Cole 17:22. **Staffs Champs:** 1, Tipton; 2, Stoke. **Fastest lap:** Fowler.

Youths Road Race

1, S. Fowler (Stoke) 18:47; 2, P. Ryder (Stoke) 20:03; 3, A. Radcliffe (Tip) 2:08; 4, B. Douglas (Tip) 20:15; 5, D. Leech (Stoke) 20:21; 6, S. O'Grady (Tip) 20:30; 7, S. Talbot (Stoke) 20:34; 8, M. Johnson (Stoke) 20:40; 9, S. Johnson (Tip) 20:49; 10, S. Shubottom (Stoke) 20:50. **Teams:** 1, Stoke 10; 2, Tipton 19; 3, Stoke 'B' 23.

LANGDALE FELL RACE

At Old Dungeon Ghyll, September 21st

(Cat: A/16M)

1, M. Short (Horwich RMI) 2:10:27
2, J. Naylor (Kendal) 2:10:44
3, R. Shields (Kendal) 2:13:15

4, M. Nicholson (Ken) 2:14:04; 5, H. Walker (B'burn) 2:16:41; 6, R. Belk (Ken) 2:18:38; 7, A. Churchill (Clay) 2:19:55; 8, J. Norman (Alt) 2:20:56; 9, D. Hartley (E Kilb) 2:20:59; 10, J. North (Clay) 2:22:43; 11, M. Weeks (Bing) 2:23:45; 12, P. Walkington (B'burn) 2:24:18; 13, N. Carrington (Sale) 2:24:22; 14, H. Blenkinson (Ken) 2:24:44; 15, D. Beresford (Clay) 2:27:15; 16, D. Lomond (Lake) 2:28:30; 17, A. Evans (Ken) 2:31:04; 18, A. Shaw (Roch) 2:31:58; 19, D. Wade (Cov) 2:32:17; 20, D. Waller (Ross) 2:32:32; 21, M. McGill (Amble) 2:33:03; 22, J. Blair-Fish (Loch) 2:33:45; 23, R. Jackson (Sale) 2:34:11; 24, D. Hodgson (Leeds) 2:34:50; 25, D. Bland (Kes) 2:36:29; 26, D. Anderson (Bing) 2:36:51; 27, E. Roberts (Ken) 2:36:59; 28, P. Duffy (Aber) 2:37:45; 29, P. Trainor (Kes) 2:38:24; 30, M. Walford (Ken) 2:38:34. **Teams:** 1, Kendal 6:38:03; 2, Clayton-le-Moors 7:09:53; 3, Bingley 7:43:16; 4, Keswick 8:05:03. **Vets:** 1, Hodgson; 2, Roberts; 3, C. Ratcliffe (Ross) 2:43:12. Race sponsored by Messers D. Quiggins, Kendal Mint Cake.

Derek Pratt Is Northern Marathon Champion Again

DEREK PRATT regained the Northern Counties' marathon championship he held in 1972, when he beat Harry Leeming by almost 200y at Rotherham on September 22nd. The 27-year-old history teacher had relinquished the title last year in order to compete in the AAA race at Harlow.

Leeming, who has a 2:17:44 marathon to his name from 1971, threatened to run away with the title but he ran out of steam after the 20-mile mark which he passed in 1:46:50 with a lead of 40sec. The Derby man, perhaps misled by the 5M time of 27:35—following a steady climb from the start in Rotherham Town Centre—pushed the pace from around the 8M mark and established a considerable advantage. The chasing group consisted of Alan Spence, Peter Moon of Hull Spartan (in his marathon debut), Doug Watson (last year's winner), Dave Kelly and Pratt.

Leeming reached 10M in 53:08 with 53sec in hand over Pratt, Moon and Kelly, with Watson a further 4sec in arrears. By 15M his lead had been stretched to 69sec over Moon and Pratt and the watch showed 78:30. Pratt refused to be drawn into indiscretion but he put in a lot of hard running between 15 and 20. So much so that Moon, who had seemed to be going extremely well, crumpled in a heap at the roadside with cramp at the 20M point.

With the rest of the field strung out behind him, Pratt set about catching Leeming and was successful around the 21M mark. To his credit, the Derby man refused to concede victory and somehow kept going behind Pratt, though he was never in position to offer a further challenge for the leadership. Watson finished the strongest of the first three but he had given himself too much to do and had to settle for third place.

The team race went to Leeds City with a quite remarkable trio of veterans—Bernard Gomersall (42), Jack Lawton (47), and Allen Lawton (50), as their scorers. It is not very often that the total ages of a winning team add up to 139 years!

Granville Beckett

1, D. Pratt (Sheffield United) 2:25:28
2, H. Leeming (Derby & Co) 2:26:07
3, D. Watson (Wirral) 2:27:55
4, D. Kelly (Salt) 2:30:21; 5, A. Charnley (Roth) 2:32:04; 6, C. Johnson (Sutt) 2:35:58; 7, D. Trickett (Hall) 2:38:27; 8, R. Donkin (Sund) 2:39:50; 9, G. Newton (Lut) 2:40:16; 10, H. Winterbottom (E Ches) 2:43:36; 11, F. Wheeler (Spen) 2:43:47; 12, G. Spink (Bing-V) 2:48:08; 13, F. Drozda (Pless) 2:50:44; 14, J. Kennedy (Barn-gst) 2:51:36; 15, A. Lamb (NSP) 2:51:55. 33 finished. **Teams:** 1, Leeds City 57; 2, Bingley 66; 3, Manchester YMCA 74.

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SATURDAY, NOVEMBER 2nd

1974

at 2.30 p.m.

At Holmfirth High School, Heys Road, Thongsbridge

Prize: 1st Individual valued at £15 plus Candelabra, 2nd £8, 3rd £5, 4th £2, 5th £1; 1st Veteran O/40 £2.50, 1st Veteran O/50 £2.50; 1st Team 3 at £5 plus K & M Shield (Holders: Holmfirth H.A.C.), 2nd Team 3 at £2, 3rd Team 3 at £1. Certificates to all finishers.

Entry Fees: 20p Ind., 25p Team (inc. tea). All enter as individuals. State if Vet. O/40 or O/50.

Entries to Mrs. E. Bailey. 4 Oakes Lane, Brockholes, Huddersfield, HD7 7AR. Tel: Huddersfield 62398.

Accurately measured fast course, every mile marked. Course Record 74min 25sec 1971.

CLOSING DATE OCTOBER 21st

Moxsom Wins Half Marathon

COLIN MOXSOM, 27-year-old Telex Engineer, took Woodford Green AC to a clear individual and team victory in the 18th Bernie Hames Half Marathon (13m 96y) at Chigwell on September 28th. Moxsom took command after three miles, and was timed at 25:15 to Roy Steven's 25:30 at 5M. He had over a minute lead over Steven in an unofficial 51:02 at 10M and won by 1½ minutes.

I asked Moxsom, who is running 80 miles a week in preparation for the Harlow Marathon and hopes for an international steeplechase vest, why his consistency at senior level did not match up to the success he had as a Junior, and he replied "I have not been able to do 90 miles a week as I did as a Youth, because I have been unable to find the time, as well as having had injury problems lately".

1, C. Moxsom (Woodford Green) 67:41
2, R. Steven (Shaftesbury) 69:11
3, M. Emms (Woodford Green) 69:19
4, L. Gough (Ex B) 69:56; 5, A. Richards (Tip) 70:22; 6, K. Rock (Tip) 70:57; 7, C. Reed (W Gn) 71:20; 8, D. Case (Eal & S-V) 71:41; 9, D. Chapman (W Gn) 71:58; 10, B. Collins (Herc W) 72:27; 11, D. Horsup (Thur) 72:45; 12, L. Colman (Harl) 72:51; 13, R. Coxon (W Gn-V) 73:55; 14, J. Simmonds (Craw) 74:44; 15, G. Roberts (Tip) 75:33; 16, M. Herring (Ilf) 75:45; 17, D. Prior (W Gn 'B') 75:55; 18, D. Minns (Bas) 77:05; 19, J. Phelan (H'gate) 78:00; 20, C. Weight (Har & S) 78:37. 44 finished. **Teams:** 1, Woodford Green 9; 2, Tipton 19; 3, Woodford Green 'B' 27.

Alastair Aitken

COATBRIDGE '5'

September 14th

1, J. Brown (Monkland) 23:41
2, J. Dingwall (Edinburgh Univ) 24:00
3, S. Edmunds (Sale) 24:13
4, M. Craven (ESH) 24:15; 5, D. Gunstone (EAC) 24:17; 6, A. Holden (Tip) 24:19; 7, I. Stewart (Aber) 24:21; 8, W. Day (Falk V) 24:24; 9, A. Hutton (ESH) 24:30; 10, J. Wight (EAC) 24:33; 11, D. Macgregor (ESH) 24:36; 12, J. Patton (EAC) 24:42; 13, I. Gilmour (Monk) 24:44; 14, N. Bailey (ESH) 24:46; 15, C. Martin (Dumb) 24:47; 16, C. Spence (Spango (V) 24:49; 17, N. Morrison (Shett) 24:54; 18, J. Graham (Motherwell-J) 24:59; 19, S. Lawrence (B'ham Un) 25:03; 20, J. Burns (Shett-J) 25:23; 21, A. Wood (Aber-V) 25:29; 22, I. Moncur (Bells) 25:34; 23, M. Pickering (B'field) 25:36; 24, J. McGarva (Falk V-J) 25:37; 25, P. Hier (Tip) 25:42; 26, J. Small (Monk) 25:47; 27, H. Summerhill (Stret) 25:53; 28, D. Logue (ESH) 25:54; 29, G. Laing (Aber-J) 25:56; 30, J. Peck (S Heath) 25:58. **Teams:** 1, ESH 24; 2, EAC 27; 3, Monkland 40; 4, Aberdeen 57; 5, Falkirk Vic 66; 6, Dumbarton 100; 7, Edinburgh Univ 111; 8, Motherwell YMCA 116; 9, Cambuslang 134; 10, Shettleston 137.

NUNEATON '10'

September 21st

1, C. Kirkham (Coventry Godiva) 49:32
2, M. Hurd (RAF Abingdon) 49:50
3, J. Offord (Leicester Coritanian) 50:08
4, R. Hill (Bolt) 50:19; 5, E. Austin (Tip) 50:34; 6, M. Rollason (S Heath) 50:35; 7, R. Calvert (S Heath) 51:13; 8, M. Phillips (B'field) 51:28; 9, B. Clark (B&R) 52:21; 10, C. Woodward (Leam) 52:26; 11, R. Tilling (B'field) 52:34; 12, M. Pickering (B'field) 53:09; 13, C. Simpson (S Heath-V) 53:56; 14, D. Ritchie (B'field) 54:13; 15, C. Donovan (Leam) 54:25; 16, C. Nevill (Rug) 54:31; 17, J. Beckett (Hol) 54:39; 18, L. Stowell (Leic C) 54:42; 19, C. Jones (S Heath) 54:43; 20, R. Taylor (Leam) 54:56; 21, E. Williams (Shrew) 55:00; 22, B. Clifton (Tip) 55:05; 23, B. Hill (B&R) 55:06; 24, J. Foxton (Cov) 55:07; 25, C. Hunt (W&B) 55:09; 26, H. Rook (B'field) 55:09; 27, I. Robotham (W&B) 55:10; 28, R. Campbell (Hol) 55:23; 29, G. Phipps (Leam-V) 55:30; 30, M. Child (Rug) 55:31. **Warwickshire Champs:** 1, Rollason; 2, Phillips; 3, Woodward.

BRITISH POLICE 10 MILES ROAD RACE

At Reading, September 28th

1, D. Lem (Leicestershire) 48:03
2, R. Bean (Cambridgeshire) 49:30
3, K. Hutchin (Metropolitan) 49:55
4, D. Edge (Lancs) 49:56; 5, D. Lang (Glas) 52:31; 6, W. Lowe (Glas) 52:46; 7, P. Bidmead (Sx) 53:15; 8, R. Blair (Glas) 53:23; 9, C. Haynes (W Yorks Met) 53:28; 10, R. Acondey (S Yks) 53:33; 11, G. Denham (W Yks Met) 53:48; 12, P. Weatherhead (Ches) 53:56; 13, R. Adams (Met) 54:05; 14, M. Morrell (Mersey Met) (Vet) 54:10; 15, J. Kinsella (W Mid) 54:15; 16, J. Boothroyd (W Yks Met) 54:25; 17, N. Scott (Glas) 54:30; 18, I. McKenzie (Met-Vet) 54:34; 19, B. Hicks (Met 'B') 54:37; 20, W. Anderson (Met-Vet) 54:39. **Teams:** 1, Glasgow City 27; 2, West Yorks Metropolitan 40; 3, Metropolitan 44.

ROAD RUNNERS ASSOCIATION

The North Staffordshire Road Runners Association has been formed to encourage road running in North Staffordshire and district. Membership is open to all amateur athletes who either reside in North Staffs and district or who are members of a club or college in the area. The aim is to bring together all those interested in road running, to serve their interests and to act as a forum for all enthusiasts. The activities of the Association do not interfere with the functions of the athlete's own club or college.

The annual subscription is £1 for ordinary members and 50p for students. Honorary membership is open to all local race officials. Officers: President, John Bourne; chairman, Alan Bourne; secretary, Don Shelley, 22 Mount Avenue, Stone; treasurer, Norman Thompson; fixtures sec, Terry Deighton; statistician, Larry Austin; social sec, Sam Grattage. Membership forms from the secretary.

WALKING

ROGER MILLS WENT JUST FAST ENOUGH

THE current star of British walking, Roger Mills, did just enough to ensure victory in the Highgate 'Hour' at Hendon on September 28th. Both Brian Adams and Bob Dobson had great races. Probably the two happiest men were Stuart Maidment (pb of 46:27 for 10,000) and Alan Buchanan (pb of 46:25), who had a terrific battle throughout before the Yeovil man powered away on the last lap, both edging over the coveted 8 miles. Considering the rather heavy state of the track, the overall standard in the 'A' race was excellent. Graham Morris had an outstanding double, winning the 'B' impressively after taking the Youths mile in an excellent 6:50 (1:38 last lap) 20 minutes earlier. Sean Maxwell won the Boys mile as David Buchanan (Alan's 13-year-old son) showed up well in 5th place. There was a memorable and poignant occasion in the 'D' race as Harold Whitlock, 1936 Olympic 50km champion and now aged 70, completed 9,828m (21st place), just behind that amazing 70-plus competitor, Arthur Roberts of Highgate.

'A': 1, R. Mills (Ilf) 13,412m; 2, B. Adams (Leic WC) 13,340; 3, R. Dobson (S'end) 13,323; 4, S. Maidment (Yeo) 12,908; 5, A. Buchanan (B&H) 12,885; 6, A. Seddon (Enf) 12,806; 7, S. Lightman (Met) 12,660; 8, G. Toone (Leic) 12,572; 9, D. Stevens (Stey) 12,549; 10, L. Mockett (Ilf) 12.462; 11, M. Holmes (Yks) 12,442; 12, E. Crompton (Leyland) 12,356; 13, T. Morris (Greyf) 12,313; 14, I. Richards (Met) 12,255; 15, M. Angrove (Greyf) 12,211; 16, A. Banyard (S'end) 12,200; 17, P. Etches (Sheff) 12,098; 18, J. Hall (Bel) 12,042; 19, J. Eddershaw (Sheff) 12,036; 20, D. Dugast (France) 12,005; 21, S. Calzavara (Italy) 11,940; 22, L. Dick (Vauxhall) 11,746; 23, M. Hinton (H'gate) 11,745; 24, J. Sales (Bas) 11,720; 25, B. Armstrong (Ilf) 11,556. Team: Leicester WC. **'B':** 1, G. Morris (Stey) 12,110; 2, C. Fisher (Enf) 12,012; 3, K. Livermore (Enf) 11,886; 4, E. Holmquist (H'gate) 11,792: 5, G. Squire (Leic) 11,750; 6, D. Kellie (Camb H) 11,668. **'C':** D. Desplanque (Fra) 11,479. **'D':** T. Moore (Met Police Cadets) 10,567. **Youths 1M:** 1, G. Morris (Stey) 6:50; 2, M. Dumon (Essex Pol) 6:58; 3, S. Tidey (B&H) 7:23; 4, J. Dunsford (Bel) 7:29. **Boys 1M:** 1, S. Maxwell (Leyland) 7:28; 2, T. Eggett (H'gate) 7:32; 3, C. Pope (Stey) 7:35; 4, A. Harman (Stey) 7:53; 5, D. Buchanan (B&H) 7:54.

Marion Fawkes and England win in European Walking Tournament at Rouen, September 22nd. The WAAA champion led throughout and scored a great victory over the redoubtable Swedes. Pam Branson and Sylvia Saunders chased Marion early on and though they tired they hung on to ensure England team victory. A surprise was the lowly position of Margareta Simu, who has been

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THE SWEAT SHOP, 76 BROAD STREET, TEDDINGTON, MIDDLESEX TW11 8QT
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in such fine form this year. In the men's 5km, held over the same course. Gerard Lelievre led from start to finish chased by Brian Adams, with Guernsey's Ron Waterman third. **Women's 5km:** 1, M. Fawkes (Eng) 25:01; 2, S. Gustavsson (Swe) 25:13; 3, E. Olsson (Swe) 25:19; 4, J. Damel (Fra) 25:31; 5, P. Branson (Eng) 26:02; 6, S. Saunders (Eng) 26:06; 7, J. Piroux (Fra) 26:09; 8, A. Janson (Swe) 26:13; 9, M. Simu (Swe) 26:43; 10, S. Wish (Eng) 27:09. 20 finished. Teams: 1, England 37; 2, Sweden 35; 3, France 28; 4, Switzerland 11; 5, Spain 10. **Men's 5km:** 1, G. Lelievre (Fra) 21:07; 2, B. Adams (Leic WC) 21:48; 3, R. Waterman (Sarnia WC) 23:46 . . . 6, A. Le Heron (Sarnia) 24:29.

Carl Lawton pips Ken Carter in Southend '5', September 22nd. After his usual sedate start, Carl Lawton came through strongly, joined Amos Seddon and Ken Carter, and went on to edge out the latter after a closely fought battle. Excellent performances from youngsters Nibre, Tanner and Thomas. 1, C. Lawton (Bel) 36:30; 2, K. Carter (S'end) 36:35; 3, A. Seddon (Enf) 37:26; 4, R. Dobson (S'end) 38:02; 5, S. Gower (Ilf) 38:08; 6, L. Mockett (Ilf) 38:11; 7, P. Etches (Sheff) 38:56; 8, P. Rosser (S'end) 39:43; 9, G. Nibre (Met Pol Cadets) 39:46; 10, A. Banyard (S'end) 40:05; 11, R. Tanner (Bel) 41:08; 12, L. Ruddock (Ilf) 41:53; 13, M. Scammel (Newham) 42:08; 14, P. Husband (Ilf) 42:23; 15, A. Thomas (MP Cadets) 42:32. Teams: 1, Southend 16; 2, Ilford 31; 3, Belgrave 48.

New phone number. Would readers please note my new telephone number: 518-0857. Results and other items of information always welcome.

Colin Young

George Hewitt 5M at Brighton, September 15th. 1, G. Morris (Stey-Yth) 38:37; 2, D. Stevens (Stey) 39:23; 3, D. Boxall (B&H) 39:46; 4, D. Johnson (B&H-Jnr) 40:01; 5, J. Lees (B&H) 41:07; 6, J. Crook (B&H) 42.28; 7, R. Porter (Met) 43:07; 8, S. Elms (B&H) 43:11; 9, R. Penfold (Stey) 43:46; 10, B. Saunders (B&H) 43:54. Teams: 1, Brighton & H 34; 2, Steyning 48. **Boys 1½M:** 1, C. Pope (Stey) 11:45; 2, A. Harman (Stey) 12:17; 3, D. Buchanan (B&H) 12:33. **Women's 1½M:** 1, B. Francis (B&H) 13:50; 2, S. Martin (B&H) 13:59.

Inter-club 5M at Steyning, September 21st. 1, G. Morris 38:16; 2, D. Stevens 38:31; 3, D. Johnson 40:57; 4, J. Crook 41:45; 5, W. Wright (S'ton) 42:47; 6, R. Penfold 42:44; 7, B. Hawkins (B&H/Met WC) 42:50; 8, S. Elms 43:08; 9, B. Saunders 43:21; 10, D. Rowland (Stey) 44:20. Teams: 1, Brighton & H 50; 2, Steyning 56. **Boys 2M:** 1, C. Pope 15:57; 2, A. Harman 16:14; 3, D. Buchanan 17:07.

Coventry Godiva 3000m Track Champs., September 11th. 1, G. Chaplin 13:25; 2, I. Richards 13:42; 3, K. Smith 14:17; 4, D. Lee 14:37.

'Hinckley Times' 10,000m Road Race at Market Bosworth, September 14th. 1, D. Cotton (Hol Poly) (Jnr) 46:38; 2, E. Taylor (Nom) 47:11; 3, G. Chaplin (Cov) 47:31; 4, Angrove (Grey-Jnr) 48:01; 5, T. Morris (Grey) 49:11; 6, C. Berwick (Leic) 49:53; 7, G. Squire (Leic) 50:53; 8, D. Lee (Cov) 51:11; 9, W. Wright (Cov) 51:16; 10, D. Trigg (Leic) 52:21. Teams: 1, Coventry G 10; 2, Leicester 11.

Coventry Godiva 10,000, Track Champs, September 17th. 1, G. Chaplin 47:38; 2, I. Richards 48:59; 3, W. Wright 51:05; 4, D. Lee 51:55.

Alan Buchanan

Tamworth AC fixtures secretaries—track & field: Don Hicks, 14 Cowley, Lakeside, Tamworth, Staffs; CC & road running: Robert Aubury, 71 Reindeer Road, Deer-Park, Tamworth; walking: Terry Unwin, 8 Farm Close, Tamworth.

Rossendale AC officers: chairman, A. G. Fuller; men's CC & track secretary, Ian Partington, 6 The Square, Bankside Lane, Bacup, Lancs.



Ray Middleton (left) and Carl Lawton pictured during the Hastings to Brighton walk.

Sportsview

LETTERS

WELL DONE, THE OFFICIALS

Dear Sir,

Officials have come in for a good deal of criticism since the Poly marathon affair, and we wish to draw attention to the splendid job performed by the officials at the recent Barnsley '6'. The race, with its enormous field running through narrow town-centre streets, presented considerable organisational problems, particuarly at the finish. The fact that the Barnsley '6' was such a great success was due in no small measure to the efforts of the race officials led by David Crossley of Huddersfield.

We were so impressed by their efficiency we have already invited them to officiate at next year's Barnsley '6' on August 10th.

D. H. Bennett, K. Darlow,
J. Kennedy, R. R. Midwood,
(Organising Committee Barnsley '6')

RECOGNITION FOR STAN LONG

Dear Sir,

I wonder if the British Board have looked at the man behind the phenomenal Brendan Foster—Stan Long. Here we have man who has brought Foster on since he joined Gateshead Harriers as an average boy in 1963.

Stan has been instrumental in the upsurge of Gateshead Harriers from mediocre club level to National status—before the influx recently of one or two established names. Most of their established seniors, such as John Trainor, John Caine, Lindsay Dunn, Dave Lowes, Charlie Spedding and Brian Baggaley were all Boys and Youths in the club; and he has the likes of Alec Amies, John Mills and plenty more coming through the pipeline.

He may not be a polished university type, but he is a runner's man who knows what he is talking about. He is a qualified Staff Coach, so come on—share the spoils around one or two coaches akin to Stan Long, who can produce runners, not just rounding off the edges of already established men.

I have no love for Gateshead Harriers, incidentally. They knocked my own club, Morpeth, off the top perch up here in the North East, but credit is due mainly to Stan Long. Let's face it, few coaches have produced men of Brendan Foster's calibre. Stan Long has, and has nothing to show for it from the authorities.

Jim Alder

ENCOURAGING CINDERELLA EVENTS

Dear Sir,

Your correspondent, David Couling, is right when he says that the five star system should be revised to encourage what he calls the Cinderella events. The points system should be adjusted so that the average boy finds that he is quickly rewarded for taking the trouble to learn a technical event such as the discus or the javelin. In fact the discus, of all the events, is mostly severely underscored, and only an All-England athlete could hope to compete on equal terms, which makes a nonsense of the system which is specifically intended for the average boy taking up athletics for the first time. The county athlete does not need the five star so it doesn't matter if in the end a technical athlete can in fact overscore in his speciality!

One other point: the hurdles seems to me to be breaking down at under 16 level and, from another letter in these columns, at girls under 20 level, because of the severe increase in distance between the hurdles! I would suggest one or both of the following: (a) A new 90m event, with the hurdles at the new height but with only 8.25m between them (also suitable for hurdlers without the benefit of spikes or safe hurdling surface). (b) Some kind of differential system allowing under 16s (or senior girls) to choose between the under 17 hurdles or the under 15s but with more difficult times to achieve. Similarly, I feel that very few boys indeed can go on hurdling at senior level, and know of at least three All-England hurdlers in Wiltshire alone who are having the greatest difficulty in making the jump to the 110m event, owing to sheer lack of height. Something of the same nature could be fixed here.

While on the subject of the hurdles events, I wonder how many hurdlers are lost at senior level because of this difficulty, and how popular a fuller use of the 100m event would be at club level, especially as a 'B' string event.

C. J. F. Watts,
Salisbury

INDOOR STEEPLECHASE SESSIONS

Dear Sir,

I should like to hear from any athletes in the Midlands area who would like to attend the monthly indoor steeplechase sessions at Cosford during this winter. If they would write to me with details of their best performances and enclose a stamped addressed envelope I will be pleased to let them have further details as soon as they are available. Please write to me at 2 Parkdale, Tettenhall Road, Wolverhampton WV1 4TE (Telephone: Wolv 22110).

Tony Saunders
Staff Coach (Steeplechase),
Midland Counties

JOINT NATIONAL CHAMPIONSHIPS

Dear Sir,

The Surrey County WAAA were very interested in your remarks concerning a joint National Championships (as mentioned in your article on the Women's AAA Championships). This was discussed at our last Committee Meeting and as a result of this discussion, our Secretary has been asked to get in touch with the Area Asso-

VICTORIA PARK HARRIERS

hold their

A.G.M.

ON WEDNESDAY, OCTOBER 23rd

at 7.30 p.m.

NEWLAND PARK ROAD RELAY

Feb. 1st, 1975 (6 x 2½ Miles)

Entry forms from J. N. Etheridge, Newland Park College, Chalfont St. Giles, Bucks. Under A.A.A. Laws.

REDHILL AND REIGATE A.C.
18th Annual (Under A.A.A. Laws)
PRIORY RELAY, 1974
Senior 6 x 2½ Miles, 2.15 p.m.
YOUTHS 2½ MILES
One lap of Senior Course, 1.45 p.m.
(6 to run, 4 score)
SATURDAY, NOVEMBER 2nd
IN THE REIGATE PRIORY GROUNDS

Fees: Seniors 70p per team; Youths 50p per team, 10p per ind. **Entries** to Mrs L. D. Christmas, 48 Atherfield Rd., Woodhatch, Reigate, Surrey RH2 7PS, **by Wednesday, October 16th.**

BOROUGH ROAD COLLEGE C.C.C.

Present

15th OSTERLEY PARK RELAY

Wednesday, December 4th, at 2.15 p.m.

Team Trophy to winners; Metropolitan Shield to first 'B' team; Trophy for Most Improved Team; Medals first three teams and fastest individual lap.

Fee: £1.25 per team. **Entries close Nov. 22nd** to S. A. Jacob, Borough Road College, Isleworth, Middlesex.

BRISTOL ATHLETIC CLUB

MIKE SULLY
CROSS-COUNTRY RACES

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

Fry's Sports Ground, Keynsham, Bristol

SUNDAY, NOVEMBER 10th, at 1.15 p.m.

5M Senior Men	**2½M Senior Ladies**
3 Mile Youth	**2½M Inter. Ladies**
2½ Mile Boys	**1¾M Jnr. Ladies**
1½ Mile Colts	**1¼M Minor Ladies**
1¼ Mile Junior Colts	

PRIZES VALUE OVER £200

Entries/Enquiries with S.A.E. to: Mr. R. Owen, 30 Purn Road, Bleadon Hill, Weston-Super-Mare (Bleadon 813346).

Fees: Senior Men 25p, all others 20p.

ENTRIES CLOSE OCTOBER 30th, 1974

ciation, to put forward the following motion to the WAAA:

"The Surrey County WAAA are in favour of the suggestion made by Mr M. Watman in the 'Athletics Weekly', that the National Women's Championships be held jointly with the Men's National Championships . . ."

As you know, we in Surrey hold our County championships in conjunction with the men and these are a first class success and we know are appreciated by the athletes. We draw a good crowd and feel sure that a joint National championships would benefit both Associations financially. It would also improve the image of athletics.

Mrs D. M. Nice,
President, Surrey County WAAA

BRACKNELL RELAYS

Dear Sir,

May I thank all those who helped to make this year's Bracknell Relays a successful meeting. My thanks go not only to the officials for the way in which they kept the meeting running smoothly but also the athletes for the sporting and enthusiastic manner in which they took part. I am only sorry that I cannot thank everyone individually.

C. J. Hickey,
Organising Secretary

START ENGLISH SCHOOLS 800 IN LANES

Dear Sir,

It is time that the English Schools AA thought seriously about the way 800m races are started in the ESAA Championships. Surely by next year's Championships they will have decided to bring themselves into line with the other athletic associations in this country and run at least the first 130m in lanes. There has been no official ruling on the question but it would seem only common sense to do this in the future. With races becoming faster all the time it is stupid to expect eight runners to converge on the first bend without any incidents.

At the Schools this year the start was on the curved line and as a result there was a lot of physical contact. On the other hand, in the AAA Under 20 Championships the first 130m was run in lanes, and perhaps it is more than pure coincidence that there was no trouble at all in the 800m races.

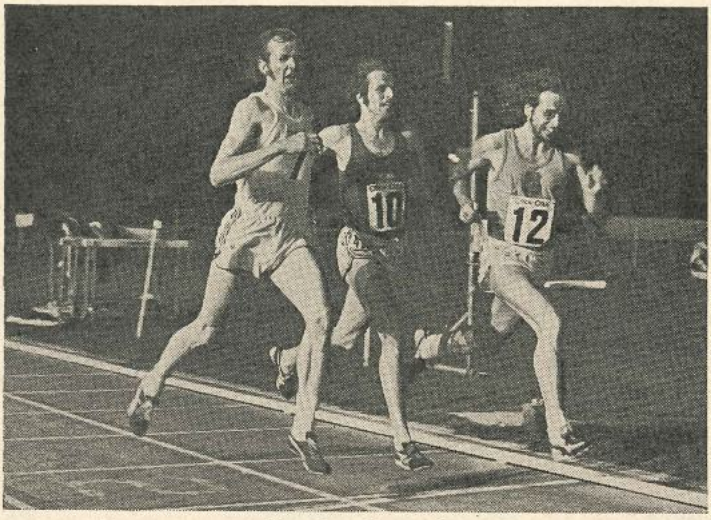
Craig Robertson,
Bournemouth AC

VET HANDICAPS NEED REVISION

Dear Sir,

Will handicappers of Veteran Sprints please note the times of the finalists in the age 40-44 section at the National Veterans Championships. The winner's times were a fantastic 11.1 for the 100m and 22.5 for the 200m. Great running for an over 40 year old, which makes the standard time of 11.9 look a bit out of date.

If my mathematics are correct, it means that



LASSE VIREN IN TIGHT FINISHES AT THE PALACE

The Olympic 5000 and 10,000m champion was shunted back from 2nd to 4th in the last few strides of the Coca-Cola 2 miles by Ray Smedley (left) and Jos Hermens.

Peter Tempest

a great Veteran runner like Les Batt, who won his 100m (over 60) in 13.6, should have about 18m start in a Veterans open 100m handicap instead of his usual 6m. Similarly a man doing 14.2 should have about 22m start as against his usual 9 or 10m. It would appear that handicap marks must be revised, otherwise the scratch man will win all sprint handicaps.

Jack Williams,
Veterans AC

AID TO ATHLETICS

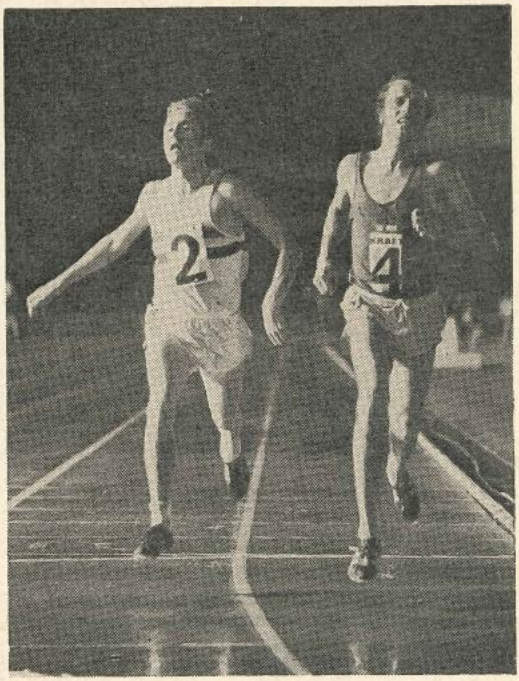
Dear Sir,

My letter is concerned with the state of financial aid in Britain to our international athletes.

I recently read an article about grants to athletes in Europe and in particular in Russia. Their internationals are paid up to £3000 per annum to subsidise their costs for training and diet. Another grant scheme that is bringing financial help to athletes is in operation in Germany and was talked about by Joyce Smith recently in a daily newspaper interview. She told of how, if she had beaten a certain 3000m time in Germany she would have received a £500 grant from the German authorities to help her training.

Surely there must be a scheme introduced on the same lines which would enable our athletes to have the same benefits.

David Jackson,
Dartford



This time, in the UK v Finland 5000, he did finish second—barely holding off Chris Stewart.
Mike Street

Christine Warden's best 400 time this year is 53.8 (in the WAAA Championships) and not 53.9 as stated in error. Her time of 58.0 for 400 hurdles is a Commonwealth as well as UK best performance.

Second in the Boys 1500 invitation race at Crystal Palace on August 26th was T. Nugara (TVH) in 4:20.0, and not G. Hayden (VPH) who was 6th in 4:38.4.

IAN AND JOYCE VOTED TOPS

Ian Thompson and Joyce Smith have been voted athletes of the year by members of the British Athletics Writers Association. Ian collected 54 points, as against 41 for Brendan Foster and 24 for Alan Pascoe. Joyce gained 52 points, followed by Andrea Lynch (51) and Donna Murray (12). Janis Walsh wins a special award for top junior woman athlete. The presentations will be made at the Association's annual dinner-dance which—will invited guests please note—is now to be held on Friday, November 8th.

ANGUS AND JOHNSTON TRIUMPH

Keith Angus won the Kosice Marathon in Czechoslovakia last weekend in 2:20:09; while Tim Johnston scored one of his finest triumphs to finish over 1½ minutes ahead of Gaston Roelants in the Sedan-Charleville 25km road race in 1:14:29.4.

WOMEN'S CC & RWA RULE BOOK

An amendment list has been compiled to bring the 1971 WCC & RWA Rules up to date, pending the publication of a new Rule Book, which will take some time. A copy of this amendment list can be obtained by sending a stamped, addressed 9″ x 4″ envelope to Mr Ray Scruton, 88 Whetstone Road, Farnborough, Hants. GU14 9TA.

MATCH CANCELLED

The women's international match between the Netherlands and UK, originally scheduled for Eindhoven on September 29th, was cancelled by the Dutch authorities. They hope to stage the fixture next year.

"HARLOW 10"

The "Harlow 10" on August 24th was sponsored by Harlow District Council. It was referred to erroneously as the Mecca '10' in the September 21st issue.

MIKE SULLY CC RACES

Owing to the huge number of entries already received (likely to break the record of 1200), the young athletes races at the Mike Sully CC Meeting will be held at the old age groups.

Apologies to readers who have ordered copies of "Athletics 74"; we are still awaiting further stocks.

WEST YORKS TRACK & FIELD LEAGUE PRIZE PRESENTATION AND DANCE

Sat., Oct. 26th 7.45-12. Late Bar Brighouse Civic Hall (on main Huddersfield to Bradford Road, 1 mile off M62. Tickets inc. Supper 80p from W. York club secs. or Lge. sec., S. Quinn, Twitts Ghyll, Beaumont Pk., Huddersfield (Tel.: 52410).

UK RESULTS ROUND-UP

28.9. Hewitt-Jones Road Relay. 1, AFD 1:32:05; 2, Hercules W 1:35:28; 3, AFD 'B' 1:36:31. Fastest: R. Holt 14:51. **28/29.9. West London.** Dec: P. Zeniou 6400. **29.9. Round the Res Relay.** 1, Holbeach 66:06; 2, A&SV 66:17; 3, Leicester C 68:09. Fastest: R. May 16:15. **5.10. Wimbledon '10'.** 1, K. Penny 47:45; 2, R. Holt 47:49; 3, L. Presland 48:01. **5.10. Horsendon CC Relay.** 1, TVH 74:14; 2, Reading 74:27; 3, Hillingdon 75:51. Fastest: C. Thomas 11:49. **5.10. Northern Women's League.** 1, J. Lochhead 14:08; 2, J. Haigh 14:26; 3, C. Hanson 14:34. **5.10. Northern 6-Stage Road Relay.** 1, Liverpool H 1:54:00; 2, Leeds City 1:55:48; 3, ASV 1:55:55. Fastest: (4M) S. Kenyon 18:35. **5.10. Leicester Open 7M Walk.** 1, B. Adams 49:28; 2, P. Marlow 51:00; 3, J. Warhurst 51:38.

Winner of the Youths 100H at the Battle of Britain meeting at Leicester on August 24th was Mark Holtom (16) in 13.9; he also won the junior 110H in 15.0.

* * *

We are informed that Stretford's time in the Pye Gold Cup Final 4 x 100m was a club record of 42.0; the third leg was run by T. Kirwan and not as printed.

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NIKE SHOES. Kenya Red trainer/racer £8.60. Boston '73 £10.60. Get yours now. Price available for any NIKE model. **Ron Hill Sports, 24 Highcroft, Hyde, Cheshire.**

LITESOME TRACKSUIT cost £11, never worn, scarlet top/black bottoms, medium size, accept £8. **Ring Exmouth 75208.**

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REEBOK 'LEDA' Indoor/all weather spikes in purple suede. Reduced from £8.50 to £5 from **Javira Sports Co, 14 Rochdale Road, Middleton, Manchester, Lancs (cwo terms).**

MIDLAND COUNTIES AMATEUR ATHLETIC ASSOCIATION

INDOOR FIXTURES 1974/75

at RAF Cosford, Wolverhampton, Staffs.

Open Meeting—November 16th. Entries close October 26th.
Open Meeting—December 14th. Entries close November 23rd.
Cosford Games—January 10th/11th. Entries close December 14th.
National Indoor Champs.—Jan. 31st/Feb. 1st. Entries close January 11th.
Under 20 Champs. and Intermediate Ladies—21st/22nd March. Entries close March 1st.

Entry Forms and Prospectus can be obtained from:
Midland Counties A.A.A., Devonshire House, High Street, Deritend, Birmingham B12 0LP.
Tel.: 021-773 1631.

MIDLAND COUNTIES AMATEUR ATHLETIC ASSOCIATION

OPEN INDOOR MEETING

at RAF Cosford, Wolverhampton, Staffs.

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

on Saturday, November 16th, 1974

EVENTS:

Senior Men: 60m, 200m, 600m, 1500m, 3000m, 60m Hurdles, Pole Vault, Shot, High Jump, Long Jump.
Junior Men: 60m, 200m, 600m, 1500m and Shot.
Youths: 60m, 200m, 600m, 1500m, Long Jump and Shot.
Women: 60m, 200m, 600m, 1500m, 3000m, 60m Hurdles, Long Jump, High Jump and Shot.
Int. Women: 60m, 60m Hurdles.
Entry Fees: 25p per event incl. VAT.

CLOSING DATE FOR ENTRIES OCTOBER 26th, 1974

Entry Forms and Prospectus available from:
Midland Counties A.A.A., Devonshire House, High Street, Deritend, Birmingham B12 0LP.
Tel.: 021-773 1631.

Please enclose an addressed envelope with your entry.