

October 26th 1974 Vol. 28 No. 43

a

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

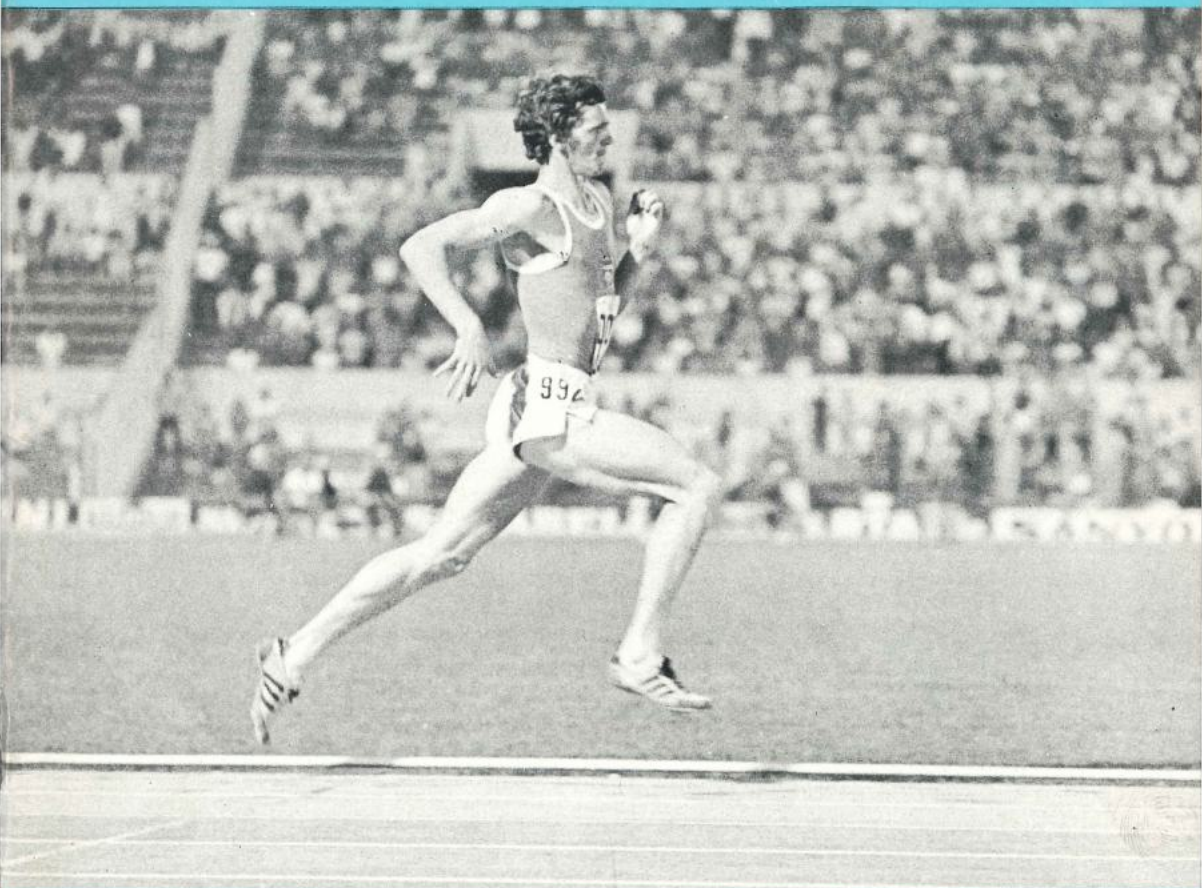
athletics

FEATURED INSIDE

HELEN GOLDEN & LUCIANO SUSANJ

* Latest Overseas
News & Results

* AAA National
6-Stage Road Relay



12p

European 800
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MIKE DUNION COMPLETES GRAND SLAM

National Road Walking Championships for Young Athletes

EXCITEMENT, drama and controversy were the ingredients of an excellent afternoon's walking at the National Road Walking Championships at Chelmsford on October 19th. The excitement came from the Youths' 3 miles when Steve Tidey involved himself in a battle with Graham Morris and Mike Dunion. This trio were soon well clear in a class of their own and setting a very fast pace with Tidey at the fore. On the last of the 4½ laps, Morris tried a break but into the last half mile they were still together when he and Dunion went flat out for the finish. Five yards from the line the title was there for the tall, slim Sussex walker but he visibly relaxed and Dunion—walking through the line—gained the verdict by inches. The times by the leading trio were excellent with Tidey still in this age group next year. For Scots born Mike Dunion this completed the grand slam of English Schools, AAA Youth and now RWA titles and it was notable that he achieved this by abandoning his usual blitz tactics this time.

The junior race was a bit of an anti-climax after this, but it soon dramatically came to life. After a very fast start by Jacky Lord, Barry Lines stormed into the lead impressing all the spectators with his fast efficient action. With an unbeatable lead of well over a minute he was sensationally disqualified and Lord, who confessed after the race that he had been thinking of dropping out, found himself in the lead and just held on to win. Cotton and Harvey gained the other medals in a close battle after Gerald Thomas had made the early headway. Despite losing Lines, the classy Sheffield lads stamped their authority all over this race.

The Boys race started minus favourite Shaun Maxwell who arrived just after the start. Colin Pope stood no ceremony and walked away from the rest of the field and with Tony Harman (4th) and Tim Martin (8th) Steyning easily won the team title. Sheffield were even more convincing in winning the junior title and justice was done for their fine efforts as home promoters when Essex Police won the Youths' team title.

Alan Buchanan

(Junior Men 5M "Sydney Schofield" Shield):

1, J. Lord (High) 37:13; 2, D. Cotton (Holl) 37:21; 3, C. Harvey (Lancs) 37:56; 4, G. Thomas (SUH) 38:17; 5, N. Greasley (SUH) 38:27; 6, D. Johnson (B&H) 38:38; 7, P. Ryan (SUH) 38:51; 8, P. Slinn (SUH) 38:55; 9, B. Staniforth (SUH) 39:25; 10, M. Angrove (Grey) 39:26; 11, R. Tanner (MP) 40:16; 12, P. Dodd (Grey) 40:28; 13, P. Rodgers (Nom) 40:56; 14, D. Shephard (Ex P) 41:13; 15, D. Finch (Brom) 41:15; 16, P.

Scammell (New) 41:32; 17, A. King (Ex P) 41:37; 18, D. Rowland (Stey) 41:48; 19, K. Statter (Sy) 41:59; 20, P. Illingworth (York) 42:06; 21, A. Thomas (MP) 42:07; 22, N. Carmody (MP) 42:08; 23, P. Dicks (High) 42:14; 24, N. Almond (MP) 42:50; 25, T. Moore (MP) 43:25. **Teams (Cheltenham Cup):** 1, Sheffield United 7; 2, Met Police Cadets 27; 3, Essex Police 27.

(Youths 3M "RC Mawbey" Trophy): 1, M. Dunion (Ex P) 22:05; 2, G. Morris (Stey) 22:05; 3, S. Tidey (B&H) 22:28; 4, G. MacDonald (SUH) 23:33; 5, J. Dunsford (Bel) 23:41; 6, A. Worth (Leic) 24:27; 7, M. Spellman (Ex P) 24:33; 8, M. Sturdy (Brom) 24:36; 9, N. Hartles (Nom) 24:43; 10, J. Cunliffe (Holl) 24:51; 11, K. Underhill (Brom) 25:01; 12, A. Blyth (Leic) 25:20; 13, H. Singh (Leic) 25:34; 14, R. Vroobel (High) 25:55; 15, J. Warwicker (Met) 26:01; 16, M. Croft (Bas) 26:02; 17, M. Gibbons (Grey) 26:02; 18, S. Sharp (Sy) 26:05; 19, A. Hudson (Holl) 26:14; 20, B. Schulz (Ex P) 26:20; 21, S. Bennett (Bel) 26:21; 22, S. Wood (B&H) 26:37; 23, A. Heather (High) 26:41; 24, N. Stone (Walth) 26:50; 25, N. Greaves (Bel) 26:58. **Teams (Lugano Cup):** 1, Essex Police 16; 2, Leicester 18; 3, Bromsgrove 26; 4, Belgrave 28; 5, Greyfriars 44; 6, Surrey 50; 7, Waltham Forest 52; 8, Westcotes Sch 74.

(Boys 2M "Simmons" Cup): 1, C. Pope (Stey) 15:39; 2, K. Kelly (Holl) 15:51; 3, N. Oldnall (Brom) 15:55; 4, A. Harman (Stey) 16:09; 5, D. Buchanan (B&H) 16:32; 6, N. Antcliffe (SUH) 16:39; 7, M. Gresswell (Nom) 16:41; 8, T. Martin (Stey) 16:45; 9, P. Beighton (SUH) 17:04; 10, K. Morris (Stey) 17:15; 11, W. Vincent (High) 17:18; 12, D. Leigh (Brom) 17:19; 13, R. Garcia (High) 17:23; 14, R. Marles (Brom) 17:31; 15, D. Thorn (Grey) 17:32. **Teams:** 1, Steyning 12; 2, Bromsgrove 27; 3, Sheffield United 29; 4, Holloway Poly 34; 5, Nomads 48; 6, Highgate 49; 7, Greyfriars 56; 8, Westcotes Sch 75; 9, Westcotes 'B' 102.

SEATORY'S BIG THROW

Allan Seatory, the 26-year-old British qualified discus thrower who lives in West Germany, set a personal best of 61.00/200'1" at Bremerhaven on October 6th to rank second on the UK all-time list behind Bill Tancred.

POLTAIR SCHOOL, ST. AUSTELL

CARLYON BAY ROAD RELAYS

(Schools events under A.A.A. Laws)

SATURDAY, NOVEMBER 16th, 1974

Girls: U/13 3 x 1M, U/16 3 x 1½M) Shields

Boys: U/13 3 x 1½M, U/16 3 x 3M) & Medals

Entries & fees 30p per team to P. Manning
25 Lyons Rd, St. Austell, Cornwall by 2nd Nov.

Cover photo by Fionnbar Callanan

ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, October 26th: Unigate Marathon at Harlow; Gateshead 'Diamond Jubilee' Road Races; Chelmsford Road Relay; Southern Women's Road Relay Championships at Bracknell; Biggleswade CC Races; Metropolitan CC League at Parliament Hill; East Surrey CC League; Surrey CC League at Epsom; Chiltern CC League (Div 1 at Wycombe/Div 2 at Feltham); Mid Lancs CC League at Blackpool; Red Rose CC League at Bury; Cambridge Univ v London Univ v Cambridgeshire AAA v BRC at Cambridge.

Sunday, October 27th: Batley Sports Development Council Road Races; Tipton-Bridgnorth-Tipton 10 Stage Road Relay (45M); Gale Fell Race (Cat: C).

Wednesday, October 30th: SCAAA Open Meeting at Crystal Palace; RAF v BRC at RAF Halton.

ATHLETICS STARS COMPETE FOR

'SPARKS SUPERTeam' TITLE

Teams representing athletics, rugby union, cricket, tennis, equestrian, golf, the Sobell Centre and Sparks will contend for the title of 'Sparks Superteam 1974' at the Michael Sobell Centre, Islington (near Rainbow Theatre, Finsbury Park) on Sunday, October 27th (2.30 pm). The contest includes an obstacle race, tug-of-war, volleyball, bob-chain relay, five-a-side handball and a pedal car Grand Prix. The athletics team is Alan Pascoe, Alan Lerwill, Dave Bedford, Dave Jenkins, Dave Travis, Donna Murray and guest Ed 'Stewpot' Stewart; while David Hemery and Berwyn Price are in the Sobell line-up. Other personalities involved include Ken Barrington, Rachael Heyhoe-Flint, Richard Meade, Henry Cooper, Bob Wilson, Hugh Porter, Gina Hathorn, Tim Brooke-Taylor, David Duckham, Andy Ripley, Divina Galica, Colin Welland, Dai Rees and Dickie Henderson. All are giving their services free with the proceeds going to SPARKS, the sportsmen's charity to aid crippled people. The event will be recorded by BBC Grandstand for transmission in November. Tickets are £1 each.

Bracknell AC hold their Open "10" on November 9th. Full details next week.

The Ridgeway Relay**October 12th****VICTORY FOR SWINDON IN RECORD TIME**

THIS sixth annual dual race of road and cross-country over the Ridgeway of the Wiltshire and Berkshire Downs does not attract the entries it deserves, however a very interesting race developed which resulted in a new name being added to the winners of this event.

Stage 1 (7,200m—Road). Ten teams lined up for the start and after a mile had been covered, Bob Wallis (Swindon) was forcing the pace some 30m in the lead with Tony Bradley (Swindon 'B') just leading Broyd (Enfield) and Curwell (Aldershot). Ascending the long steep Blackhorse Hill, Wallis was a 100m clear of the field with Broyd, Curwell and Bradley close together in the next few places. Coming up to the first changeover near the "Shepherds Rest", Wallis had further increased his lead and handed over in a new stage record of 22:40 with Bradley (23:04), Broyd (23:05), Curwell (23:14), K. Whyte (Read) 23:30, N. Skipper (Port) 23:43, S. Bulpitt (S&E) 24:05, P. McGrath (Bris) 24:58, V. Pearson (New) 28:33, J. Rowsell (S&E 'B') 34:18.

Stage 2 (5,300m—CC). Youths stage. Phillipson of Enfield ran a storming race over this very rough stage of the Ridgeway and overhauled both the Swindon 'A' & 'B' runners and finished in the fastest stage time of 17:30, while D. O'Daly (Swin 'B') recorded 17:55, with A. Porter (Swin 'A') 18:30, followed by M. Howarth (S&E) 17:46, N. Smith (AF&D) 18:53, P. Tarr (Read) 18:51, N. Gossedge (Bris) 18:38, S. Sait (Port) 21:02, R. Gibson (S&E 'B') 19:13 and D. Green (New) 25:06.

Stage 3 (8,500m—CC). This was a very tough stage with a stiff climb and switchback going, however, Peter Adams soon made up lost ground moving up from fifth to first with a stage fastest of 25:41 while Rob Corney (Swin) also had a good run to finish second (26:54), G. Harrold (Enf) dropped to third (27:45) followed by Bill Tonner (Swin 'B') 27:49; Gerry Stevens (Read) 26:51, A. Herrett (S&E) 28:39, R. Cheek (Bris) 28:05, C. Fletcher (Port) 28:45, E. Martin (S&E 'B') 32:01, D. Hawkins (New) 33:40.

Stage 4 (8,200m—CC). Over this undulating stage M. Barton (AF&D) increased their lead from 16 seconds to 43, with Tad Kazik (Swin) holding on to second place (26:43), R. Simnett (Enf) 26:44 and Deryck Dipper (Read) who clocked the fastest stage (26:02), Dick Tester (Swin 'B') 28:41, R. Kotcher (S&E) 27:26, V. Legrand (Bris) 28:53, A. Wales (Port) 27:30, J. Timms (S&E 'B') 31:40 and D. Grace (New) 30:21. With half of the race now covered the overall times stood at:—Aldershot, Farnham & Dist 94:04, Swindon 94:47, Enfield 95:04 and Reading 95:14, the race looked to be between these four teams, Swindon looked to have the stronger finishers which proved to be the case.

Stage 5 (7,900m—CC). With Aldershot having a lead of 43 seconds at the start of this pleasant stage, Ray Crabb for Swindon soon made inroads on Aldershot's lead and at the halfway stage took the

lead and romped home 45 seconds clear of D. Roberts (Enf) with the stage fastest 24:11, Roberts time was 24:39, G. Biscoe (Read) picked up one place (24:40) while C. Whitty dropped Aldershot down to fourth (25:55) followed by M. Bevis (S&E) 27:28, A. Laker (Swin 'B') 28:52, M. Hyman (Port) 26:56, A. Lannon (Bris) 28:26, K. Jones (S&E 'B') 29:43, J. Cleater (New) 30:20.

Stage 6 (8,900m). This was a hilly stage, the last 1500m downhill on road. John Bednarski for Swindon set off with a 45 second advantage and despite a tremendous run by Les Presland (AF&D) was still 33 seconds up finishing in 26:27 to Presland's 25:59, the fastest stage, M. Duff (Read) kept his team in third place (27:31), while D. Clarke (Enf) dropped to fourth (28:28), Graham Stanton (Swin 'B') had a very good run to finish fourth (26:32), A. Parkin (S&E) 27:33, T. Townsend (Port) 26:08, D. Morris (Bris) 27:49, R. Bridgeman (New) 27:55, P. O'Malley (S&E 'B') 33:00.

Stage 7 (6,200m—Youths road). Mark White (Swin) increased the advantage to 63 seconds which virtually won the race for Swindon with a time of 19:21, J. Hood (AF&D) 19:51, R. Button (Enf) 20:30, A. Phillips (Read) 23:56, D. Dawkins (S&E) despite having the fastest stage of 18:46 could make no impression on the leaders, N. Hartigan (Swin 'B') 22:49, G. Parsons (Bris) 20:12, C. Fox (Port) 23:41, C. Lambe (New) 24:53 and L. Williams (S&E 'B') 21:38.

Stage 8 (8,200m—road). Hilly going with a level finish. With Philip Hall starting off for Swindon with over a minute lead the result was virtually settled and he came home a good winner in a new-course record of 3:10:47 as against last year's time of 3:14:11 by Aldershot. Hall's time was 26:01. S. Harrison (AF&D) made desperate efforts to reduce the gap and did the second fastest stage (25:41), total time 3:11:30. Third place went to Enfield (A. Archer) 3:14:59 (26:18); 4, Southampton & Eastleigh (I. Burgess) 3:17:16 (25:33); 5, Reading (R. Stevens) 3:17:51 (26:30); 6, Swindon 'B' J. Townsend) 3:25:25 (29:43); 7, Bristol (C. Owens) 3:25:56 (28:55); 8, Portsmouth (A. Wetherill) 3:27:37 (30:12); 9, Newbury (C. Hawthorne) 3:52:37 (31:49); 10, S&E 'B' (A. Fern) 3:52:51 (31:18).

(See letters: page 32)

Notts AC officers: President, R. Shelton; chairman, W. Ferguson; general secretary, M. Page, 5 Parkland Close, Southlands, Mansfield, Notts (Tel: Mansfield 21416); treasurer, W. Haynes; track secretary, J. Burney, 28 Kneeton Road, East Bridgeford, Notts (Tel: East Bridgeford 271); CC & road secretary, R. Pickersley, 106 Ingram Road, Bulwell, Nottingham; women's team manager, L. Wall; club captain (track & CC), C. O'Carroll.

Liverpool Harriers Come Out Fighting

BOLTON'S Mike Freary and Steve Kenyon tried to deal a double blow to Liverpool Harriers, but the Merseyside team had a touch of the John Conte's in the Lancashire Road Relay Championship at Southport on October 12th. They came out fighting and when the rest of the field had sagged they were still gritting their teeth and clenching their fists. Although Liverpool Harriers ran faster than winning the title two years ago there was not the same balance. No longer does Mike Turner do the work of two men; indeed clubmate Frank Davies ran faster, but Turner prevented Freary making inroads into their lead on the sixth stage.

Joe Lancaster reporting

Tony Farrell set them up on the opening lap, finishing ahead of Norman Ward (Bolton) and Stan Clegg (Salford). The margin was small but it was the nearest any of the 18 teams came over the eight laps. Brian Renshall gave Liverpool Pembroke some glory by taking them into second place on the following stage, but by the fifth lap the pattern was settled with Bolton and Salford Harriers battling for second place.

Freary settled that issue with a time of 13:58 on the sixth lap, the fastest of the day, and Steve Kenyon—running two seconds slower on the last stage—brought additional consolation for Bolton, holders of the title. Salford whose ranks are due to be swelled by Frank Briscoe, left the last three miles to veteran marathoner Arthur Walsham. He coolly kept Fred Pendlebury of Manchester District Harriers at bay.

One eyecatcher that came from unexpected quarters was the performance of Stretford AC. They have not made the same impact at cross-country and relay running as in the British League and at their first attempt at the championship finished sixth.

Joe Lancaster

1, Liverpool H (A. Farrell 14:29, R. Harrison 14:36, P. Kennedy 15:00, P. Waddington 14:40, F. Davies

SOUTHERN COUNTIES (U.K.) JOINT COACHING COMMITTEE

Young Athletes Residential Coaching Course AT CRYSTAL PALACE ON DECEMBER 27/28/29, 1974

There are still a few vacancies, especially in the throwing events.

For full details and application form apply, enclosing a stamped, addressed envelope, to: D. W. E. Patey, 5 High Street, Stanstead Abbots, Herts, SG12 8AA. Tel: Ware 870858.

Cost of Course: £7.00

All athletes considered on "first come, first served" basis, so write in now.

14:05, M. Turner 14:13, P. Carey 14:23, D. Evans 14:48) 116:14;

2, Bolton Utd. (N. Ward 14:34, D. Vickers 15:25, R. Hill 14:56, A. Byrne 14:34, F. Regan 15:10, M. Freary 13:58, K. Mayor 15:14, S. Kenyon 14:00) 117:41;

3, Salford (S. Clegg 14:45, D. Brown 15:05, B. Aspdon 14:49, P. Martin 15:31, C. Leigh 14:22, M. Murphy 14:47, S. Curran 14:32, A. Walsham 15:10) 119:01;

4, Manchester & Dist (G. Entwistle 14:54, J. Jones 15:29, W. Cooper 14:28, K. Binks 15:15, P. Morris 14:50, R. Wilde 14:28, B. Boxen 15:25, F. Pendlebury 14:27) 119:16;

5, Liverpool Pembroke (S. Deegan 14:49, B. Renshall 14:46, P. Malcolmson 14:55, D. Rigby, 16:08, K. Carroll 14:43, K. O'Toole 15:26, R. Walker 15:59, D. Williams 15:27) 122:13;

6, Stretford (C. Cusick 15:01, M. Hopkins 15:40, T. Parker 14:54, R. Taylor 16:08, K. Harrison 14:58, P. Doherty 16:11, R. Hamilton 15:01, N. Canham 15:52) 123:45;

7, Blackburn 124:36; 8, Sutton 125:52; 9, Leigh 126:26; 10, Clayton 127:46; 11, Barrow 131:07; 12, Sefton 133:44; 13, Preston 134:08; 14, Rochdale 134:30; 15, Bury 135:41; 16, YMCA 140:19; 17, Oldham 146:49.

Fastest: (Stage 1): Farrell 14:29, Ward 14:34, Clegg 14:45 (Stage 2): C. Robinson (Roch) 14:11, Harrison 14:36, Renshall 14:56 (Stage 3): Cooper 14:28, Aspen 14:49, Parker 14:54 (Stage 4): 14:34, Waddington 14:40, Binks 15:15 (Stage 5): Davies 14:05, Leigh 14:22, Carroll 14:43 (Stage 6): Freary 13:58, Turner 14:13, Wilde 14:28 (Stage 7): Carey 14:23, Curran 14:32, (Stage 8): Kenyon 14:00, Pendlebury 14:27, Evans 14:48.

DORMA TEXTILES YA ROAD RELAYS

At Bolton, September 22nd

(Youths 4 x 2½M) 1, Torbay (Lothian 13:02, Knight 13:38, Gaden 13:09, Wilson 14:14) 54:03 (rec); 2, Manchester AC (Joyce 13:42, Burnett 14:21, Eden 13:44, Plant 13:06) 54:53; 3, Bolton Utd (Campbell 13:41, Patel 14:33, Standring 14:23, Caldwell 13:59) 56:36. Fastest: Lothian 13:02 (rec). (Boys 4 x 2½M): 1, Liverpool H (Harrison 14:07, McEvoy 14:08, Kennerley 13:59, Lynch 14:12) 56:26; 2, Manchester AC (Cooper 14:11, Northrop 14:11, Phillips 14:23, Smith 13:47) 56:41; 3, MAC 'B' (Murray 14:04, Mackenzie 13:59, Scruton 14:41, Davies 14:41) 57:25. Fastest: Ogden (Warr) 13:31 (Colts 4 x 1½M): 1, Manchester AC (Yates 7:35, Hodkin 7:17, Price 7:22, Ware 7:05) 29:19; 2, Bolton Utd (Greenhaugh 7:15, Bates 7:15, Sherington 7:50, Dearden 7:01) 29:21; 3, Rossendale (Dixon 7:18, Fletcher 7:18, Lewis 7:11, Dixon 7:49) 29:36. Fastest: F. Peters (Stret) 6:53. (U/12's 4 x 1½M): 1, Liverpool H (Evans 8:09, Jones 8:14, Parr 8:14, Dunn 7:58) 32:35; 2, Wigan (Cunningham 8:22, Bristow 8:16, Orr 8:16, Cunningham 8:03) 32:57; 3, Workop (Wilkinson 8:08, Mould 8:22, Brookes 8:26, Jarvis 8:08) 33:04. Fastest: Dixon (Ross) 7:47.

WESTBURY H CROSS COUNTRY JUBILEE RACES

At Bristol, September 28th

1, C. Kirkham (Midlands)	30:31
2, D. Francis (Westbury)	30:49
3, R. Cytla (Midlands)	31:03
4, J. Eley (M) 31:09; 5, D. Fownes (M) 31:11; 6, D. Evans (W) 31:32; 7, M. Rollason (M) 31:43; 8, J. Robertshaw (W) 31:56; 9, G. Blackburn (West) 32:02; 10, B. Valentine (West) 32:09; 11, C. Mattock (Bris) 32:24; 12, P. Martin (Ply) 32:39; 13, B. Popel (West) 32:42; 14, D. Hughes (Ply) 32:43; 15, J. Lewis (Sal) 32:44; 16, R. Sercombe (W) 32:54; 17, B. Langton (West) 33:02; 18, R. Cheek (Bris) 33:03; 19, A. Derby (Cwm) 33:15; 20, J. Kirkby (W) 33:29.	
Teams: 1, Midlands 13; 2, Westbury 32; 3, Wales 39.	

WESTBURY v MIDLANDS v WALES v WILTS WOMEN'S CC RELAY

(2 girls/2 juniors/2 inters/2 seniors)

1, Midlands (S. Quinell 4:29, P. Flannery 3:37, D. Creswell 8:08, K. Butters 8:42, L. Ward 12:45, S. Nuttall 13:43, T. Bateman 16:58, C. Readdy 16:10) 84:32; 2, Westbury (C. Nuttall 4:31, M. Bergin 4:05, M. Bone 8:18, K. White 8:04, A. Graham 14:29, H. Smith 13:40, A. Pursglove 17:35, M. Beacham 16:50) 87:32; 3, Wales (T. Walker 4:31, S. Williams 3:36, D. Evans 8:48, A. Fox 9:00, L. Huntback 14:19, S. Lode 13:20, A. Roblin 17:02, S. Tolan 18:28) 89:04; 4, Wiltshire (J. Sims 5:11, R. Withers 3:58, K. Norris 9:35, D. Miles 8:41, G. Emmerson 14:00, L. Elliott 14:59, J. Farr 19:45, R. Pearce 19:23) 95:32.	
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UTTOXETER CROSS COUNTRY RACE

September 29th

1, A. Adams (Stoke)	23:06
2, J. Godding (Stoke)	23:35
3, B. Baldaro (Tipton)	23:41
4, M. Mountford (Staff) 23:43; 5, P. Goodfellow (Stoke) 24:01; 6, A. Mountford (Stoke) 24:05; 7, E. Williams (Shrew) 24:14; 8, N. Deakin (Stoke) 24:33; 9, B. Williams (Shrew) 24:51; 10, D. Carey (Stoke) 25:04; 11, M. Whittaker (Staff) 25:16; 12, A. Barrington (Stoke) 25:20; 13, T. Walker (Stoke) 25:22; 14, S. Gratage (Mich) 25:24; 15, D. Carter (Shrew) 25:25. Teams: 1, Stoke 8; 2, Stoke 'B' 24; 3, Shrewsbury 31; 4, Stafford 32; 5, Stoke 'C' 45; 6, Michelin 55; 7, RAF Tern Hill 82; 8, Burton 89. (Boys): 1, A. Blackwell (Wrex) 17:07; 2, G. Williams (Wrex) 17:08; 3, S. Talbot (Stoke) 17:10; 4, B. Jones (Wrex) 17:23; 5, H. Dutton (Stoke) 17:27; 6, T. Howard (Walt Sch) 17:30. Teams 1, Wrexham 7; 2, Stoke 16; 3, Stoke 'B' 32.	

WEST MIDLANDS WEDNESDAY CC LEAGUE

At RAF Cosford, October 2nd

1, Kinsella (West Midland Police)	34:56
2, Steven (West Midland Police)	35:09
3, Nelhams (Infantry Jnr Leaders)	35:56
4, Crossland (COD) 36:04; 5, Lees (WMP) 36:11; 6, Lynch (Cos) 36:12; 7, Holden (Tern H) 36:45; 8, Smith (Cos) 36:48; 9, Roberts (Cos) 36:50; 10, Bowen (Merc Dt) 37:10; 11, Appleton (Cos) 37:15; 12, Barnes (Warks Pol) 37:23; 13, Connell	

(JL) 37:28; 14, Jones (Cos) 37:31; 15, Falshaw (JL) 37:33. Teams: 1, West Midlands Police 549; 2, RAF Cosford 529; 3, Infantry Jnr Leaders 516; 4, Stafford & Stoke Pol 388; 5, RAF Tern Hill 365; 6, Warks Pol 359.

NEWBURY '9' October 6th

1, R. Crabb (Swindon)	42:21
2, R. McAndrew (Cardiff)	42:37
3, P. Banning (Andover)	43:43
4, C. Mattock (Bris) 43:58; 5, P. Flaval (Ox) 44:12; 6, P. Braithwaite (TH&H) 44:46; 7, P. Craig (Bris) 44:49; 8, C. Woodward (Leam) 45:16; 9, A. Wallis (Swin) 45:32; 10, A. Homer (Sol) 45:48; 11, P. Varney (Leam) 45:54; 12, C. Donovan (Leam) 46:32; 13, T. Goodwin (Sal) 46:39; 14, G. Retter (Ex) 46:48; 15, N. Tonner (Swin) 47:09; 16, D. Shermon (Bris) 47:35; 17, A. Laker (Swin) 47:56; 18, D. Jennings (Bris) 47:59; 19, Jenkinson (Ox) 48:08; 20, J. Kerley (Sal) 48:19; 21, H. Downer (And-V) 48:23; 22, D. Bendy (Leam) 48:33; 23, R. Pike (Bris) 48:43; 24, R. Jeans (Sal) 48:50; 25, A. Alderson (High) 49:11. Teams: 1, Swindon; 2, Bristol; 3, Leamington; 4, Oxford; 5, Salisbury; 6, Andover. Vets: 1, Downer; 2, L. Masters (Read) 52:36; 3, S. Jackson (Bris) 53:06.	

MIDLAND WOMEN'S CC LEAGUE

At Great Barr, October 7th

Senior Women

1, C. Readdy (Stoke)	19:26
2, C. Tranter (Birmingham Univ)	19:39
3, T. Bateman (Coventry Godiva)	20:41
4, A. Kirkham (Cov) 21:11; 5, S. Brown (Stoke) 21:41; 6, S. Clarke (Grim) 21:48; 7, S. DeGiovanni (Birm U) 22:13; 8, B. Brookes (Stoke) 22:20; 9, W. Green (W&B) 22:24; 10, L. Hughes (Birm U) 22:25. Teams: 1, Stoke 14; 2, Birmingham Univ 19; 3, Bromsgrove 45; 4, Gloucester 61.	

Intermediates

1, A. Tunnicliffe (Stoke) 12:43; 2, L. Ward (Sol) 12:48; 3, S. Parker (W&B) 12:52; 4, S. Avis (Bris) 13:22; 5, H. Purton (Stoke) 13:32; 6, J. Dermott (Cann) 13:50; 7, A. Graham (West) 13:52; 8, J. Thomas (Cov) 14:15; 9, P. Waters (Glos) 14:17; 10, C. Carter (B'field) 14:18. Teams: 1, Stoke 17; 2, Birchfield 44; 3, Solihull 53; 4, Halesowen 59. (Juniors): 1, D. Cresswell (Cov) 9:22; 2, S. Johnson (Leic) 9:26; 3, K. White (West) 9:28; 4, K. Boyce (Leic) 9:37; 5, G. Perry (Stoke) 9:39; 6, M. Boome (West) 9:42; 7, J. Parker (Bris) 9:44; 8, J. Bates (Stoke) 9:47; 9, E. Harris (Cann) 9:53; 10, J. Braznell (War) 9:53. Teams: 1, Stoke 44; 2, Leicester 46; 3, Bristol 52; 4, Westbury 54; 5, Cannock 85; 6, Birchfield 96. (Girls): 1, A. Patterson (Stoke) 9:42; 2, A. Pickering (Stoke) 9:53; 3, E. Guest (Cann) 10:01; 4, N. Knox (Leic) 10:03; 5, K. Smith (Durs) 10:06; 6, K. Hurst (Cov) 10:07; 7, S. Winnell (Bris) 10:12; 8, A. MacKay (B'field) 10:12; 9, S. Johnson (Leic) 10:12; 10, C. Turner (W&B) 10:20.	
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PITREAVIE GIRLS DOMINATE AGAIN

STRATHCLYDE LADIES AC's 3rd Royal Bank of Scotland Quaich CC meeting at Balloch on October 6th, Scotland's largest mixed meeting of this type, attracted a record entry of over 1300 competitors for the 11 events ranging from 9 years upwards, of whom 1100 arrived on the day to compete. Despite the very heavy going some good performances were produced, although the times on the whole were slower than last year. Pitreavie, in the Girls events, once again dominated the meeting and for the second year running won the Royal Bank of Scotland Quaich very convincingly, whilst Springburn also won the Philip Nash Trophy for the second successive year. The men's 7km event was won by Lt Rees Ward from HMS Neptune, running his first race for 18 months after a tour of sea duty.

James Munro

(Senior Men 7000m): 1, R. Ward (RN) 22:45; 2, W. Day (Falk) 23:12; 3, J. Thompson (Law) 23:19; 4, T. Paterson (Spring) 23:22; 5, C. Martin (Dumb) 23:33; 6, W. Sheridan (Vic Pk) 23:35; 7, J. Graham (Clyde V) 23:39; 8, E. Knox (S'burn) 23:44; 9, N. Morrison (Shett) 23:59; 10, W. Fothergill (Vic Pk) 24:08; 11, J. Ferguson (Ayr) 24:23; 12, J. Lawson (S'burn) 24:25; 13, D. Moore (Bord) 24:29; 14, J. Fleming (S'burn) 24:31; 15, Pudley (Glen Pk) 24:31; 16, D. Fearweather (Law) 24:35; 17, I. Kerr (Ayr) 24:39; 18, A. Miller (Law) 24:44; 19, J. Russell (Bell) 24:48; 20, P. Forbes (ESH) 24:48. **Teams:** 1, Springburn; 2, Ayrshire; 3, Victoria Park.

(Veterans) 1, C. McAlinden (Pais) 12:12; 2, M. Rammage (S'burn) 12:48; 3, R. Calderwood (Vic Pk) 12:55; 4, J. Murray (Stir) 13:10; 5, A. White (S'burn) 13:20; 6, Black (Liv) 13:49. **Teams:** 1, Paisley; 2, Springburn; 3, Central Region.

(Youths) 1, N. Muir (Shett) 11:44; 2, K. McCartney (Law) 12:00; 3, C. Haskett (Dund) 12:03; 4, I. Shaw (East) 12:09; 5, A. Smith (Shett) 12:10; 6, W. Paterson (S'burn) 12:13; 7, R. Craig (S'burn) 12:15; 8, I. McMurray (S'burn) 12:25; 9, B. Aird (Ayr) 12:34; 10, D. McLeod (S'burn) 12:36. **Teams:** 1, Springburn; 2, Ayrshire; 3, Eastwood HS.

(Boys) 1, G. Braidwood (Bell) 7:22; 2, N. Jones (EAC) 7:24; 3, M. McClusky (Vic Pk) 7:25; 4, G. Cavin (Polb) 7:26; 5, M. Todd (Falk) 7:28; 6, S. Cameron (Cambus) 7:29; 7, I. Brodie (East) 7:30; 8, G. Williamson (S'burn) 7:32; 9, A. Bryce (Cent) 7:35; 10, D. Mulheron (Clyde V) 7:36. **Teams:** 1, Springburn; 2, Victoria Park; 3, Ayrshire.

(Colts) 1, G. Miller (St C) 4:57; 2, R. McCallum (Falk) 4:59; 3, M. Hamilton (S'burn) 5:02; 4, G. Sinclair (S'burn) 5:03; 5, W. McGuire (St C) 5:06; 6, D. Buick (Cent) 5:10. **Teams:** 1, Springburn; 2, St Columba's; 3, Bellahouston.

(Under 11): 1, B. Mitchell (Aber) 4:12; 2, D. Archibald (E Kil) 4:13; 3, A. Chaswell (Aber) 4:14. **Teams:** 1, Aberdeen; 2, Springburn; 3, Cocker-mouth.

(Senior Women): 1, M. O'Boyle (Vic Pk) 18:48; 2, A. Brown (Green RP) 19:58; 3, P. Gunstone (Dund H) 20:12; 4, M. Brown (Lew S) 20:54; 5, J. Higgins (Vic Pk) 21:04; 6, L. Inglis (EAC) 21:23; 7, C. Robertson (ESH) 21:35; 8, P. Spence (Green RP) 21:40; 9, N. Campbell (Lew S) 21:41; 10, E. Gemmel (Ayr) 21:53. **Teams:** 1, ESH; 2, Maryhill; 3, Greenock Rankin Park.

(Intermediates): 1, K. Sheppard (ESH) 14:22; 2, P. Gunstone (Dun H) 14:25; 3, L. Todd (Unatt) 14:45; 4, A. Cherry (Pit) 14:55; 5, J. Millington (ESH) 15:16; 6, A. Robertson (ESH) 15:27; 7, A. Clarkson (ESH) 15:41; 8, J. Quinn (ESH) 15:53; 9, J. Duncan (Green RP) 15:54; 10, L. Langan (Green RP) 15:59. **Teams:** 1, ESH; 2, Pitreavie; 3, Greenock Rankin Park.

(Juniors): 1, K. Robinson (Pit) 8:12; 2, K. Williams (Pit) 8:27; 3, L. Hodge (Pit) 8:28; 4, F. Nixon (Unatt) 8:35; 5, A. Lind (EAC) 8:36; 6, M. Pannke (Clyde V) 8:42; 7, L. Johnstone (EAC) 8:44; 8, J. Tonathy (ESH) 8:48; 9, H. Shaw (Bord) 8:53; 10, F. McQueen (Vic Pk) 8:55. **Teams:** 1, Pitreavie; 2, EAC; 3, Victoria Park.

(Under 13): 1, S. Cammack (Pit) 5:40; 2, M. McMillan (EAC) 5:42; 3, D. Christie (ESH) 5:50; 4, H. McDonald (Clyde V) 5:53; 5, S. Codd (Pit) 5:54; 6, H. Kilpatrick (Ayr) 5:56. **Teams:** 1, Pitreavie; 2, EAC; 3, Border.

Royal Bank Quaich Trophy: 1, Pitreavie 148; 2, ESH; 3, EAC; 4, Border; 5, Clyde Valley; 6, Greenock Rankin Park; 7, Vale of Leven; 8, Ayrshire; 9, Strathclyde; 10, Victoria Park; 11, Maryhill; 12, Paisley; 13, Law & Dist; 14, Central Region.

Philip Nash Trophy: 1, Springburn 136; 2, St Columba's HS; 3, Victoria Park; 4, Falkirk; 5, Eastwood; 6, Clyde Valley; 7, Ayrshire; 8, Cocker-mouth; 9 eq, Bellahouston & Central Region; 10, Vale of Leven; 11, Polbeth; 12, Clydedale.

Frodsham Women's Relays

October 6th

THE 116 competitors in 1973 increased to over 200, all of whom did well taking into consideration the continued downpour of rain. Although the course was tricky, the Mini-Minors displayed wonderful spirit and courage. The 600m course, simulating a cross-country course with three double obstacles, made it an interesting mini steeplechase event.

K. Riddoch

Senior Women's 3000m

1, C. Haskett (Stret) 10:40; 2, M. Ashcroft (Wall) 10:57; 3, A. MacLiven (Bolt) 11:41; 4, A. Pendlebury (Bolt) 11:51; 5, S. Hoare (Wake) 11:51; 6, K. Strange (Warr) 12:06. **Team:** Bolton. **(Intermediates 3000m):** 1, J. Lawrence (Pilk) 11:03; 2, J. Knowle (Sutt) 11:22; 3, P. Burns (Liv H) 11:29; 4, J. Arnold (Warr) 11:35; 5, L. Woods (Hall) 11:48; 6, J. Cohen (Liv H) 11:52; 7, L. Pritchard (Warr) 11:55; 8, S. Turner (Wake) 12:07; 9, S. Holmes (Hall) 12:10; 10, H. Gallop (Wig) 12:11. **Team:** Liverpool H.

Junior 3 x 1200m

1, Warrington (A. Matheson 4:05, D. Pritchard 4:17, S. Parker 3:52) 12:14; 2, Altrincham (J. Sixsmith 4:12, B. Nolan 4:19, S. Hunt 4:10) 12:41; 3,

Shrewsbury (L. Burnett 4:17, P. Paige 4:16, C. Edwards 4:08) 12:41; 4, Liverpool H 12:45; 5, Warrington 'B' 12:57; 6, Chester 13:12; 7, Warrington 'C' 13:28; 8, Stretford 13:33; 9, Pilkington 13:37; 10, Hallamshire 13:42. 24 teams closed in. Fastest: Parker 3:52. (**Minor Girls 3 x 1200m**): 1, Pilkington 13:11; 2, Frodsham 13:14; 3, Altrincham 13:16; 4, Hallamshire 13:24; 5, Warrington 13:32; 6, Warrington 'B' 13:34; 7, Winsford 13:35; 8, Liverpool H 13:44; 9, Chester 13:50; 10, Stockport 14:00. Fastest: A. Berrington (Frod) 4:10. (**Minor Girls 3 x 600m**): 1, Hallamshire 6:15; 2, Warrington 6:37; 3, Liverpool H 6:42; 4, Wigan 6:49; 5, Thurrock 6:50; 6, Stretford 6:55. Fastest P. Matheson (Warr) 1:58.

BUCKINGHAMSHIRE WAAA ROAD RELAY

At High Wycombe, October 12th

Intermediates

Wycombe Phoenix (A. Mitchell 8:24, F. Kerr 10:03, M. Sandy 9:58) 28:25. Fastest: E. Stewart (Dr Chall-Ind) 8:09. (**Juniors**): 1, Wycombe Phoenix (D. Styles 6:13, B. Tompkins 6:02, C. Horwood 6:39) 18:54; 2, Wycombe Phoenix 'C' (B. Mitchell 6:34, S. Calow 6:49, N. Minette 6:58) 20:21; 3, Wycombe Phoenix 'B' (S. Bates 6:47, G. Brown 7:05, B. Ridgley 6:35) 20:27; 4, Vale of Aylesbury 20:50. Fastest: Tompkins 6:02. (**Girls**): 1, Beaconsfield SS (K. Fry 6:22, G. Baker 6:23, T. Blackburn 6:09) 18:54; 2, Wycombe Phoenix (P. Rodgers 6:17, S. Powell 6:37, K. Abraham 6:29) 19:23; 3, Vale of Aylesbury (M. Fiddler 6:46, D. Kliskey 7:24, S. Cainie 6:07) 20:17; 4, Wycombe Phoenix 'B' 20:43; 5, Wycombe Phoenix 'C' 37:36; 6, Princes Risborough Sch 23:10. Fastest: Cairnie 6:07.

HAMPSHIRE WAAA ROAD RELAY

At Aldershot, October 12th

(**Seniors**): 1, Aldershot, F&D (A. Barrass 10:19, P. Card 13:11, S. Barrass 10:41) 34:11; 2, Southampton & E (K. Tabor 11:47, B. Tabor 14:47, M. Journeaux 15:21) 41:55. Fastest: A. Barrass 10:19. (**Intermediates**): 1, Portsmouth Atlanta (M. Gallaway 10:55, H. Fielon 10:25, K. Fielon 10:21) 31:41; 2, Southampton & E (J. Mitchell 11:27, J. Dawkins 11:44, C. Brown 13:26) 36:37; 3, Portsmouth 'B' (Susan Parris 11:59, S. Clarke 14:53, Shirley Parris 12:56) 39:48. Fastest: K. Fielon 10:21. (**Juniors**): 1, Aldershot, F&D (K. Ellis 7:12, B. Collins 7:14, R. Smeeth 6:31) 20:57; 2, Portsmouth At (J. Howell 7:08, D. Lavous 7:11, S. Ludlam 6:47) 21:06; 3, AF&D 'B' (J. Hitchcock 7:14, P. Cairncross 7:22, S. Ecclestone 6:56) 21:32; 4, Southampton & E 22:44; 5, Andover 22:55; 6, Portsmouth 'B' 23:52; 7, Andover 'B' 28:0. Fastest: Smeeth 6:31. (**Girls**): 1, Aldershot, F&D (N. Milne 7:06, S. Curtis 7:09, A. Edwards 6:53) 21:08; 2, Southampton & E (N. de Jesus 7:17, D. Tabor 7:56, S. Lewis 7:00) 22:13; 3, AF&D 'B' (A. Beattie 7:07, W. Lodge 7:49, S. Fairless 7:57) 22:53; 4, Portsmouth At 23:29; 5, Fleet & Crookham 24:39; 6, Andover 26:36; 7, Andover 'B' 28:55. Fastest: Edwards 6:53.

HERTFORDSHIRE WAAA ROAD RELAY

At Feltham, October 12th

(**Seniors**): Verlea (J. Adams 17:08, P. Day 20:21, D. Kindley 21:41) 59:10. (**Intermediates**): 1, Verlea

(L. Day 9:07, S. Nockall 8:58, P. Bryant 9:31) 27:36; 2, Queens School (J. Robertson 10:25, D. Allum 9:32, S. Robertson 10:34) 30:31. Fastest: Nockall 8:58. (**Juniors**): 1, Verlea (A. Good 7:37, D. Denham 7:56, J. Elliott 8:09) 23:42; 2, Verlea 'B' (C. Kindley 7:52, A. Munden 8:13, G. Gower 8:07) 24:12; 3, Verlea 'C' (S. Hills 8:22, J. Nockall 8:54, S. Denham 8:40) 25:56. Fastest: Good 7:37. (**Girls**): 1, Queens School (G. Allum 8:13, J. Aplin 8:55, K. Aspery 8:37) 25:45; 2, Stevenage & N Herts (J. Vernon 8:54, S. Cooper 8:53, L. Bolton 8:47) 26:34; 3, Verlea (A. Wilsmore 8:28, L. Playel 9:01, A. Higgins 9:07) 26:36. Fastest: Allum 8:13.

KENT WAAA ROAD RELAY

At Bexley, October 12th

(**Seniors**): 1, Cambridge H (P. Bagley 12:19, E. Barnes 11:45, G. Goodburn 11:11) 35:15; 2, Kent (B. Franklin 14:17, J. Day 12:56, G. Adams 11:44) 39:07; 3, Tonbridge (B. Leach 13:05, R. Otley 14:10, A. Brignall 15:46) 43:01. Fastest: Goodburn 11:11, Adams 11:44, Barnes 11:45. (**Intermediates**): 1, Medway (N. Jackson 10:30, S. Channon 11:03, K. Hughes 10:17) 31:50; 2, Tonbridge (K. Lyon 9:59, S. Powell 11:47, J. Smith 12:01) 33:47. Fastest: Lyon 9:59, Hughes 10:17, Jackson 10:30. (**Juniors**): 1, Kent (J. Oliver 7:38, J. Smith 6:50, D. Goode 7:05) 21:33; 2, Cambridge H (M. Cleaver 7:15, J. Ross 7:21, K. Barnsley 7:02) 21:38; 3, East Kent (K. Venus 7:09, G. Cleall 7:37, D. Nicholls 7:47) 22:33; 4, Cambridge H 22:57; 5, Medway 23:00; 6, Tonbridge 23:03. Fastest: Smith 6:50, Barsley 7:02, Goode 7:05. (**Girls**): 1, Medway (J. Weeding 7:26, S. Dorkins 7:38, J. Howell 7:17) 22:21; 2, Cambridge H (G. Pamment 7:23, C. Smith 7:57, C. Pizzey 7:54) 23:14; 3, Homewood Sch (N. Martin 8:15, H. Tandy 7:42, B. Fullager 7:35) 23:32; 4, Medway 'B' 23:40; 5, Ashford 24:13; 6, Folkestone 24:30. Fastest: Howell 7:17, Pamment 7:23, Weeding 7:26.

MIDDLESEX WAAA ROAD RELAY

At Feltham, October 12th

(**Seniors**): 1, Barnet (B. Nelson 15:32, L. Elmore 17:39, M. Beacham 14:28) 47:39; 2, LOAC (A. James 16:12, L. Watson 16:20, V. Rowe 15:17) 47:49; 3, Hillingdon (P. Chandler 18:31, P. Turner 15:06, C. Roy 15:27) 49:04; 4, Highgate 49:43. Fastest: Beacham 14:28. (**Inters**): 1, Uxbridge (K. Wrapp 8:41, B. O'Keefe 9:12, B. Samms 8:37) 26:30; 2, Hillingdon (P. Burns 9:08, M. Chowns 10:43, S. Lee 9:27) 29:18; 3, LOAC (P. Robertson 10:10, F. MacInnes 9:54, L. Post 9:38) 29:42. Fastest: Samms 8:37. (**Juniors**): 1, Feltham (W. Smith 7:18, S. Reed 8:16, T. Hook 7:29) 23:03; 2, Uxbridge (L. Payne 7:52, J. Cawte 8:22, D. Wilkins 7:43) 23:57; 3, Middlesex (J. Robson 7:20, C. Lacey 8:16, Y. Baldeo 8:29) 24:04; 4, Highgate 24:21; 5, Feltham 'B' 25:07; 6, Parkside 25:27. Fastest: Smith 7:18. (**Girls**): 1, Feltham (S. Luke 8:08, W. Barns 8:36, C. Scrutchings 8:05) 24:49; 2, Uxbridge (T. Birch 8:25, D. Burchett 8:32, D. Hilton 7:53) 24:50; 3, Middlesex (H. Morawska 8:14, G. Flack 8:27, S. Wilmott 8:30) 25:11; 4, Hillingdon 25:53; 5, Hillingdon 'B' 26:13; 6, Parkside 27:30. Fastest: Hilton 7:53.

AAA National 6-Stage Road Relay

At Wimbledon, October 19th

LIVERPOOL HARRIERS OVER INVICTA

"IS there a race or something on here?" queried the man in the car, leaning out of his window as 25 runners lined up across Wimbledon Common South Side ahead of him. We carefully explained that this was a National Championship event, but begged him to keep quiet about it unless too many people found out, and the officials would have to suffer the embarrassment of spectators. It was another of those MI5 organised operations: no pre-publicity (not even an advertised starting time in "AW"), no signposted directions for Midland and Northern teams, and a dearth of official results sheets after the race. This is not intended as a criticism of Belgrave Harriers who did their usual excellent job on course marking and marshalling etc; indeed I am indebted to Clive Shippen and his hard-working team for supplying me with results, albeit unofficial ones. The official sheets were run off and distributed in strict secrecy to team managers only.

Dave Cocksedge reporting

Although not stated on the programme each lap measured some 3½ miles with one tough hill and some tricky switchback running. In mild, sunny but damp conditions, only two men—Keith Penny and Dave Black—ducked under 17 minutes, with Kevin Steere running exactly that time. Liverpool Harriers, never lower than 5th throughout the race, ran home easy winners after some pressure from the enthusiastic Invicta outfit, who amazed themselves by taking a clear second over Cardiff, Sheffield, Tipton and Stoke. Missing notables included Coventry Godiva and Gateshead.

LAP 1

Fresh from his excursion to Geneva, Keith Penny asserted himself after a couple of miles and broke away early, fearing Clive Thomas's finish. Drawing away relentlessly from chasing Neil Coupland, Thomas and May, he gave Cambridge Harriers their only moment of glory by handing over 19sec up in 16:52; an excellent time, though starting on the road probably saved him a few seconds over the other leg runners, who had to run the first several hundred yards on the soggy, leafstrewn common. Liverpool (Evans) were 5th, 25sec down on the leaders, whilst leading Southerners Hercules Wimbledon and Aldershot were slumped back in 16th and 19th places.

1, Cambridge H (K. Penny 16:52); 2, South-

ampton & Eastleigh (N. Coupland 17:11); 3, Thames Valley (C. Thomas 17:13); 4, Airedale & Spen V (R. May 17:13); 5, Liverpool H (D. Evans 17:17); 6, Stoke (A. Adams 17:22); 7, Cardiff (P. Davies 17:27); 8, Cambridge & Coleridge (R. Bean 17:31); 9, Sheffield United (D. Pratt 17:32); 10, Holbeach (L. Marshall 17:33); 11, Invicta (P. Brenchley 17:33); 12, Belgrave (L. O'Hara 17:35); 13, Windsor, Slough & Eton (R. Graham 17:46); 14, Hillingdon (K. Wainer 17:48); 15, Portsmouth (D. Fudge 17:49); 16, Hercules Wimbledon (J. Newton 17:51); 17, Small Heath (R. Calvert 18:00); 18, Tipton (K. Boyden 18:02); 19, Aldershot, Farnham & Dist (S. Harrison 18:25); 20, Reading (R. Piotrowski 18:31); 21, Luton Utd (M. Price 18:37); 22, Rugby (C. Neville 18:41); 23, SLH (T. Loden 18:43); 24, Walton (R. Loach 19:00); 25, Feltham (P. Chimes 20:13).

LAP 2

Liverpool (Harrison), Airedale (Temperton) and Cardiff (Evans) quickly got up front as Wilkins of Cambridge Harriers went back to 8th. Phil Romaine hauled Holbeach through to 5th from 10th, and Les Presland (17:06) improved Aldershot's lot by eight places to 11th. Just four seconds covered Airedale, Liverpool and Cardiff at the exchange, with Southampton a further 12sec back just ahead of Holbeach and Invicta (Brameld).

1, Airedale & SV 34:42 (J. Temperton 17:29); 2, Liverpool 34:45 (R. Harrison 17:28); 3, Cardiff 34:46 (R. Evans 17:19); 4, Southampton & E 34:58 (I. Burgess 17:47); 5, Holbeach 35:00 (P. Romaine 17:27); 6, Invicta 35:04 (M. Brameld 17:31); 7, TVH 35:14 (J. Ovendon 18:01); 8, Cambridge H 35:27 (J. Wilkins 18:35); 9, Sheffield Utd 35:29 (G. Tebbutt 17:57); 10, Tipton 35:30 (K. Rollason 17:28); 11, Aldershot F&D 35:31 (L. Presland 17:06); 12, Belgrave 35:32 (G. North 17:59); 13, Hillingdon 35:36 (S. Buchanan 17:48); 14, Stoke 35:38 (D. Ashe 18:16); 15, Portsmouth 35:39 (R. Ingleton 17:50); 16, Hercules Wimbledon 36:02 (D. Beard 18:11); 17, Small Heath 36:11 (K. Scott 18:11); 18, Cambridge & C 36:21 (A. Boast 18:50); 19, Reading 36:41 (R. Alden 18:10); 20, Walton 37:18 (M. Wayland 18:10); 21, Windsor, S&E 37:29 (P. Purdue 19:43); 22, SLH 37:41 (R. Lines 18:58); 23, Feltham 38:17 (N. Gates 18:04); 24, Rugby 38:23 (N. England 19:42); 25, Luton Utd 38:59 (D. Collier 20:22).

LAP 3

Jon Wigley judged it nicely for Invicta, chasing the leading group of Pete Waddington (Liverpool), Ron McAndrew (Cardiff) and Bob

Harrison (Airedale), catching the other two as Waddington broke away on the hill and then all but nabbing the Liverpool man at the finish, running a fine 17:03. Holbeach (Exton) were still 5th whilst 6th place was now filled by Hercules Wimbledon in the shape of Bob Holt, who dashed stylishly around in 17:01, overhauling no less than 10 men in the process.

1, Liverpool 52:05 (P. Waddington 17:20); 2, Invicta 52:07 (J. Wigley 17:03); 3, Cardiff 52:18 (R. McAndrew 17:32); 4, Airedale & SV 52:19 (R. Harrison 17:37); 5, Holbeach 52:36 (M. Exton 17:36); 6, Hercules Wimbledon 53:03 (R. Holt 17:01); 7, Southampton & E 53:04 (G. Rowsell 18:06); 8, Tipton 53:08 (D. Fownes 17:38); 9, Sheffield Utd 53:10 (W. Domoney 17:41); 10, TVH 53:16 (M. Puddifoot 18:02); 11, Stoke 53:32 (M. Absalom 17:54); 12, Portsmouth 53:44 (M. Hyman 18:05); 13, Aldershot, F&D 53:51 (M. Barton 18:20); 14, Cambridge & C 53:52 (Gra Tuck 17:32); 15, Cambridge H 53:56 (D. Roberts 18:29); 16, Belgrave 53:58 (C. Pearson 18:26); 17, Hillingdon 54:27 (G. Galvin 18:51); 18, Reading 54:44 (M. Duff 18:03); 19, Walton 55:10 (M. Connolly 17:52); 20, Small Heath 55:27 (G. Davies 19:16); 21, SLH 55:50 (P. Williams 18:09); 22, Windsor, S&E 57:02 (R. Smith 19:33); 23, Feltham 57:44 (P. Fitch 19:27); 24, Rugby 58:24 (S. Holdsworth 20:01); 25, Luton Utd 60:07 (R. Hill 21:08).

LAP 4

Richard Newble (Invicta) and Mike Turner

Tiger Spartan. Exclusive all-weather track spike. Few left. New price over £20. Sizes: 5-10½ **£15.00** (20p).

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(Liverpool) locked horns almost immediately and fought out a grim, race-long battle stride for stride until Newble's superior leg speed just got him home by a second at the change-over. They ran 17:05 and 17:08 whilst Cardiff (Critchley) were displaced for third behind them by Airedale (Fox) again, though the gap was now 39sec to third and fourth, who finished a couple of strides apart. Back in the pack, Bernie Ford, racing for the first time since Rome, clocked a healthy 17:06 to lift Aldershot from 13th to 9th, whilst Dave Black was tearing them down with a scintillating 16:51 to take Small Heath from 20th to 15th. That turned out to be the fastest of the day.

1, Invicta 69:12 (R. Newble 17:05); 2, Liverpool 69:13 (M. Turner 17:08); 3, Airedale & SV 69:52 (J. Fox 17:33); 4, Cardiff 69:53 (M. Critchley 17:35); 5, Holbeach 70:11 (R. Brewitt 17:35); 6, Sheffield Utd 70:39 (K. Angus 17:29); 7, Tipton 70:49 (A. Rushmer 17:41); 8, Stoke 70:50 (A. Birks 17:18); 9, Aldershot, F&D 70:57 (B. Ford 17:06); 10, TVH 70:59 (G. Dugdale 17:43); 11, Southampton & E 71:00 (A. Nixon 17:56); 12, Hercules Wimbledon 71:21 (S. Lippell 18:18); 13, Portsmouth 71:55 (G. Gough 18:11); 14, Belgrave 72:13 (L. Mann 18:15); 15, Small Heath 72:18 (D. Black 16:51); 16, Cambridge H 72:33 (J. Huntingford 18:37); 17, Hillingdon 72:48 (J. Mouatt 18:21); 18, Cambridge & C 73:09 (D. McArthur 19:16); 19, Reading 73:16 (R. Stevens 18:32); 20, SLH 73:33 (J. Roberts 17:43); 21, Walton 74:10 (C. Beauvais 19:00); 22, Feltham 77:05 (N. Carter 19:21); 23, Rugby 77:58 (R. Forster 19:34); 24, Windsor, S&E 78:17 (K. Kitson 21:15); 25, Luton Utd 81:33 (G. Newton 21:26).

LAP 5

Paul Carey (Liverpool) and Ian McMillan (Invicta) carried on the North/South duel, but this time the Northern man had the upper hand. He got away after a couple of miles, and prised open a precious 16sec gap, whilst Bernie Plain for Cardiff overtook Airedale (Mayho) for third, 30sec down. Looking pale and drawn, Andy Holden scampered around in 17:16 to take Tipton into 4th. Kevin Steere's driving 17:00 leg could only improve Cambridge & Coleridge three places to 15th, however.

1, Liverpool 86:45 (P. Carey 17:32); 2, Invicta 87:01 (I. McMillan 17:49); 3, Cardiff 87:31 (B. Plain 17:38); 4, Tipton 88:05 (A. Holden 17:16); 5, Airedale & SV 88:17 (D. Mayho 18:25); 6, Sheffield Utd 88:18 (R. Duerden 17:39); 7, Southampton & E 88:22 (N. Jeffrey 17:22); 8, TVH 88:56 (J. Sheridan 17:57); 9, Stoke 88:56 (G. Harvey 18:06); 10, Portsmouth 89:07 (T. Johnston 17:12); 11, Aldershot, F&D 89:13 (E. Turner 18:10); 12, Holbeach 89:30 (J. Beckett 19:19); 13, Hercules Wimbledon 89:37 (S. Badgery 18:10); 14, Small Heath 90:00 (M. Rollason 17:42); 15, Cambridge & C 90:09 (K. Steere 17:00); 16,

Continued on page 23

ESSEX CROSS COUNTRY LEAGUE

At Ipswich, October 12th

1, P. Fulcher (Chelmsford).....	25:41
2, M. Fletcher (Chelmsford)	25:41
3, L. Gough (Essex Beagles).....	26:02
4, P. Fletcher (Chelm) 26:06; 5, J. Horner (Ips)	26:15; 6, P. Bryan (Hav) 26:33; 7, C. Dungar (Norf G)
26:33; 8, P. Betteridge (Hav) 26:36; 9, R. Charleston	(Chelm) 26:52; 10, A. Grover (Ips) 27:02; 11, C.
Leahy (Ex B) 27:18; 12, B. Hayes (Ex B) 27:24;	13, B. Stowe (S'end) 27:27; 14, G. Hewitt (S'end)
27:29; 15, A. Roper (W Suff) 27:33; 16, E. Brown	(Bas) 27:45; 17, D. Smith (Had) 27:56; 18, T. Roberts
(Ips) 28:03; 19, L. Parrott (Hav) 28:07; 20, S. Taylor	(Hav) 28:09. Teams: Chelmsford 37; Essex Beagles
72; Havering 84; Ipswich 94; Southend 113; Col-	chester 207; Basildon 213; West Suffolk 236; Had-
leigh 262.	

Youths/Boys

1, G. Norman (Ex B) 15:46; 2, K. Tesh (Ips) 15:48; 3, G. Fell (Ex B) 15:51; 4, P. Kemp (Ex B) 15:58; 5, D. Horton (Har) 16:00; 6, F. Canwell (Ex B) 16:16; 7, P. Ellis (Chelmsford) 16:31; 8, G. James (Ex B) 16:40; 9, R. Chapman (Ex B) 16:42; 10, A. Bridge (Har) 16:49. Teams: 1, Essex Beagles 14; Havering 88; Chelmsford 92; Harlow 97; Ipswich 107; Colchester 107. (Colts): 1, J. Christie (Norf G) 11:37; 2, C. Dommett (Hav) 11:38; 3, P. Berrett (Hav) 11:43; 4, I. Ferguson (Ex B) 12:00; 5, I. Robery (Thurr) 12:05; 6, M. Owens (Hav) 12:06. Teams: 1, Havering 18; Essex Beagles 65; Basildon 120; Norfolk Gazelles 122; Southend 138; Colchester 154.
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Senior Women

1, C. Gould (Ips—n/s) 17:39; 2, K. Knopp (Hav) 18:32; 3, S. Smith (Ips) 19:10; 4, C. Branam (Hav) 19:43; 5, M. Wilcox (Chelmsford) 19:49; 6, I. Peaty (Ips) 20:44. Teams: 1, Havering 16; Chelmsford 26; Ipswich 28; Southend 33; West Suffolk 47; Harlow 49. (Inters): 1, V. Cullen (Har) 12:24; 2, J. Jackson (Hav) 12:52; 3, J. Wilcox (Chelmsford) 12:52; 4, J. Burton (Chelmsford) 12:56; 5, H. Jamieson (Chelmsford) 12:58; 6, T. Green (Col) 13:00; 7, C. Reader (Hav) 13:06; 8, S. Lewis (Hav) 13:13; 9, A. Green (Chelmsford) 13:36; 10, J. Bolt (Ips) 13:49. Teams: 1, Chelmsford 21; Havering 32; Harlow 49; Ipswich 54; Colchester 54; Basildon 56. (Juniors): 1, Y. Wilcox (Chelmsford) —;

2, L. Harsent (Ex B) 7:53; 3, A. Rothwell (Col) 7:58; 4, Y. Hart (Ips) 8:07; 5, B. Keep (Ex B) 8:14; 6, C. Burton (Chelmsford) 8:16; 7, J. Robery (Thurr) 8:17; 8, S. Welham (Col) 8:19; 9, R. Hedges (Hav) 8:21; 10, H. Scutcher (Ips) 8:24. Teams: 1, Chelmsford 37; Colchester 49; Havering 58; Ipswich 58; Essex Beagles 80; Basildon 93. (Girls): 1, C. Linnen (Ex B) 8:25; 2, L. Smith (Col) 8:28; 3, J. Davies (Ips) 8:37; 4, J. Dawson (Chelmsford) 8:39; 5, S. Noble (Har) 8:46; 6, M. Greenhough (Chelmsford) 8:52; 7, A. Smythe (Chelmsford) 8:54; 8, M. O'Neil (Bas) 8:55; 9, E. Taylor (Col) 9:03; 10, D. Maxted (Har) 9:06. Teams: 1, Chelmsford 29; 2, Basildon 55; Harlow 68; Colchester 69; Essex Beagles 76; Ipswich 88.
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ICKFIELD CROSS COUNTRY LEAGUE

At Biggleswade, October 12th

1, Graham (Bedford & Co)	30:58
2, Boast (Cambridge & Col).....	31:12
3, Hill (Luton)	31:21
4, Rudling (Bed) 31:26; 5, Todd (Bed) 31:32; 6, Jukes (C&C) 31:36; 7, Jeffs (Hunt) 31:37; 8, Irvine (C&C) 31:51; 9, Jenkins (Hunt) 32:02; 10, Roberts (C&C) 32:06; 11, O'Dell (Bed) 32:14; 12, Whittle (Lut) 32:17; 13, Thomas (Lut) 32:21; 14, Saberton (C&C) 32:29; 15, R. Thompson (Lut) 32:43; 16, Goodwin (C&C) 33:25; 17, Bucke (C&C) 33:31; 18, Cole (Hunt) 34:02; 19, Worrell (Bed) 34:05; 20, Pearce (C&C) 34:16. Teams: 1, Cambridge & Col 178; Bedford 170; Luton 140; Huntingdon 117; Stevenage 31; Biggleswade 9.	

Youth/Boys

1, McCarthy (Bed) 21:11; 2, Brown (Bigg) 21:46; 3, Pearson (Bigg) 21:55; 4, Dumont (Lut) 22:16; 5, Shotbolt (Bed) 22:22; 6, Hunter (Stev) 22:24; 7, Graham (Bed) 22:32; 8, Burne (Lut) 22:42; 9, Clemmens (Stev) 22:47; 10, Thompson (Stev) 22:47. Teams: 1, Bedford 111; Stevenage 96; Biggleswade 92; Luton 88; Cambridge & Col 60; Huntingdon 59. (Colts): 1, Dunn (C&C) 12:04; 2, Moule (C&C) 12:05; 3, Hill (Stev) 12:10; 4, Larkins (Stev) 12:28; 5, Dilley (Stev) 12:30; 6, Robinson (Bigg) 12:35; 7, Wells (Stev) 12:51; 8, Viggers (Bed) 12:59; 9, Spring (Bed) 13:02; 10, Goodwin (Bed) 13:14. Teams: 1, Stevenage 169; Bedford 150; Cambridge & Col 146; Luton 119; Biggleswade 91; Huntingdon 62.



The UK Junior team which competed against West Germany at Warley

Obituary

PERCY MANN

PERCY MANN, who died on September 23rd, was the last survivor of that great Poly Harriers medley relay team which won the AAA title in three successive years (1912-1914) and which was unbeaten throughout that time. He was able to hold his own with any British half-miler of his day and it must have been a shattering prospect for the other teams, in 1914 for instance, that taking over from him on the remaining legs were Willie Applegarth and Vic D'Arcy, first and second in the 220y championship that year, and George Nicol, winner of the 440y in the previous year. All four had run in the 1912 Olympics. Other clubs have won an AAA relay title in three successive years, but Poly's distinction of doing it with the same four runners must surely be unique.

Percy Edward Mann, who was 86 when he died, worked long hours in the footwear trade and was seldom able to train until late at night at his local Herne Hill track. Like most people at that time he also worked Saturday mornings prior to competition. If he had no distinguished times to his credit, there can have been few better and more reliable British half-milers in three years of his peak period, more than 60 years ago.

Although he was placed only third in the 1912 AAA race, he won the Olympic trial 880 and thus achieved Olympic status. His only other major achievements (there were far fewer fixtures in those days) were the winning of the Surrey County 880 in 1910 and 1911 and curiously the Kent County 880 also in 1911 and in 1913.

I had the great pleasure of meeting him a few years ago when inviting him, as the oldest living Poly Olympic athlete, to be guest of honour at the club's annual dinner. He journeyed down from Lymm in Cheshire where he has lived for many years, an extremely fit 80-year-old, who charmed everyone with his modesty and his obvious delight in being remembered by the club of which he was still proud to be a member. All who knew him will join in sympathy for his daughter, who cared for him for 33 years.

A. Glen Haig

SCAAA OPEN MEETING

At Crystal Palace, October 9th

400: J. Day (TVH) 50.4. 800: H. Thomas (Card) 1:56.8. 3000: 1, R. Callan (Leic) 8:18.8; 2, P. Cheate (Ex) 8:28.6. (B): M. East (Twick-J) 8:29.4. 3000W: 1, S. Lightman (Met) 12:55.8; 2, C. Lawton (Bel) 13:05.2; 3, A. Buchanan (B&H) 13:07.0; 4, D. Hall (Bel) 13:38.8. PV: 1, J. Fenge (HW) 4.30/14'11"; 2, J. Gutteridge (WS&E) 3.90/12'9"; 3, K. Latham (Lut) 3.75/12'34". (Juniors) 800: R. Ashtun (W. Corn) 1:56.3. 3000W: 1, M. Dunion (Ex B) 13:18.6; 2, D. Johnson (B&H) 13:38.2; 3, G. Nibre (Met) 13:47.6; 4, S. Tidey (B&H) 13:55.4; 5, A. King (Ex B) 14:44.2; 6, I. Statter (Sy) 14:47.0. (Youths) 800: 1, S. Hayter (Ryde) 2:00.8; 2, P. Leven-Berger (Stev) 2:01.4.

CAMBRIDGE & COLERIDGE AUTUMN RELAYS

At Cambridge, October 5th

1, Cambridge & Coleridge (Gram Tuck 16:49, R. Bean 16:30, K. Steere 16:10, Gren Tuck 16:02) 65:31 (rec).
2, C&C 'B' (A. Boast 17:51, A. Jukes 17:52, D. McArthur 17:47, J. Roberts 18:10) 71:40.
3, Harlow (R. Green 18:38, D. Rafferty 17:42, L. Coleman 17:29, P. Rafferty 18:49) 72:38.
4, Huntingdon (W. Jeffs 17:43, T. Barrett 19:40, K. Cole 18:16, J. Jenkins 17:33) 73:12.
5, Cambridge University (N. Ingram 19:25, G. Jones 18:16, M. Spinks 18:31, H. St John 17:06) 73:18.
6, Bedford & Co (L. Rudling 18:16, I. Graham 17:38, G. Bostock 19:29, S. Worrall 18:21) 73:44.
7, Ipswich 73:59; 8, C&C 'C' 74:27; 9, Harlow 'B' 76:42; 10, Kettering 77:22; 11, West Suffolk 77:24; 12, Peterborough 77:28; 13, Kettering 'B' 81:16; 14, Ipswich 'B' 81:31; 15, Colchester 81:45.
Fastest: Gren Tuck 16:02 (rec), Steere 16:10, Bean 16:30, Gram Tuck 16:49.

Veterans

1, Kettering (N. Reynolds 18:55, D. Smith 19:37, T. Palmer 21:33) 60:05; 2, C&C (J. Moroney 19:48, W. Spratt 22:32, P. Chaplin 19:33) 61:43; 3, Peterborough (F. Wright 22:52, R. Wallace 21:26, A. Bowdew 23:48) 68:06. Huntingdon & Leamington disq. Fastest: G. Phipps (Leam) 18:45, Reynolds 18:55, Chaplin 19:33. (Youths) 1, Bedford & Co (P. Graham 15:44, M. Shotbolt 15:00, M. McCarthy 14:21) 45:05; 2, C&C (A. Rule 15:46, A. Ince 15:17, A. Constable 15:19) 46:22; 3, Lowestoft (G. High 15:20, D. Gee 16:11, R. Cheverton 15:29) 47:00; 4, Leys School 48:11; 5, Ipswich 49:49; 6, Lowestoft 'B' 50:02; 7, Peterborough 50:10; 8, Leys School 'B' 50:31; 9, C&C 'D' 51:45; 10, C&C 'B' 52:18. Fastest: McCarthy 14:21, Shotbolt 15:00, M. Mangon (P'borough) 15:03.

BOYS INTER-CLUB RELAY MATCH

At Frodsham, October 6th

Liverpool H 57; Warrington & Frodsham 42; Liverpool Pembroke 36; Chester 20; Pilkington 19; St. Josephs 18; Winsford 17; Sefton 10; Waterloo 3.
Boys 3 x 1200m: 1, Liverpool H (R. Harrison 3:34, S. Kennerley 3:45, Lynch 3:37) 10:56; 2, Liverpool Pembroke (S. Kernighan 3:53, D. Calvert 3:34, M. Brady 3:44) 11:11; 3, Warrington (P. Halton 3:48, D. Towers 3:53, S. Ogden 3:33) 11:14; 4, Liverpool H 'B' 11:26; 5, Chester 11:45; 6, Warrington 'B' 11:48; 7, Liverpool H 'C' 11:49; 8, Sefton 12:28; 9, Liverpool Pem 'B' 12:30; 10, Frodsham 13:23. Fastest: Ogden 3:33, Harrison 3:34, Calvert 3:34. (Colts 3 x 1200m): 1, Liverpool H 11:36; 2, Liverpool Pem 11:45; 3, Chester 12:03; 4, Warrington 12:26; 5, Liverpool Pem 'B' 12:34; 6, Liverpool H 'B' 12:40; 7, Frodsham 12:47; 8, Winsford 13:10; 9, Sefton 13:11; 10, Frodsham 'B' 13:14. Fastest: Dwyer (Liv P) 3:41, Galvin (Liv H) 3:43; 3, Tearne (Warr) 3:54. (Young Colts 3 x 600m): 1, Warrington 5:34; 2, Pilkington 5:46; 3, Liverpool H 5:50; 4, Liverpool H 'B' 6:12; 5, Frodsham 6:18; 6, Frodsham 'B' 6:29. Fastest Marshall (Warr) 1:48, Healis (Pilk) 1:49, McAvoy (Wat) 1:51.

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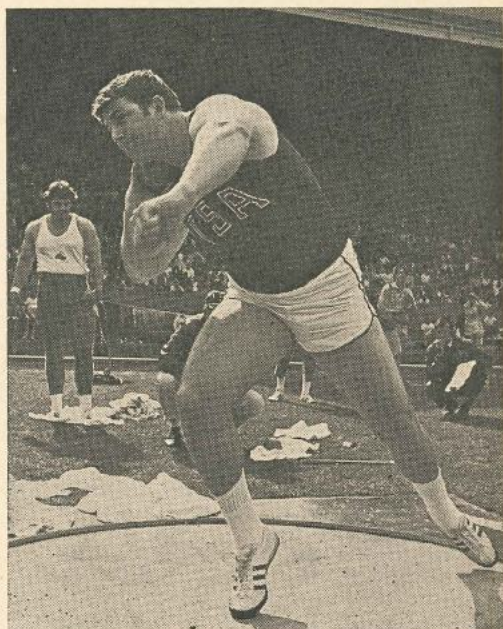
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Randy Matson—photo by Tony Duffy



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NEAR LIVERPOOL

Olymprene All-Weather Track

SUNDAY, 10th NOVEMBER, 1974, 1 p.m.

Field:

High Jump (Boys, Ladies)
Long Jump (Boys, Ladies)
Shot (Men, Youths, Jnr. Ladies)
Javelin (Men, Youths, Jnr. Ladies)

Track:

1.00 400m Hurdles (Men, Ladies)
1.10 100m (Ladies, Int. Ladies, Jnr. Ladies, Boys, Youths, Men)
1.50 1500m (Boys)
2.00 3000m (Ladies)
2.15 2000m Steeplechase (J/S Men)
2.25 800m (Jnr. Ladies, Int. Ladies, Colts, Youths, Men)
2.50 200m (Jnr. Ladies, Int. Ladies, Ladies, Men, Youths, Boys)
3.30 3000m (Men)
3.45 1500m Steeplechase (Youths)

Entry Fee: 15p per event

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"Age Records 1974" compiled by Jack Shepard, Wally Donovan and Peter Mundle. Latest edition of age records, ranging from a 50 yard crawl in 60.3 by a young man before his first birthday to marks of 16.3 for 100m and 45.9 for 200m by 88-year-old Duncan McClean. Lists as of January 1st 1974; 48 different men's events. 32 pages. Price: 85p.

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High Jump: new edition by Frank Dick ready soon.

OTHER AAA/BAAB PUBLICATIONS

Starting & Timekeeping by J. W. Aspland & H. A. Hathway (1969); 36 pages. Price: 30p.

How to Judge Field Events by Vic Sealy, revised by Cyril Sinfield (1969); 40 pages. Price: 30p.

How To Organise an Athletics Meeting (1974); 40 pages. Price: 45p.

AAA Handbook 1974/75 152 pages. Price: 80p.

AAA Rules For Competition 1974/75 96 pages. Price: 55p.

British Athletics Handbook 1974 Record lists; results of major meetings in 1973; index of leading UK athletes in 1973; 134 pages. Price: 85p.

AMERICAN MAGAZINES

"Track and Field News". Published 18 times a year (monthly, August-January; fortnightly, February-July). US and international reports and results; personality articles and interviews; quotes; statistics. Annual subscription (surface mail): £4.25.

"Track Technique". Published 4 times a year. Training and technique articles from all over the world, with the emphasis on practical material for the coach and athlete. Annual subscription (surface mail): £1.70.

"Women's Track & Field World". Published minimum of 10 times a year. US and international reports and results; articles; lists. Annual subscription (surface mail): £2.55.

EUROPEAN ROUND-UP

NEWLY crowned European champions met with mixed fortunes in meetings held on the Continent in recent weeks. Some examples:— **Valeriy Borzov**—beaten in 10.60 by compatriot Aleksandr Kornelyuk (10.59) in Munich, Kornelyuk having placed only 8th in the Rome 100 final. **Karl Honz**—in addition to his loss against David Jenkins at Crystal Palace, he was beaten over 300 by Alfons Brijdenbach (Bel) at Bad Durrheim, the winning time of 32.2 being a European best and only 0.1 outside Jim Kemp's world best. **Klaus-Peter Justus**—played around with some longer events, winning at 5000 in 14:03.8 and the steeplechase in 8:52.4. **Bronislaw Malinowski**—brought his 5000 time down to 13:28.0 in Helsinki, placing 4th in race won by Lasse Viren (Fin) in 13:26.0. **Jesper Tørring**—only 9th in Munich with 2:10/6'10½", though next day back in Denmark he had the bar up to 2.26/7'5". **Vladimir Kishkun**—set a personal best of 5.40/17'8½" in Munich. **Valeriy Podluzhny**—did likewise, with 8.17/26'9½" to climax a series of 8.00, 8.12, 8.13, 8.06, 8.09 and 8.17. **Viktor Saneyev**—always brilliant in late season meets, he produced efforts of 17.10/56'1¼" in Munich and 17.20/56'5¼" against Finland at Sochi. **Aleksey Spiridonov**—broke Walter Schmidt's world hammer record with 76.66/251'6" in Munich, his series being 75.14 (personal best), 76.66, 72.68, 72.76, 70.80 and 71.12. **Irena Szewinska**—her schedule immediately after Rome was: Helsinki, Sept. 10th, 22.4 200; Cagliari, Sept. 11th, 11.5 100; London, Sept. 13th, 50.3 400; Rieti, Sept. 15th, 11.47 100; Leverkusen, Sept. 17th, 11.0 100. **Riitta Salin**—equalled her best 200 time of 22.8 behind Szewinska. **Gunhild Hoffmeister**—another superb double in Munich: 1:59.9 and 4:06.8. **Iлона Bruzsenyak**—beaten by her countrywoman Ildiko Szabo, 6.26/20'6½" to 6.22/20'5", in Budapest. **Faina Melnik**



HELENA FIBINGEROVA

Mike Street

—went close to her world record with 69.24/227'2" in Munich.

Czech bronze medallist (at 20.33/66'8¼") Helena Fibingerova relieved Nadyezhda Chizhova of the world shot record when she reached 21.57/70'9¼" at Gottwaldov in the first round. She followed up with a foul, 21.37/70'1½", 20.33, 20.78 and 20.49. The last time a Czech held this world record was when Marie Mejzlikova, a great sprinter of the day, put just 8.32/27'3¼" back in 1920! Another



Valeriy Podluzhny (USSR) seen long jumping in the qualifying round in Rome. He won the European title with 8.12/26'7¾" and set a legal personal best of 8.17/26'9½" in Munich a few days later.

Fionnbar Callanan

One of the big shocks in Rome was the elimination of Alfons Brijdenbach (Belgium), right, in the 400m Semi-Finals. Mikael Fredriksson (Sweden), left, was the man who did the damage with a late turn of speed.



Tony Duffy

new shot putting record: Ilona Schoknecht (17) of East Germany has improved her world junior best to 19.23/63'14".

Two important marathon performances: Pekka Paivarinta (Fin)—who has run 1500 in 3:37.2, 5000 in 13:28.6, 10,000 in 28:18.4 and the steeplechase in 8:25.4—recorded 2:12:10.6 in the Turku-Ruisalo race on September 29th (just three days after his pb 10,000 at Crystal Palace!); while at Waldniel on September 23rd Liane Winter (32) of West

Germany set a European women's best of 2:50:31.4 in a race which saw seven girls break 3 hours. Her intermediate times were 39:45 at 10km, 1:20:20 at 20km, 2:00:48 at 30km and 2:41:30 at 40km. Chantal Langlace, the 19-year-old French girl whose earlier 2:46:18 was over a course a kilometre short (thus worth around 2:51), led by 11sec at 35km and finished second in 2:51:45.2.

(Results on page 24)

MEDWAY ATHLETIC CLUB 51st ROCHESTER "5"

SUNDAY, NOVEMBER 17th, 1974

Start 3 p.m.

ROCHESTER ESPLANADE
AWARDS

Willis Cup: 1st Individual

Simmons Cup: 1st Team

Charlie Pay Trophy: 1st Kent Runner

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Changing Accommodation: Mathematical
School, Maidstone Road, Rochester. (Transport
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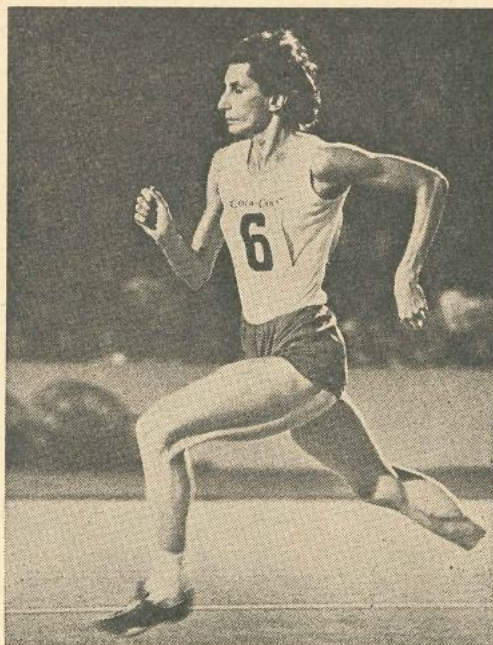
Entries: 6 to run, 4 to score

Fees: 50p Teams and 20p Individuals

Race Secretary:

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

CLOSING DATE: November 5th, 1974



IRENA SZEWINSKA

Tony Duffy

CHINA: 21 MEDALS IN ASIAN GAMES

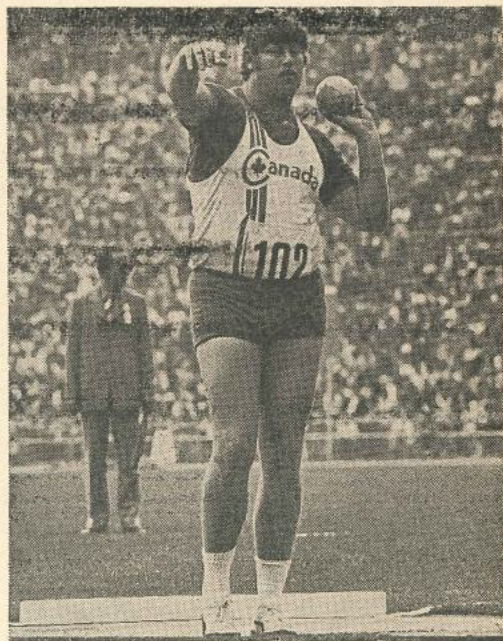
CHINESE athletes won five gold, ten silver and six bronze medals in the Asian Games, which marked their return to international athletics, and finished as second most successful nation behind Japan (10 gold, 11 silver, 11 bronze). Next best were India (4—7—4), Israel (4—1—1), host nation Iran (3—2—3) and Thailand (3—0—1). These 7th Games were supported by 25 nations in Teheran from September 9th to 15th. Two performances would have won medals at the Munich Olympics: the 2.21/7'3" high jump by Ghiassi (Iran) and the Asian long jump record of 8.07/26'5½" (wind: + 0.22m/sec) by Yohannan (India), whose previous best was 7.78/25'6½". Star of the women's events was Israel's Esther Rot (née Shakhmarov), who won the 100, 200 and 100 hurdles—in her first major meeting for over a year and only five months after the birth of her first baby!

RESULTS

100: (— 0.9m) Ratanapol (Thai) 10.42, Jinno (Jap) 10.55, Chairsuvabharp (Thai) 10.59. **200:** (— 4.0m) Ratanapol 21.09, Ishizawa (Jap) 21.60, Sahi (Pak) 21.79. **400:** Wimaladase (Sri Lanka) 46.21, Entezari (Iran) 46.69, Tomonaga (Jap) 46.77. **800:** Sri Ram Singh (Ind) 1:47.6, Entezari 1:48.6, Siddique (Pak) 1:48.6, Younis (Pak) 1:49.5. **1500:** Younis 3:49.3, Noro (Jap) 3:51.2, Park Suk-kwan (S Kor) 3:52.7. **5000:** Shivnath Singh (Ind) 14:20.6, Wishnitzer (Isr) 14:21.6 (ran 13:39.8 in Europe), Ozawa (Jap) 14:22.2. **10,000:** Hamada (Jap) 30:50.0, Shivnath Singh 30:51.6, Hattori (Jap) 31:03.8. **3000SC:** Koyama (Jap) 8:58.0, Gurmej Singh (Ind) 9:04.0, Li Wen-liang (China) 9:06.2. **110H:** Tsui Lin (Ch) 14.26 (ran 13.5 in 1965), Mubarak (Malay) 14.49, Al-Ubaidi (Iraq) 14.63. **400H:** Al-Saffar (Iraq) 51.69, Yousof (Kum) 52.32, Lehan Singh (Ind) 52.49. **4 x 100:** Thailand 40.14, China 40.20, Singapore 40.34, Japan 40.53. **4 x 400:** Sri Lanka (formerly Ceylon) 3:07.4 (Asian rec), India 3:08.7, Iran 3:10.1, Japan 3:10.5, Singapore 3:10.6. **HJ:** Ghiassi (Iran) 2.21/7'3", Ni Chih-chin (Ch) 2.16/7'1" (2.29/7'6" in 1970), Okuda (Jap) 2.08/6'9½", Nor Ashar Hamid (Sing) 2.08. **PV:** Kigawa (Jap) 5.00/16'4½", Tsai Chang-hsi (Ch) 5.00, Chiang Yu-pin (Ch) 4.85/15'11". **LJ:** Yohannan (Ind) 8.07/26'5½" (Asian rec), Kawangoe (Jap) 7.77/25'6", Pillai (Ind) 7.58/24'10½". **TJ:** Inoue (Jap) 16.45/53'11½", Mohinder Singh Gill (Ind) 16.25/53'3½", Asef (Iran) 15.97/52'4½", Sun Ching-ming (Ch) 15.94/52'3½". **SP:** Keshmiri (Iran) 18.04/59'2½", Bahadur Singh (Ind) 17.94/58'10½", Jugraj Singh (Ind) 17.64/57'10½". **DT:** Keshmiri 56.82/186'5", Kumar (Ind) 53.64/176'0", Hesam (Iran) 52.32/171'8". **HT:** Murofushi (Jap) 66.54/218'4", Nirmal Singh (Ind) 60.02/196'11", Kim Myong Gyeon (N Kor) 59.80/196'2". **JT:** Yamada (Jap) 76.12/249'9", Onda (Jap) 76.04/249'6", Chang Pao (Ch) 73.64/

241'7". **Dec:** Chuhan (Ind) 7375, Onizuka (Jap) 7294, Babu (Ind) 6836.

(Women) **100:** Rot (Isr) 11.90, Ho Tsu-fen (Ch) 12.10 (11.5 in 1965), Yamada (Jap) 12.42. **200:** Rot 23.79, Ho Tsu-fen 24.41, Konishi (Jap) 24.94. **400:** Chee Swee Lee (Sing) 55.08, Kawano (Jap) 55.59, Aman (Malay) 55.78. **800:** Kawano 2:08.1, Inoue (Jap) 2:09.0, Li Tan (Ch) 2:09.9. **1500:** Sun Mei-hua (Ch; age 18) 4:28.7, Yang Yen-ying (Ch) 4:29.2, Shezifi (Isr) 4:31.0. **100H:** Rot 13.31, Hayashida (Jap) 14.28, Iioka (Jap) 14.32. **4 x 100:** Japan 46.62, China 46.76, Singapore 47.10. **4 x 400:** Japan 3:43.5, Singapore 3:43.9, Burma 3:45.1. **HJ:** Abramovich (Isr; age 18) 1.78/5'10", Sone (Jap) 1.78, Wu Fu-shan (Ch) 1.74/5'8½". **LJ:** Hsiao Chieh-ping (Ch) 6.31/20'8½" (6.44/21'1½" in 1965), Kang Yu-lee (Ch) 6.26/20'6½", Yamashita (Jap) 6.15/20'2½". **SP:** Ok Ja Paik (S Kor) 16.28/53'5", Kao Yu-kuei (Ch) 15.22/49'11", Hayashi (Jap) 15.14/49'8". **DT:** Kao Yu-kuei 51.84/170'1", Dashzewegh (Mong) 47.32/155'3", Takahashi (Jap) 47.04/154'4". **JT:** Chou Mao-chia (Ch) 53.06/174'1", Takasaka (Jap) 52.00/17'08", Myokai (Jap) 47.96/157'4". **Pent:** Shimizu (Jap) 3890, Sun Yuxiang (Ch) 3849, Chang Yu-mei (Ch) 3783.



BRUCE PIRNIE

Canadian shot-putting champion

Tony Duffy

Debbie Brill Jumps 1.87m To Equal The Commonwealth Record



Mike Street photo

Debbie Brill, the 1970 Commonwealth champion, completed a brilliant comeback by setting a new Canadian high jump record of 1.87/6'1½" —equalling Barbara Lawton's Commonwealth mark—at Richmond, BC, on August 10th. And there was more high jump news of world-wide significance at Scarborough, Ontario, the following week when Julie White (14) set a world age-14 best of 1.78/5'10"—a height she improved to 1.80/5'10½" in the Canadian Championships in Winnipeg later in the month. She was beaten only on the countback by Debbie.

30.6. Richmond. HT: Salmond 63.62/208'9".
27.7. Toronto. 2M: McLaren 8:34.2, Sax 8:35.6; Mar: Taylor (48) 2:27.01; women's 100H: Bradley 13.5 (eq rec). **28.7. Montreal.** HJ: Ferragne 2.17/7'1½", Dosa (ex-Rum) 2.17. **10.8. Scarborough.** 100: (— 0.4m) Nash 10.1, Fraser 10.5 (10.2 ht); 200: (nil) Fraser 20.8; 800: J. Craig 1:50.2 . . . 6, RICHARD GREEN 1:52.6; 5000: McLaren 13:46.6, Shaughnessy 13:50.6, Herold (USA) 13:51.2, Drayton 13:54.4 . . . 6, Bruce Kidd (31) 14:14.0; 3000SC: Sax 8:36.8 (rec); 110H: Taillon 14.1; HJ: Ferragne 2.15/7'0½"; SP: Dolegiewicz 19.64/64'5¼", DT: Roost 61.26/201'0", Dolegiewicz 60.98/200'1"; women's 100: Kellond 11.5; DT: Martin 53.62/175'11", Haist 53.58/175'9". **10.8. Richmond.** Women's 200: Bailey 23.4; HJ: Brill 1.87/6'1½" (eq Comm rec; new Canadian rec); JT: Dahlgren 53.06/174'1". **17.8. Surrey, BC.** Women's 200: Loverock 23.7; HJ: Brill 1.82/5'11½"; DT: Pavelich 52.64/172'8". **17.8. Scarborough.** 100: (+ 1.4m) Nash 10.1, Martin 10.3; 200: (+ 1.5m) Nash 20.9, Martin 21.0; 1500: Sax 3:46.0 . . . 7, GREEN 3:53.0; SP: Dolegiewicz 19.27/63'2½"; women's 800: Saunders 2:02.9 (pb), Hoffman 2:04.1, Valaitis 2:04.7; HJ: White 1.78/5'10"; DT: Haist 55.54/182'3", Martin 54.20/177'10". **17/18.8. Quebec City.** 100: Micha (Bel) 10.2 (eq rec), Meite (Iv C) 10.2 (eq rec), Montminy 10.2, Fall

(Sen) 10.3, Sy (Sen) 10.3; 110H: Sarr (Sen) 14.0, Taillon 14.0; HJ: Ferragne 2.17/7'1½"; women's 400: Boye (Sen) 55.8 (rec).

27/28.8. Winnipeg. (Champs) 100 (+ 4.2m) Fraser 10.1, Nash 10.2, Martin 10.2; 200: (+ 2.0m) Martin 20.8; 400: Jackson 46.3 (48.0 last year); 800: J. Craig 1:50.5; 1500: Hill 3:47.6; 5000: Sharp 14:12.8; 10,000: Shaughnessy 29:04.0, Howard 29:06.8, Kidd 29:46.4 . . . 5, Bob Moore 30:05.4; 3000SC: Sax 8:48.6; 110H: (+ 2.6m) Neeland 14.2, Taillon 14.2; 400H: Williams 52.5; HJ: Beers 2.15/7'0½", Joy 2.10/6'10½", Ferragne 2.10; PV: Wenman 4.75/15'7"; LJ: Boyd 7.31/23'11½"; TJ: Sharp (Bermuda) 15.32/50'3¼"; SP: Pirnie 19.10/62'8", Dolegiewicz 19.04/62'5¼", Caulfield 18.93/62'1¼"; DT: Roost 56.78/186'3"; HT: Salmond 59.22/194'3"; JT: Phil Olsen 74.48/244'4" (set world age 17 best of 77.72/255'0" at Clermont-Ferrand on July 14th), Mel Gavrilovic (ex-UK) 73.70/241'9"; Dec: Stewart 7135; 20kmW: Knifton (USA) 1:40:33.2. Women's 100: (+ 4.7m) Bailey 11.2, Loverock 11.4, Kellond 11.5; 200: (+ 2.2m) Bailey 23.3, Loverock 23.6, McTaggart 23.8; 400: Crowley 54.8; 800: Hoffman 2:04.3, Crowley 2:06.4; 1500: Wright 4:20.6, Reiser 4:22.3; 3000: Wright 9:30.2; 100H: Bradley 13.6; 400H: Gendron 60.9 (rec); HJ: Brill 1.80/5'10½", White 1.80, Hanna 1.78/5'10"; LJ: Bryan 5.97/19'7", Eisler 5.95/19'6¼"; SP/DT: Haist 15.03/49'3¼" & 54.30/178'2"; JT: Dahlgren 56.88/186'7" (rec); Pent: Jones 4409 (14.0, 14.72, 1.76, 5.90, 25.7), Van Kieckebelt 4098; 4 x 100: British Columbia 45.3. **29.8. Winnipeg.** SP: Pirnie 19.27/63'2¼"; DT: Roost 58.04/190'5"; women's 100: DT: Haist 56.70/186'0" (rec), Martin 56.60/185'8".

TRINIDAD

13-16.6 Arima. (all windy) 100: (13.6) Joseph 10.0, Crawford 10.0, Reid 10.1; (16.6) Crawford 10.0, Reid 10.1, Armstrong 10.1, Marchand 10.2, 200 (15.6): Joseph 20.1.

TALKING WITH HELEN GOLDEN

MEL WATMAN, in his report of the Pye Gold Cup women's competition, singled out Helen Golden's 23.3 200m as "the finest individual performance of the meeting." "It didn't get me a radio, though," Helen says. "I was pretty annoyed at the organisers counting Donna Murray's wind-assisted 22.9 as a league record—it was the only windy mark among the records. I saw people like Rosemary Wright walk off with three radios while Meg (Ritchie) and I just missed out. We badly need a new radio for the flat, too."

by Dave Cocksedge

Perhaps I should explain that Helen shares a spacious Edinburgh flat with three of her Edinburgh Southern clubmates—Margaret Ritchie, Anne Littlejohn and Mary Munro. If you think such a setup must involve scenes reminiscent of BBC TV's "The Liver Birds", (Scottish style)—you would be dead right! "Basically we all get on pretty well," Helen hastens to add in her charming lilt. "We're in and out at different times, so there are no clashes, and we do our own cooking. The only thing we have to watch out for is pinching each other's boyfriends . . . ach, no, I'm only



Helen winning the 200 at the Women's Cup Final: "it didn't get me a radio, though".

Ed Lacey

joking! We're all athletes, and we each know each other pretty well. There have been some great parties in the flat, and nearly every weekend we have no end of people over to stay—all connected with athletics. That's one of the great things about sport for me—meeting folk".

Helen Golden is one of the great unknowns of British athletics—at least to us south of the border. A member of the UK team for five years, it's something of a shock to realise that she's still only 21 and was a tender 17 when she won the European Junior 200m title in Paris in 1970. That effort came at the end of a long season after she had been a finalist in the Commonwealth Games in Edinburgh in both sprints and clocked marks of 11.3w and 23.4w. Helen looked back at the two lean years (1971 and 72) that followed. "I missed those Junior trips after 1970," she sighed. "We were all the same age, and that's probably why the Junior internationals are always so enjoyable". Then came injury at the beginning of 1971. It was groin trouble, a setback that was to recur and dog her for many months.

Not picked for Helsinki

"The injury cost me a lot of time and training, but I did qualify eventually. Then I wasn't picked for the Helsinki team, and that was a blow. I ran in the West German match when the team came back—I won the 200 there at Crystal Palace and things were beginning to go well until I got injured again. That was at the beginning of 1972. It was knee trouble and the groin again, and I had to have cortisone shots. It took months to clear it up as the medical setup in Scotland is not too good. I had to go to the Rangers Football ground in Glasgow for treatment as there are no physios in Edinburgh that are any good for me. My times weren't very good that year, but I did beat most of the people picked for the Olympics at the Highland Games just before they left for Munich—but of course by then it was too late.

"It was very disappointing missing out on the Olympics. I watched them on the telly back home, and though I enjoyed them I was wishing I could have been there myself. You know, you see Donna Murray and Margaret Critchley running in the heats and semis, and you're thinking, 'Well I could have done as well myself.' It made me determined to work hard and get right back. Luckily, I didn't have any serious injuries in '73, and I was back to my best again. I wasn't aiming specifically for the Europa Cup, but when it came up, I was fit and it was great to do so well there. (3rd in a UK record of 23.14 ahead of Annegret Kroniger). I'd put in a very hard winter between 1972 and '73 and if I hadn't been going well after that I'd have packed it up. My coach (George Sinclair) believed in me, though—even if I didn't! Missing out on two major meetings like that gave me the feeling that



Helen in New Zealand strip

Peter Tempest

I'd make one more attempt, and if things went badly again—I'd leave it.

"I'm not the type of person who loves athletics for the sake of it. I enjoy running for the club, of course, and doing well in internationals, but I have to be good at it to carry on. I don't see myself coaching or anything like that when I finish. And I need George constantly pushing me in the winter when it's hard and things like Olympics or European or Commonwealth Games seem a long, long way off.

"They can keep the 400!"

"I ran a 400 in 55.6 early in 1973 because George was thinking that maybe I could move up, even though I wasn't at all keen on the idea. We were thinking about running the 4 x 400 in Christchurch at that time, too. Then my 200 started to really improve, and George said 'You're a sprinter Helen. We'll keep it that way.' I ran in the 4 x 400 in Christchurch for the Scottish team and I did okay, but luckily we decided to stay with the 200 and 100. What hurt most about running that 400 was thinking about it before the race. I was terrified of the pain! I was okay for 300 and then I hit the brick wall—it was as bad as I expected it to be. I'm scared enough of the 200 without crucifying myself over the full lap. I see girls like

HELEN GOLDEN— FACTS AND FIGURES

Born: 16.5.1953 in Edinburgh. 1.65/5'5", 52kg/115lbs. Clerk. Member of Edinburgh Southern Harriers. Coached by George Sinclair. Best marks: 11.2 (100m) 23.0 (200) and 55.6 (400). UK International since 1969. Holder of the UK 200m record.

Placings in Major Championships: 1970 Commonwealth—5th 100, 4th 200; 1970 European Junior—3rd 100, 1st 200; 1974 European—5th 200.

Progression:

	100	200
1966	12.9*	—
1967	12.2*	—
1968	12.0*w	24.9*w
1969	11.6w	23.8w
1970	11.3w	23.4w
1971	11.8	23.8
1972	11.4w	23.6
1973	11.5w	23.1
1974	11.2	23.0

(*100y time plus 1.0, 220y time less 0.1)

Donna moving up and doing well, but they can keep the distance as far as I'm concerned. Anyway, look at the standard in Rome—I mean, 50.9 was only good enough for third! It's really rocketed this past year, hasn't it?"

Employed as a clerk in a valuations office, Helen regards herself as being very lucky in having excellent employers who allow her plenty of time off for international trips and matches. "They're very good to me, and there's no resentment from the other people in the office. They're all interested in my running, but at the same time they don't treat me as a big star or anything like that. I'm just one of the girls there, which is very good. It's close to the flat, too, which is very handy for travelling and getting to Meadowbank for training."

The Commonwealth Games in Christchurch were a disappointment for Helen. She finished a dejected 7th in her 100 semi-final in 11.9 and could manage only a non-qualifying 23.9 for 5th in her 200 semi. In the 4 x 400, however, she anchored the Scottish team to fourth place, holding Yvonne Saunders (Canada) to a 10m margin and the bronze medals. "Christchurch made me determined to work harder, and get back to being Britain's number one at 200 metres. So we got back to some hard work when I got home again."

That hard work was rewarded as Helen trimmed her UK record to 23.0 after winning against the Czechs and placing second to Raelene Boyle in the WAAA Championships. Her 100m time also came down to 11.2 and on August 17th she became the first Britisher to defeat Andrea Lynch over 100m for nearly two years at the Highland Games—as Raelene, Helen and Andrea all shared an 11.3w blanket finish.

"I really wanted to break 23.0 in Rome" she says, "but it was satisfying to get fifth place in

"I really wanted to run under 23.0 sometime in 1974, but never mind, there's always next year".

the final—especially as the girls weren't doing very well there. My time was disappointing, though. I know there was a headwind, and that works against me especially being a wee lass, but I'd been hoping for first class conditions and a fast time. I did 22.98 on the electrical timing in Edinburgh, and I thought that maybe I could go a bit faster in Rome. I really wanted to run under 23.0 sometime in 1974, but never mind, there's always next year. As far as medals went, I knew Szewinska and Stecher would get first and second and that maybe Pursiainen would be third, but it was fairly open. If I ran really inspired I thought maybe I would have a chance of the bronze medal."

What now? "Well, I'm going to have me a rest for a month and then start winter training. At the moment the enthusiasm's not there. It was depressing to run so badly in the Finland match, but I was mentally stale there and really I only came down so that I could get a week in London and

see my friends. It hasn't been a bad year though. I was pleased with my hundred time coming down and I was pleased to run 23.0 twice—I ran it in Poland and then in Warley to confirm it; but I hated losing to Donna in the Finland match. It's important to me, being the number one British girl at 200. I think we Scots have to fight a lot harder for our places in the team. We never get selected until we come down South and beat people here."

A thoroughly modern liberated miss, Helen values her freedom. "I was engaged for a year when I was eighteen. That was the biggest mistake of my life," she says. "He's a Scottish boy my age, and we were just kids, really. I hadn't seen anything of the world, but after I'd been around and met lots of folk outside Scotland, I kind of widened my horizons and we broke it off. I just grew up. I really enjoy being single and I don't see things changing for quite a while."

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NEXT WEEK:

Dave Cocksedge talks to
ROGER JENKINS

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UK WOMEN'S 200m RECORD PROGRESSION

26.0	Edwards	25
26.0	Edwards	26
25.8	Edwards	26
25.3	Edwards	27
25.2	Halstead	30
25.2	Halstead	31
25.0	Hiscock	34
24.8	Burke	35
24.8	Saunders	37
24.8	Cheeseman	49
24.5	Cheeseman	49
24.5	Pirie	54
24.4	Pirie	54
24.4	Scrivens	55
24.3	Scrivens	55
24.1	Paul	56
24.1	Paul	56
23.8	Paul	56
23.8	Hyman	60
23.7	Hyman	60
23.6	Smart	61
23.5	Hyman	62
23.4	Hyman	62
23.4	Hyman	63
23.2	Hyman	63
23.2	Critchley	70
23.1	Golden	73
23.0	Golden	74

AAA ROAD RELAY from page 11

Hillingdon 90:11 (A. Moore 17:23); 17, Belgrave 90:28 (P. O'Connor 18:15); 18, Reading 90:57 (D. Dipper 17:41); 19, Cambridge H 91:09 (M. Paul 18:36); 20, SLH 91:17 (R. Gevers 17:44); 21, Walton 93:24 (M. Hoffman 19:14); 22, Feltham 96:14 (I. Powell 19:09); 23, Rugby 97:26 (A. Francis 19:28); 24, Windsor, S&E 100:02 (M. Khan 21:45); 25, Luton Utd 101:33 (G. Thomas 20:00).

LAP 6

Frank Davies, a classy road runner for Liverpool, made no mistakes, anchoring them home with a most relaxed-looking 17:23 contribution that saw them home and safe 42sec ahead of John Simmons (Invicta). Peter Ratcliffe (Cardiff) made strenuous efforts to catch the Kent man, and cut the gap back to 14sec all to no avail. Pete Rawnsley (Sheffield) overtook Brian Cole (Tipton) for fourth with a 17:22, whilst Roy Fowler, chased desperately by Aldershot's Peter Adams (17:08), ran a superb 17:09 to take Stoke from 9th to 6th. Grenville Tuck ran in spite of illness.

Finishing Order

1, Liverpool H 104:08 (F. Davies 17:23); 2, Invicta 104:50 (J. Simmons 17:49); 3, Cardiff 105:04 (P. Ratcliffe 17:33); 4, Sheffield United 105:40 (P. Rawnsley 17:22); 5, Tipton 105:48 (B. Cole 17:43); 6, Stoke 106:05 (R. Fowler 17:09); 7, Aldershot, Farnham & Dist 106:21 (P. Adams 17:08); 8, Airedale & Spen V 106:32 (K. Duckworth 18:15); 9, Southampton & Eastleigh 106:41 (A. Herrett 18:19); 10, Thames Valley 106:49 (D. Patterson 17:53); 11, Hercules Wimbledon 107:23 (M. Fuller 17:46); 12, Portsmouth 107:30 (J. Cain 18:23); 13, Cambridge & Coleridge 107:34 (Gren Tuck 17:25); 14, Small Heath 107:52 (D. Liddell 17:25); 15, Hillingdon 108:14 (P. Francis 18:03); 16, Holbeach 108:26 (D. Priestley 18:56); 17, Reading 108:58 (G. Stevens 18:01); 18, Belgrave 109:16 (J. Bicourt 18:48); 19, SLH 109:25 (W. Upcott 18:08); 20, Cambridge H 110:04 (A. Jones 18:55); 21, Walton 112:52 (D. Owen 19:28); 22, Feltham 115:06 (D. Copse 18:52); 23, Rugby 116:35 (M. Childs 19:09); 24, Luton Utd 120:40 (R. Clark 19:07).

Fastest laps: Black 16:51, Penny 16:52, Steere 17:00, Holt 17:01, Wigley 17:03, Newble 17:05, Ford & Presland 17:06, Turner & Adams (AF&D) 17:08, Fowler 17:09, Coupland 17:11, Johnston 17:12, Thomas (TVH) & May 17:13, Holden 17:16, Evans (Liv) 17:17, Birks 17:18, Evans (Card) 17:19, Waddington 17:20.

October 15th

Metropolitan Police Open Hammer Competition at West London: 1, M. Petra (Jnr) 48.50/159'1"; 2, E. Lawlor (Jnr) 46.58/152'10"; 3, R. Williamson (Jnr) 38.64/126'9". (6.25kg): 1, Petra 53.78/176'5"; 2, Lawlor 50.80/166'8".

WAKEFIELD YOUNG ATHLETES ROAD RACES

At Thornes Park, September 21st

Youths 3 x 2½M

1, Wakefield (J. Ashton 13:47; R. Young 15:23, P. Walker 15:15) 44:25; 2, Bingley (J. Verity 15:01, S. Walker 15:43, J. Crowley 14:07) 44:51; 3, AAC Harrogate (P. Staynings 14:28, J. Richardson 15:43, J. Warburn 16:00) 46:11; 4, Wigan 46:34; 5, Holmfirth 46:58; 6, Halifax 47:20; 7, Rossendale 47:27; 8, Longwood 49:24. **Fastest:** Ashton 13:47 (rec), A. Ulrick 13:56, J. Crowley 14:07. (Boys: 3 x 2½M): 1, Wakefield (M. Upton 14:27, J. Metcalf 15:08, S. Crosland 15:21) 44:56; 2, Holmfirth (D. Sykes 14:49, A. Dyson 16:06, S. Mathews 14:52) 45:47; 3, City of Hull (Dowse 15:33; Baker 15:04, Cross 15:23) 46:00; 4, Wakefield 'B' 47:30; 5, East Hull 47:36; 6, Longwood 48:09; 7, City Hull 'B' 48:22; 8, Wigan 48:42; 9, Wakefield 'C' 49:11; 10, Longwood 'B' 49:21. **Fastest:** Upton 14:27, Sykes 14:49, Mathews 14:52. (Colts 3 x 1½M): 1, Rossendale (P. Dixon 7:38, I. Fletcher 7:34, D. Lewis 7:26) 22:38; 2, Longwood (M. Charles 7:36, M. Edwin 7:35, K. Hall 7:47) 22:58; 3, Bedford (R. Vigurs 7:26, M. Goodwin 7:56, R. Wildman 7:53) 23:15; 4, Worksop 23:23; 5, Holmfirth 24:09; 6, Wigan 24:45; 7, Notts 24:47; 8, Holmfirth 'B' 25:00; 9, Longwood 'B' 25:33; 10, Longwood 'C' 25:52. **Fastest:** Lewis 7:26, Vigurs 7:26, N. Berisford (Work) 7:28. (U/12 Team Race): 1, A. Buck (Bed) 7:41 (rec); 2, G. Spring (Bed) 7:57; 3, W. Dixon (Ross) 7:58; 4, R. Moody (City Hull) 8:03; 5, A. McNeillage (Bed) 8:04; 6, B. Tate (E Hull) 8:05; 7, T. Jeffs (Wake) 8:15; 8, M. Dexter (Wake) 8:16; 9, M. Almond (Long) 8:17; 10, A. Collinson (E Hull) 8:20. **Teams:** 1, Bedford 8; 2, Longwood 33; 3, Wakefield 35; 4, Notts 51; 5, City of Hull 64; 6, Holmfirth 68.

RHONDDA AC YOUNG ATHLETES

CC MEETING

At Penrhys, October 5th

The first annual Rhondda AC invitation cross-country meeting for schools and clubs proved to be a big success in mid-Glamorgan. Four local comprehensive schools competed for the first time in a cross-country meeting. The races were highlighted by the Youths 4 miles where Steven Evans led from start to finish closely followed by K. Jones, both athletes competed in the Welsh Junior team last summer while still Youths.

D. Evans

(Youths 4M): 1, S. Evans (Aber) 36:46; 2, K. Jones (Rhon) 37:00; 3, I. Beard (Aber) 38:32; (Boys 3M): 1, D. Williams (Aber) 27:09; 2, N. Frost (Fern) 27:29; 3, P. Lewis (Fern) 29:40. **Team:** Abertillery 25. (Colts 2M): 1, D. Morris (Gilw) 19:05; 2, S. Connert (Aber) 19:12; 3, M. Bounds (Fern) 19:16. **Team:** Abertillery 25. (Junior Colts 1½M): 1, C. Earland (Fern) 13:47; 2, B. Williams (Gil) 13:50; 3, R. Thomas (Fern) 14:12. **Team:** Ferndale CS 14. (Intermediate women): 1, M. Bevan (Aber) 23:34; 2, E. Morrison (Aber) 26:37; 3, D. Catlin (Aber) 26:39. (Juniors): 1, J. Leach (Fern) 24:22; 2, J. Picton (U Rhon) 24:47; 3, K. Richards (Fern) 26:15.

EUROPEAN RESULTS

AUSTRIA

14.9. Innsbruck. 400: Chepkwony (Ken) 46.23 (45.5 in Kenya earlier); 3000: Hoffman (Cz) 8:00.8, Shorter (USA) 8:02.2; 110H: L. Wodzynski (Pol) 13.73; PV: Slusarski (Pol) 5.20/17'04"; TJ: Vycichlo (Cz) 16.68/54'84"; Joachimowski (Pol) 16.44/54'114"; SP: Feuerbach (USA) 20.58/67'64"; Vlk (Cz) 19.98/65'64"; JT: Wolfermann (WG) 82.68/271'3"; Kennedy (Rho) 80.82/265'2"; women's 400: Bakulin (Pol) 53.40; HJ: Mracnova (Cz) 1.84/6'04".

BELGIUM

18.8. Brussels. Women's 400: Wallez 53.5 (rec); 800: Van Nuffel 2:03.6 (rec), Andersen (Nor) 2:03.6 (eq rec); 1500: Casteleyn 4:13.5 (rec), Sorum (Nor) 4:15.0. **13.9. Berchem.** Mar: Molloy (RoI) 2:18.41 . . . 4, McNamara (RoI) 2:22.02; 7, MAX COLEBY 2:24.05. **19.9. Brussels.** 400: DAVID JENKINS 45.7 (21.0 at 200), Brijdenbach 46.1; women's 1500: Dubois (Fra) 4:16.2.

CZECHOSLOVAKIA

26.8. Turnov. DT: Danek 63.74/209'1". **28.8. Prague.** DT: Danek 65.02/213'4", Silhavy 62.92/206'5". **15.9. Susice.** Women's SP: Fibingerova 21.30/69'104" (rec). **15.9. Nitra.** DT: Danek 65.14/213'8". **16.9. Nitra.** DT: Danek 65.26/214'1". **17.9. Klatovy.** DT: Danek 65.70/215'7". **18.9. Turnov.** DT: Danek 62.58/205'4"; women's DT: Vyhnanova 60.38/198'1" (rec). **18.9. Bratislava.** Women's LJ: Suranova 6.55/21'6". **21.9. Gottwaldov.** Women's SP: Fibingerova 21.57/70'94" (world record). **22.9. Prague.** 10,280m road race: Hoffman 29:37.6, Roelants (Bel) 29:43.2; women's 2570m: Andersen (Nor) 7:50.8. **22.9. Kutna Hora.** HT: Charvat 71.54/234'8" (rec). **24.9. Prague.** women's 1M: Andersen (Nor) 4:40.6 . . . 6, Nagle (RoI) 4:50.5; SP: Fibingerova 21.13/69'4". **24.9. Plzen.** 5000: Justus (EG) 14:04.6. **27.9. Prague.** 100m: Demec 10.3 (9.4 at 100y); 110H: Nadenicek 13.7, Cech 13.8. **28/29.9. Bratislava.** Women's HJ: Mracnova 1.84/6'04"; SP: Fibingerova 20.84/68'44".

DENMARK

14/15.8. Lyngby. 1000: Boit (Ken) 2:16.3 (rec), Dyce (Jam) 2:18.1; 1500: Hansen 3:41.1; 3000: 2, Wishnitzer (Isr) 8:08.4 (rec); HJ: Stones (USA) 2.14/7'04"; SP: Feuerbach (USA) 20.95/68'84". **Lindskjold** 20.02/65'84" (rec); women's 800: Meyer (Swi) 2:04.6 (rec); 3000: Larrieu (USA) 9:14.2, Moser (Swi) 9:14.8 (rec). **12.9. Arhus.** 1500: Gysin (Swi) 3:38.6, Hansen 3:39.0, Meier (Swi) 3:39.9, Wellmann (WG) 3:40.4, Scharn (Neth) 3:41.1, A. Kvalheim (Nor) 3:42.2; HJ: Tarring 2.16/7'1" (attempted 2.26/7'5").

EAST GERMANY

14/15.9. Dresden. Dec: Gorbachov (USSR) 7854, Suurvali (USSR) 7831, Kaydash (USSR)

7716; women's Pent: Spasovchodskaya (USSR) 4628 (13.4, 14.13, 1.72, 6.40, 24.5), Vorokhobko (USSR) 4543, Muller 4538, Thon 4505, Rukovishnikova (USSR) 4472 . . . Pollak (13.9, 14.98) retired injured. (Juniors: USSR 131, EG 102; girls—USSR 78, EG 68) 100: Ray 10.3; TJ: Chablogin (USSR) 16.47/54'04" (Eur jnr rec), Lobunov (USSR) 16.31/53'64"; LJ: Wartenberg 7.97/26'14"; Dec: Buryakov (USSR) 7575, Stark 7569; women's HJ: Planitza (15) 1.78/5'10"; LJ: Voelzke 6.57/21'64"; DT: Schlaak 60.46/198'4"; Pent: Smirnova (USSR) 4332. **14/15.9. Berlin.** 200: Bombach 20.8; 400: Utikal 46.4, Lathan (jnr) 46.6 (& 13.8 110H); SP: Briesenick 20.01/65'73", Lochmann 19.93/65'44", Rothenburg 19.78/64'104"; DT: Schmidt 62.30/204'5", Tegla (Hun) 61.22/200'10"; HT: Pkhakadse (USSR) 74.44/244'3", Manolov (Bul) 71.02/233'0"; women's 400: Anton 52.9, Piecyk (Pol) 53.3; 800: Katolik (Pol) 2:00.4, Shtereva (Bul) 2:02.4; 100H: Stefanescu (Rum) 13.0, Sokolova (Bul) 13.1 (& 6.41/21'04" LJ); SP: Adam 19.76/64'10", Khristova (Bul) 19.53/64'1", Schoknecht (17) 19.23/63'14" (world jnr rec); DT: Menis (Rum) 65.26/214'1", Vyhnanova (Cz) 58.52/192'0". **21.9. Erfurt.** 3000SC: Justus 8:52.4; 110H: Munkelt 13.7; LJ: Dahne 7.83/25'84"; SP: Rothenburg 19.74/64'94"; DT: Schmidt 62.22/204'1"; women's 100: Eckert 11.3; 200: Heinich 23.3; 100H: Pollak 13.5; HJ: Kirst 1.90/6'24"; LJ: Voelzke 6.56/21'64", Schmalfeld 6.41/21'04"; SP: Adam 19.34/63'54"; DT: Hinzmann 59.52/195'3".

FINLAND

4.9. Nokia. JT: Lappalainen 83.98/275'6", Hovinen 82.38/270'3". **7.9. Nokia.** JT: Hovinen 86.24/282'11". **10.9. Helsinki.** 800: Vasala 1:48.7, Plachy (Cz) 1:48.8; 5000: Viren 13:26.0, Garderud (Swe) 13:26.6, Prefontaine (USA) 13:27.4, Malinowski (Pol) 13:28.0, Paivarinta 13:42.0; 3000SC: Kantanen 8:33.6; SP: Feuerbach (USA) 20.77/68'14", Stahlberg 19.61/64'4"; DT: Kahma 63.12/207'1", Danek (Cz) 61.02/200'2"; JT: Siitonen 85.16/279'5", Hovinen 82.88/271'11", Lappalainen 82.48/270'7", Jaakola 81.72/268'1"; women's 200: Szwinska (Pol) 22.4, Salin 22.8, Pursiainen 23.0; 400: Wilmi 52.8, Cerchlanova (Cz) 53.1; 1500: Holmen 4:19.5. **22.9. Iisalmi.** HT: Miettinen 70.42/231'0". **29.9. Turku.** Mar: Paivarinta 2:12:10.6, Toivola 2:16:43.

FRANCE

4.8. Correze. Women's 1000: Dubois 2:41.8, 10/11.8. **Bugeat.** Dec: Le Roy 7919. **11.8. Font Romeu.** (Training competitions) PV: Bucarski 5.35/17'64", Kozakiewicz 5.25/17'24"; women's 100: Szubert 11.27; 200: Szwinska (all Pol) 22.65 & 22.80. **20.8. Paris.** LJ: Rousseau 7.88/25'104", Zante 7.88w, Deroche 7.84/25'84" w (7.83). **24.8. Paris.** HJ: R. Sainte-Rose 2.18/7'14". **14.9. Blois.** 100: L. Sainte-Rose 10.3, Chauvelot 10.4; 200: Cherrier 20.7, DAVID JENKINS 20.9, Arame 20.9; 3000: DAVE BLACK 7:58.2, Buchheit 8:06.2; 4 x 200: France (Arame, Leroux, Cherrier, Sainte-Rose) 1:21.7 (rec; 0.2 outside Italy's world

rec), Senegal 1:24.6 (African rec). **21.9. Sallau-mines.** DT: Piette 59.76/196'1" (rec). **22.9. Colombes.** 1500: 2, Wadoux 3:47.2. **28.9. Colombes.** 1hr: Rault 20,033m (59:56.4 at 20km). **6.10. Charleville-Mezieres.** 25km road: TIM JOHNSTON 1:14:29.4, Roelants (Bel) 1:16:00.6, Tijou 1:16:53.2.

GREECE

21/22.9. Athens. 100: Papageorgopoulos 10.2; HJ: Patronis 2.17/7'14".

HUNGARY

21/22.9. Budapest. JT: Nemeth 87.44/286'10" (rec), Thorslund (Nor) 81.80/268'4"; women's 400: Suman (Rum) 52.2, Diaconiu (Rum) 52.9; 800: Suman 2:03.8; 3000: Andrei (Rum) 9:15.8; 100H: Stefanescu (Rum) 13.0; LJ: I. Szabo 6.26/20'6"; Bruzsenyak 6.22/20'5"; DT: Menis (Rum) 64.62/212'0"; 4 x 100: Hungary 45.1; 4 x 400: Rumania 3:35.7. **25.9. Budapest.** DT: Tegla 62.60/205'4"; JT: Babiak (Cz) 80.58/264'4" (rec), Nemeth 80.52/264'2".

ITALY

11.9. Cagliari. 100: Mennea 10.3, Chauvelot (Fra) 10.6, DAVID JENKINS 10.8; 200: Arame (Fra) 21.3, D. JENKINS 21.2; 400: ROGER JENKINS 47.4, Koskei (Ken) 47.6; 5000: Malinowski (Pol) 13:50.8, Fava 13:51.6; 110H: Munkelt (EG) 13.7, Kimaiyo (Ken) 13.8, Hoferek (Cz) 14.0, Pfister (Swi) 14.1, ALAN PASCOE 14.1; 400H: PASCOE 49.7, BILL HARTLEY 50.7, Danis (Cz) 52.7; HJ: Marchi (Swi) 2.16/7'1" (eq rec); DT: Pachale (EG) 61.46/201'8"; women's 100: Szwinska (Pol) 11.5; 800: Kacperczyk (Pol) 2:01.7, Klapczynski (EG) 2:03.6, Tata (Ken) 2:05.7; HJ: Frederick (USA) 1.75/5'83", Bonci (Rum) 1.75, VAL HARRISON 1.75. **14.9. Padua.** HT: De Boni 69.58/228'3". **15.9. Rieti.** 200: Mennea 20.53, Benedetti 21.08, Williams (USA) 21.10; 800: Susanj (Yug) 1:46.5, Ghipu (Rum) 1:47.0 . . . 5, Fiasconaro 1:49.7; 1500: Hansen (Den) 3:40.7, Scharn (Neth) 3:41.0; 5000: Shorter (USA) 13:44.0, Fava 13:48.6; 110H: Kimaiyo (Ken) 13.8; HJ: Stones (USA) 2.25/7'43"; DT: De Vicentis 61.50/201'9", Roost (Can) 58.54/192'1"; women's 100: Szwinska (Pol) 11.47; 1500: Tata (Ken) 4:16.7, Larrieu (USA) 4:19.0. **25.9. Avezzano.** DT: De Vicentis 62.70/205'8"; women's HJ: Simeoni 1.90/6'23" (rec). **29.9. Molsetta.** 100: Mennea 10.2; 3000SC: Fava 8:20.0; women's HJ: Simeoni 1.85/6'04".

POLAND

13.9. Warsaw. 5000: Justus (EG) 14:03.8. **14.9. Warsaw.** 1500: Wasilewski 3:40.0; JT: Hovinen (Fin) 81.66/267'11". **14/15.9. Lodz.** (Juniors) Poland 114, EG 100; Poland 112, Rumania 100; EG 109½, Rumania 102½; Girls—EG 86, Poland 50; EG 68, Rumania 67; Rumania 75, Poland 60; 10,000W: Weiser (EG) 44:40.2; women's 100: Blos (EG) 11.4; HJ: Elzbieta Krzesinska (daughter of 1956 Olympic LJ champion) 1.78/5'10". **15.9. Warsaw.** 1500: Straub (EG) 3:40.2, Szordykowski 3:40.4; PV: Kozakiewicz 5.30/17'44"; SP: Komar

19.68/64'64"; HT: Kangas (Fin) 71.10/233'3". **15.9. Gdynia.** 20kmW: Ornoch 1:28:44.2. **21.9. Krakow.** 400: Jaremski 46.5.

SWEDEN

1.9. Gothenburg. Women's HJ: Andersson 1.83/6'0" (rec).

USSR

21/22.9. Sochi. USSR 240, Finland 168; Women —USSR 82, Finland 61. 100: Kornelyuk 10.54; 200: Karttunen (F) 21.10; 400: Kukkoaho (F) 46.5, Karttunen 46.6; 800: Ponomaryov 1:48.6; 1500: Vasala (F) 3:43.5; 5000: Puklakov 13:48.4; 10,000: Viren (F) 28:22.6, Mochalov 28:24.0, Piavirinta (F) 28:51.8; 3000SC: Kantanen (F) 8:29.2, Skripka 8:30.0; 110H: Kulebyakin 14.03, E. Pereversev 14.11; 400H: Koivu (F) 51.1; 4 x 100: USSR 40.00; 4 x 400: USSR 3:08.0, Finland 3:08.0; HJ: Skurichev 2.17/7'14"; PV: Trofimenko 5.20/17'04"; LJ: Podluzhny 8.01/26'34"; A. Pereversev 7.97/26'14"; TJ: Saneyev 17.20/56'54", Piskulin 16.43/53'11"; SP: Baryshnikov 20.32/66'8", Yarosh 19.94/65'5", Stahlberg (F) 19.64/64'54"; DT: Kahma (F) 64.12/210'4", Penzikov 62.52/205'1"; HT: Pkhakadse 74.50/244'5", Dmitrenko 73.32/240'7"; JT: Siitonen (F) 87.28/286'4", Makarov 83.14/272'9", Zirniss 82.00/269'0"; women's 100: Maslakova 11.3; 200: Salin (F) 23.18, Maslakova 23.50; 400: Salin 52.26, Wilmi (F) 53.70; 800: Pangelova 2:06.2; 1500: Tynnela (F) 4:24.7; 3000: Holmen (F) 9:10.2; 100H: Lebedyeva 13.45; Relays: USSR 44.66/3:35.9; HJ: Sundqvist (F) 1.81/5'11" (rec); LJ: Alfeyeva 6.40/21'0", Helenius (F) 6.36/20'104"; SP: Chizhova 19.71/64'8" . . . 3, Barck (F) 16.49/54'14" (rec); DT: Melnik 62.30/204'5"; JT: Babich 56.40/185'0".

WEST GERMANY

11.9. Stuttgart. 200: Brijdenbach (Bel) 20.8, Hofmeister 21.0, Honz 21.0. **11.9. Munich.** 100: (-0.4m) Kornelyuk (USSR) 10.59, Borzov (USSR) 10.60, Silovs (USSR) 10.62; 400: Demarthon (Fra) 46.69; 1500: Hansen (Den) 3:44.2; 400H: Stukalov (USSR) 49.60, Savchenko (USSR) 49.73, Kodejs (Cz) 50.00, Hewelt (Pol) 50.45; HJ: Stones (USA) 2.23/7'34", Abramov (USSR) 2.20/7'24", Maly (Cz) 2.20, Sapka (USSR) 2.17/7'14" . . . 9, Tarring (Den) 2.10/6'104"; TJ: Saneyev (USSR) 17.10/56'14" (& 17.05), Vychichlo (Cz) 16.54/54'34", Franz 16.44/53'114", Joachimowski (Pol) 16.28/53'5"; SP: Feuerbach (USA) 20.81/68'34", Vlk (Cz) 20.04/65'9", Baryshnikov (USSR) 20.02/65'84", Reichenbach 19.62/64'44", Voikin (USSR) 19.49/63'114"; HT: Spiridonov (USSR) 76.66/251'6" (world record) Dmitrenko (USSR) 74.62/244'10" (& 74.56), Huning 71.02/233'0"; JT: Grebnyev (USSR) 86.28/283'1", Makarov (USSR) 85.14/279'4", Lusia (USSR) 81.08/266'0" . . . Wolfermann fouled out; women's 200: (-0.7m) Stecher (EG) 23.12, Maslakova (USSR) 23.33; 800: Hoffmeister (EG) 1:59.9, Morgunova (USSR) 2:01.9, Klein 2:02.7, Kazankina (USSR) 2:03.1, Hoffman (Can) 2:05.1; 400H: Claus 57.72, Bretz 59.54; LJ: Suranova (Cz) 6.67/21'104" (twice; rec), Timokhova (USSR) 6.58/21'74", N. Tkachenko (USSR) 6.56/21'64", I. Szabo (Hun) 6.52/21'44", Alfeyeva (USSR) 6.50/21'44"; SP: Chizhova (USSR) 20.20/66'34", Melnik (USSR) 19.39/63'74"; JT: Fuchs



INTERVIEW WITH LUCIANO SUSANJ

By Alastair Aitken

The extent of Susanj's lead as he enters the final straight in Rome.

Tony Duffy

When did you start out in athletics?

I was 17-years-old. I did athletics just for my amusement. I did not worry if I did not win; I just took part.

What times did you do at that age?

I did not mind what time I did as I was young. I ran 51.2 for 400 metres.

You have done 45.9 for 400 metres, so why did you change to running the 800 metres?

I thought I had not got the basic speed for

400 metres. 45 seconds is a good time for Europe but not for the World record!

What training have you been doing recently for the 800 metres?

My training is similar to the work I did for the 400 metres—the 800 metres is a competition which needs the speed of a sprinter. I do 50 to 60 kilometres (31-37 miles) a week which was not very much but I may do more soon.

What training do you enjoy most?

In Rijeka there are no woods and no large places

(EG) 62.20/205'5". **12.9. Munich.** 200: Honz 20.90, Hofmeister 21.05; 800: Susanj (Yug) 1:46.6, Ponomaryov (USSR) 1:46.9, Sam Kipkurgat (Ken) 1:47.0, Langenbach 1:47.3; 5000: Hoffman (Cz) 13:43.6, Shorter (USA) 13:44.4; 3000SC: Karst 8:29.2, Frahmcke 8:32.6; 110H: (-0.3m) M. Wodzinski (Pol) 13.65, L. Wodzinski (Pol) 13.76; PV: Kishkun (USSR) 5.40/17'8½", Isakov (USSR) 5.40, Slusarski (Pol) 5.20/17'0½", Baird (Aus) 5.20, Lohre 5.20; LJ: Podluzhny (USSR) 8.17/26'9½", Stekic (Yug) 8.01/26'3½", Gloerfeld 7.73/25'4½", Schubin (USSR) 7.68/25'2½"; DT: Wilkins (USA) 63.86/209'6", Penzikov (USSR) 62.64/205'6", Zhurba (USSR) 60.72/199'2", Roost (Can) 59.54/195'4"; 4 x 100: Czechoslovakia 40.27, USSR 40.28; women's 100: (nil) **ANDREA LYNCH** 11.29, Stecher (EG) 11.38, Maslakova (USSR) 11.43, Helten 11.63, Besfamilnaya (USSR) 11.74, Chernikova (USSR) 11.78, I. Szabo (Hun) 11.93, Bakulin (Pol) 11.98; 400: Klimovicha (USSR) 52.60, Sokolova (USSR) 53.11; 1500: Hoffmeister (EG) 4:06.8, Gerassimova (USSR) 4:17.6; 100H: Ehrhardt (EG) 13.13, Lebedyeva (USSR) 13.28; HJ: Mrcanova (Cz) 1.85/6'0¼", Meyfarth 1.85, Filatova (USSR) 1.85; DT: Melnik (USSR) 69.24/227'2".

14.9. Frankfurt. 3000: Warnke (Chile) 8:03.0 (rec); HT: Huning 72.80/238'10". **14.9. Goch.** 3000SC: FRITH 9:26.0. **15.9. Berlin.** 5000: Viren

(Fin) 13:34.6, Cairoche (Fra) 13:44.6. **15.9. Huttental.** Women's LJ: Wilkes 6.41/21'0¼". **17.9. Leverkusen.** 100: Ommer 10.2; 200: Ommer 20.6, Honz 20.9; 800: Susanj (Yug) 1:46.8, Langenbach 1:47.5; HJ: Stones (USA) 2.25/7'4½" (attempted 2.31/7'7"); LJ: Berger 7.84/25'8½", Gloerfeld 7.81/25'7½", Baumgartner 7.76/25'5½"; SP: Feuerbach (USA) 20.78/68'2¼", Reichenbach 19.49/63'11½"; women's 100: Szewinska (Pol) 11.0, Kroniger 11.4; DT: Westermann 59.42/194'11"; 4 x 400/3 x 800: Leverkusen 3:34.9/6:18.6 (club recs). **18.9. Ahlen.** HJ: Stones (USA) 2.15/7'0½"; SP: Feuerbach (USA) 20.42/67'0", Reichenbach 19.92/65'4¼". **21.9. Hochdahl.** DT: SEATORY 57.14/187'5". **21.9. Kassel.** 400: Ehl 46.5; LJ: Kowring 7.89/25'10½" w; women's 200: Kroniger 23.5, Wilden 23.6 (& 6.14/20'1½" LJ). **22.9. Bad Durrheim.** 300: Brijdenbach (Bel) 32.2 (Eur best), Honz 32.3, **DAVID JENKINS** 32.6, Ommer 33.3. **22.9. Hamburg.** HT: Lotz 71.36/234'1". **23.9. Waldniel.** Women's Mar: Winter 2:50:31.4 (European best), Langlace (Fra) 2:51:45.2, Kofferschlager 2:54:40.4, Preuss 2:55:59.6, Hansen (USA) 2:56:25.2, Ulliyot (USA) 2:58:09.6, Ikenberry (USA) 2:58:47. Teams: WG 8:41:11.4, USA 8:53:21.4. **25.9. Bremen.** 100: Ommer 10.3; 400: Honz 46.9. **5.10. Kassel.** DT: Neu 63.38/207'11". **6.10. Melsungen.** DT: Neu 62.12/203'10". **6.10. Wolfsburg.** Women's 400: Falck (her final race) 55.4, Wilden 55.6.

Luciano Susanj leads the parade of European 800 metres medallists in Rome. He is followed by Markku Taskinen (bronze) and Steve Ovett (silver).



Fionnbar Callanan

to train because it is near the sea and so I run to the Stadium. I do 600 metre runs but vary my training according to how I feel.

Which was your most memorable 800 metre race?

The European Indoor Championships at Gothenburg was the most dramatic for me. The lanes were narrow and I was 'bashed', so I fell behind and did not think I would move up to win that race.

How did you feel just before and during the 800 metres final in Rome?

I thought of my wife and my son watching me on television, and that inspired me. In the first moment I thought of the position I had. When I saw Fiasconaro go for the whole 800 and do the first 400 in 50.1 I knew he must 'die'! I had

thought Fiasconaro and Ovett would be first home in the race but when I saw Fiasconaro's tactics I thought it was not possible for him to finish first because he was too fast in the beginning.

What did you think about Carter and Arzhanov not being able to compete in the Championships?

I wanted to run against Carter but he was beaten by Ovett this year! Sometime he may come up and be as strong as last year; then I don't know who would win. Arzhanov was the best in Europe, he is a good fighter. I think the best in the world at the moment are Kipkurgat, Boit and Wohlluter. Boit could do very good times as he has a very good physique, and could possibly break the world record.

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(Interpreter: Rosanne Veufvuzlie)

Europe's Fastest Ever At 800 Metres

Luciano Susanj was born in Rijeka (where he still lives) on November 10th 1948. He is 1.85/6'0 $\frac{1}{2}$ " tall, weighs 73kg/161lb, and is a PE student. His coach is Zeljko Leskovac.

He began running in 1966, ran his first 800 in 1968 (2:04.9), won his first Yugoslav title (400) in 1969 and set his first national record (46.4 400) in May 1972. He finished 5th out of 6 in his 400 heat (48.4) at the 1969 European Championships, and had to scratch—injured—from the 400 heats at the 1971 European and 1972 Olympics. He has won three gold medals in three tries in the past 18 months: the 1973 European indoor 400 (46.38), 1974 European indoor 800 (1:48.1) and the European 800 title in Rome (1:44.1). The latter time, 1:44.07 electrically, is the fastest ever by a Euro-

pean-born athlete (Fiasconaro was born in South Africa). His next best times are 1:44.67 in Zurich on August 16th and 1:44.7 in Celje on July 19th.

His best marks are: 100—10.6 (1971 & 1972), 200—21.1 (1972), 400—45.9 (1972 & 1973), 800—1:44.1 (1974), 1500—3:45.2 (1974). Annual progression:

Year	100	200	400	800
1966	11.3	23.1	51.2	—
1967	11.2	22.3	50.0	—
1968	11.1	22.2	48.5	2:04.9
1969	10.8	22.0	47.7	2:03.4
1970	11.0	(injured)	—	—
1971	10.6	21.6	46.8	1:57.6
1972	10.6	21.1	45.9	1:48.2
1973	10.7	21.7	45.9	1:47.1
1974	—	—	—	1:44.1

RECORDS GALORE IN SUNDERLAND ROAD RACES

IT was records all the way at Sunderland Harriers Road Races on Sunday, October 13th. First of all there was a record entry in all three races with 100 starting and 90 finishing in the 5½ miles senior race, no doubt attracted by the generous prize list. The sponsorship for the senior race was provided by the "Sunderland Echo".

Mike McLeod, now top road runner in the north-east (not counting Brendan Foster of course), demonstrated his class on the field by winning as he pleased, beating John Myatt by six seconds. McLeod now has his sights fixed on Morocco for the International cross country next March. The main race was really for third place after McLeod and Myatt broke away just after one lap. Lindsay Dunn the 'evergreen' Gateshead Harrier, Bob Dunn and 18-year-old Glenn Forster having a real duel with Forster being the first to drop and Lindsay getting the better of Bob up the steep hill half a mile from the finish. Gateshead won the team race for the 'Echo Trophy' easily from the fast improving Sunderland Club who beat a strong Morpeth team by 3 points.

In the Youths and Boys relay, Gateshead beat their own course record by 57 seconds.

There is some doubt about the actual time in the Colts race. Simon Morris was credited with winning in 10:01, beating the course record by 30 seconds. Local Sunderland runners who run the course regularly found they had run approximately 30 seconds faster than usual compared with the Boys and Youths who ran the same course. Therefore Morris approximately equalled the course record, not beat it and other runners should add 30 seconds to their time.

Kevin Carr

1, M. McLeod (Elswick).....(rec)	27:46
2, J. Myatt (Gateshead)	27:52
3, L. Dunn (Gateshead)	28:04

4, R. Dunn (Morp) 28:09; 5, G. Forster (Sund) 28:20; 6, W. Robinson (Gates) 28:32; 7, J. Alder (Morp) 28:50; 8, B. Bagdaley (Gates) 28:54; 9, D. Kelly (Salt) 28:57; 10, D. Dixon (Sund) 29:06; 11, B. Sweeting (Sund) 29:14; 12, A. Leitch (Gates) 29:24; 13, S. Markley (M&C) 29:28; 14, J. Hillen (Salt) 29:39; 15, P. Parker (Gates) 29:49; 16, R. Balding (Heat) 29:55; 17, T. Proctor (Roch) 29:59; 18, D. Coker (Heat) 30:03; 19, P. Puckrin (Sund) 30:07; 20, K. Carr (Sund) 30:10. Teams: 1, Gateshead 19; 2, Sunderland 54; 3, Morpeth 57; 4, Saltwell 92; 5, Middlesbrough 111; 6, Heaton 134; 7, South Shields 150; 8, Elswick 169; 9, Gosforth 173; 10, NSP 183. Vets: 1, Balding. (O/50): J. Caddy (M&C) 32:57. (O/60): G. Radford (Darl) 40:39.

Youths & Boys 4 x 2M Relay

1, Gateshead (C. Knight 9:46, J. Mills 9:20, G. Maddison 9:54, D. Scorer 9:32) 38:32 (rec); 2, Gateshead 'C' (A. Clifton 9:37, B. Leddicot 9:52, W. Johnstone 10:01, S. Ridley 9:40) 39:10; 3, Jarrow & Hebburn (S. Halliday 10:15, S. Beckwith 9:57, G. Smith 10:26, A. Wears 10:13) 40:51; 4, Gosforth 41:18; 5, South Shields 41:58; 6, Sunderland 42:00; 7, Jarrow 'B' 42:19; 8, Morpeth 42:19; 9, Elswick 42:36; 10, South Shields 'B' 43:13.

Colts 2M

1, S. Morris (Gates) 10:01; 2, A. Lawrence (Darl) 10:02; 3, J. Smith (Darl) 10:12; 4, D. Lewis (Ross) 10:21; 5, S. Cram (Jarr) 10:26; 6, P. Collins (Sund) 10:29; 7, D. Brown (Darl) 10:30; 8, J. Fletcher (Ross) 10:31; 9, P. Dixon (Ross) 10:33; 10, G. Smith (Sund) 10:41. Teams: 1, Darlington 12; 2, Rossendale 21; 3, Sunderland 33; 4, Jarrow & Hebburn 37; 5, Gateshead 51; 6, Morpeth 75; 7, Castle View Sch 81; 8, Sunderland 'B' 99; 9, Blaydon 104; 10, South Shields 107.

LUTON TO BEDFORD ROAD RELAY

October 6th

1, Luton United (I. Thompson 19:36, R. Thompson 15:54, A. Simmons 21:21, M. Beevor 27:28, S. Sharratt 10:38) 94:57;

2, Tipton (A. Holden 20:01, S. Walton 15:32, D. Fowles 22:28, B. Cole 28:15, P. Hier 9:38) 95:54.

3, Enfield (M. Tebbutt 21:01, J. Arger 15:47, M. Broyd 22:24, G. Harrold 28:10, D. Roberts 10:04) 97:46;

4, Harlow (R. Rafferty 21:02, D. Rafferty 15:48, P. Rafferty 24:20, L. Coleman 29:04, R. Green 10:43) 100:57;

5, Luton United 'B' (R. Churm 21:28, R. Hill 16:30, K. Whittle 24:38, G. Thomas 29:57, R. Clark 10:16) 102:49;

6, Verlea (D. O'Gorman 22:16, A. Kindley 18:40, J. Steed 23:23, D. Clark 29:23, P. Edwards 10:57) 104:09;

7, Rugby 104:34; 8, Tipton 'B' 105:11; 9, Bedford 106:36; 10, Luton 'C' 108:41. 17 teams closed in.

Fastest: (Stage 1) Thompson 19:36 (rec); (Stage 2) Walton 15:32; (Stage 3) Simmons 21:21 (rec); (Stage 4) Beevor 27:28; (Stage 5) Hier 9:38.

CYCLISTS v HARRIERS RACE

At Coudson, October 12th

THE 13th annual race between cyclists and harriers at Happy Valley, Coudson had a sunny and windless day to compensate for the thick mud on parts of the three lap, 5 mile course. The conditions, harder than in recent years, gave a big advantage to the harriers who won by 55 to 212 points and reversed the big wins scored by cyclists in the last two years.

Hugh Richards won after leading for most of the last 4 miles of this hilly course which often forced the cyclists to run too. Maurice Sharpe was second and Tom Roden third, leading in the victorious SLH team. K. Hanson (Festival RC) was the first cyclist to finish, in 11th place.

J. R. Haigh

1, H. Richards (Shaftesbury)	31:54
2, M. Sharpe (Hercules Wimbledon)	32:32
3, T. Roden (SLH)	32:37
4, R. Lines (SLH) 32:46; 5, G. Nelson (SLH) 33:08;	
6, M. Long 33:19; 7, I. Blakey (HW) 34:04; 8, T. McLean (SLH) 34:22; 9, A. McCavley (Croy) 35:18;	
10, R. Savery (B'heath) 35:34. Teams: 1, SLH 12; 2, Hercules Wimbledon 27.	

RESULTS IN BRIEF

Gloucester AC Autumn Throwing League, final points. Paul Karlsson 4618; Philip Karlsson 3929; L. Griffiths 3234; D. Peart 2486. Best individual performance, DT (Sept 11th): L. Griffiths (Jnr) 35.48/116'5".

September 28th/29th

Middlesex Decathlon Championship at West London. 1, P. Zeniou (N London) 6400 (11.7, 6.36, 11.24, 1.70, 52.8, 16.8, 31.98, 3.70, 58.40, 4:03.4); 2, E. Walters (N Lon) 4951; 3, L. Anthony (N Lon) 4853.

Verleia Club Decathlon at Welwyn Garden City. 1, M. Allwood (Ver) 5116; 2, P. Clarke (Ver) 4569; 3, K. Shearon (Ver-born 10.11.59!) 4010 (12.5, 4.89, 7.33, 1.60, 60.2, 21.5, 2.87, 22.80, 35.03, 4:53.1).

October 5th

Salford H 3M Road Time Trial at Boggart Hole Clough: 1, D. Brown 14:07 (rec); 2, S. Curran 14:12; 3, B. Aspdin 14:17; 4, M. Murphy 14:22; 5, P. Martin 14:52; 6, A. Walsham 14:58.

Ranelagh 5M Handicap at Richmond Park: 1, C. McDowell (11:00) 24:04; 2, P. Sperry (9:00) 24:12; 3, M. Bull (14:50) 24:16. Fastest M. Kortenray 26:38

Inter-club at Cheltenham: Gloucester 21; Cheltenham & Co 86; St Pauls Coll 110. 1, S. McHale (Glos) 26:04; 2, N. Thomas (Glos) 26:18; 3, P. Hoddy (Glos-J) 26:24; 4, K. Taylor (Glos) 26:30; 5, T. Clegg (Glos-J) 26:43; 6, B. Martiniuk (Glos-J) 27:18; 7, R. Brandon (Chelt) 27:20; 8, P. Sladen (Chelt-Y) 27:23; 9, Willis (St P) 27:45; 10, K. Robinson (Glos-J) 27:48.

Inter-club at Warrington (Senior men): 1, B. Thompson (Warr) 26:45; 2, L. Valentine (Sale) 26:50; 3, C. Leigh (Salf) 27:16; 4, K. Peers (Leigh) 27:19; 5, F. McGuire (B'pool) 27:20; 6, F. Rimmer (Sutt) 27:33; 7, J. Creahan (Sutt) 27:42; 8, K. Eccles (Lan) 27:51; 9, P. Gayter (Sale) 27:59; 10, J. Prescott (Leigh) 28:03. Teams: 1, Sale 82; 2, Leigh 99; 3, Warrington 136; 4, Sutton 209; 5, Sale 'B' 252; 6, Bolton 276; 7, Wigan 351; 8, Oldham 357; 9, Blackpool 361; 10, Warrington 'B' 419. (Youths): 1, P. Campbell (Bolt) 18:13; 2, S. Ogden (Warr) 18:19; 3, S. Caldwell (Bolt) 18:27. Teams: 1, Bolton 11; 2, Blackpool 36; 3, Lancaster 41. (Boys): 1, I. Adams (Sutt) 12:30; 2, K. Capper (Lan) 12:34; 3, M. Denney (Warr) 13:00. Teams: 1, Warrington 15; 2, Lancaster 26; 3, Sutton 41. (Colts): 1, N. Smart (Sutt) 10:22; 2, A. Cooney (Warr) 10:26; 3, A. Verden (Lan) 10:38. Teams: 1, Warrington 21; 2, Blackpool 22; 3, Preston 32. (Inter women): 1, J. Knowles (Sutt) 14:45; 2, A. Voss (Salf) 15:30; 3, V. Barton (Sutt) 15:32. (Juniors): 1, J. Donovan (Warr) 10:37; 2, D. Cooper (Salf) 11:05; 3, S. Barton (Sutt) 11:05. Teams: 1, Salford 13; 2, Warrington 13. (Girls): 1, K. Burnett (MAC) 8:33; 2, J. Parry (MAC) 8:43; 3, G. Craig (MAC) 8:46. Teams: 1, MAC 6; 2, Warrington 16; 3, Salford 50.

Belgrave H 3M Road Race Handicap at Wimbledon: 1, P. North (4:30) 13:31; 2, D. Davies (17:41) 13:41; 3, C. Dabbs (16:11) 13:51. Fastest: G. North 15:05. (5M Road Walk—Belgrave v Met Police): 1, A. Seddon (M) 36:37; 2, C. Lawton (B) 36:45; 3, E. Middleton (B) 38:53; 4, J. Hall (B) 39:10; 5, P. Hodgkinson (M) 39:15. Handicap: J. Keohan (10:15) 46:10. Teams: Belgrave 157; Met Police 194.

Blackheath 224 v London University 242 at Parliament Hill: 1, M. Knapp (L) 27:02; 2, P. Lynch (City Un-gst) 27:19; 3, N. Lodge (L) 27:30; 4, C. Woodcock (B) 27:45; 5, A. Lightfoot (Sheff-gst) 27:49; 6, Athawes (B) 28:13; 7, Wade (B) 28:25; 8, Green (B) 28:35; 9, Brooks (B) 28:51; 10, Baggs (L) 28:59.

October 8th

Invitation races at the Official Opening of the Army Tartan Track at Aldershot. 400: 1, M. Clark (G&G) 48.9; 2, D. Laing (SLH) 49.2. 880: P. Browne (TVH) 1:55.1. 1500: 1 J. Goater, (RAF & Shaft) 3:53.0; 2, P. Cheate (Ex B) 3:54.4; 3, S. Harrison (Army) 3:58.2; 4, D. Curwell (AF&D) 3:59.5.

October 12th

Alexander Memorial 4 x 4M relay at Barr Beacon, Birmingham: 1, Birchfield 81:51; 2, Tipton 82:01; 3, Tipton 'B' 84:38; 4, Coventry Godiva 84:49. Fastest: I. Stewart (B'field) 19:34, R. Tilling (B'field) 19:53, K. Rollason (Tip) 20:09. (Youths 2½M): 1, M. Boulton (Cov G) 14:34; 2, A. Nock (Hales) 14:48; 3, D. Lavelle (Cov G) 14:53. Teams: 1, Coventry Godiva 8; 2, Tipton 22; 3, Tipton 'B' 37.

Manchester University CC Relay: 1, Birmingham University 60:01; 2, Manchester University 60:12; 3, Oxford University 60:38. Fastest: J. Goater (Ox) 9:11, L. Reilly (Man) 9:31, J. MacDonald (Man) 9:39.

Vets AC 5M CC race: 1, D. Devey (3:10) 28:12; 2, S. Charlton (3:05) 25:07; 3, N. Hodson (4:00) 25:18. Fastest: Charlton 28:12.

Inter-club at Gloucester (Senior Men 6½M): 1 eq. R. Cytlau (G) & S. McHale (G) 33:05; 3, N. Thomas (G) 33:38; 4, P. Hoddy (Glos-J) 33:57; 5, D. Dowdle (Glos-J) 34:36; 6, T. Clegg (Glos-J) 35:31; 7, P. Sladen (C) 35:31; 8, M. Salter (Glos-Y) 35:50; 9, J. Mitchell (Glos) 36:05; 10, T. Haines (Glos) 36:52. Teams: 1, Gloucester 21; 2, Cheltenham 87. (Boys 2M): 1, M. Beamish (Glos) 10:25; 2, M. Passey (Chelt) 10:47; 3, D. Price (Glos) 11:21. Teams: 1, Gloucester 8; 2, Cheltenham 17; 3, Hereford 27. (Senior Women 2M): 1, B. Marfell (Glos) 12:16; 2, D. Grampham (Here) 13:47; 3, N. Wilkes (Here) 13:56.

YEOVIL (DENNETT) TROPHY MEETING

Bristol 1025; Yeovil 862; Bournemouth 690; Bracknell 569; Cwmbran 557; Plymouth 543; Exeter 416; Andover 239; Taunton 228; Southampton & Eastleigh 81.

400H: 1, J. Dixon (Bris) 57.1; 2, N. Chislett (Yeo) 58.0. PV: 1, B. Drayton (S&E) 3.70/12'1¼"; 2, D. Jolly (Ex) 3.60/11'9¾". TJ: L. Gibson (Bris) 14.22/46'8". DT/HT: P. Rees (S&E) 45.70/149'11" & 45.44/149'1". 3000W: S. Maidment (Yeo) 13.32.0. (Youths) 800: D. Arnold (Brack) 2:00.7 100H: C. Hayes (Bris) 14.0. (B): T. Newton (Bris) 14.0. (Boys) 200: I. Thompson (Ply) 23.4. PV: N. Barnes (Bris) 2:09.5.

Italian Clubs Dominate Airolo-Chiasso Relay

WALKING NEWS from Colin Young

THE 13th edition of this classic on October 13th could hardly be expected to live up to the fantastic standard achieved last year when the majority of the Lugano Cup finalists took part. However there was, as usual, keen racing but the two top Italian clubs remained untroubled throughout. The strongest English squads, Met Police and Southend, pulled back Centro Lazio, and then scrapped for third amongst themselves. The national squads of Norway, Denmark and Switzerland found the pace too hot but no doubt gained much experience.

(Airolo-Giornico 27km/record: K-H. Stadtmüller (EG) 2:04:44). Buccionne, in the Lugano Cup last year, finished well clear, while Secchi used the downhill to advantage! Lou Mockett improved 3 minutes on last year. 1, R. Buccionne (FG) 2:11:12; 2, R. De Nicola (FO) 2:13:42; 3, B. Secchi (CL) 2:15:16; 4, L. Mockett (Met P) 2:17:25; 5, A. Banyard (S'end) 2:20:22; 6, R. Hofnes (Norway) 2:20:45; 8, D. Stevens (Stock E) 2:21:40; 13, J. Venn (Stock Ex 'B') 2:35:32.

(Giornico-Bellinzona 30km/record: S. Zschiegner (EG) 2:12:51). Domenico Carpentieri, following his fine showing in the Rome 50km, put in another fast one while Sante Mancini showed he is far from a back number yet. Bob Dobson overtook Peter Hodgkinson, both recording satisfactory clockings as did the fine Luxemburg prospect, Lucien Faber, John Nye, as last year, put in a solid performance. 1, D. Carpentieri (FG) 2:23:07; 2, S. Mancini (FO) 2:23:38; 3, R. Dobson (S'end) 2:23:58; 4, M. Taddeo (CL) 2:25:00; 5, L. Faber (Fola, Lux) 2:26:55; 6, P. Hodgkinson (Met P) 2:27:59; 7, J. Nye (Stock E) 2:29:14; 16, T. Sliworski (Stock Ex 'B') 2:53:24.

(Bellinzona-Mt Ceneri 14km/record: G. Weidner (WG) 1:05:30). Amos Seddon was easily the best man on this stage; climbing excellently, he beat John Warhurst's 'British' best by 6 seconds. Dave Rosser, passed by Amos and Neil Finney, fought very well. 1, A. Seddon (Met P) 1:06:34; 2, P. Gregucci (FG) 1:07:51; 3, P. G. Andreotti (CL) 1:09:43; 4, M. Grob (Sz) 1:11:27; 5, P. Laudani (FO) 1:11:34; 6, G. Fass (Remania) 1:11:48; 7, D. Rosser (S'end) 1:11:51; 9, N. Finney (Stock E) 1:12:35; 14, R. Pearce (Stock Ex 'B') 1:19:19.

(Mt-Ceneri-Lugano 19km/record: H. Mayr (EG) 1:25:15). The brightest prospect in Italian walking, Sandro Bellucci, emphasised that his 8th place in the European 20km was no flash in the pan and put his team way ahead. Veteran

CROSS-COUNTRY SHOES

Adidas 'Cross'. The ideal lightweight shoe for cross country running. The upper is made of a synthetic waterproof material, with a multi studded sole and heel edge. Navy/white trim. Sizes: 3, 4, 5, 5½ £4.54. 6-11 (incl. ½ sizes), 12 £4.90.

Lawrence 'Cross Country Studs'. Lightweight multi studded shoe. Blue/white trim. Sizes: 3, 4, 5, 5½ £3.99, 6-12 (incl. ½ sizes) £4.50.

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METRIC TRACKSUIT TROUSERS

Nylon with fleece backed cotton. Royal, Navy, Scarlet, Small, Medium or Large, all at £4.25.

ADIDAS SHOULDER BAGS

Green, Orange, White or Black, £2.70.

ADIDAS HOLDALLS

Red, White, Black or Blue £4.65.

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

Any goods exchanged or money refunded if returned in new condition within seven days. Full postage must be enclosed when exchanging goods.

Please enclose part postage, i.e. 12p for track-suits, 10p shoes, 5p shorts, vests, etc.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD

Telephone: Medway 47055

'Lulu' Marquis had a stormer as did Colin Fisher who finished within striking distance of a slightly sub-par Peter Marlow. 1, S. Bellucci (FG) 1:27:30; 2, A. Marolda (FO) 1:29:36; 3, P. Marlow (S'end) 1:30:02 . . . 5, L. Marquis (Sz) 1:32:44 . . . 7, C. Fisher (Met P) 1:35:47 . . . Erling Andersson (Norway; age 14) 1:41:00 13, R. Green (Stock E) 1:42:23 . . . 16, A. Warren (Stock Ex 'B') 1:53:52.

(Lugano-Chiasso 25km/record: C. Stan (Romania) 1:50:22). Probably the best effort of the day from the British lads came from Charley Fogg who had several big names behind him when clocking the fastest time. Charley, in great form following the Accolade 8 Hours, overtook Ken Carter to ensure third for the Met Police squad. Armando Zambaldo had a very comfortable journey to secure victory but Guido Battistin kept hammering away to narrow the gap. Ken Carter held off 'King Kong' Muller who, as always, used every trick in the game to ensure a fast time. 1, C. Fogg (Met P) 1:59:26; 2, G. Battistin (FO) 1:59:32; 3, H. Stolte (Romania) 1:59:50; 4, J. Muller (CL) 2:00:26; 5, A. Zambaldo (FG) 2:02:23; 6, K. Carter (S'end) 2:03:57 . . . 12, K. Tuson (Stock E) 2:16:51 . . . 15, C. Brunning (Stock Ex 'B') 2:27:37.

Final placings: 1, Fiamme Gialle (Italy) 9:12:03; 2, Fiamme d'Oro (Italy) 9:18:02; 3, Met Police (UK) 9:27:07; 4, Southend (UK) 9:30:10; 5, Centro Lazio (Italy) 9:30:58; 6, Norway 9:48:46 . . . 11, Stock Exchange 10:02:43 . . . 16, Stock Ex 'B' 11:09:47. 16 teams started and finished.

Uxbridge Ladies are staging three open walking races in conjunction with the Women's National 'Junior' 5000m Walk Championship at Uxbridge on November 2nd: U/13 2500m (2 pm), U/15 3000m (2.30 pm) and Open 5000m (3.45 pm). Entries on day; 20p fee.

Likely dates for the Stretford T & F League fixtures in 1975 are: June 3rd, June 24th, July 15th, August 5th, August 26th—all Tuesday evenings. Later start due to conversion to all-weather track.

AAA Make £7,397 Profit

JOHAN MARTELL, AAA treasurer until his appointment earlier this year as national administrator, reports a profit of £7,397 for the year ended March 31st 1974 after depreciation and tax which, for the first time, included corporation tax. The AAA's accumulated balance is now over £39,000.

"For the first time in recent years", states Mr Martell, "it has been found possible to make additional grants to Areas amounting to £3,000, with the object of enabling them to give help within their Areas. This, of course, reduces the surplus on the AAA accounts and needs to be taken into account when comparing it with earlier years".

The Five Star Award Scheme made a profit for the Association of £5,697, the Commonwealth Games Trials £4,221, the AAA Championships £9,884 and the AAA Indoor Championships £4,281. Income from television was £7,050 and Government grants towards office rent and Commonwealth Games training came to £2,723.

Mr Martell ends his report: "I have had an eventful 3½ years as treasurer commencing from the point of imminent financial disaster and an enforced move from the White City. I take the opportunity to wish my successor all success". His successor, subject to the approval of the AGM, will be Ray Stroud.

The AGM will be held next Saturday (November 2nd) at the Russell Hotel, Russell Square, London WC1, at 2 p.m. Any other business will include discussion on an athletes' registration scheme, introduced by MCAA secretary Mike Farrell.

THE AAA CLUB AGM

Preliminary Notice is given that the AGM of the AAA Club will be held on Friday, November 15th, in The Victory Services Club, Seymour Street, Marble Arch, London W1 at 7.30 pm.

CAMBERLEY & DISTRICT LADIES ANNUAL CROSS COUNTRY TROPHY MEETING

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

SUNDAY, DECEMBER 1st

Collingwood School, Old Dean, Camberley

Minors — 1½ Miles approx.
Juniors — 1½ Miles approx.
Inters — 2 Miles approx.
Seniors — 2½ Miles approx.

Trophy and medals for winning team in each. Medals to first Individual in each race. All events—4 to run, 3 to score.

Fees: 40p per team, 15p individuals

Entries to W. O. Hatto, 57 Watchetts Drive, Camberley, Surrey.

ENTRIES CLOSE NOVEMBER 24th

BATH & PERCY A.C.

VICTORIA PARK ROAD RACES

SATURDAY, 23rd NOVEMBER, 1974

Under 13 Yrs. 2 Miles 2.45 p.m.

Under 15 Yrs. 2½ Miles 3.00 p.m.

Under 17 Yrs. 3½ Miles 3.20 p.m.

Seniors 4½ Miles 3.45 p.m.

Awards: Cups, Prizes, Plaques, Medals & special souvenirs inscribed "Bath Road Races '74" to first 50 Individuals & Teams (4 run, 3 count).

Entry: Seniors 20p, others 15p. "A" teams 50p, other teams 35p, to Race Organiser, c/o Percy Boys Club, New King St, Bath (22200).

ENTRIES CLOSE MONDAY, 18th NOV.

LETTERS

THE RIDGEWAY RELAY

Dear Sir,

Over the past 25 years I have run in more than 200 road and cross-country relay races and have come to regard them as the most exciting and satisfying form of competition. However I am sure that there is something inherently more satisfying about a point to point relay than running round and round in small circles. I ran in about 15 London to Brighton Relays and found that the atmosphere of shouting, sweat and exhaust fumes, the sheer enthusiasm of all involved, made each race a memorable experience. No wonder so many teams clamoured to be allowed to compete. No wonder many athletes and officials fought hard to save the race and others, like the Manchester to Blackpool and the Bristol to Weston, from being killed off by increasing traffic hazards. Alas the cars won.

So I was delighted when, in 1969, Swindon AC and Reading AC got together to promote the Ridgeway Relay as a new concept in relay racing: 40 miles over quiet country lanes and the Ridgeway itself, a magnificent ancient grassy trackway. A tough hilly course over easily the most attractive country I have ever raced on.

Both the course itself, and the road routes to the changeover points, are exceptionally well marked and the changing accommodation at each end is excellent. Yet the entry hardly seems to justify the planning and the preparation including marking 80 miles of route. This year only 12 clubs entered and though it was a very good race it may be the last. The promoting clubs have reluctantly decided not to continue unless there is a prospect of a larger entry in future. I should be delighted to hear from any athletes or officials who are interested in raising a team for next year and will send details of the race itself and of possible dates to anyone who contacts me at the address below.

Martin Hyman,

31 Calder Close, Greenmeadow,
Swindon, Wilts (Tel: Swindon 20640).

Dear Sir,

I have just finished the most enjoyable race I have ever run in. The Ridgeway Relay. This was the first year that my club, Borough of Enfield Harriers, have competed in this event. Without exception we just could not find words enough to praise the organisation, the course, the efficiency of the officials. Run over beautiful countryside, not only was the course marked and marshalled, but the whole route for the support cars was arrowed for over 40 miles!

We were dismayed to learn that there is a possibility that the Ridgeway Relay will die for lack of support. This would be a terrible loss. I have heard the demise of the London to

Brighton Relay bemoaned on all sides. Well here is a relay to replace it in runners' affections. Believe me, it has everything. Apart from the other qualities listed above, that other important ingredient—excitement—is there in abundance.

It is surely not beyond clubs to produce a team of six seniors and two youths and transport them around the course. We managed it with only three cars and two supporters. Thank you, Swindon and Reading, for a great afternoon's sport.

Geoff Harrold,
Broxbourne, Herts

TEAMWORK PLAYED A KEY PART

Dear Sir,

May I on behalf of the Organising Committee of the Accolade Eight Hour International Track Walking Race at Wood Green on September 29th, express our sincere thanks to all who contributed so much 'in teamwork' towards the great success of the day, one that will hold a special place in British athletics and Race Walking history in the years to come.

It was back in November 1973 when I was honoured to have been a spectator at the Accolade 24 Hours Track Race which produced a world record for Ron Bentley and was so marvellously organised by Eddie Gutteridge of the RRC, that I thought of the great Ernest Neville who promoted so many great long distance track races, and that I would dearly like to emulate just one of his feats.

Soon after I was able to form my Organising Committee, of Peter Marlow, Geoff Robinson, Colin Young and John Lees, and to put on paper our plan for Nicholas Laboratories Ltd who we hoped would provide the sponsorship. Since that day we have had great assistance from the producers of Accolade not only from the financial angle but also in the overall presentation of the race and with supplies of their product now used greatly by race walkers. We would like to thank them sincerely for all their help and genuine enthusiasm, in particular with presentation—an aspect which we feel is so often neglected by race organisers.

Early in 1974 we were able to find our venue, the excellent New River Sports Centre Tartan Track in White Hart Lane, Wood Green, the headquarters of the local club Haringey and Southgate AC. However, in those early days I did not know what a progressive club they were. In particular Sandy Gray, the Coaching Co-ordinator, and John Hovell, the PRO, are two gentlemen who have their eyes firmly set on athletics with the 1974 look. With their great help and other club officials I was introduced to the Haringey Borough Council whose Mayor, Cllr Fred Knight, gave us full use of their recreational facilities. Most of all, we were provided with opportunity of mixing together at a Mayor's Reception at lunchtime. May we now say how grateful we were also for all their help and support.

Finally a special word of praise must be given to the officials without whose teamwork such a large event would not have been possible. These included Walter Batson, the Chief Judge and Track Referee, and all RWA Judges; Andy Glen Haig, Chief Timekeeper, and all his assistants; Reg Wells, the Chief Recorder, ably assisted by members of the Metropolitan Police and Essex Police Cadet Corps, and our Guest of Honour, Harold Whitlock, MBE. They were all just simply fantastic.

To make the race complete we were so pleased to have that duo of Cliff Temple and Steve Cluney, as the Commentary Team. When I tell that both had in fact been commenting for other long distance track races since Friday evening you will appreciate that their programme of continuous music of the selected favourites of the competitors, intermediate times and race news, special music to mark each British walking record and interviews from time to time proved their dedication, endurance and will power was as great as that of the competitors. Many thanks, Cliff and Steve!

Bill Sutherland,
Race Organiser, Accolade '8'

CUP OF JOY

Dear Sir,

On behalf of Cardiff AAC I would like to express our thanks to all officials and organisers who helped again to produce an exciting British League Division 1 fixture. The same must be said for the Pye Gold Cup competition, with a special thanks to Pye sponsorship. The cup presentation was undoubtedly a golden moment for us and I am sure the other club captains who sampled our champagne must agree that it's 'some' trophy.

Tony Elgie,
Cardiff AAC Club Captain

CROSS-COUNTRY AGE-GROUPS

Dear Sir,

There was a report in 'AW' for October 5th of the ECCU meeting in which an announcement regarding the change of age-groupings for Juniors, Youths, Boys and Colts was made. With the statement there was also a muted apology to race organisers for any inconvenience caused if their advertisements had already been made for their events and also a few words which implied that the whole matter had been discussed fully by Area and County Associations.

I am sure I am not alone in expressing extreme disgust at the seemingly arbitrary way in which the decision has been carried out after the current season has commenced. Not a single official or athlete involved with Young Athletes I have spoken to were aware of these changes or their possibility until the announcement in 'AW'. By the number of race ads in this journal with the old age-groups it would appear that this ignorance is fairly widespread all over the country.

We now have a situation where teams are halved overnight and in many cases a whole

season of work in recruiting, building up a team spirit etc has gone for nothing. Indeed, in our own club, three athletes who were looking forward to some success as 2nd year. Youths after three seasons as loyal 'plodders' coming up through the ranks now suddenly find themselves at the bottom of a three year age-group and with an extra two miles to run into the bargain. Rightly or wrongly, all three are seriously considering giving up the sport.

Agreed, when there is a change of age-groupings somebody will always miss out but there is no justification whatsoever for making the change three weeks after the season has commenced with no prior warning to those most concerned with the coaching and administration of Young Athletes' activities at grass roots level.

As to the change of age-groups itself—the whole shake-up appears to be designed to save the Junior age-group from extinction: a noble aim indeed but whether a three-year age-group will do this is doubtful. There is too much disparity in a two-year age-group let alone a three-year one. If there is a case for three years then the upper age should have been raised a year (as was the case up to nine years ago) rather than the lower limit brought down.

For most Juniors the only opportunity they have of competing in this age-group is twice a season, ie the Area and National Championships. Thus, to all extents and purposes 17-year-olds now have to compete in Senior races to get competition, surely a move which will deplete the ranks even more rather than boost entries to the aforementioned Junior races.

Where is the evidence of full discussions at Area and County levels? Often athletics administrators have been accused of being remote from the needs of the ordinary athlete; very often this amounts to a total ignorance of the fine work put in by a handful of overworked, dedicated men. However, on this occasion a decision has been reached by officialdom which has greatly added to the difficulties of those engaged upon the often thankless task of encouraging youngsters in the sport.

If the ECCU really has the future of the sport at heart then they should feel compelled to issue an emergency statement that all age-groups remain the same for this season at least, and that no future change be made until the views of those most concerned be fully elicited.

Maurice Sharp,
Hercules Wimbledon AC

YOUNG ATHLETES' THROWING IMPLEMENTS

Dear Sir,

The letter from C. J. F. Watts in 'AW' of October 12th raises an issue shared by both David Kay and myself. As National Coaches, frequently working in the field of education; we are deeply interested in the teaching of our sport and the motivation necessary to continue this sport as adults.

At one time I was a supporter for increasing

the weights, particularly for the discus, of the implements thrown by our young athletes. I am now certain that I was wrong. While the few elite can handle the larger and heavier implement, the majority cannot, and so drop out of the sport through the associated frustrations. The situation with the women is even more absurd. The world record holder, Faina Melnik, who would be above the strength norm for men, throws the same weight discus as a novice of 13-years-old. The situation with the javelin is identical. I would like to campaign for a graduation of weights for women . . . ie a $\frac{3}{4}$ kilo discus, $\frac{3}{4}$ kilo but the same size as the 1 kilo and the existing discus for the senior range. At this stage I would not enter into the discussion on the possibility of a $1\frac{1}{2}$ kilo for adult women. Basically the equipment is already manufactured; in particular a superb little javelin made by Apollo. The only problem as I see it is one of admitting that we are wrong, and I have started the ball rolling. I am certain that using lighter equipment for our boys and girls will ultimately improve our standards.

So my advice to Messrs Cooling and Watts is to look a little further than just the points tables for the Five Star award scheme. It could be the size/weights of the implements. In the case of the hurdles the situation also varies with the age groups and with one group it could well be the distance and spacing that is at fault, but in another it could be the height of the hurdle.

I hope that by promoting discussion on issues like this more people will become aware of the problems of the technical events and so come up with a more acceptable compromise.

Wilf Paish,
National Coach

BAD MANNERS

Dear Sir,

May I register my disgust at the display of bad manners presented by some athletes at the Chris Vose '7' at Warrington on September 28th.

Throughout the presentation of prizes a large number of athletes, mainly those at the back of the hall, kept up a constant barrage of chatter that all but ruined the proceedings. Order was called for on at least two occasions and then to cap it all someone saw fit to sell results sheets—the ensuing chaos would have made the Keystone Cops redundant. All this happening whilst the managing director of the sponsoring firm (Burtonwood Brewery) was speaking!

If this is the standard of courtesy extended to sponsors then in the not too distant future sponsorship will be noticeable by its absence. Should some athletes be intent on cutting their own throats then please choose some other way that doesn't also include mine.

David Tate,
Preston Harriers

SUPPORT THE LAKE '15'

Dear Sir,

It was a privilege and indeed an honour for me to be asked to present the prizes at the

Cardiff AAC Lake '15'. I competed ten times in this event when it was known as the Roath '16 $\frac{1}{2}$ ' mile road race. When Roath AC and Birchgrove amalgamated, the race became known as the Lake '15', and I ran in the race twice.

The standard of organising, and the value of the prizes has always been extremely high. Yet in spite of this the race has been poorly supported by the road running fraternity. This year the prizes were equal to anything I have seen at any race anywhere in the UK. In fact there was £200 worth on display. Disappointingly there were less than 40 athletes who faced the starter for this classic road race this year. For my money this is one of the best organised athletic events in the country and worthy of much more support than it has so far received. May I suggest to anyone who wants a good day out and to sample the Welsh hospitality they make a note of next year's Lake '15'. I guarantee that you will not be disappointed.

On another subject, as a result of my ten miles sponsored run on April 20th, a sum of £580 was realised for the County Hospital, Hereford. I was extremely grateful to receive donations for the Hospital from all over the world. It speaks well for the powerful medium of 'Athletics Weekly'. Bob Lally, a member of Gylwern H, collected the highest total of £92, a superb effort Bob! The Hospital have now decided to use the money to improve their Medical Library.

My sincere thanks to everyone, who subscribed to the project for their generous financial support. Good health and fortune to you all.

John Tarrant,
Hereford

HELP FOR TONY

Dear Sir,

Many thanks for inserting a plea for 11-year-old Tony in 'Athletics Weekly' (August 17th). The response has been tremendous. For the first time Tony is beginning to realise that reading (and writing) can be pleasurable, as well as a chore (school etc). I think something like this is exactly what is needed to help effect a change in his attitude. For this relief, much thanks.

Sue Taylor,
Longdon, Worcs

BOOSTING CLUB FUNDS

Dear Sir,

I thought your readers may be interested to hear of one way in which a small club can raise some useful money while promoting athletics generally.

On September 7th Rugby & District AC made an attempt on the World 100 x 1 mile record, which stands somewhere over 8 hours, a time credited to Shore AC of New Jersey. We succeeded in turning out 100 athletes, all belonging to the club, ranging in age from 9 to 54. One third of the runners were women, while at least

60 of the athletes were aged under 16. All the participants went around collecting guesses as to our final time, at 5p a guess. We finished the race well outside the record, in 11:14:12, but we all enjoyed it, benefiting tremendously simply by seeing such a display of solidarity and depth in a small club. We gained a lot of publicity and last but not least, we raised nearly £60 for club funds. Other clubs might like to try it!

Bob Forster,
(Organiser, Rugby)

MAJOR G. H. STONE MEMORIAL HALF MARATHON September 15th

1, A. Spence (Bingley) 66:02
2, T. Godolphin (Harrogate) 66:05
3, J. Craven (Rowntrees) 68:04
4, P. Flatman (E Hull) 69:26; 5, W. Padgett (Bing) 70:34; 6, A. White (Long) 71:04; 7, R. Harbisher (Long) 71:53; 8, R. Pannell (Leeds) 72:12; 9, M. O'Connell (Long) 72:21; 10, A. Bone (S Shields) 72:59; 11, G. Dearlove (Harro) 73:00; 12, W. Lambert (Long) 73:15; 13, J. Beckitt (Holb) 73:32; 14, R. Campbell (Holb) 73:32; 15, J. Crawford (E. Hull) 73:48. **Teams:** 1, Longwood 19; 2, Harrogate 30; 3, Bingley 31; 4, Holbeach 44; 5, East Hull 44; 6, City of Hull 48; 7, Leeds City 52; 8, Grimsby 57.

UNIGATE MARATHON AT HARLOW

There are 256 entries, including 52 vets, for the Unigate Marathon at Harlow today (October 26th). Top names include Don Macgregor, Alex and Jim Wight, Steve Badgery, Mike Hurd, Harry Leeming, Brendan O'Shea and Belgium's Paul Leleu (2:19). Walkers John Webb and John Lees are also among the entries. The 33 teams include Cardiff, Edinburgh AC, Birchfield, Tipton and Woodford Green.

We understand that some regular readers in the Liverpool area were unable to obtain the September 14th issue of 'AW' through their newsagents. Though extra copies were printed and distributed, this issue sold out very quickly and there is nothing we can do about it. If these readers had a regular order with their newsagent, obviously their copies were allowed to go to other people by one of the wholesalers concerned.

COSFORD INDOOR COMPETITIONS

Athletes under 18 on the day of competition are reminded that forms enabling them to travel half price on British Rail may be obtained from Midland A.A.A. Office, Devonshire House, High Street, Deritend, Birmingham B12 0LP. Please indicate on entering or send S.A.E. marked "B.R." on back, together with event entered.

NEW ENERGY DRINK

Available free to readers (see advertisement on page 7) is a booklet explaining energy requirements in sport and the part which can be played by Dynamo, the glucose syrup drink. Dynamo is the product of four years research and development by Beechams in consultation with experts in sports medicine. It provides an additional energy source with can sustain energy performance, and mineral salts which help prevent cramp by replacing those salts lost in sweat. It has also been found to reduce the muscular stiffness that often follows heavy exercise. Dynamo is a highly concentrated form of a normal food which is rapidly absorbed into the blood stream, and is acceptable under the regulations of all sports.

Distance runner Frank Seville (Wirral) is keen to find accommodation and join a Sheffield club after Christmas. Anyone able to help, please write to Frank Seville, 14 Welford Avenue, Birkenhead, Merseyside L43 0SA.

CLASSIFIED ADVERTISEMENTS

4p per word. Box No 10p extra. Trade 8p per word, 6 insertions of same copy 7p per word, 13 insertions 6p per word, 26 insertions 5p per word—prepaid.

POST FREE BARGAINS. Adidas "Country" 4-5½ £7.60, 6-12 £8.30. Adidas "Rom" 3½-5½ £5.20, 6-14 £5.60. Adidas "Leader" 3½-5½ £4.10, 6-12 £4.15. Adidas "Cross", all sizes £4.50. From **Jo Royle, High Peak Outdoor Centre, 22 High Street, Buxton, Derbyshire. SK17 6EU.** Why not phone your order—**Buxton 5824.**

NIKE, NIKE, NIKE. The shoes that took the USA by storm. Now in Britain. Kenya Red, ultra-soft sole, £8.60. Boston '73 super padded road racer £10.00. **Ron Hill Sports, 24 Highcroft, Hyde, Cheshire.**

WANTED TELEMETER in good condition for Athletics Training, preferably with ECG attachment. Write stating condition, type, price and all details to **R. C. Torreggiani, Hunters Lodge, New Road, Swieqi, Malta G.C.**

TRAINING OR RACING . . . here's the gear. Adidas SL72 £9.24 (new); £8.74 (old); Country £8.49; Gazelle £8.74; Cross £4.79; Tiger: Marathon £6.79; Jogger £7.69; Rainsuits: (red, gold, royal) Jacket £5.07, Trousers £3.62; Complete £7.99. Freedom Shorts £1.30, Tracksters £2.49; Socks 69p. Prices include postage. SAE athletic lists. **Martin Evans Sports, Faringdon, Berkshire.**

TRAIN IN SAFETY . . . All white rainsuit jackets £5.07; white tracksters £2.49 (postage paid). Send s.a.e. for lists crammed full of athletics "goodies". **Martin Evans Sports, Faringdon, Berkshire.**

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.

Tenth North Bucks WOLVERTON '5' MILES OPEN ROAD RACE

Saturday, 30th November at 3 p.m.

Ind. & Team Prizes (4 run, 3 score). Entries (20p ind.) by **Nov. 19th** to M. Callow, 11 Longville, Old Wolverton, Milton Keynes, Bucks. MK12 5PH. (Tel: Wol. 313315). AAA Laws.

CORNWALL COUNTY AAA & WAAA CROSS-COUNTRY CHAMPIONSHIPS SATURDAY, 4th JANUARY, 1975

Minor Boys, Boys, Colts, Youths, Juniors, Senior Men; Minor Girls, Girls, Junior Ladies, Senior Ladies. Entries close **19th Dec.** to E. Burge, 4 Beechwood Gdns., Uplands Park, Truro, Cornwall.

THAMES VALLEY HARRIERS FLOODLIT OPEN GRADED MEETING (Under A.A.A. Laws)

AT WEST LONDON STADIUM
WEDNESDAY, NOVEMBER 6th

7.00 p.m. 110 Hurdles
7.15 p.m. Javelin, Long Jump
7.20 p.m. 600 Metres
8.00 p.m. 200 Metres
8.05 p.m. 3000 Metres

Entries: Vets and Seniors 20p per event, others 15p, to J. R. Sexton, 21 Surrey Lodge, Queens Road, Hersham, Surrey, stating name, age, address, club, event and best recent performance.

Entries not accepted on the night
CLOSING DATE NOVEMBER 2nd

BRISTOL ATHLETIC CLUB 15th MIKE SULLY MEMORIAL CROSS-COUNTRY RACES (Under E.C.C.U. and W.C.C. & R.W.A. Rules)

FRY'S SPORTS GROUND, KEYNSHAM, BRISTOL—SUNDAY, 10th NOV.—1.15 p.m.

A "NATIONAL" class meeting for both sexes and all age groups—1200 entries in 1973. Spectator course, full commentary. At the cross-roads of the M4 & M5.

5M Senior Men	1973 Winner J. Goater
3 Mile Youth	1973 Winner J. Tierney
2½ Mile Boys	1973 Winner S. Evans
1½ Mile Colts	1973 Winner G. Keeble
1½ Mile Jnr. Colts	1973 Winner E. Francis
2½M Snr. Ladies	1973 Winner C. Tranter
2½M Inter. Ladies	1973 Winner S. Smith
1½M Jnr. Ladies	1973 Winner G. Dainty
1½ Girls	1973 Winner S. Ludlam

**ENTRIES CLOSE NOVEMBER 4th
NO LATE ENTRIES**

BASINGSTOKE ATHLETIC CLUB 10th ANNUAL ROAD RACES (Under A.A.A. Laws)

SUNDAY, NOVEMBER 24th

Senior 6 Miles, Young Athletes 3 Miles

Teams (4 run, 3 score) Senior 70p, Y.A. 60p. Ind entrants: YA (U/18 1/9/74) 15p, Senior 20p. Prizes: Trophy & Prizes first 3 teams & first 3 individuals both races. More depending on sponsorship. Entries to I. S. Byett, 21 Bardwell Close, Basingstoke (Tel: 28401), Hants. (with s.a.e. please).

ENTRIES CLOSE NOVEMBER 16th

EPSOM & EWELL HARRIERS

EPSOM '10'

SATURDAY, NOVEMBER 16th, 1974

Changing: Epsom Downs Station

Incorporating Veterans Team Race for the Dennis McQuillin Trophy. Prizes first 6 individuals, first 3 Teams, 1st over 40, 1st over 50, 1st Vets Team.

Entry Fees: 20p Individual, 20p Team, 4 to run, 3 to score. Entries to J. E. Cock, 153 Westway, London, SW20 by **November 9th**.

LUTON UNITED ATHLETIC CLUB 13th Annual

BOYS' RELAY RACE

(O/14, U/16) 4 x 2 Miles for the Wild Cup
8th Annual

COLTS' RACE

(O/12, U/14) 2 Miles for the Wilsher Trophy
2nd Annual

YOUNG BOYS' RACE

(O/10, U/12) 2 Mile

at Stopsley Sports Centre, Luton

SATURDAY, NOVEMBER 9th, at 2 p.m.

Ages as at September 1st, 1974

Entry Fees: Boys Relay 50p, subsequent teams 25p. Other races 10p per runner.

Entries to J. Dyer, 6 Rogate Road, Luton.
CLOSING DATE NOVEMBER 2nd