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weekly
INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

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10p

JULIUS SANG
anchors Kenya to
Olympic 4 x 400m
relay victory
ahead of DAVID
JENKINS.

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British Successes in Road Races Abroad

BOTH Ian Stewart and Dave Black scored victories in important international road race events recently: at Rennes (France) on October 22nd and Belgrade on October 19th respectively.

George Dunn reports: Stewart, Haro and Tijou broke away from the main body of runners after the first lap, with Dave Bedford trying to stay with them but not being fit enough. Once having established the gap the trio maintained it. Stewart played with Haro and Tijou and during the final lap of the 8400m race around the cobbled streets of Rennes before a crowd of 40,000 he pulled away to win comfortably. Grenville Tuck was always up with Bedford and but for the fact that Tuck suffered from stomach cramp he might have beaten him. John Valentine ran the race of his life, pulling out all the stops, and despite badly blistered feet he finished seventh. As he takes his medical next month and is then destined for hospital work this may have been Valentine's last really serious effort. Portsmouth AC ran well to beat Paris in the team race. Results: 1, I. STEWART 24:09.2; 2, Haro (Spa) 24:11.6; Tijou (Fra) 24:21.4; 4, BEDFORD 24:45.0; 5, GREN TUCK 24:46.2; 6, Le Vaillant (Fra) 24:57.0; 7, VALENTINE 25:02.4; 8, Boxberger (Fra) 25:19.8; 9, J. CAIN (Ports) 25:20.2; 10, Jourdan (Fra) 25:35.0 . . . 15, G. GOUGH (Ports); 19, M. HYMAN (Ports); 22, D. FUDGE (Ports). Teams: 1, London 16; 2, Portsmouth 43; 3, Paris 52. Vets: Mimoun (Fra) 10:32.

Harold Tarraway reports: The Yugoslavs are keen to increase the stature of the Liberation Remembrance race (approx 5250m) and this year they changed the course to three laps in the centre of Belgrade and invited only runners who had bettered 15 mins for 5000. The course was mainly flat macadam roads but there were two stretches of about 200m of cobble-stoned roads with quite a sharp rise. The weather was cold, with flurries of sleet. The start was very crowded and David Black forced his way into the first group. Josef Jansky led for most of the first lap, then Black took over and at the end of the second lap he led by about three yards from Dane Korica (winner for the past two years) and Stanislav Hoffman. At the gun he piled on the pressure and drew steadily away to win by 15 sec. It was a most popular win, appreciated by British tourists who had seen the Queen and then this most convincing run on consecutive days. Result: 1, BLACK 15:03.6; 2, Hoffman (Cz) 15:18.6; 3, Korica (Yug) 15:20.2; 4, Aleksashin (USSR) 15:21.6; 5, Svet (Yug) 15:25.4; 6, Jansky (Cz) 15:34.0.

Running Targets

SOME new faces enlivened last Saturday's Faversham 5 miles road race as late entries Keith Penny (Cambridge H) and Neil Coupland (Southampton) dominated the 70-strong field. These two, together with past winners John Simmons and Ian Macmillan, broke away early, but an effort by Coupland near the halfway point of what is largely an out and back course dropped first Macmillan and then Simmons. Penny and Coupland were together until the final mile, when Penny began to pull away and build up his eventual 13-second winning margin, for victory in 27.02 on a course probably $\frac{1}{2}$ mile over distance.

The presence of both gingered up a race which was in danger of becoming almost an annual general meeting, as London orientated clubs always seem reluctant to venture this far into Darkest Kent. Said Penny: "I entered because I hate sitting at home on Saturday afternoons, and I thought this would be a pleasant outing. You can have too many hard races". He had thought last year's winner, Bill Weller, would provide good competition, but Weller didn't show. Instead, Penny was surprised to find Neil Coupland, as were many of the other competitors, who didn't know that he has just started a course at the University of Kent in nearby Canterbury.

The race, which starts and finishes with a lap of the Faversham Carnival funfair, almost came to an undignified halt after some 600 yards, when the leaders found several ropes tied together across the pathway and had to come to a momentary stop while they were lowered.

These ropes, it transpired, were to prevent the public straying behind behind some funfair archery targets. "We were told there were going to be arrows marking the course," said one competitor, "but this was ridiculous!"

Cliff Temple

1, K. Penny (Camb H) 27.02; 2, N. Coupland (Univ of Kent) 27.15; 3, J. Simmons (Medway) 27.35; 4, I. Macmillan (Inv) 27.58; 5, M. Brameld (Med) 28.07; 6, T. Harding (Inv) 28.08; 7, M. Gratton (Folk) 29.50; 8, H. Green (Med) 29.59; 9, W. Kerr (Bel) 30.09; 10, R. Reeves (Inv) 30.17; 11, J. Carlisle (Folk) 30.19; 12, A. Layton (Luton) 30.21; 13, A. Pankhurst (Med) 30.46; 14, D. Wigley (Med 'B') 30.59; 15, M. Poole (Dart) 31.08; 16, R. Hayman (Med 'B') 31.15; 17, J. Reynolds (Wolverton) 31.18; 18, C. Temple (Folk) 31.36; 19, A. Stewart (Ton) 31.56; 20, M. Costello (Folk) 31.56. 64 finished. Teams: 1, Medway 16; 2, Invicta 20; 3, Folkestone 36; 4, Tonbridge 66; 5, Dartford 69; 6, Univ of Kent 76.

Correction

Fourth in the Junior race at the Greater London Women's League race at Haywards Heath on October 14th was L. Joy (Portsmouth At) and not K. Fielon, as printed.

Cover photo by Tony Duffy

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THE WEEK AHEAD

Saturday, October 28th: County Women's Road Relays (Middlesex at Hayes; Kent at Tunbridge Wells; Surrey at Brockwell Park); Nos Galan 40 Miles Track Race at Cardiff; Solihull Cross-Country Relays; Cyclists v. Harriers at Walsall; Cyclists v. Harriers at Coulsdon; Gateshead Diamond Jubilee Road Races; Biggleswade CC Races; Hampshire League at Portsmouth; Metropolitan League at Parliament Hill; Red Rose League at Bury; Chiltern League at Reading (Div. 1) and Maidenhead (Div. 2); Gloucester League at Cheltenham; London Colleges League at Parliament Hill.

Sunday, October 29th: Tipton 10-Stage Road Relay; Decathlon Training Day at Crystal Palace (under Tom McNab); BMC Training Day at Basildon; Batley Road Race Festival.

Wednesday, November 1st: RAF v. Borough Road College at Halton.

Friday, November 3rd: Coaches Convention at Edinburgh begins (till 5th).

Saturday, November 4th: Birmingham League at Keele (Div. 1), Gloucester (Div. 2) and Stafford (Div. 3); Gwent League at Bridgend; North Midlands League at Leicester; Mid-Lancs League at Blackpool; Northern Women's League at Carlisle; Redhill & Reigate AC Priory Relays; K&M '15' at Holmfirth; National Women's 5000m Walk at Enfield; Northern AA Coaches Conference at Ambleside; Women's Hurdles Coaching Day at Crystal Palace (for coaches); HHH Inter-Schools Trophy at Streatham.

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Further Drop-Off In Officials

Anxiety expressed by Barry Willis in AAA Annual Report

CONCERN is expressed in Barry Willis's AAA Report for 1971/2 over the continuing decrease in the number of persons taking and passing AAA Officials tests. The comparative figures for the past four years are:

	1968	1969	1970	1971
Persons examined	1306	1061	951	840
Number who passed	912	763	630	563

The Association's honorary secretary comments:

"These figures certainly include many persons who are student teachers, and it is appreciated that a great number of these will never officiate outside schools athletics (where nevertheless high standards will surely be to the benefit of our sport). While it is difficult to assess the total number of officials who are currently active, it does seem likely that this total is diminishing rather than increasing, a trend which continues to cause us anxiety.

"We see no easy solution to this problem. In trying to draw fresh persons into officiating we are offering them hard work (as anyone who has continuously raked a long jump pit or replaced a pole vault bar throughout a long afternoon will confirm) which has often to be done under inclement weather conditions. Furthermore on nearly every occasion our officials meet their full travel expenses themselves. It is sad therefore, to have to report that their services are largely taken for granted and that very occasionally they receive abuse rather than thanks. One athlete acting in this way, perhaps because of the strain of competition, can so easily cost the sport the future services of a qualified official. For that reason it is right to remind athletes from time to time that their complicated sport demands the

services of a large number of officials and that the hundreds of men and women who serve the sport at all levels do so in an honorary capacity."

Mr. Willis reports that "the Association has recently suggested that the Board might assume responsibility for the Officials Scheme too" (as in the case of the Coaching Scheme initiated by the AAA)—and there are further indications of the AAA's intention of transferring previous areas of control to the BAAB. "It is our contention that it would be in the best interests of athletics if there were one rule book which applied throughout the UK, and we have therefore asked the BAAB to consider accepting responsibility for this aspect too of the administration of our sport".

"Since schools athletics includes girls as well as boys and flourishes throughout the UK, it is our view that it would be more logical for (the Schools Consultative) Committee to operate under the aegis of the BAAB rather than of the AAA, and we have invited the Board to assume responsibility for its future operation". "When the AAA transferred its Coaching Scheme to the BAAB it also handed over responsibility for future issues of the long list of coaching publications built up over so many years."

Some other points from the Annual Report:

- * It is proposed to extend the AAA Standards Scheme to the Boys age group (13-15) in 1973.
- * The number of Five Star Award Scheme certificates issued in 1971 exceeded 428,000 and the number of badges sold was in the region of 120,000—an increase of more than 40% over the previous year's figures.
- * There are about 1,250 clubs affiliated to the Association.

AAA Announce Profit of £14,600

JOHAN MARTELL, the AAA treasurer, states in his 1971/72 report:

"These Accounts with a surplus of £14,600 are admittedly better than the previous year when there was a deficit of £3,000.

"For the first time the Accounts appear without details of the Coaching Scheme which has been transferred to the BAAB. Substantial support, however, is given as the retained amount of the television facility fee shows, having dropped from £14,250 to £7,550 in the current year, the difference being an extra amount necessarily passed to the BAAB to balance the coaching account.

"Much of the extra cash flowing in on the income side was spent on a major capital outlay, namely the complete surfacing of the Cosford

Indoor Track and the improvement of seating facilities at a cost of almost £10,000. This is being written off over four years.

"The AAA Draw, which additionally benefits clubs, shows an improved surplus, while the Five Star Scheme appears this year as the largest single item. This latter arises from the very welcome extra involvement of Walls Ice Cream. What is understood to be a record surplus was made on our first Championship at the Crystal Palace. Publications did well, but as our booklets are successively replaced by BAAB booklets, this must fall away.

"The weak aspect of income is that it rests in a limited number of items all of which are very vulnerable to changing circumstances. It must be nearly a unique situation in sport for club affilia-

tion fees to stay with Areas while the National body lives on its wits. The system only works if the AAA is prosperous. Its responsibility to pay central salaries and that of Areas must not be overlooked.

"Looking ahead, while the summer of 1972 brought a welcome sponsor, the Nationwide Building Society; 1973 will be the year of VAT with problems for the Five Star Scheme in particular."

The major item of expenditure for the year ended March 31st, 1972 was £13,627 on general administration (salaries and other remuneration dropped from £14,373 the previous year to £7,419). The cost of the various area administrations were: Midlands—£3,070, South—£2,665, North—£1,595, Welsh—£150 plus £650 grant to Welsh AAA.

Leading sources of income included £12,714 from meetings (notably £6,354 profit on the AAA Championships and £5,111 on the AAA Indoor Championships), £8,133 from the Five Star Award Scheme, £7,550 from television, £3,475 from Government Grants, £2,394 from the AAA Draw and £1,797 from publications. Excess of income over expenditure was £14,617.

Determined Running By Roger Clark

ROGER CLARK, perhaps known best for his ability as a cross-country runner, emerged in a new role when he took the Walton open 10 miles road race at Walton-on-Thames on October 14th. Clark raced home in 48.44, almost 200 yards clear of Bill Weller after a determined piece of running.

Looking at the race in terms of "steady mileage", Clark took control fairly early on after striding out in front with just over a mile completed. He covered the first laps of the three miles of undulating road in a rapid 15.56 and was well inside record schedule. Tony Moore, the Varsity cross-country winner from Windsor, was one second down with Weller completing the distance in 16.01, 5 sec. ahead of Bernie Allen. At this stage last year's winner, John Jones, was way down in fifth place in 16.40.

Clark really broke away on the second stage and was 120y clear of Weller; with 6½ miles completed he clocked 32.04. Weller was second in 32.33, Allen third 8 sec. later, Moore fourth in 32.54, and Jones, fighting to close the gap, fifth in 32.54. There was no stopping Clark and he finally won the race looking surprisingly fresh. Allen was third but Jones managed to fight back to fourth. However, even this effort wasn't good enough to enable Windsor to hang onto their team title and Belgrave thus ended an impressive run of nine wins on the trot.

1. R. Clark (Bristol)	48.44
2. W. Weller (Belgrave)	49.19
3. B. Allen (Windsor, S&E)	49.26

ANNUAL GENERAL MEETING

The 92nd Annual General Meeting of the AAA will be held today (October 28th) at University College (Botany Theatre, Biological Sciences Block), Gower Street, London, W.C.1, starting at 2 p.m.

There are two resolutions on the agenda:—

1. Proposed by B. E. Willis, Hon. Secretary, on behalf of General Committee: "That Law 11 of the Association be altered by deleting '10s. 6d.' and substituting '£2' in clause (1)."

2. Proposed by W. A. L. Evans on behalf of Cardiff AAC: "In view of the financial problems involved in operating as a member of the National Athletic League, Cardiff AAC would like the assurance that the AAA General Committee will make every effort to obtain television coverage of at least one National Athletic League meeting to increase the revenue and to increase the likelihood of sponsorship."

4. J. Jones (WSE) 50.28; 5. A. Moore (WSE) 50.28; 6. J. Phelan (Bel) 50.46; 7. G. North (Bel) 51.09; 8. J. Lee (Croy) 51.41; 9. J. Oliver (KAC) 52.03; 10. A. Brackstone (Walt) 52.31; 11. P. O'Connor (Bel) 52.40; 12. M. Connelly (Walt) 53.39; 13. J. Cock (Eps) 54.00; 14. G. Hunt (Eal) 54.02; 15. B. Collins (HW) 54.39; 16. R. O'Donoghue (HHH) 54.43; 17. G. Wheeler (WSE) 54.57; 18. J. Avis (Kent) 55.03; 19. T. Preston (Nuneaton) 55.09; 20. J. McCurdie (AFD) 55.20; 21. C. Beauvais (Walt) 55.39; 22. R. Dickson (Croy) 55.55; 23. E. Kirkup (C&C) 56.15; 24. R. Radley (ESH) 56.40; 25. B. McClenaghan (RN Sth) 56.46; 26. Scott (WSE) 56.55; 27. B. Curtis (Croy) 57.14; 28. A. Blatchford (Eps) 57.35; 29. D. Turner (Eps) 57.37; 30. W. Kerr (Bel) 58.02 (77 finished).

Teams: 1. Belgrave 22; 2. Windsor 22; 3. Walton 65; 4. Kent AC 69; 5. Croydon 69; 6. Epsom & Ewell 76.

Tom Pollak

AAA JUNIOR CLUB

The AAA Junior Club invites members to join. If you are aged 12 to 18, you can become a member for 50 pence a year. The AAA Junior club encourages athletics progress, arranged a variety of activities, including training weekends, discos, lectures, film shows and brains trusts, where the members can meet and talk to Internationals. A newsletter, "Get Set", is also published. Further details from Brian Hewson, 39 Gravel Hill, Croydon, CRO 5BJ.

Gosforth H & AC officers: secretary D. Mullen, 19 Bowes Street, Newcastle-on-Tyne, NE3 1SJ (Gosforth 841386); racing sec., W. Yeaman, 40 Ivy Road, Newcastle-on-Tyne 3.

IS ALTITUDE TRAINING BENEFICIAL?

"IS there any evidence of positive benefits being achieved through altitude training?" That was another of the topics discussed by Arthur Gold, Tom McNab and John Whetton at an "Any Questions" session organised by The AAA Club.

John Whetton: If I wear my physiologist's hat, all I can say is that research as it stands at the moment indicates that there is everything to be gained and nothing to be lost by altitude training, because there is a positive change in the blood's capacity to absorb oxygen and this is what middle and long distance running is all about. From that standpoint I think we've got to do altitude training. However, I think it's early days yet; I think there has to be a lot more research done into the problem before we know the right answer.

Tom McNab: The big problem is taking men away from their families. You may physiologically be a better man for a month at altitude but you may not be a better man to compete, which after all is what you are trying to do. You're not trying to create a man who, if you test him chemically, is better; you're trying to create a man who can go out into a race and run everyone else silly. That's the problem: trying to balance these two things out.

Arthur Gold: Scientifically it's accepted that if you live at altitude and come down to sea level you should be a more efficient middle or long distance runner for a short while. The problem is how long to stay there if you are limited in time; it seems that three weeks is the minimum. How soon after you return should you race? It was suggested in Munich that 4 days was the wrong spell, it ought to be 6-7 days, but this one doesn't know. In Europe there are only five lowland countries: the British Isles, Holland, Belgium, Denmark and I suppose Sweden. Every other country has mountains of at least 7,000 feet. Whereas the French can stay at Font Romeu, the Germans in the Bavarian Alps or the Russians at Alma Ata, we can't. We have to go for small doses. In Mexico, Korobkov (the Soviet coach) was most concerned about the altitude of the Games. I said, "but Gavriil, you've had your runners at Alma Ata for two years". He said, "Arthur, it's not enough to be there; you must be born there". I think this, in the end, is the answer. The Kenyans have hundreds or thousands of years of heredity behind them and they are more efficient in that sense at sea level.

The second part of the question was: what would be the next step, beyond altitude training, to improve performances?

John Whetton: There are all sorts of nasty scientific things we can do to the human body. I would personally favour the abolition of all scientific aids and let it be natural. We've heard of research done in Sweden on blood doping. Two pints of blood are removed from the bloodstream and stored away. The body then makes up that

two pints it's lost and the first two pints are then pumped back in. This gives the athlete an extra two pints worth of oxygen carrying capacity—which sounds great. But for an athlete already at his ceiling of the production of red corpuscles in his blood, this extra two pints will take him beyond bursting point and he can do irreparable damage to his spleen and perhaps his liver.

Was there any positive evidence that altitude training, as performed this year, achieved any results?

John Whetton: Almost no.

Arthur Gold: You can take individuals like Sheila Carey and Rosemary Stirling. Sheila ran 12 seconds faster in Munich than she had ever run in her life; Rosemary ran superbly—two tenths outside 2 minutes. Whether they would have achieved the same results without altitude training, who can say?

Are we the last of the amateurs in athletics?

John Whetton: I think perhaps the day of the professional athlete—that is, the athlete who is state subsidised—is only just round the corner. I would support this. My philosophy is this: If a child shows talent at art or music, we would expect that child to become a professional artist or musician, and we would respect him for that. But hitherto the professional sportsman, certainly the professional athlete, has been considered to be a second class citizen. I think if we are to compete in future alongside these professionals from Russia, America and Germany we must adopt a more professional attitude and accept the state subsidy of athletes.

Arthur Gold: In Britain, if you want to subsidise athletes—and there's nothing wrong in that—you must remember that whereas artists or violinists can continue to earn their living at their chosen profession over their life, a sprinter isn't going to earn much by sprinting once he's running outside 10.6 for 100 metres. I can think of Ralph Banthorpe. At the age of 19 he reached the 200 semi-finals in Mexico but he had to choose between being an athlete at that stage and a dentist. He preferred to qualify. I'm sure had you gone to Ralph and said, look, the state will give you £30-£40 a week while you're running, he would have had the sense to say . . . yes and what happens when I stop running. If you want to subsidise your athletes you must be prepared to look to their future and you must have a society which will accommodate them after they have finished running. Ours is a *laissez faire* society; it doesn't cater for that.

Tom McNab: I think Arthur's quite correct. The only thing I would say is that West Germany is also a capitalist society and yet they have the Neckermann plan (Sporthilfe), by which athletes are given direct financial grants. The plan works. The estimate was that Heide Rosendahl's medal had cost £9,000. This is not a government plan, this is a private industrialist's plan.



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WESTBURY WIN RIDGEWAY RELAY

October 15th

Stage 1 (9,500m). Another fine day greeted the runners and spectators for this fourth annual Ridgeway Relay over ten stages, totalling 42 miles over the old Roman road of the Wiltshire and Berkshire downs. A cool North East wind faced the runners throughout however, and the competition was tough. After the first rush, Ron McAndrew, Tony Staynings and Mike Hurd led the field at a good clip. Approaching the long climb of Lidding Hill young Staynings (19) made a break and pulled away from Hurd as McAndrew tired. Positions: 1, Staynings (Westbury) 29.01; 2, Hurd (Bristol) 29.15; 3, McAndrew (Reading) 29.24; 4, Woodward (Leamington) 30.10; 5, Burgess (Southampton) 30.11; 6, R. Carney (Swindon) 30.25. **Stage 2** (2,700m) Youths. Bristol took up the pace as G. Parsons, clocking 7.50, passed Westbury (Pickford 8.10). He was followed by Reading (J. Seymour-Griffith 7.58), Southampton & E. (G. Rowsell 7.48), Aldershot (G. Richardson 7.45, fastest) and Swindon (V. Phillips 8.03). **Stage 3** (2,900m). Bristol maintained their advantage through Le Grande (9.04) whilst Steve Jacob brought Reading into second place with 8.58. Westbury were now third (F. Staynings 9.31) and Ray Crabb moved Swindon into fourth with the fastest stage time of 8.24. Southampton (Snellgrove 9.34) and Aldershot (I. Logan 9.23) followed. **Stage 4** (9,000m). On one of the toughest stages over White Horse Hill Roger Clark increased Bristol's advantage to 47 seconds, clocking a sizzling 26.20. Tony Reed took Westbury into second place with his 26.34 stint and Reading (Deryck Dipper 26.57) were a close third. Les Presland took Aldershot up three places with 27.12, ahead of Swindon (C. Lee 29.24). **Stage 5** (8,500m). With half the first distance covered the race was still wide open, 46 seconds covering the first four teams. Westbury's Brian Popel took them into the lead with the third fastest split of 26.40. Aldershot were fourth with Peter Adams putting in the fastest clocking of 25.40. Bristol (Mattock 28.01) were second, and Reading (P. Lindsell 27.19) third. John Cain brought Portsmouth into the fray, with a handy 25.46. **Stage 6** (8,000m) Westbury's Colin Ridley (26.01) took them into a bigger lead—stretching it to 51

seconds over this pleasant downland course, while Reading, through Dick Piotrowski's 26.12 came up to second. Aldershot gained through C. Downing (26.31). Bristol (Williams 27.18), Luton (Steve Sharratt 25.58), Portsmouth (Hyman 26.33) and Swindon (Ottaway 27.30) were next in line.

Stage 7 (9,200m) It was on this stage that Reading's hopes of repeating last year's victory rose considerably. Gerry Stevens set off at a sharp pace, cut down Westbury's advantage and handed off 19 seconds up, having covered the distance in a fine 25.56, for a course record. But Dave Burborough (25.56) came in next just ahead of Bernie Ford, whose magnificent run of 25.53, clipped Stevens's short-lived record. Now only 32 seconds covered the first three. Bristol (Hewer 27.49), Luton (Simmons) 26.28), Portsmouth (Futcher 28.22) and Swindon (Kazik 29.27) were spread out behind. **Stage 8** (6,200m). Excitement abounded as Westbury's Cornish gathered up Reading's slim lead and outsprinted Brian Bacon (18.55) at the hand-off, clocking the day's fastest of 18.45. Dave Curwell (Aldershot) lost touch with his run of 19.32 and Bristol (Jennings 19.45) were still fourth. **Stage 9** (6,700m). Westbury were now scenting victory when Chris Ridler set a course record of 19.29 on this stage. Aldershot made ground through Harrison's 19.42 for second place. Reading (R. Dipper 20.43), were 10 seconds back, followed by Bristol (Lonnen 20.04), and Portsmouth (Wale 20.41).

Stage 10 (5,900m). Westbury were now in an invincible position. George Blackburn took the steep ascents in a workmanlike manner, and came home with the second fastest clocking of 19.10. Behind him Reading's Martin Duff made desperate attempts to cut into his lead after overtaking Aldershot's Peter Freeman (19.32) and was rewarded with the fastest of 18.31. Bristol (Sherman 19.52) beat off Portsmouth (Carpenter 20.04) and Luton (Thomas 20.49).

1, Westbury 3:30.17; 2, Reading 3:30.53; 3, Aldershot, F&D 3:31.44; 4, Bristol 3:35.27; 5, Portsmouth 3:38.17; 6, Luton 3:39.47; 7, Swindon 3:43.44; 8, Hillingdon 3:50.10; 9, Portsmouth 'B' 3:50.28; 10, Leamington 3:54.25; 11, Southampton & E. 3:55.26; 12, Oxford Cty. 3:56.49.

WOKING ATHLETIC CLUB OPEN CROSS-COUNTRY RACES

(Under E.C.C.U. Rules)
SATURDAY, 2nd DEC., 1972, at 2 p.m.

at the Guards Depot, Pirbright Camp

Senior Men's 4 x 3 miles Relay

Boys 2 miles • Colts 1½ miles

Medals first 3 teams and fastest individual each race. Trophy for men's relay race. Boys & Colts races, 4 to run, 3 to score. Entry fees: 50p for first team, 25p for subsequent teams all races, 15p for individuals for boys and colts races. Entries close on 25th November. Entries on AAA forms to Ron Allen, 26 Cornwall Avenue, Byfleet, Surrey. (Byfleet 49307).

THAMES VALLEY HARRIERS

TWO, 2 MILE BOYS' (Not Schools) CROSS-COUNTRY RACES

SATURDAY, 23rd DECEMBER, 1972

At Memorial Hall, Cranford High Street

2.45 p.m.—Dalmaine Trophy 12-U/14 on 1/9/72

3.15 p.m.—T.V.H. Cup 14-U/16 on 1/9/72

Entries by 13th December, to K. Crook, 225 Conway Crescent, Greenford, Middx., 6 to run, 4 to score; 1st team 50p, Reserve teams 25p; Individuals 12p.

RESULTS IN BRIEF

September 21st

Insurance Road Relay, at Beckenham. 1, Ibis (P. Willis 11.23, R. Morland 11.57, I. MacIntosh 11.18, A. Hone 11.28); 2, Temple Park 3, Lloyds; 4, Sun Life. Fastest: R. Gevers (Temple B) 10.40.

September 28th

Insurance 10M Championship (Road). 1, R. Gevers (Temple B) 55.01; 2, R. Hawtin (Temple B) 55.59; 3, J. Wilkins (Ibis) 56.13. Team: Temple Bar.

October 4th

RAF Leuchars Road Relay. 1, HMS Neptune (R. Irvine 21.19, R. Chapman 19.30, B. May 21.52, P. Burgess 20.40) 1:23.21; 2, RAF Leuchars 1:24.14; 3, HMS Cochrane 1:24.20; 4, RAF Kinloss 1:24.54; 5, HMS Neptune 'B' 1:31.17; 6, RAF Turnhouse 1:32.49; 7, Scottish Infantry 1:34.13; 8, RAF Kinloss 'B' 1:38.47; 9, HMS Neptune 'C' 1:40.09; 10, Scottish Infantry Depot 'B' 1:42.17. Fastest: Parker (HMS Ark Royal) 18.10, Chapman 19.30, Baxter (HMS Cochrane) 20.14.

October 8th

Loughborough Colls. 119, Carnegie College 100, at Leeds. 200: S. Ageta (Carn) 22.7. 400: M. Riddell (C) 51.7. 800: D. Moorcroft (L) 2:00.0. 1500: T. Colton (L) 4:03.4. 110H: D. Warburton (C) 15.6. 400H: 1, S. Tziortzis (C) 56.6; 2, P. Hambley (C) 58.5. HJ: 1, N. McGregor (L) 1.85/6'04"; 2, Warburton 1.80/5'10 1/4". PV: T. Gardner (L) 3.66/12'0". LJ: 1, S. Ageta (C) 7.51/24'7 1/2"; 2, I. Anderson (Guest) 7.03/23'0 1/4". TJ: 1, Ageta 15.18/49'9 1/4"; 2, A. Collins (L) 13.46/44'2". SP: 1, C. Pratt (L) 13.22/43'4 1/4"; 2, A. Tamblin (Guest) 13.01/42'8". DT: 1, G. Dirkin (L) 46.88/153'9"; 2, A. Gummeron (Guest) 44.84/147'1"; 3, Tamblin 38.82/127'4". JT: 1, J. Aplin (L) 62.40/204'8"; 2, H. Frobisher (Guest) 61.86/202'11"; 3, P. Ostapowicz (Guest) 60.78/199'5"; 4, P. Lawrence (Guest) 58.24/191'1"; 5, N. Jackson (L) 57.88/189'10".

October 11th

Lincolnshire Services League, at Leicester. 1, D. Lem (Leics. Pol) 27.27; 2, N. Daykin (N. Luffenham) 27.58; 3, P. Lem (Leics. P) 28.16; 4, N. Bailey (Bawtry) 28.22; 5, K. Donkin (Lindholme) 28.42; 6, J. Mulligan (Leics. Pol) 28.58; 7, Wallace (Wadd) 29.02; 8, Pymm (Leics. Pol) 29.24; 9, Garnham (Witt) 29.29; 10, Fretwell (Scampton) 29.47. 85 finished. Teams: 1, Leicester Police 386; 2, Wittering 340; 3, Waddington 316; 4, Scampton 297 1/2; 5, Cranwell 292 1/2; 6, N. Luffenham 259 1/2.

October 14th

Cambridge Univ. 81, Birmingham Univ. 80, at Cambridge. 60m: 1, A. Gershuny (C) 7.2; 2, P. Cornes (B) 7.3; 3, Turner (B) 7.3. 150: 1, Gershuny 17.1; 2, Turner 17.2. 300: 1, Haynes (B) 36.3; 2, S. James (B) 36.5. 600: 1, P. Lewis (B) 1:21.6; 2, Wingfield (C) 1:23.9. 1200: 1, R. Smedley (B) 3:05.4; 2, Wingfield 3:07.4; 3, Fulford (C) 3:08.5; 4, I. Gilmour (B) 3:08.6. 3000: 1, Smedley & Gilmour (B) 8:24.2; 3, M. Dell (C) 8:54.0. 60H: 1, James 8.7; 2, Young (C) 8.9.

300H: 1, James 38.9; 2, A. Martin (C) 39.9. HJ: Reilly (C) 1.86/6'1 1/4". TJ: R. Sibley (B) 13.61/44'8". DT: P. Orchart (C) 39.16/128'6". JT: Shaw (C) 53.68/176'1". 4x100: Birmingham 44.0.

Cambridge H. CC Championship, at Bexley. 1, K. Penny 24.33; 2, B. Watson 24.34; 3, G. Taylor 25.26; 4, F. Maillardet 25.50; 5, M. Paul 26.04; 6, eq. J. Wilkins & J. Huntingford 26.07. (Boys) 1, G. Marney 14.36; 2, G. Russell 15.53; 3, D. Swinburne 17.05.

Ranelagh H. Handicap Race, at Richmond. 1, S. Rowlands (4.30) 23.55; 2, C. Nargang (16.15) 24.00; 3, J. Bull (3.30) 24.20. Fastest: A. Horne 25.53.

Gloucester AC 30, Bromsgrove & Redditch 81, Dursley/Cheltenham & Cty. 99, at Gloucester. 1, M. Hill (G) 32.12; 2, B. Balls (G) 32.34; 3, K. Tayler (G) 33.05; 4, N. Wilson (C) 33.25; 5, M. Hedges (B&R) 34.01; 6, J. Tull (C) 34.18; 7, R. Clarke (G) 35.01; 8, D. Dowdle (G) 35.19. (Boys) 1, C. Perkins (B&R) 14.24; 2, P. Lake (B&R) 14.42; 3, M. Davies (G) 14.53; 4, M. Hamilton 15.11. Team: Bromsgrove & Redditch. (Women) 1, R. Pearce (Swin-J) 11.22; 2, P. Waters (G-J) 11.51; 3, K. Lock (Here-J) 11.58; 4, A. Sivell (Glos) 12.05. Team: Gloucester. (Minors) 1, J. Porter (Swin) 4.04; 2, K. Smith (Dur) 4.08; 3, J. Parry (G) 4.17.

British Fire Service National Championships, at Bolton (Road). 1, R. Wedlock (Glasgow FB) 30.21; 2, V. Regan (Bolton FB) 31.49; 3, B. Fletcher (Wakefield FB) 31.59. Teams: 1, Glasgow FB 21; 2, Bolton 48; 3, Liverpool 73. 86 runners finished.

October 18th

Southern Counties AAA Open Meeting, at Crystal Palace. 400: N. Mayfield (Havering) 51.0; 2, D. Knight (Ach) 51.2. 1500: 1, R. Green (Harlow-Yth) 4:01.3; 2, A. Pinfield (Mit) 4:02.0. BMC Mile: 1, M. Wands (Hillingdon) 4:19.3; 2, J. Watts (Aldershot) 4:19.3; 3, G. Machorton 4:22.2. 5000: 1, G. Ogden (H'gate) 14:36.8; 2, P. Horwood (RN/B'ht) 14:37.8; 3, R. Steven (Shaft) 14:42.0; 4, J. Mankelov (Medway) 14:44.2; 5, M. Barratt (Ealing) 14:49.2. (B) 1, R. Crabb (Swindon-J) 14:49.0; 2, P. Williams (Cambridge-Yth) 14:50.0; 3, M. Connelly (Walton) 14:56.2. TJ: G. Shaw (Luton) 13.46/44'2". JT: 1, R. Silvester (Southgate) 66.56/218'4"; 2, F. Devido (N. London) 60.18/197'5"; 3, A. Stone 54.10/177'6"; 4, N. Phipps (Woking) 52.22/171'4". LJ: T. Collins (Ex. Bgls-J) 6.73/22'1". (Juniors) 1500: J. Odlin (N. London) 4:08.4. (B) R. Bolam (Hav-Yth) 4:05.7. TJ: A. Salander (S'gate) 13.06/42'10 1/4". (Youths) 200: 1, S. Clark (Enfield) 23.3; 2, S. Wells (Stev. & NH) 23.4; 3, I. Penn (Harlow) 23.6; 4, M. Hammett (Stev) 23.6; 5, Griffiths (Redhill/Reigate) 23.7. 1500: 1, C. Van Rees (Colchester) 4:10.7; 2, P. Ingvorsen (Windsor) 4:11.4; 3, D. Saunders (Stev. & NH) 4:13.7; 4, A. Knight (Horsham) 4:15.0; 5, P. Barr (Epsom) 4:16.4. (Boys) 1500: 1, R. Buttons (Enf) 4:31.4; 2, C. Tilley (Havering) 4:32.6. (Veterans) 2000: 1, A. Phillips (Reading) 5:59.2; 2, N. Escott (Army) 6:10.6; 3, D. Dellar (Cambridge) 6:12.8; 4, K. Humphrey (Epsom) 6:22.2. BMC Women's Mile: 1, M. Hepworth

AAA Six-Stage Road Relay

Joe Lancaster reports

CITY OF STOKE FOR FOURTH YEAR

TWO red-headed firebrands, Alan Dean (32) and Roy Fowler (38), made sure City of Stoke won the National AAA Six Stage Road Relay Championship at Leeds last Saturday for the fourth successive occasion. Both are now labelled "ex" internationals and taking that bit longer to warm to racing pace, but once they are in full flight they move as fast as ever, and their determination burns brightly.

Fowler brought Stoke back into the lead on the fifth stage, finishing 5 sec. ahead of Mike Turner (Liverpool), and Dean extended the gap to 13 sec. over the last 4 miles 784 yards. It was not done without a struggle. Dean had to use his wealth of experience. Frank Davies soon passed the Stoke Olympian, but the Liverpool athlete was kept in check until Dean felt he was near enough the tapes to release some more energy.

This provided a fitting climax to a race that was nail biting from the start. Although Belgrave, Thames Valley, Cardiff, Coventry, Derby, Birchfield & Shettleston were missing they would have had their work cut out taking the title from Stoke.

They opened with a lead from Alan Adams. He was just a stride ahead of former National junior champion Keith Rollason (Tipton) and Tony Byrne (Bolton) with Derek Pratt of Sheffield, Dick Piotrowski from Reading and Blackburn's John Calvert behind.

Stoke slipped down the scale on the next lap while Derek Dipper gave Reading the front running position, and Hull's Chris Garforth brought his club a bit of glory. He brought them into second place, returning 20.39, followed by Peter Rawnsley of Sheffield.

Third place was not good enough for Brian Barden, a family name associated with professional and amateur athletics in Sheffield since the turn of the century. He registered 20.43 in sharing the fastest time of the lap with Allan Rushmer who brought the English cross-country champions in second place ahead of Reading (Keith Darlow), Stoke (Mike Absalom), Gateshead (John Trainor) and Liverpool Pembroke (Laurie Reilly). Northern champions Liverpool Harriers seemed off-key. They were over a minute behind the leaders, and did not close the gap on the fourth leg which Sheffield held through Keith Angus (20.34).

Stoke started to return to prominence through Tony Birks whose lap time of 20.23 brought the holder into second place. Before the congratulations had died down, Mike Freary dashed to the

line, with a try-and-beat-that expression. His 20.10 could not be touched, although Mike Turner (20.21) tried his hardest on the penultimate lap. More important for Liverpool, he overtook four rivals and finished behind Fowler (20.48) and in front of Ian Wainwright (Sheffield) Keith Boyden (Tipton), Peter Lindsell (Reading) and Dennis Hopkinson (Bolton). Steve Kenyon tried to emulate Turner's feat and missed by three seconds, but clinched the bronze award for Bolton, passing Gerry Stevens of Reading in the last half mile.

Stage 1

1, City of Stoke (A. Adams 20.44); 2, Tipton (K. Rollason 20.45); 3, Bolton UH (A. Byrne 20.46); 4, Sheffield UH (D. Pratt 20.49); 5, Reading AC (R. Piotrowski 20.59); 6, Blackburn (J. Calvert 21.00); 7, City of Hull (B. Short 21.11); 8, Salford (M. Murphy 21.12); 9, Blackpool & F. (F. McGuire 21.12); 10, Liverpool Pembroke (S. Deegan 21.16); 11, Leeds City (D. Nicholl 21.19); 12, Gateshead (W. Robinson 21.21); 13, Airedale & SV (K. Duckworth 21.23); 14, Liverpool H. (A. Gerrard 21.29); 15, Small Heath (D. Biddell 21.34); 16, Wirral (L. Carroll 21.41); 17, Manchester AC (P. Shaw 21.51); 18, Warrington (R. Wood 22.38); 19, Morpeth (R. Bell 22.43); 20, Altrincham (D. Attwell 22.51); 21, North Shields (P. Bentley 22.51); 22, Hull Spartan (I. Sharpe 23.03); 23, Preston (R. Curwen 23.15).

Stage 2

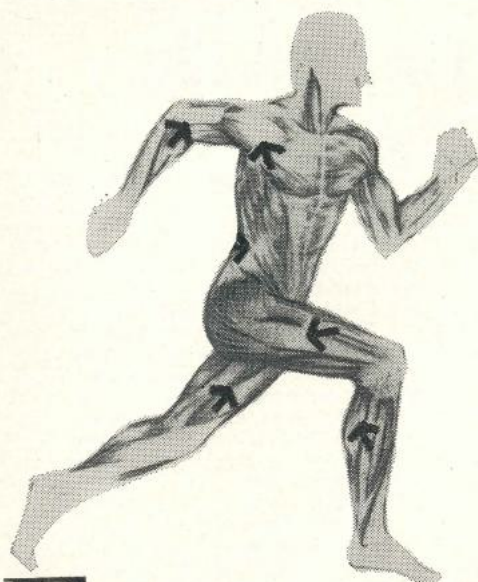
1, Reading 41.40 (D. Dipper 20.41); 2, Hull 41.50 (C. Garforth 20.39); 3, Sheffield 41.57 (P. Rawnsley 21.08); 4, Tipton 42.04 (R. Richards 21.19); 5, Airedale 42.16 (J. Temperton 20.53); 6, Gateshead 42.17 (C. Spedding 21.56); 7, Stoke 42.20 (L. Austin 21.36); 8, Liverpool H. 42.21 (P. Carey 20.52); 9, Bolton 42.34 (E. Haslam 21.48); 10, Leeds 42.36 (J. Lunn 21.17); 11, Wirral 42.38 (J. Myatt 20.57); 12, Pembroke 42.55 (E. Brown 21.39); 13, Small Heath 42.58 (G. Taylor 21.24); 14, Blackpool 43.22 (D. Jones 22.10); 15, Salford 43.28 (A. Walsham 22.16); 16, Blackburn 43.33 (R. Hayes 22.33); 17, Altrincham 43.35 (A. Blinston 20.44); 18, Morpeth 44.27 (B. Bateman 21.44); 19, Manchester AC 44.57 (M. Oldham 23.06); 20, North Shields 46.08 (A. Lamb 23.17); 21, Warrington 46.14 (B. Thompson 23.36); 22, Hull Spartan 46.39 (T. Hunter 23.36); 23, Preston 51.14 (W. Lonsdale 27.59).

Stage 3

1, Sheffield 62.40 (B. Barden 20.43); 2, Tipton 62.47 (A. Rushmer 20.43); 3, Reading 62.49 (K. Darlow 21.09); 4, Stoke 63.28 (M. Absalom 21.08); 5, Gateshead 63.33 (J. Trainor 21.16); 6, Pembroke 63.41 (L. Reilly 20.46); 7, Liverpool H. 63.48 (A. Farrell 21.27); 8, Bolton 63.56 (N. Ward

RESULTS IN BRIEF *contd. from page 9*

(Airedale) 5:02.5; 2, P. Yule (Brighton) 5:05.7; 3, C. Pannell (Bedford-Int) 5:06.4; 4, A. Dunn (Cambridge) 5:16.0; 5, J. Low (Uxbridge) 5:19.6; 6, L. Ledger 5:20.6.



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21.22); 9, Airedale 64.09 (P. Pape 21.53); 10, Small Heath 64.12 (J. King 21.14); 11, Hull 64.23 (C. Nightingale 22.33); 12, Wirral 64.47 (T. Harper 21.09); 13, Leeds 65.08 (T. Rhys 22.32); 14, Blackpool 65.45 (T. Parker 22.23); 15, Morpeth 65.51 (D. Camp 21.24); 16, Blackburn 66.21 (H. Walker 22.48); 17, Salford 66.23 (22.55); 18, Altrincham 67.44 (S. Faris (23.09); 19, Manchester AC 67.56 (M. Nolan 22.59); 20, North Shields 69.42 (P. Fawkes 23.36); 21, Warrington 70.04 (C. Quennell 23.50); 22, Hull Spartan 75.05 (R. Jarvis 28.26); 23, Preston 75.32 (M. Hogg 26.18).

Stage 4

1, Sheffield 83.14 (K. Angus 20.34); 2, Stoke 83.51 (A. Birks 20.23); 3, Reading 83.54 (R. McAndrew 21.05); 4, Bolton 84.06 (M. Freary 20.10); 5, Tipton 84.16 (B. Cole 21.29); 6, Liverpool H. 84.23 (P. Waddington 20.35); 7, Pembroke 84.54 (T. Dwyer 21.13); 8, Gateshead 85.15 (P. Parker 21.42); 9, Leeds 85.34 (M. Baxter 20.26); 10, Small Hth 85.50 (M. Rollason 21.38); 11, Wirral 86.24 (D. Watson 21.37); 12, Morpeth 87.08 (J. Alder 21.17); 13, Airedale 87.53 (A. Parkinson 23.44); 14, Hull 87.58 (R. Piercy 23.35); 15, Blackpool 88.14 (A. Hudson 23.29); 16, Blackburn 89.00 (T. Breckell 22.39); 17, Salford 89.17 (P. Martin 22.54); 18, Manchester AC 91.00 (M. Rogerson 23.04); 19, Altrincham 91.36 (L. Walton 23.52); 20, North Shields 94.54 (S. Gatis 25.12); 21, Warrington 95.05 (M. Clancy 25.01); 22, Preston 99.58 (M. Jones 24.53); 23, Hull Spartan 99.57 (P. Tibbles 24.52).

Stage 5

1, Stoke 104.39 (R. Fowler 20.48); 2, Liverpool H. 104.44 (M. Turner 20.21); 3, Sheffield 104.58 (I. Wainwright 21.44); 4, Tipton 105.28 (K. Boyden 21.12); 5, Reading 105.32 (P. Lindsell 21.38); 6, Bolton 105.35 (D. Hopkinson 21.26); 7, Pembroke 106.37 (K. Carroll 21.43); 8, Gateshead 107.35 (A. Leitch 22.20); 9, Small Heath 107.54 (J. Rowe 22.04); 10, Wirral 108.11 (J. Alcock 21.47); 11, Leeds 108.37 (R. Pannell 22.57); 12, Airedale 108.48 (R. Harrison 20.55); 13, Morpeth 109.52 (A. Mathieson 22.44); 14, Blackpool 111.27 (M. Brennon 23.13); 15, Blackburn 112.08 (G. Woodburn 23.08); 16, Hull 112.35 (H. Kirkwood 24.37); 17, Salford 113.20 (E. Doggett 24.03); 18, Altrincham 114.19 (J. Norman 24.43); 19, Man'r AC 114.22 (P. Kilbey 23.22); 20, North Shields 118.45 (D. Lawther 23.51); 21, Warrington 119.24 (N. Jones 24.19); 22, Hull Spartan 121.49 (P. Moon 21.52); 23, Preston 126.17 (E. Brierley 26.22).

Stage 6 (Finish)

1, Stoke 125.26 (A. Dean 20.47); 2, Liverpool H. 125.39 (F. Davies 20.35); 3, Bolton 125.56 (S. Kenyon 20.24); 4, Reading 126.12 (G. Stevens 20.40); 5, Tipton 126.48 (D. Fownes 21.20); 6, Sheffield 127.54 (A. Baggett 22.56); 7, Liverpool Pembroke 128.07 (J. Carroll 21.30); 8, Small Hth. 129.38 (T. O'Reilly 22.44); 9, Gateshead 129.58 (B. Baggaley 22.23); 10, Wirral 131.19 (G. Williams 23.08); 11, Leeds City 131.47 (M. Cox 23.16); 12, Blackpool 132.38 (P. Morris 21.11); 13, Mor-

continued on page 14

Spotlight on Alan Dainton**By Dave Cocksedge****AIMING HIGH — LIKE SISTER**

"I THINK UK high jumpers just don't aim high enough. You see, Continental jumpers are more advanced because, to start with, they are conditioned to think bigger and higher. They aim for 2 metres as a basic requirement whereas here we are still thinking of a 'high jumper' as one who can clear six feet—which is six inches lower. We've got to get rid of this outdated attitude. I think, though, that the state of British men's high jumping will improve soon, because so many youngsters are changing to the flop and we do have some depth, admittedly at a lower level than most countries."

The speaker is Alan Dainton, brother of Teresa, who has been profiled in this series. It was his thoughtful, intelligent answer to my inevitable query: "To what do you credit the slump in men's senior high jumping in the UK?" Alan regards thinking and mental attitude to be very important in the make-up of a high jumper: "I prefer not to make myself think of an ultimate target since I've no idea how much I can improve. Perhaps I can jump 2.15 (7'0½") in two years time, which will give me a further two years to perfect everything and improve a bit for the next Olympics. I think whoever wants to win that will have to be doing around 2.30 (7'6½")."

Alan Robert Dainton, like his young sister Teresa, is coached by Roy Snow, that remarkable 24-year-old coach who teaches at Netteswell Comprehensive School in Harlow. A member of Harlow AC, Alan was born at Harlow on January 6th, 1956, stands 1.85/6'0½" and weighs 72kg/160lb and has an ambition to become an airline pilot. His personal bests include: 12.2 (100m), 24.5 (200), 1.93/6'4" (high jump), 5.92/19'5" (long jump) and 12.09/39'8" (triple jump). His high jump progres-

sion: 1966—3'11" (1.20), 1967—4'3" (1.29), 1968—4'4" (1.32), 1969—4'8" (1.42), 1970—5'1½" (1.56), 1971—1.70/5'7", 1972—1.93/6'4".

"When Roy came to teach at Netteswell, he began coaching Teresa and me for a few nights each week as I had always been in the schools athletics team. This was at Easter last year (1971). Then Roy decided to enter me for the Essex Youths Championships at Southend for some experience and I was amazed to win it at 1.65/5'5". I thought I had something going for me and began to get even more interested. The amount of time I was putting into training gradually increased until last September when I found myself training six nights a week. It was then, I suppose, that I was taking the sport really seriously."

That winter's work certainly began to pay off for Alan. Emerging from the Cosford indoor circuit, he quickly began collecting titles: the LAC Schools Junior (Under 17) event with a record 1.88/6'2", the Southern Youth, the English Schools' (a record 1.93/6'4"), and finally the AAA Youth at the end of September. Only once did he lose to a boy in his age-group, when Welshman Tony Cummings (who scaled 1.92/6'3½" at 15) defeated him in an Inter-County match at Newham in August.

"The English Schools' at Durham was, without doubt, the best competition I've ever been in, and certainly the most emotional. I was so engrossed in it that the whole thing seemed to be a dream. Even when I had won it, it didn't sink in at first. I just asked for the bar to be put up a few centimetres." Notwithstanding a poor sandy run-up, and the constant distractions from the march-past of teams whilst the event was reaching its crucial stages, Alan flopped 1.80/5'10¼", 1.82/5'



Alan Dainton in high jumping action at Newham last August.

Mike Street

11½", 1.85/6'0½", 1.88/6'2", 1.90/6'3" and 1.93/6'4", clearing easily first time at every height. At 1.96/6'5" he just nicked the bar with his heels after the rest of his body cleared it on his third attempt.

"My success has all been due to Roy's coaching and constant encouragement. If Roy hadn't taken an interest in me, I would still be doing the Western Roll and five-foot-four." What of coaching? "In summer we have a short high jump session on a Monday, then do leg strengthening activities such as sprinting and hopping up a hill. On a Tuesday we have a high quality jump session, with the bar very high and concentrating on controlling speed and take-off, etc. On a Wednesday I do lots of sprint work, then gymnastics and turnabouts in the gym. Thursday I do 10x80m fast strides, hop up a short hill on each leg six times; bound up it eight times, and finish up with a dozen sprints up it. I rest on a Friday and on a Saturday I either have a competition or a full leaping decathlon exercise. On a Sunday I may do some standing high jumps followed by 3x10x40m sprints. In the winter, I do weights on a Monday as well as hopping and bounding for leg

strength; 8x80m strides and turnabouts (2x6x60m) on a Tuesday and more weights followed by some high jump technique work on a Wednesday. Thursday involves more weights and some sort of sprint session. I have a high quality high jump workout on a Friday, usually rest on a Saturday and do another leaping decathlon on a Sunday. Before each session I always do a good warm-up and mobility exercises of course."

The success story of the English schools championships was the story of the Daintons winning both the boys and girls Intermediate high jump titles, as Teresa leapt 1.64/5'4½" to secure the female side of the event. It was a great two days for Roy Snow and Harlow AC for two other reasons also because Sue Mapstone won the Intermediate long jump and Richard Green triumphed in the Intermediate 1500m.

"Since, this past summer, I've jumped much higher than I'd planned, I'm not sure what to expect next year," Alan continues. "Just as long as I keep inching that bar up, though, I won't mind."

Young Athletes' Results

Epsom & Ewell H. Young Athletes CC Races, September 23rd. (Youths) 1, H. Marson (Guildford) 19.45; 2, I. Logan (Aldershot) 20.35; 3, A. Porter (Mit) 20.46; 4, M. Simmons (Mit) 20.56; 5, P. Rezin (AFD) 20.59; 6, M. Leeson (Herc W) 21.04. Teams: Mitcham 44. (Boys) 1, D. Purcell (Mit) 13.05; 2, P. Barr (Epsom) 13.21; 3, A. Knight (Horsham BS) 13.22; 4, T. Bowyer (AFD) 13.43; 5, L. Brookman (HW) 13.45; 6, P. Lloyd (Croy) 13.59. Teams: 1, Horsham BS 31; 2, Epsom & Ewell 41; 3, Mitcham 46; 4, Croydon 52; 5, Herc Wimbledon 71; 6, HHH 90. (Colts) 1, M. Rezin (AFD) 10.20; 2, Goughlan (G&G) 10.34; 3,

T. Eglon (AFD) 10.35; 4, P. Ross (Epsom) 10.38; 5, P. Cressey (HHH) 10.39; 6, P. Borass (HW) 10.40. Teams: 1, Aldershot 29; 2, Epsom & E. 33; 3, Herc Wim 63; 4, Croydon 69; 5, Sutton & Cheam 81; 6, HHH 88. (Results courtesy of M. Dunphy. Ronson Relay, held in conjunction, not received.)

Sutton Coldfield Schools CC Relays, October 7th. 1, Bishop Vesey's GS (Williamson 8.51, Brittan 8.52, Mole 9.08, Paxton 8.19) 35.10; 2, Wednesfield HS (Doyle 8.59, Underhill 8.57, Hupperdine 8.42, Thomas 9.18); 35.56; 3, Arthur Terry Sch. (Wort 9.11, Vaughan 8.31, Arrowsmith 9.28, Bailey 9.03) 36.13; 4, Kingsbury HS 36.15; 5, Fair Oak Sch., Rugeley 36.47; 6, QMS, Walsall



Jackie Priest winning the Minor Girls race at Greater London League at Haywards Heath.



Julie Crook (279) sprints home ahead of Helen Fielon and Monica Joyce (70) in the Junior race. Sportsview photos

37.18; 7, Bishop Vesey's 'B' 37.18; 8, Artherstone HS 'B' 37.19; 9, Wilfred Clarke 37.25; 10, Riland-Bedford HS 37.45; 11, Fair Oak 'B' 38.00; 12, Atherstone 38.02. Fastest: Paxton 8.19, Vaughan 8.31, Szwed (Kings) 8.34. (Under 16) 1, Bishop Vesey's (Cotterill 8.17, Taylor 8.20, Cleaver 8.21, Ludlow 7.35) 32.33 (rec); 2, QMS Walsall 33.10; 3, Atherstone GS 33.56; 4, Atherstone HS 34.14; 5, Kingsbury HS 35.37; 6, Bishop Walsh RC 35.48; 7, Kingsmead S., Hednesford 36.00; 8, Wilfred Clarke, Walsall 36.17; 9, Riland-Bedford HS 36.23; 10, Bishop Vesey 'B' 36.31. Fastest: Ludlow 7.35 (rec), Peck (QM) 7.50, Dipple (AG) 7.56. (Under 12 Race) 1, Taylor (NO) 9.26; 2, Davies (BM) 9.29; 3, Danskin (T) 9.31. 44 finished.

Bilborough Schools Road Relay, October 14th. 1, Bishop Vesey's GS (P. Fox 16.57, R. Whitehouse 16.42, B. Ludlow 15.48, D. Wright 15.41, R. Melton 16.04) 1:21.12 (Record); 2, Ullathorne CS (C. Kelly 16.03, E. Kelly 16.47, G. Carroll 18.02, G. Cosgrave 15.35, S. Leckie 16.18) 1:22.45; 3, St. Bede's School (J. Crowley 16.04, S. Clark 16.12, A. Burlison 16.51, M. Levery 17.42, F. Montgomery 17.23) 1:24.12; 4, King's School, Grantham 1:25.45; 5, High Pavement GS, Grantham 1:25.52; 6, Bilborough GS 1:25.56; 7, Sir Thomas Rich's 1:25.59; 8, King Henry VIII 1:26.15; 9, King Edward VI, Lichfield 1:26.44; 10, Northampton GS 1:27.25; 11, Queen Mary's Sch. 1:27.50; 12, Bablake School, Cov. 1:28.11; 13, Loughborough GS 1:28.35; 14, Bishop Vesey 'B' 1:28.49; 15, Cheadle Moseley 1:28.56. Fastest: P. Durands (High Pavement) 15.17, Cosgrave 15.35, Wright 15.41.

North East Cheshire Schools League, at Stockport, October 14th. (U/16) 1, M. Plant (R. Vale) 18.21; 2, P. Williamson (Poynton) 18.51; 3, L. Cherry (SS) 19.44. Team: Stockport S. 54; 2, Cheadle Hulme 65; 3, Moseley 77. (U/14) 1, D. Smith (CH) 15.35; 2, G. Cooper (CH) 16.20; 3, D. Webborn (SS) 16.28. Teams: 1, Cheadle Hulme 45; 2, Stockport 87; 3, Broadway 95. (U/13) 1, N. Peach (Marple) 14.42; 2, P. Northrop (Hough) 15.01; 3, J. Holden (Dialstone) 15.03. Teams: 1, Moseley 52; 2, Stockport 53; 3, Marple 61. (U/12) 1, M. Huxley (SS) 10.13; 2, R. Pettengell (Marple) 10.21; 3, D. Gill (Moseley) 10.24. Teams: 1, Broadway 73; 2, Marple 82; 3, Moseley 85.

AAA ROAD RELAY continued from page 11

peth 133.57 (L. Fogerty 24.05); 14, Altrincham 135.10 (A. Rydout 20.51); 15, Blackburn 135.30 (R. Davis 23.22); 16, City of Hull 136.27 (R. Scott 23.52); 17, Manchester AC 137.50 (H. Price 23.32); 18, Salford 138.06 (K. Darby 24.46); 19, North Shields 142.50 (I. Robertson 24.05); 20, Hull Spartan 148.29 (J. Dickinson 26.40); 21, Preston 153.46 (M. Doughty 26.29).

Fastest laps: Freary 20.10, Turner 20.21, Birks 20.23, Kenyon 20.24, Baxter 20.26, Dean 20.27, Waddington 20.35, Garforth 20.39, Stevens 20.40, D. Dipper 20.41, Barden 20.43, Rushmer 20.43, Blinston 20.44, Adams 20.44, Rollason 20.45, Byrne 20.46, Reilly 20.46, Fowler 20.48, Pratt 20.49, Rydout 20.51.

Victory for Deakin in His Second Marathon

WITH a strong, cold wind blowing no one appeared keen to get a swift tempo in the "Unigate" sponsored Harlow Marathon on October 21st. The 10km mark saw a group of 14 men through in 33.17. By 20km the group had been halved as Pringuer led Calvert, Edmunds, Deakin, Simmons, Bryant and Leeming past the timekeepers in 66.00. From then on the race began to develop as first Pringuer opted for the changing rooms and with one 17km lap to go Calvert, Bryant and Leeming all began to drop away from the leading trio.

Deakin, Edmunds and Simmons were all together at 30km in 1:39:42. Next in line came Calvert (1:39.47), Bryant (1:39.52) and Leeming (1:40.02). Between 30 and 40km Leeming pulled out and Simmons gradually got detached as Deakin and Edmunds exerted pressure to get rid of him. They passed 40km in 2:14.28 as the Luton runner went by in 2:15.15. Shortly after this Deakin and Edmunds parted company as the Stoke man prised open a gap he held to the finish for a 16 second winning margin. The consistent Edmunds again produced a time just in excess of 2:20 and with three 2:21/2:22 clockings can perhaps look forward to a breakthrough next year.

In this race last year Tony Simmons attempted to run away from the field from the gun but did not finish. This time he prudently stayed with the field, and was rewarded with a clear third as he led Luton to victory in the open team race. Norman Deakin ran 2:17.20 for 17th place in his first marathon—the 1972 Maxol. In this, his second run over the full distance, the time was slower but the position was a fine first. The 25-year-old production foreman is guided in his training by Don Shelley and could well prove to have an international future at this distance.

Robin Campbell

1. N. Deakin (City of Stoke)	2:22.08
2. S. Edmunds (Sale)	2:22.44
3. A. Simmons (Luton H)	2:23.56
4. R. Calvert (Sm. Hth)	2:24.15; 5, R. Atkinson (Cardiff) 2:26.36; 6, B. Lauckner (Verlea) 2:27.07; 7, J. Keating (Ealing) 2:28.04; 8, P. Chivers (Eal) 2:28.26; 9, M. Emms (Woodford Grn) 2:28.31; 10, I. Burgess (Ston & E) 2:28.35; 11, J. Bryant (Thames H&H) 2:29.36; 12, M. Weeks (Chelms) 2:30.15; 13, R. Little (Shaft) 2:31.32; 14, G. Thompson (Notts) 2:32.16; 15, G. Newton (Luton) 2:33.23; 16, D. Chapman (W. Grn) 2:33.44; 17, D. Collier (Luton) 2:34.02; 18, D. Townsend (Invicta) 2:35.27; 19, L. O'Hara (Bel-vet) 2:35.34; 20, A. Horne (Rane) 2:35.54; 21, C. O'Carroll (Notts) 2:37.58; 22, J. Walsh (Card) 2:38.01; 23, B. Hercock (Enfield) 2:39.21; 24, D. Prior (W. Grn) 2:39.40; 25, I. McKenzie (Met. P-vet) 2:40.05; 26, P. Coleman (Luton) 2:40.38; 27, P. Gallagher (Craw) 2:42.37; 28, D. Davies (Chelt) 2:42.40; 29, P. McLengham (RNAC-South)

2:42.44; 30, C. Slack (Verlea) 2:43.02; 31, D. Brown (Vale of Glam) 2:43.15; 32, I. Jolliffe (Inv) 2:43.18; 33, W. Valentine (Torbay) 2:44.05; 34, R. Pape (RNAC-vet) 2:44.26; 35, D. Hardy (W. Grn) 2:44.36; 36, G. Pearson (Inv) 2:44.58; 37, A. Artiss (Verlea) 2:45.03; 38, J. Phelan (Shaft) 2:45.07; 39, K. Bartlam (Stoke) 2:45.35; 40, M. Keough (Eton M) 2:45.42 41, A. Phillips (Read-vet) 2:45.55; 42, R. Radley (E. Sy. H) 2:46.11; 43, G. Dacam (Verlea) 2:46.23; 44, E. Richardson (AFD-vet) 2:46.29; 45, M. Davis (RNAC) 2:47.06; 46, J. Fitzgerald (Mit-vet) 2:48.11; 47, R. Chaplin (Bedford) 2:48.44; 48, P. Burton (S'ton & E) 2:49.18; 49, J. Moroney (C&C) 2:49.90; 50, E. Phillips (City of Plymouth) 2:50.12. Veteran: O'Hara. (Over 48) Pape.

Teams: 1, Luton 35; 2, Woodford Green 49; 3, Ealing & Southall 66; 4, Verlea 73; 5, Cardiff 80; 6, Invicta 86; 7, RNAC (South) 108; 8, Southampton & E. 124; 9, Chelmsford 143; 10, Belgrave 152.

Middlesex AAA are holding a Training Day for men and women at Borough Road College, Isleworth on November 19th from 10.00 a.m. till 4.00 p.m. Cost: 50p inclusive of lunch. Events are Sprints and Triple Jump. Further details and applications to Alan Jelf, 6 Louisa Court, Palace Road, London, N11 2PT.

Wigmore Ladies AC Officers: President, George Stratford; Hon. Sec. & Treasurer, Mrs. D. Reed, 16 Pickhurst Green, Hayes, Bromley, Kent, BR2 7QT; Captain, Miss Nicola Klarkowski.

EDWARD COOK

Edward Tiffin Cook, who won an Olympic pole vault gold medal at the age of 19, died in Ohio on October 18th at the age of 83. Cook tied for first place at the 1908 Games in London with American team-mate Alfred Gilbert. The height was 3.71/12'2", as compared to the then world's best of 3.90/12'9½" by Walter Dray (USA).

NATIONAL TRIPLE JUMP COACHES CONFERENCE

A One-day Triple Jump Coaches Conference is being organised by the BAAB Coaching Committee, in conjunction with the Kangaroo Club, in Birmingham on Sunday, November 5th at 11 a.m. Any coaches who have not received an invitation, but who would like to attend, should contact D. Hayward, "Woodlands", The Common, Bomere Heath, Shropshire.

The 1972 marks attributed to Neil Saunders in his "Spotlight on Youth" feature should have read: 3000m—8:38.2, 2000mSC—5:50.2.

Herne Hill Harriers Officers: President, John Howell; secretary, L. Fitton, 185 Rosendale Road, West Dulwich, S.E.21 (01-761-0583); treasurer, J. Gebbels; track sec., John Darby, 21 Casino Avenue, Herne Hill, S.E.24 (01-733-9278).

Gola

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Akii-Bua Timed Peak To Perfection

— by Jon Hendershott

JOHN AKII-BUA talks about himself in much the same way as he runs the 400 hurdles: straight from the hip, rapid-fire, holding back little. And he has a lot to tell. After all, it isn't every Olympic Champion and world record setter who is one of 43 children.

"Yes, I am one of 43," he confirms in his lilting, British-flavoured accent. "My father had eight wives. There are 29 of the 43 still living. Nineteen were boys. The father was a sportsman; he was interested in shooting. He died in 1964. My mother now lives in a town called Lira, which is about 200 miles from Kampala. The first athlete in our family was a triple jumper. He went to the British Commonwealth Games in Vancouver (1954) and Cardiff (1958). The second was a high hurdler. That was in the early 60's, but he wasn't very good. Then a third athlete from the family took over in the triple jump again. He did about 50 feet (15.24). I have about three brothers who are high jumpers—6'5" (1.96), 6'3" (1.90) and 6'2" (1.88)—and two boys who are 12. They can do about 44 feet (13.41) in the triple jump!"

"In 1965, I started taking an interest in athletics and in 1966 I took over athletics for the family. I started building up nicely. In 1967, I did five events in one day at a local meeting. In 1968, I failed to qualify for the Olympic Games at Mexico. Qualifying standard for the high hurdles was 14.0 flat and I did only 14.2 so I was not taken. I was very disappointed. I still did the

high hurdles in 1969. Then in 1970, for the Commonwealth Games, the qualifying standard in the high hurdles was tough and I didn't make the team. The only thing to do was to try the intermediate hurdles. The first time I went for the intermediates I qualified straight away. So I was entered for both hurdles after all. I ran in the same high hurdles heat as Dave Hemery but I didn't make the final. Then I went back to the intermediates where I made the final. I ran 51.1 for fourth. In 1971, I took much more interest in the quarter hurdles. I ran 50.2 in Israel, my fastest-ever, after starting late from the blocks. I was called to the US to run in the US-USSR and Rest of the World match. I was very pleased to win the race in 50.1. Then I was selected to represent Africa against the US. I clocked 49.0 in that race. I liked the time. I didn't think I would be as lucky in the Olympics.

"When I went back home, I sat down with my coach, Malcolm Arnold, and started planning for this year. I knew it would take a long time to get ready. I knew it would be difficult to prepare at home because where I live we have a grass track and it rains five days of the week. It's very difficult for any hurdler to train on a wet track with—how do you say?—short nails (spikes). So I waited till May to sprint. From December to May I did cross country, eight to twelve miles a day. Sometimes I ran 400 metres up a hill wearing a vest which held 25lb of weights. Then in May I moved to the track. I did 1000m over 3'3" wearing the vest. There were six hurdles on each lap. I could do about six runs each week.

"In June I was invited to the US. I was beaten in the first race (50.8 at the California Relays). I was tired. In my second race (Compton) Ralph Mann was there and I beat him with 49.6. I went to Britain and clocked a slow time. I was worried. I thought I couldn't get anywhere in the Olympics. I wondered how my form was. But I had good training on a Tartan track. I did some flat running and grew confident I could make the final. When I came to Munich I worked over the hurdles and everything came smoothly. But I was holding back a lot because I didn't want to peak too early or too late. About a week before the Games opened, I ran a time trial: I ran 48.8 but to make the time (electrically) accurate, the timer added two tenths and gave me 49.0. I started to realise I could do something in the Olympics."

What of the future? "I plan to go home and get married. I have a girl there. Oh, in track, I think I would like to try the decathlon." Late in 1971, in the first decathlon ever staged in Uganda, Akii-Bua won with 6,933, including a 10.9 100m, a 1.88/6'2" high jump, a 47.9 400, 14.4 in the hurdles and 4:18.2 in the 1500. Note: Bill Toomey was a quarter hurdler before he was a decathlete.



Olympic success for John Akii-Bua

Tony Duffy

(Reprinted courtesy of "Track & Field News")

A RUSSIAN REVOLUTION IN SHOT PUTTING CIRCLES

Alexander Baryshnikov — by Steve Shenkman

A NEW method of shot-putting has been employed by Alexander Baryshnikov of the USSR this year. It is known as "The Baryshnikov Spiral".

When Baryshnikov enters the circle, he places himself backwards to the direction of the put, and bends low—with his chin almost at the level of his knee, and goes through the first movement exactly the same as all throwers. But instead of the forward glide there suddenly follows a sharp turn along the entire border of the circle—and the hand together with the shot, picking up speed, makes a one-and-a-half turn, simultaneously rising upwards. A neat spiral path is inscribed. The body, compressed at the start like a spring, is unwound by a sharp push of the shot.

Scientists will check on all this, drawing on paper the dotted path of the trajectory, the vectors, figuring out the centrifugal force, and producing a three-storey high formula. This is still to come. Meanwhile the two-metre (6'6 $\frac{3}{4}$ ") tall Alexander was sitting in front of me and relating his story.

I learned that he is 23, married, lives in Leningrad and is a junior sergeant. He spent his childhood in a village in the Far East. He is a graduate of the Khabarovsk Teachers' Training Institute, where he majored in physical education. At first he was attracted to skiing. In his second year there he tried his hand at throwing the discus and putting the shot. He was coached by Yevgeniy Anisimov, a graduate of Viktor Alexeyev's famed throwers' school in Leningrad. On graduating from the Institute, in December 1970, Baryshnikov moved to Leningrad and began to study under Alexeyev's guidance.

"How did this new method come into being?" I asked the coach.

"I employed the shot put with a turn some 20 years ago as a means of training," Alexeyev told me. Baryshnikov is very tall, and the circle is too cramped for him, so that he cannot take advantage of all his possibilities. I suggested to him this new method in the spring of 1971. He tested it in the finals of the Fifth Spartakiad, but not quite successfully, I must admit. Alexander got tangled up in his own feet, almost fell, and the shot travelled a mere 17 metres (55' 9 $\frac{1}{4}$ "). People laughed at him. But he is a fellow with a strong character. His workouts became even more strenuous. Within a year Alexander added two metres to his result, which is a lot in the shot put."

"What result can your pupil count on in the near future?" (This was early summer.)

Alexeyev doesn't like to answer such questions, preferring to listen to what his companion has to say on the matter. So I was compelled to express my own assumptions:

"To the extent of my knowledge, Baryshnikov is not yet very powerful physically. Despite his weight of 125 kilos (276lb), he presses 180 kilos in a prone position, whereas the strongest lift 200 kg. He squats with a 210-kilo barbell on his shoulders, as compared with the 250 kilos lifted by the famed GDR athletes. Which means that Alexander has greater reserves for developing his strength, reserves that may be taken advantage of pretty fast. Bigger muscle groups are put into action with the new method than with the old. Which again signifies that additional strength will produce a greater effect than usual. That is why it may be surmised that by the end of 1972 Baryshnikov will be able to put the shot a distance of more than 20 metres (65'7 $\frac{1}{4}$ "). Isn't that so?"

Alexeyev's smile told me nothing. Perhaps I guessed his plans, or perhaps I under-rated them. The last question to the coach:

"Has the new method big prospects?"

"Not for all. It will suit tall athletes splendidly. But for those no taller than 185-190 cm (6'0 $\frac{3}{4}$ "-6' 2 $\frac{3}{4}$ ") the old method is better."

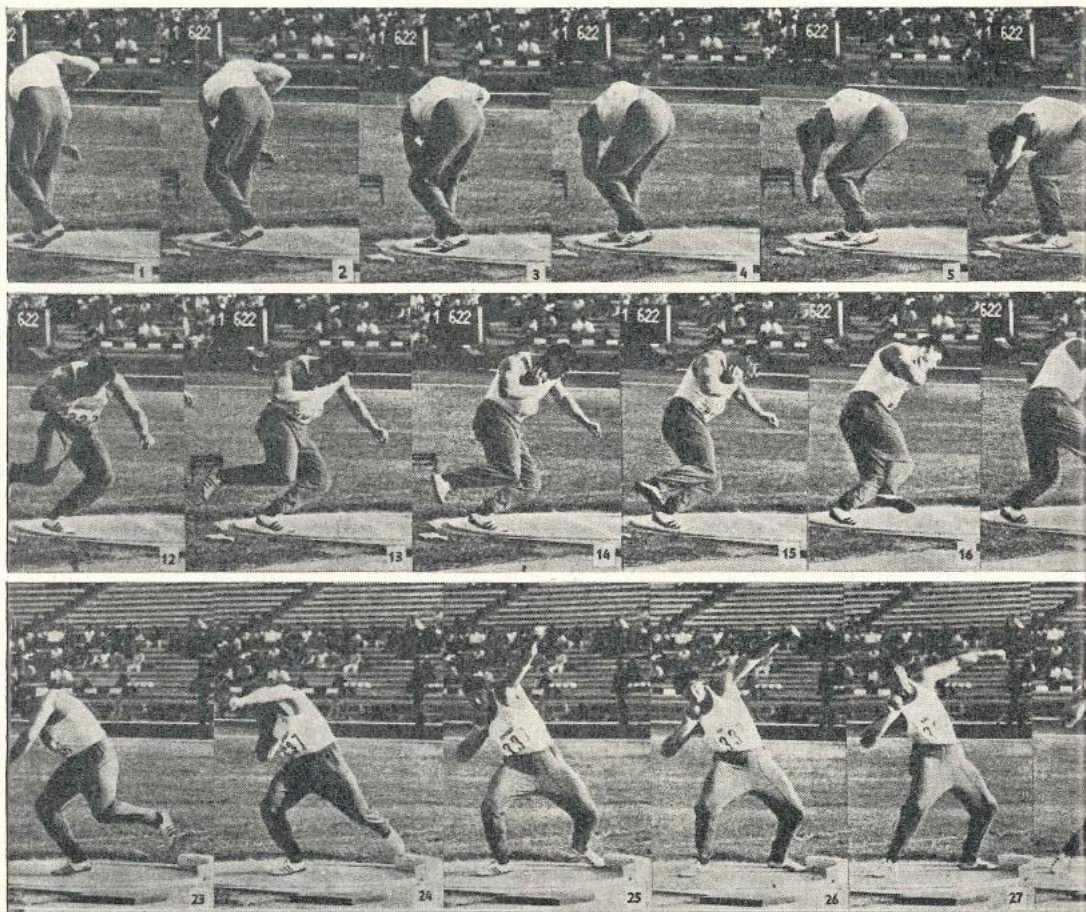
Here is the opinion of another specialist, Otto Grigalka, a national team coach and former national shot champion: "It's a very promising method. It provides a big advantage in accelerating the shot. But there are big chances of making a mistake here. Technically it is much more complicated than the generally accepted method. By the way, Baryshnikov goes through the movements almost faultlessly. He has excellent coordination, and, besides, his discus ability is of great help. He can throw that beyond the 57-metre (187'0") mark."

In the 1972 USSR indoor championship, Baryshnikov was second with a put of 19.28/63'3 $\frac{1}{4}$ ". In four of his attempts he fell out of the circle: testimony to an insufficiently stable technique.

A week before Baryshnikov had placed second to European champion Hartmut Briesenick of the GDR with a personal best of 19.44/63'9 $\frac{1}{4}$ ". The new method made a big impression on Briesenick. "Evidently this style makes it possible to increase results fast," he commented. Joachim Spenke, coach of the GDR athletes said: "I believe that the new style has good prospects and is absolutely correct. It is not against any rules."

continued on page 20

THE BARYSHNIKOV SPIRAL



Evolution of World Shot-Put Record

15.54/51'0"	Ralph Rose (US)	1909	17.90/58'8½"	Fuchs	1950
15.79/51'9½"	Emil Hirschfeld (Ger)	1928	17.95/58'10½"	Fuchs	1950
15.87/52'0½"	John Kuck (US)	1928	18.00/59'0½"	Parry O'Brien (US)	1953
16.04/52'7½"	Hirschfeld	1928	18.04/59'2½"	O'Brien	1953
16.04/52'7½"	Frantisek Douda (Cz)	1931	18.42/59'5½"	O'Brien	1954
16.05/52'8"	Zygmunt Heljasz (Pol)	1932	18.43/59'5½"	O'Brien	1954
16.16/53'0½"	Leo Sexton (US)	1932	18.54/60'10"	O'Brien	1954
16.20/53'1½"	Douda	1932	18.62/61'1"	O'Brien	1956
16.48/54'1"	John Lyman (US)	1934	18.69/61'4"	O'Brien	1956
16.80/55'1½"	Jack Torrance (US)	1934	19.06/62'6½"	O'Brien	1956
16.89/55'5"	Torrance	1934	19.25/63'2"	O'Brien	1956
17.40/57'1"	Torrance	1934	19.25/63'2"	Dallas Long (US)	1959
17.68/58'0½"	Charles Fonville (US)	1948	19.30/63'4"	O'Brien	1959
17.79/58'4½"	Jim Fuchs (US)	1949	19.38/63'7"	Long	1960
17.82/58'5½"	Fuchs	1950	19.45/63'10"	Bill Nieder (US)	1960

As Performed By Its Originator

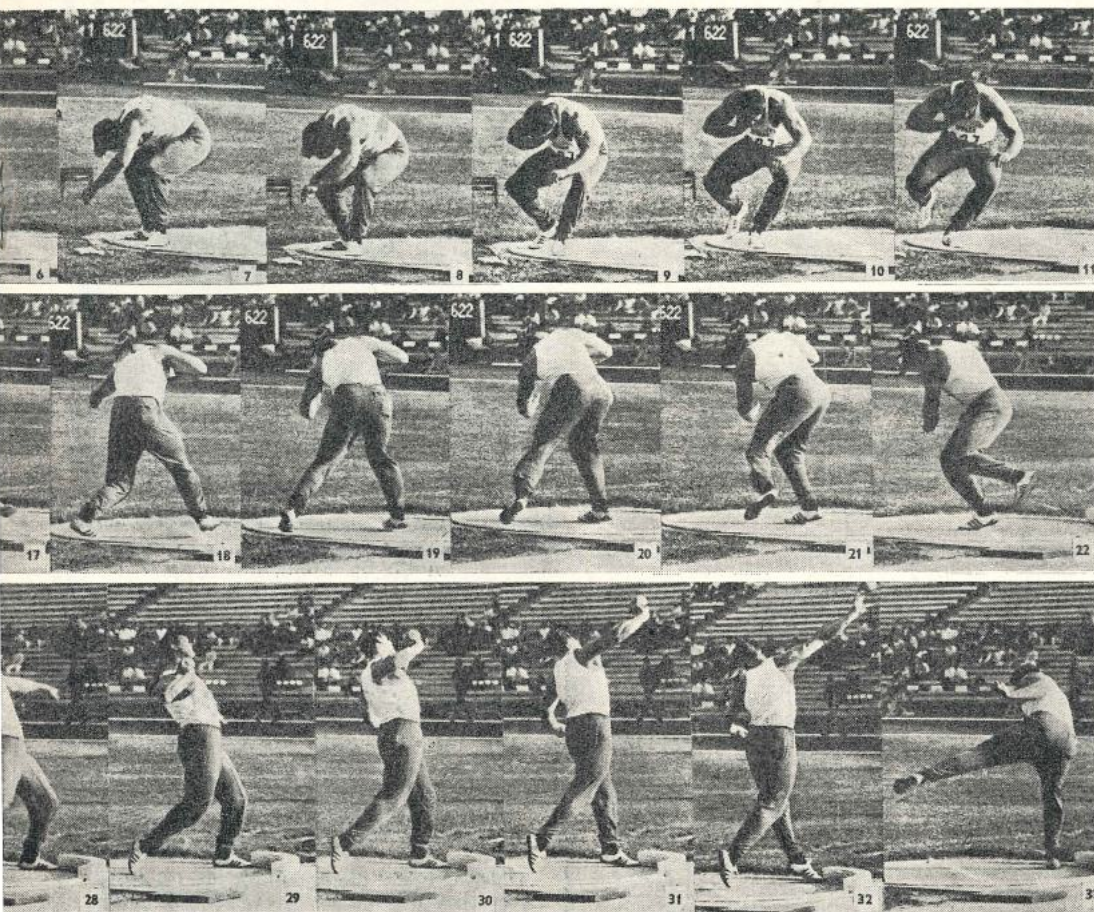


*Photo action-sequence of
Alexander Baryshnikov,
courtesy of the Soviet track and
field monthly.*

19.67/64'6 $\frac{1}{2}$ "	Long	1960
19.99/65'7"	Nieder	1960
20.06/65'10"	Nieder	1960
20.08/65'10 $\frac{1}{2}$ "	Long	1962
20.10/65'11 $\frac{1}{2}$ "	Long	1964
20.20/66'3 $\frac{1}{4}$ "	Long	1964
20.68/67'10"	Long	1964
21.52/70'7 $\frac{1}{4}$ "	Randy Matson (US)	1965
21.78/71'5 $\frac{1}{2}$ "	Matson	1967

World All-Time List

21.78/71'5 $\frac{1}{2}$ "	Randy Matson (US)	1967
21.54/70'8"	Hartmut Briesenick (EG)	1972
21.52/70'7 $\frac{1}{4}$ "	Al Feuerbach (US)	1972
21.38/70'1 $\frac{1}{4}$ "	George Woods (US)	1972
21.32/69'11 $\frac{1}{2}$ "	H-Joachim Rothenburg (EG)	1972
21.31/69'11"	Hans-Peter Gies (EG)	1972
21.18/69'6"	Wladyslaw Komar (Pol)	1972
21.01/68.11 $\frac{1}{4}$ "	Neal Steinhauer (US)	1967
20.97/68'9 $\frac{3}{4}$ "	Brian Oldfield (US)	1972
20.97/68'9 $\frac{3}{4}$ "	Jaroslav Brabec (Cz)	1972
20.92/68'7 $\frac{3}{4}$ "	Fred DeBernardi (US)	1972
20.71/67'11 $\frac{1}{2}$ "	Nagui Asaad (Egypt)	1972
20.68/67'10"	Dallas Long (US)	1964
20.60/67'7"	Dieter Hoffmann (EG)	1969
20.56/67'5 $\frac{1}{2}$ "	Karl Salb (US)	1970
20.54/67'4 $\frac{1}{4}$ "	Alexander Baryshnikov (USSR)	1972

BARYSHNIKOV SPIRAL continued

Baryshnikov's progress this year has been nothing if not spectacular, in spite of a poor performance at the Olympics where he failed to qualify with 18.65/61'2½". His best in 1971 was 19.20/63'0" for 41st place on the world list; in June 1972 he won against West Germany with a Soviet record of 20.54/67'4½", 12th best in the world for the season.

Sale Set Relay Record

SALE HARRIERS' attempt on the world record for the 24-hour 12-man relay narrowly missed the mark of 295 miles 269 yards set up by the USA Olympic squad (including Frank Shorter) in 1968. But the Northern club were rewarded by their efforts with a new World club best of 293 miles 378yds. at Crossford Bridge on October 7/8th. This was an improvement of 6 miles on their own 1971 figures.

David Farmer was the architect of the attempt, as he built inspiration and confidence, when first Doug Cockburn withdrew at midnight feeling unwell and John Davies pulled out as dawn was breaking on Sunday. To set new figures Sale had to average 48.20 for each 10 miles, and at midnight on Saturday were well inside the record schedule, passing the 150 point a few minutes beforehand. At this stage, Farmer was averaging 4.43, Steve Edmunds 4.43, Kelvin Breeze 4.46 and Fell specialist Adrian Watson, the slowest, 4.56. The night had now closed in, and was accompanied by a sudden drop in temperature. This played havoc with the times, the 10 mile stages averaging outside 50 minutes. It also claimed John Davies as a victim. The 1:46.7 800m man had struggled for 3 hours before a 5.22 mile signalled the end for him. Down to eight men, with rests now only 35 minutes apiece, the mile stints were in excess of 5 minutes even for Steve Edmunds, but the dauntless Farmer was churning them out in 4.51's! A large crowd gathered as noon approached on Sunday morning, and with the sun re-vitalising the runners, sub-5 minute miles became common once again. The old club best was obliterated with 30 minutes still to go. The team, with average times, was: Dave Farmer (4:45.8 for 32M), Kelvin Breeze (4:51.4 for 32), Steve Edmunds (4:52.1 for 32), Mike Delaney (4:55.6 for 32), Dai Davies (4:58.2 for 32), Norman Carrington (4:56.5 for 31), Dave Fossati (4:59.8 for 31), Adrian Watson (5:03.7 for 31), John Davies (4:51.9 for 26), and Doug Cockburn (4:47.3 for 14).

At midnight on the Saturday, a Sale team attempted to create inaugural figures for a 12-hour 10-man Boys and Youths events. The Youths soon ran into trouble after 66 miles in 6 hours when they were forced to retire, but the Boys team, led by Billy Painter, were in great form. They reached 134M. 264y at the end of their 12-hour grind. The team was: Billy Painter, Paul Gayter, Phil Gayter, Rory Gilbert, Lol Parker, Phil Boswell, Roy Lang, Gary Reid, Jonathan Harrop and Steve Walton.

J. M. Frost



Brian Oldfield (USA), using conventional technique, placed 6th in Munich with 20.91/68'7½". In pre-Games training he hit 21.92/71'11" with a spinning style—though he fell out of the circle.

Tony Duffy

NEW FROM TIGER!

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Australia's Olympic "Fiasco"

I SHOULD have liked to begin a discussion of the Australian men's team's results in Munich with an accolade for a medal won, or a record broken, or an improvement on a personal best performance, or even a good try, but I can't find one. Of the twelve men selected, two, Farrington and Gardiner, never reached the plane, three failed to reach the qualifying mark in their event and took no more part in the proceedings, four didn't get past the first round of their race and were eliminated, Peckham qualified for the final of the high jump but there is nothing more to relate. Two actually managed to get through to the semi-finals where Fisher came a despondent fifth and Knoke mistook an echo for the recall gun and lost all chance of making the final. Derek Clayton finished thirteenth in the marathon, which certainly was not a disgrace, until you remember that he is supposed to have run the fastest marathon around. Kerry O'Brien lost a shoe, and one could feel that he was desperately unlucky to have such an unlikely thing occur, until one remembers that he also fell in the Edinburgh Games, and one wonders if that is too much of a coincidence to be plain misfortune.

By BETTY MOORE
ex-world 80m hurdles record holder

At least the women can hold their heads a little higher, because Raelene Boyle came home with two silver medals and I "tips me lid" to her. She ran as fast as she has run this season in the 100 metres, took 0.25 seconds off her 200 metres time and broke the Australian and Commonwealth record to boot. She was beaten by a State-sponsored athlete, from a country where sport has been substituted for religion. Nobody could ask more of her.

Charlene Rendina, sent to Munich as a second string 400 metres runner, exceeded all expectations by running a personal best time which was a new Olympic record, albeit only for a short time. Her sixth placing in the final was far more than we had hoped of her and her performances were meritorious. The same can be said of Jenny Orr. Although she was eliminated in her heat of the 800 metres, she ran a personal best time, and in her first string event, the 1500 metres, she lopped an unbelievable 7.6 seconds off her best time, to reach the final. Her eighth place in the final reflected her lack of international experience only.

We must commiserate with Pam Ryan, who missed out on the hurdles medal she had made a comeback hoping to win. After her world record run a few months ago, she was expected to win but luck wasn't with her. Every Olympic hurdles final is a close one, and the draw often plays a vital role. Pam drew an outside lane and that was enough to tip the scales against her. The

winner, only 21, was a youngster, but it wasn't age that beat Pam (the bronze medal winner, Karin Balzer, is just as old and has a 5-year-old son). A better lane may have made the difference.

Cheryl Peasley ran a personal best in her 800m heat, but couldn't do any better for the semi-final. But there the list of good performances ends. What of the other seven members of the team? Judy Pollock re-injured her torn muscle, but after all we knew she couldn't run well after such a long lay-off. Penny Gillies broke a bone in her foot and spent many boring hours just sitting around in her room, but she, Maureen Jones (née Caird), Alison Ross-Edwards and Marion Hoffman couldn't get past the first round of their events, while Lyn Tillet and Erica Nixon failed to qualify in the long jump. Tillet's sixteenth place in the pentathlon hardly alleviates the gloom.

Well, what happened?

No doubt this question is exercising the minds of the powers-that-be right at this moment and I hope they can come up with a few answers and a few reasonable solutions to Australia's problems.

One obvious solution is the provision of an all-weather track so that the problem of the changeover from grass or cinders to all-weather is eliminated, and the risk of injury related to this changeover is minimised. But I should like to add here a few other possible solutions to these problems which have come to me as a result of my experiences in athletics overseas. I am probably one of the few Australians privileged to have competed under both the Australian system and the hurly-burly of European competition and perhaps my thoughts as a result of this combined experience may be of some use to the officials whose task it is to learn something from this fiasco.

Firstly, which countries did manage to get their athletes to the Games fit and at their peak performances? Russia and America, of course, helped not a little by their vast resources of manpower and money. Iron Curtain countries like East Germany, who surely were the most successful athletic nation of the Games, did so too, but their system of treating people like machinery is repugnant to our democratic minds. Two other countries also seemed to manage the miracle—Finland and West Germany.

Finland has long been the home of distance runners—and not just the home-grown ones, but all nationalities want to run in Finland, because of its superb facilities. They have catered for their athletes by building good tracks and, what is more important, good training facilities. The same can be said of West Germany; they have some superb tracks, both indoors and out, and their training facilities not only are good, but are in constant use.

Well, so what. We know Australia lacks these

facilities and our first priority should be to provide some. But there are other factors which should be considered also.

Let's look at the coaching system in use not only in these countries but in every European country. And not just in Europe. What about in Kenya, the most rapidly improving athletic nation today? The athletic coaches are just that, coaches who know athletics from A to Z. They are professionally trained physical education specialists, who have spent time learning physiology, cybernetics, physics, kinesiology, psychology and a host of related topics. But they have not left it there. Each year they attend coaching conferences in their own countries and then some go on to international conferences, where the latest techniques are dissected and discussed.

Just compare this with our system. And please remember that I also claim to be a coach, so all my remarks apply to me equally well. Our coaches are part-time amateurs, with no professional training whatsoever. Very few have done any tertiary education, and what little they have done has been in their own professions and therefore unrelated to physical education. To my knowledge, an Australia-wide coaching conference has never been held successfully, and no Australian coach has ever been to an international conference—why? Because the coaches that we do have—and I know just how much time and money and energy they spend on their athletes and I'm not knocking this—are not willing to share what little knowledge they have, and of course the cost of going to an international conference is prohibitive, even if we had somebody qualified enough to send. Let's pool what knowledge and experience we do have, and then with this as a basis, go forward into modern techniques, helped by modern know-how and technology.

One of the few opportunities for learning the latest overseas ideas is at the Olympic Games, and I hope the coaches we sent made the most of their time. Henri Schubert was an ideal choice for this. He had no language problem, I have always found him to be well acquainted with modern trends and I'm sure his visit will have been of benefit to him. Ken Steward was probably handicapped by language difficulties and no doubt did his best. But neither of these men are physical education specialists and therefore lack the basic intellectual requirements to understand much of the modern phraseology. And so do I, and most of the coaches I know, I hasten to add. Somehow this must be changed, and a system similar to the British one, where the BAAB employs professional coaches to train the amateur enthusiasts. I know this will take time (and money) but unless we begin now, Australia will slip further and further behind.

And I have one other suggestion, almost as heretical. Let's take a fresh look at the athletes' set-up.

All Australian athletes, good or bad, seem to get bogged down in our system of inter-club competition. We need this system, because it is the grass-roots of our sport, but it just has to be

supplemented with something more inspiring to bring up our top athletes and give them better, high class competition. One obvious way to do this is with overseas trips, but I fully accept that these are expensive and time-consuming. Nevertheless, such trips have to come, and the authorities will have to do their utmost to see that they do come.

Closer to home, I feel we could incorporate some of the ideas which have been so successful in West Germany, Britain, France, etc. Firstly, let's scrap a few weeks of this precious inter-club competition and arrange an Australia-wide inter-club competition, perhaps sponsored by an enterprising company, so that the top clubs from all over the country could get together and compete. Such competitions and trophy meetings are very successful in Britain and West Germany and clubs are anxious to be considered good enough to compete in this type of meeting, thus encouraging a better overall standard in every event.

Secondly, let's copy the system which has brought such success to West German athletics. Once a month, winter and summer alike, the top 20 athletes in each particular event are brought together for a weekend, to train together, compete together, relax together, learn together and, obviously, improve together. A coach is appointed for each event, he or she recruits helpers in their specialist fields and lectures and training programmes are devised. The same system is used with the top junior athletes, so that they receive this high class, high pressure grooming as soon as they show promise. Can you imagine what an improvement we would see, particularly in the Cinderella events, if all the knowledge and experience that we do have in Australia was combined and brought to bear on a group of the best athletes from all States? Nobody knows better than I do, just how much you can improve your performance with high level, competitive training. Why can't the States forget all their rivalries, why can't the officials put all their efforts into the organisation of this scheme (perhaps not on such a grand scale), why can't the coaches stop hoarding the small amount of know-how which they do possess and allow the resulting summation of their experiences to be used to help improve the performances of Australia's top athletes? The athletes, probably very warily at first, will soon reap the benefit of meeting their erstwhile rivals from other States, and go back to their own coaches full of new ideas and renewed enthusiasm.

These are just a few suggestions for improving the local athletic scene. I know I'll be considered bumptious for even hinting that changes need to be made, and I'm well aware that any changes will cost money, but isn't somebody willing to take up my ideas and do something to help Australian athletes to be able to compete on an equal basis with their overseas rivals?

If nothing is changed, we can only slip further behind.

(Reprinted courtesy of "Australian Amateur Athletics".)

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GASTON'S RECORD PACE

Here is how Gaston Roelants' kilometre splits compared with his previous record (1966) when he set new world figures of 57:44.4 for 20km and 20,784m in the hour in Brussels on September 20th. Roelants' time at 10 miles was 46:06.4, behind the world record 46:04.2 by Willy Polleunis, who went on to cover 20,518m in the hour.

Km	1966	1972
1	2:58.0	2:51.4
2	5:51.8 (2:53.8)	5:41.6 (2:50.2)
3	8:49.0 (2:57.2)	8:34.0 (2:52.4)
4	11:46.8 (2:57.8)	11:28.4 (2:54.4)
5	14:46.6 (2:59.8)	14:19.0 (2:50.6)
6	17:38.6 (2:52.0)	17:15.0 (2:56.0)
7	20:32.8 (2:54.2)	20:00.0 (2:45.0)
8	23:27.0 (2:54.2)	23:01.0 (3:01.0)
9	26:21.0 (2:54.0)	25:54.0 (2:53.0)
10	29:13.8 (2:52.8)	28:44.0 (2:50.0)
11	32:10.8 (2:57.0)	31:34.0 (2:50.0)
12	35:06.0 (2:55.2)	34:32.0 (2:58.0)
13	37:56.0 (2:50.0)	37:21.0 (2:49.0)
14	40:47.0 (2:51.0)	40:08.0 (2:47.0)
15	43:32.8 (2:45.8)	43:06.0 (2:58.0)
16	46:32.0 (2:59.2)	45:54.0 (2:48.0)
17	49:26.0 (2:54.0)	48:58.0 (3:04.0)
18	52:19.0 (2:53.0)	51:53.0 (2:55.0)
19	55:14.0 (2:55.0)	54:49.0 (2:56.0)
20	58:06.2 (2:52.2)	57:44.4 (2:55.4)
1 hour	20,664m	20,784m

COURSE WELL SUPPORTED

The Southern Counties WAAA and the Sports Council held their joint Young Athletes' Coaching Course at Crystal Palace on October 21st, and it was well supported by 86 girl athletes. On the Staff were: Frank Harrington and Fred Housden (Hurdles); Ken Wolcott (long jump); Jim Alford (javelin); Otto Feldmanis (discus); Frank Beldam (shot); Ron Murray (high jump) and Frank Horwill (middle distance). The course administrator was George Stratford. It was extremely cold but dry and the sun did filter out during the afternoon, allowing some intensive outdoor sessions to take place. Loop films were shown and discussed though there was an almost total absence of lectures as coaches preferred to work in with their athletes, imparting advice and technique on a particular basis. Ron Murray used Olympic high jumper Penny Dimmock as a demonstrator. George Stratford said he was very satisfied with the smooth running and obvious success of the day: "I know most of these young girls will have learned something of benefit to them. Failing that, they will at least have worked a bit harder on a Saturday than they perhaps usually do".

D.C.

The engagement was announced on October 21st between Janet Eynon of Croydon Harriers and Mike Mahoney of Blackheath H.

BRITISH ATHLETICS LEAGUE

AFTER four years of highly successful competition the National Athletics League has changed its name to the British Athletics League. This change, decided at the Annual General Meeting of clubs held in London on October 15th, reflects the presence of 2 Welsh and 2 Scottish clubs in the 24-strong league.

At the AGM the following elections were made for 1973: Chairman—Tony Ward; Secretary—Peter Lenton; Deputy Chairman—Jim Frewin; Club Cup Secretary—Vic Clopet; Divisional Secretaries: 1, Paul Owen; 2, Mike Smith; 3, John Jackson; 4, George Kirby; Registration Officer—Malcolm Warburton; Publicity Officer—Peter Matthews; Programme Editor—Bob Sparks.

Tony Ward made a presentation to Robert Stinson, Chairman for the first four years of the league, in recognition of his services to the league. Tommy Kingston of Singapore Airlines, who helped to sponsor the final Division One meeting in 1972, presented pennants to each league club and cheques for the purchase of equipment

to the winners of each division—£50 to Cardiff AAC (Division 1), and £25 each to Hillingdon (Division 2), City of Stoke (Division 3) and Achilles (Division 4).

The meeting was told of the enormous amount of travelling undertaken by some clubs to take part in League fixtures—in the four years of the League, Edinburgh Southern Harriers have totalled 8032 miles and Cardiff AAC 4692.

Details were released at the meeting of plans for the British Athletics Club Cup. This will be a knock-out competition open to all clubs in Britain. Each club will enter one athlete per event, and the programme will contain all the standard men's events. There will be no restriction on the number of events that any one athlete may attempt. Depending upon the number of entries there will be a minimum of three rounds, starting on a regional basis and culminating in a dramatic final, provisionally scheduled for Sunday, September 2nd at Crystal Palace.

The venues for the 1973 League fixtures were agreed as:

	12 May	2 June	30 June	23 July
Division 1	West London	Wolverhampton	Cwmbran	Edinburgh
Division 2	Warley	Newham	Southampton	Salisbury
Division 3	Liverpool	Chiswick	Bristol	Enfield
Division 4	Wimbledon Pk.	Edinburgh	Norbiton	Nottingham

Peter Matthews.

BRITISH ATHLETICS CLUB CUP

RULES

1. **Object.** To provide an inter-club competition for athletic clubs in the United Kingdom and by so doing improve the standard of individual athletic performance.

2. **Rules of Competition.** There shall be a minimum of three rounds culminating in a final constituting 8 Clubs.

3. Entry shall be to any athletic club in England, Wales, Scotland and Northern Ireland.

4. There will be one competitor per club per event.

5. In each competition there will be the following events: 100 Metres, 200 Metres, 400 Metres, 800 Metres, 1,500 Metres, 5,000 Metres, 10,000 Metres, 110m Hurdles, 400m Hurdles, 3,000m Steeplechase, 4 x 100m Relay 4 x 400m Relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw.

6. The scoring shall be as follows: All events including relays 9, 7, 6, 5, 4, 3, 2, 1.

7. The Clubs must submit their nominated teams and general reserves to the Secretary not later than first post on the Monday preceding the meeting giving current best performances of each athlete.

8. Competitor must be a first claim member, eligible to compete in open competition by the midnight prior to the relevant round. In the event of a competitor competing whilst ineligible in accordance with this Rule all points obtained by him shall be null and void, in addition his club shall suffer a penalty of 25 points for every such occasion.

9. Club vests must be worn. Competitors not wearing club vests will be debarred from competing.

10. There shall be six trials for all competitors in the throwing events and the long jump and the triple jump. Athletes must be present for each trial when required in all field events otherwise such trial shall be forfeited.

11. The Management Committee shall appoint the officials for the semi-final and final rounds.

12. The Management Committee shall draw up a programme of events to be followed at each meeting. Certain initial events will be allowed but these will be strictly at the discretion of the Management Committee. The qualifying conditions for advancement into the semi-final or final will be notified to all clubs prior to the meeting concerned.

NORTHUMBERLAND & DURHAM LEAGUE (Handicap)

At South Shields, October 14th

1, D. Gray (Morpeth) 33.42; 2, P. Bentley (NSP) 34.29; 3, W. Watson (S'well) 35.12; 4, D. Kelly (S'well) 35.44; 5, D. Lawther (NSP) 35.56; 6, J. McMahon (Durham Cty) 36.10; 7, A. Morgan (S'well) 36.44; 8, N. Brown (NSP) 36.48; 9, B. Foster (Gates) 36.56 (30.56); 10, W. Robinson (Gates) 37.06 (31.06); 11, R. Patterson (Blaydon) 37.08 (31.08); 12, B. Kirkley (S. Shields) 37.09 (31.09); 13, M. Frazer (S. Shields) 37.13 (31.13); 14, M. Bateman (Morpeth) 37.26 (31.26); 15, D. Poste (Gates) 37.46 (34.46). **Teams:** 1, Gateshead 106; 2, Morpeth 143; 3, Gosforth 184; 4, Saltwell 202. Fastest: Foster 30.56, Robinson 31.06, Patterson 31.08.

Youths

1, T. Dawson (Saltwell) 17.39; 2, D. Roberts (Jarrow & H) 17.40; 3, A. Richardson (S. Shields) 17.44; 4, C. Chapman (NSP) 17.56; 5, M. Burn (NSP) 17.56; 6, P. Spurr (S'well) 18.02; 7, A. Wynn (S'well) 18.13; 8, J. Colquhoun (Blaydon) 19.04; 9, A. Amos (Gates) 19.09 (17.09); 10, G. Rippon (S. Shields) 19.24. **Teams:** 1, Saltwell 14; 2, Gateshead 42; 3, Blaydon 48; 4, Morpeth 61. Fastest: Amos 17.09, Dawson 17.39, Roberts 17.40.

Boys

1, S. Nicholson (Blyth) 9.46; 2, I. Davison (S'well) 9.48; 3, A. Wears (Jarrow) 9.53; 4, R. Pickard (Jarrow) 9.54; 5, R. Adams (NSP) 9.55; 6, R. Fox (Heaton) 10.12; 7, S. Beckwith (Jarrow) 10.16; 8, B. Borsberry (Jarrow) 10.19; 9, D. Johnston (S. Shields) 10.21; 10, K. Johnson (Elswick) 10.23. **Teams:** 1, Jarrow & Hebburn 14; 2, South Shields 36; 3, Blyth 40; 4, North Shields Poly. 57. Fastest: J. Mills (Gates) 9.21, D. Fairhurst (Blyth) 9.42, C. Jones (SS) 9.44.

Colts

1, S. Parr (Gateshead) 10.42; 2, D. Stewart (Blaydon) 10.48; 3, G. Smith (Jarrow) 10.52; 4, S. Edge (Elswick) 11.01; 5, B. Rowe (S'well) 11.02; 6, K. Harmiston (Blaydon) 11.05; 7, D. Broviner (S'well) 11.05; 8, P. Pilkington (Gates)

11.10; 9, G. Maddison (Gates) 11.11 (9.51); 10, J. Bell (S. Shields) 11.13. **Teams:** 1, Gateshead 18; 2, Blaydon 22; 3, Jarrow & H. 28; 4, Saltwell 39. Fastest: L. Maddison 9.51, A. Foy (Jarr) 10.16, G. Lisgo (Gates) 10.19.

Women

1, A. McCabe (Blyth) 12.06; 2, A. Johnstone (Houghton) 12.24; 3, N. Campbell (Duns) 12.39; 4, S. Rutherford (S. Shields) 12.46; 5, J. Mulvenna (NSP) 12.50; 6, L. Cook (Blyth) 12.52; 7, F. Wishart (NSP) 12.53 (10.53); 8, V. Browne (Blay) 13.00; 9, S. Smith (NSP) 13.03 (11.03); 10, G. Sharples (Blyth) 13.13. Fastest: Wishart 10.53, Smith 11.03, G. Merritt (H'ton) 11.34.

HIGH JUMPERS SOUGHT

The High Jumpers Club of Great Britain would like to establish contact with the high jumpers mentioned below. Write to Ron Murray, 11 New Farm Avenue, Bromley, Kent, enclosing an S.A.E.—N. McGregor (Lough C), A. Bell (NSP), N. Phipps (Woking), R. Danville (Notts), M. Duff (RAF), Hebburn (RAF), M. Nangreave (Wolv. & Bilston), M. Cummings (Cardiff), I. Moxon, M. James (Windsor), D. Guild (Lough), K. Maguire (Monkland), D. Flett (Edinburgh AC), J. Roberts (Queen Mary's C); M. Harrison (St. Edward's Sch), R. Pearce (Millfield Sch), R. Doherty (St. Phillips Sch), C. Greenaway (Woodford Green), A. Munnings (OUAC), R. Stallard (Rossall Sch), S. Bayston (Wallington Sch). (Women) S. Hayes (Harlow), S. Mapstone (Harlow), K. Allison (Stretford), G. Lansdowne (Leicester C), N. Holliday (Chelmsford), N. Njoku (Stretford), G. Price (LOAC), H. Brown (Notts), J. Crouchley (Stretford), P. Cox (ESH), H. Thomson (ESH), C. Black (Maryhill), P. Robinson (VPAAC), B. Thomson (Grangemouth Oly), P. O'Neill (VPAAC), M. Cooke (Maryhill), M. Brown (Maryhill), P. McQuade (Bellahouston), J. Hall (Grangemouth Oly).

Second in the 1500m at the Arbiter Trophy at Solihull on September 30th was J. Haigh (Yorkshire) in 4:48.3 and not G. Howarth, as published.

CLUB CUP continued

13. In the event of Clubs tying on points the team with the highest number of first places will be deemed the winner.

14. The results of each meeting must be posted to the BRITISH ATHLETICS CLUB CUP organiser within two days of the competition.

15. Any protests, appeals or irregularities concerning any Cup meeting shall be notified to the MANAGEMENT COMMITTEE in writing within 14 days of the competition to which such protest relates; any such matters shall be dealt with by the Management Committee whose decisions, except as otherwise provided by AAA Laws, shall be deemed final.

16. Under no circumstances shall guest competitors be allowed in BRITISH ATHLETIC CLUB CUP events.

CAMBERLEY & DISTRICT A.C.

LADIES ANNUAL CROSS-COUNTRY MEETING CHOBHAM COMMON (Nr. WOKING) SATURDAY, 2nd DECEMBER

**Changing accommodation at Chobham
Youth Centre**

**MINORS 1½M approx. JUNIORS 1½M approx.
INTERS 2M approx. SENIORS 2½M approx.**
Trophy and Medals winning team in each,
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ENTRIES CLOSE NOVEMBER 25th

Overseas News and Results

SANEYEV REGAINS WORLD TRIPLE JUMP RECORD

TWICE Olympic triple jump champion Viktor Saneyev jumped 17.44/57'24" at Sukhumi on the Black Sea coast on October 18th. This was four centimetres (1½") better than the world record set last year by Pedro Perez (Cuba). Saneyev was taking part *hors concours* in the cup competition for young jumpers instituted by him. The contest was won by 19-year-old Anatoliy Piskulin of Leningrad, who also set a European junior record with 16.56/54'4"—two centimetres better than the record of Soviet athlete Nikolay Dudkin.

Saneyev, who was 27 on October 3rd, has kept in good form since his Munich victory. At Sukhumi he jumped over 17 metres (55'9¼") in all six attempts.

A student of the Tbilisi (Georgia) Institute of Physical Culture, Saneyev graduated from the Sukhumi Institute of Subtropical Cultures two years ago and received the diploma of agronomist. He is studying now to get a better knowledge of ways of achieving higher results in athletics and hopes to become a coach. The cup competition, which is contested in Sukhumi every October, was instituted by him in 1969, a year after his victory at the Mexico Olympics. The present world record is far from the limit, in Saneyev's opinion. Even before the Munich Olympics he said he thought it would be necessary to clear 17.50-17.60 metres (57'5"-57'9") to win.

EUROPEAN RESULTS

14.8. Leningrad (USSR). 50kmW: Bondarenko

4:03:45.8, Schulgin 4:07:10. **19/20.8. Stockholm (Swe).** Dec: Sterner (b. 1952) 7647. **24.8. Helsingborg (Swe).** DT: Bruch 66.52/218'3". **29/30.8. Donetsk (USSR).** Dec: Berendsen 8000 (11.0, 6.98, 14.85, 1.91, 49.6, 14.9, 48.30, 4.40, 61.80, 4:29.2); women's Pen: Vorochonko-Kondrashenko 4359, Skolobanova 4320. **-9. Kharkov (USSR).** HT: Khmelevskiy 73.16/240'0", Pchakadse 72.40/237'6", Malyukov 72.02/236'3", Maksimov 71.48/234'6"; women's SP: Dolzhenko 19.35/63'6". **9.9. Malmo (Swe).** DT: (exhibition) Bruch 68.08/223'4". **10.9. Malmo.** DT: Bruch 68.58/225'0" (world record; 66.88, 68.58, 4 fouls). **13.9. Bucharest (Rum).** Women's DT: Catarama 59.54/195'4". **14.9. Helsingborg.** SP/DT: Bruch 19.46/63'10¼" & 61.54/201'11". **15.9. Stockholm.** Women's 3000: Knutsson 9:16.6 (rec); women's HJ: HEDMARK 1.63/5'4¼". **15.9. Tampere (Fin).** 1500: Vasala 3:49.3; 5000: Viren 13:49.0, Tuominen 13:54.2, Vaatainen 14:10.4; HJ: Pesonen 2.16/7'1"; SP: Yrjola 20.38/66'10¼" (rec); JT: Siitonen 80.18/263'1", Kinnunen 80.00/262'5".

16.9. Prague (Cz). TJ: Fiser 16.54/54'3¼". **16.9. Kladno (Cz).** SP: Brabec 20.40/66'11¼". **16.9. Szczecin (Pol).** Women's JT: Shigalova (USSR) 59.70/195'10". **16.9. Boras (Swe).** DT: Bruch 61.84/202'11". **16.9. Otaniemi (Fin).** Women's SP: Barck 16.20/53'1¼" (rec). **16/17.9. Belgrade.** (Yugoslav Champs) 200: Kocuvan 20.8 (rec); TJ: Spasojevic 16.27/53'4¼" (rec); HT: Stiglic 69.30/227'4"; women's 3000: Rajher 9:31.6 (rec). **17.9. Brno (Cz).** Women's SP: Fibingerova 18.92/62'1" (rec). **17.9. Antwerp (Bel).** Mar: O'Shea (RoI) 2:17:54. **17.9. Kusnacht (Swi).** Women's 100: Antenen 11.5 (eq. rec). **20.9. Oulu (Fin).** 400: Kukkoaho 46.0; 3000: Viren 7:49.0, Vasala 7:50.8, Malinowski (Pol) 7:51.2 (rec), Szordykowski (Pol) 7:54.4, Kantanen 7:58.0, Vaatainen 8:02.4. **21.9. Riihi-**



Ilona Gusenbauer, here competing in the Olympics, raised her best to 1.93/6'4" in Vienna on October 7th—a centimetre below Yordanka Blagoyeva's pending record of a fortnight earlier. Blagoyeva's series was: 1.72 (1), 1.76 (1), 1.81 (1), 1.88 (1), 1.91 (3), 1.94 (2), 1.96 (fail).

Tony Duffy

maki (Fin). 2000: Vasala 5:07.6 (rec), Viren 5:08.6.
21.9. Nokia (Fin). JT: Hovinen 81.12/266'2".

23.9. Offenburg (WG). 100: Nuckles 10.6, Evans (US) 10.7; 200: Nuckles 21.2, Evans 21.3; women's DT: Westermann 58.42/191'8". **23.9. Schielleiten (Aus).** HT: Sternad 69.74/228'10". **23.9. Jyväskylä (Fin).** 30km: Paukkunen 1:34:05.0 (rec). **23/24.9. Graz (Aus).** Women's Pen: Eva Janko 4228 (13.6, 14.22, 1.58, 5.33, 24.5), Gusenbauer 4223 (14.3, 12.48, 1.86/6'11", 5.62, 26.3), Prokop 4191 (13.6, 14.96, 1.70, 4.61, 24.8) (scored 4497 in Zurich in August: 13.5, 14.90, 1.67, 6.01, 24.8). **23/24.9. Constanza (Rum).** (Sweden 125, Rumania 86; Finland 128, Rumania 83) 3000SC: Kantanen (F) 8:35.0; TJ: Corbu 16.38/53'9"; SP: Simola (F) 20.01/65'7½"; HT: Schneider 66.80/219'2" (rec); (women—Rumania 88, Sweden 58; Rumania 88, Finland 58) 800/1500: Silai 2:05.6/4:19.2; DT: Manoliu threw 60.50/198'6" behind Menis's world record 67.32/220'10". **23/24.9. Zagreb (Yugoslavia)** 109, Spain 102). HT: Stiglic 69.64/228'6"; women's 800/1500: Amzina (Bul) 2:00.3/4:12.4; HJ: Blagoyeva (Bul) 1.94/6'4½" (world rec), Focic 1.66/5'5½"; LJ: Yorgova (Bul) 6.48/21'3¼".

24.9. Konz (WG). HT: Klein 71.30/233'11", Rieck 70.10/230'0". **24.9. Susice (Cz).** Women's SP: Fibingerova 19.05/62'6" (rec). **24.9. Kutna Hora (Cz).** HT: Bondarchuk (USSR) 74.84/245'6", Khmelevskiy (USSR) 73.02/239'7". **24.9. Aarau (Swi).** PV: Wittmer 5.00/16'4½" (rec). **24.9. Reggio Emilia (Ita).** 100/200: Mennea 10.2/10.3; 1000: Arese 2:20.0; 2000: Del Buono 5:00.0 (rec; 3rd on all-time list); women's 1000: Pigni 2:42.8; HJ:

Simeoni 1.80/5'10¼". **26.9. Prague (Cz).** HJ: Alexa 2.13/6'11¼", Tarmak (USSR) 2.13; DT: Danek 61.36/201'4"; women's SP: Fibingerova 19.18/62'11¼" (rec). **29/30.9. Palermo (Italy)** 130, Bulgaria 82). 100/200: Mennea 10.3/20.4; 1500: Del Buono 3:39.8; JT: Cramerotti 80.90/265'5". **30.9. Kelheim (WG).** HJ: Magerl 2.20/7'2½". **30.9. Solingen (WG).** SP: SEATORY 16.51/54'2".

1.10. Delmenhorst (WG). 50kmW: Weidner 4:02:52.2, Bjorkgren (Swe) 4:07:57.4, Ingvarsson (Swe) 4:12:24.6, Andersson (Swe) 4:12:33.4. **1.10. Schwetzingen (WG).** Women's 3000: Merten 9:22.0 (rec). **1.10. Essen (WG).** Women's HJ: Barbara Huhn (11) 1.56/5'1¼". **1.10. Helsinki (Fin).** 5000: Paivarinta ran 13:44.4 (not 13:34.6) behind Viren's 13:29.8. **1.10. Vienna (Aus).** Women's JT: Janko 60.48/198'5". **1.10. Weinbohl (EG).** 50kmW: Hohne 4:06:45.2. **7.10. Vienna.** Women's HJ: Gusenbauer 1.93/6'4" (rec). **14.10. Colombes (Fra).** 1 hr: Tijou 20,285m (rec; 59:12 at 20km—rec), Kolbeck 19,470m (61:41.2) ... Alain Mimoun (52) 18,040m (66:44.2).

The new address of Selsonia Ladies secretary is:—Mrs. Patterson, 4 Dingly Lane, Drewstead Road, Streatham, London SW16 1AY.

* * *

34th in the Greater London Women's League race at Haywards Heath on October 14th was M. Huggins (Selsonia) and not P. Robinson, as printed.

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N. IRELAND

ACHILLES BEATEN BY BALLYDRAIN

ACHILLES again had to yield the limelight to another club, this time Ballydrain, in the Larne Borough Council road relays on October 7th. The race consists of alternate legs of 4 and 2 miles for a total of 18 miles.

Gerry Hannon brought Achilles round in first place at the end of the first (4M) leg; the lead was maintained by Trevor Alderdice, but Dessi Martin (NBH) proved too strong for Kevin Morgan (Ach), over the second 4M leg. By the end of 10 miles North Belfast led Achilles by 1:22. This was neatly whittled down by Jim McGuinness with his 2M leg of 9.15. He handed over to John McLaughlin (Ach) who cut a 31 sec. deficit back by the first half of his 4M leg. By the end of his stint Achilles had an advantage of 30 sec. over Ballydrain who had now moved into second place mainly due to the inspired efforts of Tom Quinn who recorded a fast 9.25.

On the final leg Achilles opted for young Paul Lawther who had hardly recovered from illness, while Ballydrain had Ian Morrison up their sleeve. A seasoned performer, Morrison emerged into the finishing straight ahead of Lawther and into the arms of an ebullient Ballydrain contingent.

Coleraine Institute illustrated that they are still very much a force in schools' Cross Country and

Road Racing by scoring a convincing win in the Novice event. CAI schoolboy, H. McFaul, recorded the fastest individual time of 9.54, a time many Senior athletes would have been proud of.

Neill Morton

Senior Event

1, Ballydrain (T. Annett 19.59, F. Strickland 9.58, D. Price 20.39, T. Quinn 9.25, T. Price 20.00, I. Morrison 9.23) 88.34. 2, Achilles (G. Hannon 18.52, T. Alderdice 9.34, K. Morgan 21.11, J. McGuinness 9.15, J. McLaughlin 19.49, P. Lawther 10.06) 88.47. 3, North Belfast (M. Teer 19.00, J. Newberry 9.52, D. Martin 19.23, D. Wilson 10.06, M. Lavery 20.52, B. Mooney 10.12). 4, Willowfield T.H. (J. Moreland 19.34, J. Allen 9.51, D. Smith 21.35, E. Campbell 10.01, B. Murray 20.52, J. Skinner 10.23).

Fastest Legs: (4 miles) G. Hannon 18.52, M. Teer 19.00. (2 miles) J. McGuinness 9.15, I. Morrison 9.23.

Novices (4 x 2M)

1, Coleraine I. (H. McFaul 9.54, J. McKee 10.23, G. McCloskey 10.47, A. Adams 10.37) 44.41; 2, Willowfield (H. Murphy 10.22, P. Scott 10.38, M. O'Prey 10.51, ——— 10.33) 42.24; 3, Ballymena Acad. (N. McQuiston 10.28, D. Russell 10.48, R. Jack 11.00, ——— 10.40) 42.53.

Plans for Middle Distance Upsurge

REPRESENTATIVES of the Northern Ireland AAA, the local Sports Council, the BAAB and the British Milers' Club sat around the table in Tollymore Forest, Co. Down, to discuss the raising of Northern Ireland long and middle distance running to better standard. Parochialism was swept away and all eyes focussed on what was best for the event. The seminar was part of a Sports Council-backed NIAAA Long and Middle Distance Weekend at the Belfast Field Centre in Co. Down from October 13th to 15th.

In the Chair was the NIAAA chairman Les Jones (also a member of the BAAB), and he was joined by NIAAA secretary Ernest Wilson (the main organiser of the course); Sean Kyle, coaching secretary of NIAAA, Harry Wilson, National Long Distance Coach; Frank Horwill, SCAAA Staff Coach, and several prominent NIAAA Coaches. The theme of the Seminar was unity at all levels so that the maximum available resources could be put to their full efficiency.

Some of the plans include:—(1) Establishment of a sports injury treatment framework. (2) All Ireland competition to be encouraged. (3) Greater encouragement to young athletes to move from cross-country running only to more track racing. (4) Improved presentation of track meetings. (5) Training days on a national basis similar to BMC days, to be held every month. (6) Residential Training Weekends for the best athletes to be held every quarter. (7) The BMC to start a big

recruiting drive and to encourage athletes to obtain the qualifying standards. (8) The BMC to include leading Irish runners in race invitations in NW England and the South to provide better quality competition. (9) More instruction in the wider aspects of middle-distance knowledge.

The fifty athletes in attendance covered a total of forty miles over the weekend which included repetition running, paralaufs, hill running on the magnificent sand dunes of Dundrum beach, road-running and fartlek through the glorious and steeply inclined Tollymore Forest.

F.J.H.

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LETTERS

STEVE SMITH'S "FAILURE"

Dear Sir,

It is a measure of the respect and affection in which I hold your magazine that I am not often incensed by its contents. But one item in your October 14th issue did just that—the caption on your cover picture of Steve Smith which said "vaulted 5.50/18'0½" at US Olympic trials, 4.80/15'9" in Munich". This was intended to highlight the plight of American athletes who reached their peak at Eugene but flopped at Munich but you could scarcely have chosen a worse example.

Apart altogether from the unpredictable nature of modern fibre-glass vaulting (when an athlete can be clearing the bar by 18 ins. but still come down and dislodge it) Steve Smith, being an extremely well-built young man like our own Mike Bull, probably suffered more than most by the fiasco over poles. Certainly the conditions in the qualifying round differed totally from the final and the heights cleared are meaningless.

It is a matter of conjecture what Smith would have cleared in the final with a more familiar pole, had he qualified. What is certain is that at Edinburgh on September 16th at 8 p.m., with the temperature dropping rapidly, and condensation forming on the pole, Steve Smith showed that his Eugene performance was no flash in the pan (as your accompanying article by Dick Bank might suggest) by clearing a UK All-comers record of 5.35/17'6½"—surely one of the greatest vaults ever and certainly in those conditions. It was a performance which delighted Steve himself.

I subsequently had the privilege of spending some time in Smith's company and can honestly say that I have never met a finer ambassador of the United States nor a more dedicated athlete. America may have her problems—and from what I can gather some of the coaches with the US team (like some amateur officials some of us have encountered!) just went along for the trip—but as long as she is producing young athletes like Smith she will be a force to be reckoned with. And incidentally when they get round to handing out the medals at Montreal I'd put a few dollars on one Steve Smith, the guy who made good...

Sandy Sutherland,
Edinburgh

Sandy Sutherland is reading too much into the caption. I chose Steve Smith for the cover merely as an example of an athlete who achieved a great performance at the US Trials and an inferior one in Munich. No slight was intended for circumstances were against Smith at the Olympics, as they were against Ryun, Hart, Robinson, John Smith, etc. Nowhere have I referred to him as a flop or failure, nor do I consider him in that light—Ed.

MORE ON 4 x 400 RELAY TECHNIQUE

Dear Sir,

In the interests of amateur coaches throughout the UK, I should like once again to point out the way in which people in Mr. Le Masurier's position as principal National Coach deal with any criticism. Typical is the reply of Mr. Le Masurier, not to my article of September, 1971, but my letter of 1972 (4x400 Relay Technique), which I must presume disturbed his complacency. I shall go through his explanations one by one.

The method has been used since 1958 with modifications? That is 14 years ago; why even the speed of the individual runners is faster and therefore simplification in changing methods, if it can be found, is required. With regard to which shoulder one looks over? As most people would agree, it's as easy to assess the incoming runner's speed over either one. Next, the only man who can effect Mr. Le Masurier's change, facing the kerb with complete safety, is the man in lane eight, with no one outside him, and in lane one it would be the same providing the athlete were looking over his right shoulder. The suggestion that other athletes would be looking the other way will not wash at all.

Lanes 2, 3, 4, 5, 6 and 7 will always be hazardous because whichever way you are facing, in or out, there are always other runners on either side of you moving and often jostling. It is with these six lanes firmly in mind that I have fought for acceptance of my concept, because in those mêlées it is sheer folly for an athlete attempting to get away fast to have to pause and change a baton from one hand to the other. Now at Munich, Kenya in time difference were 0.7 seconds ahead of Britain. In practical application I have proved again and again that a minimum of 0.5 seconds on each of the three changes can be saved, often more. Do not think I am naïve enough to suggest we should have beaten Kenya using my method because the complexities of this particular event are manifold, but it is a thought, if nothing more.

The last part of Mr. Le Masurier's letter I simply cannot comprehend. I have checked carefully the article of last year and my letter of this and I can find no indication in either that I was under the impression numbers three and four run their legs of the long relay in lanes, and I have run in several of them in over 25 years of competition.

By his brief reply it is obvious he has only given surface attention to what I have said, because there are several factors where our respective methods come together.

1. We are agreed the first runner runs in lanes, so with that in mind my athlete carries the baton in his left hand, as against the present system of the right.

2. At the first changeover my second man takes the baton in his right hand, facing outwards of course. In this first change it would appear that even Mr. Le Masurier should be happy with the situation, because the change takes place in lanes as the second man covers the bend in this

manner. Result? We have effected a safe change in less time.

3. We come now to the second change and here surely we are in complete accord, because the third man is receiving in his left hand as Mr. Le Masurier advocates. Result? Again time saved without a second change required to the right hand.

4. We come to the last change now and here we differ. Not only from the point of view of saving time do I find taking the baton in the 'hurly-burly' of the last lap in the right hand superior, but also find it so obvious that it is better to be facing the opposition in the outer lanes and so avoid being 'barged' into as can easily happen when you are still half-turned from your opponents as you set off after looking over your left shoulder, as the people cut in as hard as possible for that first bend.

In closing, I would congratulate the four lads responsible for their great individual and team running in Munich. As *two*-handed baton changing goes, theirs was of the highest quality. My only insistence and hope is that future teams will have the opportunity of practising my method and in time come to realise as we did a quarter of a century ago in the sprint relay, that in the final analysis all baton changing is hazardous, that the most important features we must seek are saving of time and efficiency of the function.

If one accepts these two basic ingredients, then one must come back to one-handed baton changing. The one thing which must not be allowed to happen is that the winning of silver medals at Munich be allowed to justify an outmoded system to continue to be accepted at the expense of any idea which encourages progress. After all isn't progress and the pushing back of barriers what athletics at the very highest level is all about?

James Christie,
Senior Scottish AAA Coach

John Le Masurier comments: To re-iterate, the National Coaches do care about new ideas, but we are not convinced of Mr. Christie's time-loss figures, nor of his argument regarding the last runner. We will, however, continue to consider his suggestion along with other ideas which have been submitted to us.

RUNNING THE 400

Dear Sir,

With reference to Richard Wyer's letter, it is heartening to hear of a senior coach who, unlike most, is not obsessed by the "flat out over the first 200" cult so beloved in this country. Writers of coaching textbooks speak almost reverently about top-class runners who go through the first 200 within 0.5 sec. of a personal best as though it were a virtue, suggesting to the reader that this is the way to run. Personally, I think that to run say a 46 sec. quarter by doing 21 and 25 is idiotic.

For a host of physiological reasons this method is inefficient and an athlete tackling a 400 in this manner does not **run a 400—he runs 300 and**

staggers the remainder. Young athletes should not be encouraged to race this way. Although it may produce a personal best early in their career the long term effect leaves a lot to be desired, as Mr Wyer pointed out, using Brightwell and Jenkins as examples.

Mike Larrabee, as an experienced international and Olympic champion, tried many ways of running the 'quarter' before eventually learning that near even-pace was the best method. So should we not pay some heed to his findings?

D. Cooper,
Croydon Harriers

Dear Sir,

Richard Wyer's comments on 400m training and racing (October 21st issue) make me wonder whether the verdict on our recent Olympic performances could not be: 'over trained—under psyched'.

No one trained harder than Brightwell, who was probably the fittest man on the squad, but it was his mental preparation that was found wanting, although he more than made up for this in the relay. Dave Jenkins, with a style reminiscent of Adrian Metcalfe, offered a curious parallel and while obviously possessing great talent appeared to be fighting himself rather than his opponents much of the time.

Godfrey Brown, the 1936 Olympic 400m silver medallist, was an advocate of the even paced 400m, at least during the early part of his career, and used this plan of attack in the Olympic final. As to style, over the body of the race Brown advised a 'sitting down' posture, keeping a low centre of gravity and relying for drive on a vigorous thigh swing and easy arm carriage—the 'floater's' natural way of running.

Discussions on sprinting techniques seem a neglected field, most books and articles on the subject tending to provide ample material on starting and finishing but not much in between. Perhaps coaches feel that no good purpose would be served by analysis of what should come naturally—like the case of the American coach who, when asked what he would do when a sprinter of obvious Olympic potential arrived on his squad, replied: "Nothing, apart from getting down on my knees to offer up thanks."

P. Weaver,
Croxley Green, Herts.

RELAYS OMITTED

Arthur Gold points out that the figures given by Tom McNab regarding the British Munich finalists were incorrect. The UK had 10 men's finalists (not 9) and 6 women finalists (not 4). This includes the 3 relays.

Nottingham AAA Officers: President, K. Hazzledine; secretary, A. Smith, 261 Broxtowe Lane, Aspley, Nottingham; treasurer, J. W. Knight; team manager, W. J. Ferguson; champs. sec., J. Surgey, 27 Rushford Drive, Fernwood Crescent, Wollaton, Notts.

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Scottish Results

Edinburgh SH Road Relays, at Fernieside, September 30th. 1, Victoria Park (D. McMeekin 12.17, H. Barrow 12.21, C. Youngson 11.53, P. McLagan 11.58) 48.29; 2, Edinburgh SH (I. Elliott 12.00, G. Brown 12.31, A. Hutton 12.22, D. Macgregor 11.59) 48.52; 3, Falkirk Victoria 50.01. (Youths & Boys) 1, Paisley 48.44; 2, Springburn 48.53; 3, Vale of Leven 49.39.

Scottish Women's League, at Larkhall, October 14th. 1, P. Gunstone (née Lindsay) (Dundee) 28.10; 2, P. Spence (Greenock) 28.15; 3, E. McCulloch (Bella) 29.01; 4, S. Dunn (Larkhall) 29.07; 5, M. Brown (Lark) 29.46; 6, E. Brown (VP) 30.07. **Teams:** 1, Larkhall 23; 2, Greenock Rankin Pk. 28. (Inters) 1, M. O'Boyle (VP) 17.46; 2, M. Murphy (St. M.) 3, A. Dunnigan (EAC). (Girls) 1, A. Cherry (F'house) 9.30; 2, L. Todd (G'mth O); 3, A. McKenna (VP).

Scottish Veterans 25km Road Race, at Bishop-ton, October 15th. 1, W. Stoddart (Greenock W) 1:21.25; 2, W. Marshall (M'well) 1:27.53; 3, R. Calderwood (VP) 1:28.25. (Over 50) A. Forbes (VP) 1:36.12. (Over 60) E. Farrell (M'hill) 1:41.17. **Handicap:** R. Smith (35.00) 1:16.14. Pat Spence of Greenock Rankin Park, former Scottish Women's CC Champion, completed the course in 1:46.11.

Renfrewshire CC Relay, at Glasgow, October 14th. 1, Greenock Glenpark (R. Hodelet 12.28, L. Spence 12.17, J. Smith 13.40, A. Law 13.34) 51.59; 2, Paisley 52.20; 3, Bellahouston 53.18; 4, Glasgow Police 53.31; 5, Greenock Wellpark 53.32; 6, Bellahouston 'B' 55.36. **Fastest:** L. Spence 12.17, Hodelet 12.28, D. Harvey (Pais) 12.37. (Youths) 1, Greenock Glen. (A. Robertson 8.33, J. Hoey 9.06, D. Gormley 8.33) 26.12; 2, Eastwood HS 26.59; 3, Paisley 27.14. **Fastest:** A. Robertson & D. Gormley 8.33. (Boys) 1, Greenock Glenpark (D. McGuinness 5.32, H. Cox 5.13, P. McCarny 5.50) 16.35; 2, Eastwood HS 16.46; 3, Green Glenpark 'B' 16.54. **Fastest:** Cox 5.13. (Junior Boys) 1, Green Glenpark (A. McIntosh 5.58, G. Grant 6.06, E. McDonald 6.02) 18.06; 2, Green Glen. 'B' 19.08; 3, Paisley 19.36. **Fastest:** McIntosh 5.58.

Lanarkshire CC Relay, at Coatbridge, Oct. 14th. 1, Law & Dist. (A. Brown 12.13, D. Simpson 12.26, T. McCann 12.03, A. Brown 12.16) 48.58; 2, Springburn 49.58; 3, Cambuslang 50.43; 4, E. Kilbride 50.54; 5, Shettleston 50.56; 6, Larkhall YMCA 51.21. **Fastest:** J. McLuckie (Larkhall) 11.55, R. McCay (M'well) 11.56, McCann 12.03. (Youths) 1, Springburn (J. Lawson 12.16, P. McKerracher 13.06, J. Fleming 12.46) 38.08; 2, Shettleston 39.27; 3, E. Kilbride 40.58. **Fastest:** J. Graham (M'well) 12.05. (Boys) 1, Shettleston (J. Owens 8.41, M. Muir 8.28, D. Easton 8.47) 25.56; 2, Law 26.36; 3, East Kilbride 26.50. **Fastest:** K. McCartney (Law) 8.26. (Junior Boys) 1, Cambuslang (S. Cameron 9.09, D. Henderson 9.18, C. Shepherd 9.24) 27.51; 2, Springburn 28.16; 3, E. Kilbride 28.53. **Fastest:** S. Cameron 9.09.
Colin Shields

WALES

BIG ENTRY FOR 40M TRACK RACE

TODAY, 28th, the Nos Galan Committee's 40 miles track race starts at 10 a.m. at Maindy Stadium, Cardiff. A huge entry has been received, more than 30, so last-minute offers of help as recorders will be gratefully received. Next Saturday morning, Nov. 4th, the Welsh AAA Executive Committee meet to consider propositions for a venue for a new athletics stadium in Cardiff. It has now been conceded that Maindy Stadium cannot reasonably be brought up to scratch and a new stadium is now on the cards. The Development Committee will make their report to guide the meeting. The same afternoon the Gwent League (2) goes on at Bridgend.

Over 600 took part in the Gwent League (1) at Cwmbran on October 14th—a great start to the season, and a record entry.

1, D. Hopkins (Newport) 30.16; 2, J. Theophilus (Swansea) 30.52; 3, M. Lane (Gilwern) —. **Teams:** 1, Cardiff 227; 2, Newport 196; 3, Swansea 176.

(Juniors) 1, P. Ratcliffe (Card) 24.30; 2, S. Slocombe (Card) 26.19; 3, M. Mullaney (Swansea) 27.07. **Teams:** 1, Card 71; 2, AAC Chepstow 31; 3, Swansea 29.

(Youths) 1, L. Wallace (Newport) 22.03; 2, D. Chipp (Gilwern) 22.25; 3, A. Dyke (B. Gore) 22.36. **Teams:** 1, AAC Chepstow 180; 2, Cardiff 156; 3, Bishop Gore 137.

(Boys) 1, M. Morris (Cwmbran) 9.07; 2, V. Le Grande (Bristol) 9.17; 3, S. Evans (Abertillery) 9.20. **Teams:** 1, Bristol 490; 2, Swansea 436; 3, Morriston Sch. 384.

(Colts) 1, C. Stanton (Hartcliffe Sch) 8.29; 2, R. Wakefield (Hart) 8.34; 3, C. Street (Bristol) 8.39. **Teams:** 1, Bristol 600; 2, Hartcliffe 589; 3, Swansea 549.

(J. Colts) 1, B. Hudd (Bristol) 10.29; 2, A. Waters (Newtown) 10.52; 3, C. Guy (Cantonian) 10.58. **Teams:** 1, Bristol 364; 2, Swansea 364; 3, Barry Comp. 362.

Women 1, D. Davies (Cardiff) 15.15; 2, L. John (Cwmbran) 15.41; 3, J. Dunt (Bristol) 15.50. **Teams:** 1, Cardiff 8; 2, Newport H. 7; 3, Cwmbran 6.

(Intermediates) 1, A. Roblin (Card) 10.53; 2, S. Smith (Bristol) 10.53; 3, S. Tolan (Cwmbran) 11.31. **Teams:** 1, Bristol 60; 2, Swansea H. 45; 3, Cardiff 42.

(Junior Girls) 1, J. Ryan (Bristol) 9.46; 2, S. Thomas (Bristol) 9.47; 3, J. Hulbert (Swansea) 10.02. **Teams:** 1, Bristol 249; 2, Cwmbran O. 175; 3, Cardiff 175.

(Minor Girls) 1, M. Bevan (Gilwern) 8.52; 2, F. Pike (Cwmbran) 9.00; 3, T. Boswell (Cwmbran) 9.17. **Teams:** 1, Cwmbran O. 414; 2, Swansea 387; 3, Cardiff 370.

An ad. will shortly appear in "AW" giving full details of the Christmas/New Year events in Wales. Close attention should be paid to the Closing Dates for entries. The "Whitbread Trophy" relays organised by Cardiff AAC will

not be in late December this year but some time in 1973.

The Welsh Women's AAA are holding their own championships for the first time next season. They will be on June 2nd at Cwmbran Stadium, not at Maindy as reported elsewhere.

The final event in the present autumn series of evening road races organised by RRC Wales was at Cwmbran on October 16th. Peter Ratcliffe made it four-in-a-row when he won the 5,000 metres over a difficult course in 16.06. Mike Rowland, now of TVH, was second, and Mike Lane of Gilwern third. After the races a man approached the organiser and offered free coffee in his home near the start to all runners. Many gladly accepted.

Results: Men's 5,000m:—1, P. Ratcliffe (Card) 16.06; 2, M. Rowland (TVH) 16.29; 3, M. Lane (Gilwern) 17.00; 4, P. Durrant (Cwmbran) 17.03; 5, D. Chipp (Gilwern) 17.27; 6, P. Griffiths (Gilwern) 17.36; 7, C. Walbyoff (Gilwern) 17.41; 8, W. Ashford (Cwmbran) 17.47; 9, S. Evans (Abertillery) 17.57; 10, R. Sercombe (Newport) 18.10.

Mike Harvey of Cardiff won the 100 metres in 11.9, uphill. Tyrone Evans of Abertillery took the Boys' 1½ miles in 9.05.

Bernard Baldwin

THE THIRD WELSH NATIONAL COACHES CONFERENCE

**SATURDAY, 11th NOVEMBER, 1972
AT NATIONAL SPORTS CENTRE FOR
WALES, CARDIFF**

Programme:

Theme Munich Olympic Games

Long Jump & Hurdles—David Kay, National Athletics Coach

Preparation of John Akii-Bua—Malcolm Arnold
Preparation of David Jenkins and Sheila Carey—John Anderson

Comparison of my Preparation: Munich and Mexico—David Hemery

Conference Director: Peter Lay, National Athletics Coach

Open to Welsh and non-Welsh Coaches and enthusiasts.

Please send full details of the Welsh National Coaches Conference, 1972.

Name

Address

To: Welsh A.A.A. Coaching Dept., National Sports Centre for Wales, Sophia Gdns., Cardiff.

WALKING**NIHILL DOMINATES 1972 UK LISTS****3000 METRES WALK**

12:13.6	Paul Nihill (Surrey WC)	29.5
12:28.8	Roger Mills (Ilford)	16.8
12:33.6	Oliver Caviglioli (Basildon/France)	26.4
12:34.6	Peter Marlow (Southend)	24.6
12:39.8	Phil Embleton (Met. WC)	15.7
12:41.8	Bill Sutherland (Highgate)	26.4
12:48.2	Donald Cox (Southend)	29.5
12:48.4	Amos Seddon (Enfield)	24.6
12:50.8	Geoff Toone (Leicester WC)	29.5
12:58.4	Ron Wallwork (Lancs WC)	29.5
13:00.6	Alan Callow (Belgrave)	19.1
13:01.8	Bob Dobson (Basildon)	2.9
13:02.2	Alan Smallwood (Halesowen)	30.6
13:12.0	Mike Holmes (Yorks WC)	20.5
13:12.0	Bob Hughes (R. Sutton Coldfield)	29.5
13:13.4	Alan Buchanan (Brighton & H)	19.1
13:14.2	Steve Gower (Essex Bgls)	20.4
13:14.8	David Stevens (Seyning)	9.7
13:16.0	Carl Lawton (Belgrave)	4.6
13:17.2	Joe Barraclough (Lancs. WC)	20.5

The standard was below that of last year with 10 under 13 mins as against 13. 20th place was 2.2 sec. slower than 1971.

10,000 METRES WALK

42:34.6	Paul Nihill (Surrey WC)	28.5
42:53.0e	Phil Embleton (Met. WC)	2.8
44:20.0e	Roger Mills (Ilford)	2.8
45:01.6	Oliver Caviglioli (Basildon)	12.4
45:01.8	Oliver Flynn (Basildon)	12.4
45:11.0	Geoff Toone (Leicester WC)	1.4
45:14.2	Bill Sutherland (Highgate)	10.5
45:18.0	Roy Thorpe (Sheffield UH)	9.7
45:25.2	Ron Wallwork (Lancs WC)	21.5
45:37.0	Peter Marlow (Southend)	25.3
45:37.0	George Chaplin (Cov. Godiva-Vet)	1.4
45:56.0	Brian Adams (Leicester)	1.4
46:02.8	Don Cox (Southend)	12.4
46:09.0	Shaun Lightman (Met. WC)	28.5
46:19.0	Bob Dobson (Basildon)	24.5
46:19.0	Bob Hughes (Royal Sutton C)	28.5
46:26.0	Malcolm Tolley (Leicester WC)	1.4
46:30.0	Mike Holmes (Yorks WC)	9.7
46:37.6	Jack Lord (Highgate-J)	6.5
46:45.6	Steve Holliday (Medway)	6.5

20th place is 4.4 sec faster than last year. As in the 3km the standard was affected by the concentration on the Olympic distances by the majority of our top men.

**20 KILOMETRES WALK
(Track and Road)**

1:24.50	Paul Nihill (Surrey WC)	30.7
1:29.19	Phil Embleton (Met. WC)	1.4
1:30.10	Roger Mills (Ilford)	27.5
1:31.35	Shaun Lightman (Met. WC)	22.7
1:32.45	Bill Sutherland (Highgate)	1.4
1:33.07	Alan Smallwood (Halesowen)	26.8
1:33.32	John Warhurst (Sheffield UH)	13.5
1:33.32	Oliver Flynn (Basildon)	22.7
1:33.40	John Webb (Basildon)	1.4
1:33.50	Peter Marlow (Southend)	13.5

1:33.55	Ron Wallwork (Lancs. WC)	1.7
1:34.17	Ian Brooks (Surrey WC)	19.3
1:34.23	George Chaplin (Cov. Godiva)	1.7
1:34.32	Amos Seddon (Enfield)	26.8
1:34.43	Don Cox (Southend)	15.4
1:36.00	Eric Taylor (Nomads)	24.6
1:36.01	Bob Dobson (Basildon)	26.8
1:36.13	Roy Thorpe (Sheffield)	1.7
1:36.16	Alan Callow (Belgrave)	9.4
1:36.21	Carl Lawton (Belgrave)	13.5

11 men under 94 minutes as against 9 in 1971. But after that the standard fell away due to the extremely tough "National" at Redditch and the fact that the Enfield event was the full distance this time.

**50 KILOMETRES WALK
(Track and Road)**

4:12.37	John Warhurst (Sheffield UH)	27.5
4:14.09	Paul Nihill (Surrey WC)	3.9
4:15.51	Ray Middleton (Belgrave)	27.5
4:20.05	George Chaplin (Coventry Godiva)	27.5
4:24.02	Howard Timms (Surrey WC)	15.7
4:25.36	Bob Dobson (Basildon)	15.7
4:26.37	Shaun Lightman (Met. WC)	17.9
4:30.42	Roy Thorpe (Sheffield UH)	15.7
4:33.16	Ron Wallwork (Lancs. WC)	22.4
4:34.08	Alec Banyard (Southend)	17.9
4:37.33	Ken Harding (Royal Sutton C-Vet)	15.7
4:37.34	Carl Lawton (Belgrave)	12.8
4:41.57	Peter Selby (Surrey WC)	12.8
4:42.02	Roger Michel (Surrey WC)	17.9

MEDWAY ATHLETIC CLUB**49th ROCHESTER "5"**

SUNDAY, NOVEMBER 19th, 1972

Start : 3 p.m.

ROCHESTER ESPLANADE**AWARDS :**

Willis Cup : 1st Individual

Simmons Cup : 1st Team

Charlie Pay Trophy : 1st Kent runner

Increased prize values for:—first ten individuals, first three teams, first "B" team, first Veteran. Prizes to value of £100 this year.

Changing accommodation: 10 minutes from start at T.A. Centre, Fort Clarence, St. Margaret's Street, Rochester.

Entries : 6 to run, 4 to score

Fees : 50p Teams and 15p Individuals
Race Sec., S. Fry, 12 Banks Road, Strood, Rochester, Kent (Medway 77052).

Closing Date—8th November, 1972

4:43.29	Colin Young (Essex Bgls)	17.9
4:45.21	David Berry (R. Sutton Coldfield)	15.7
4:45.21	Derek Harrison (Boundary)	6.8
4:46.20	David Boxall (Brighton & Hove)	12.8
4:46.46	Eric Crompton (Leyland Motors)	22.4
4:47.27	Charley Fogg (Enfield)	15.7

Standard almost identical to last year. The hot day and tough course in the "National" at Badminton brought the standard down; otherwise it would have been a best ever.

Jacky Lord Dominates National Junior '5'

AS expected, Jacky Lord was too fast for his rivals in the RWA National Junior 5M at Birmingham on October 21st, and it was Kevin Emsley and Nick Groom who proved next best. Others to walk well were Len Ruddock and Dave Sheppard. Steyning won the team title even with Richard Emsley being sadly off form. The struggle for second was very keenly contested by the next three clubs. Kevin Sturdy was the clearest winner of the day with the Cotton twins filling the minor placings in the Youths 3M event. Holloway Polytechnic were well clear of the rest of the teams and obviously could have a very bright future in the sport. Steyning had another winner in the promising Morris, who becomes the inaugural Boys Champion while the keen Bromsgrove lads were team victors. Entries in all three events were excellent with 166 starters in all. It was great to see the sons of such stalwarts as Mal Blyth, Maurice Greasley and Chris Bolton taking up the sport with such vigour and enthusiasm.

(Junior, 5M) 1, J. Lord (Highgate) 37.45; 2, K. Emsley (Steyning) 38.13; 3, N. Groom (Sy. WC) 38.57; 4, P. Ryan (Sheff. UH) 39.40; 5, B. Woods (Grey) 39.57; 6, L. Ruddock (Ilford) 40.14; 7, K. Brewster (Lake) 40.15; 8, M. Greasley (Sheff. UH) 40.24; 9, D. Sheppard (Ex. Police) 40.50; 10, A. Griffiths (Lancs) 41.02; 11, D. Finch (Broms) 41.05; 12, D. Johnson (B&H) 41.27; 13, D. Spiller (Leics) 41.35; 14, R. Emsley (Steyn) 41.42; 15, R. Allinson (Lake) 41.55; 16, C. Hobbs (Medway) 42.01; 17, M. Eldred (Ex. Police) 42.11; 18, B. Jones (Ex. P) 42.18; 19, S. Smith (Leics) 42.30; 20, K. Ring (Steyn) 42.36. 47 finished.
Teams: 1, Steyning 26; 2, Essex Police 32; 3, Lakeland 34; 4, Sheffield UH 35; 5, Leicester 43; 6, Lancashire WC 49; 7, Surrey WC 55; 8, Greyfriars 64; 9, Yorkshire WC 72; 10, Dudley & Stourbridge 93.

(Youths, 3M) 1, K. Sturdy (Broms. & R) 22.06; 2, M. Cotton (Holloway) 23.01; 3, D. Cotton (Holloway) 23.06; 4, R. Chaplain (Nomads) 23.15; 5, P. Slinn (Sheff. UH) 23.55; 6, T. Lee (Ilford) 24.14; 7, D. Rowland (Steyn) 24.16; 8, M. Bennett (Bel) 24.32; 9, C. Bragg (Ex. P) 24.35; 10, M. Duggan (Holloway) 24.45; 11, R. Smith (Leics) 24.58; 12, P. Simmons (Nomads) 25.05; 13, G. Thomas (Sheff. UH) 25.19; 14, C. Vanes

(Halesowen) 25.22; 15, P. Dodd (Grey) 25.29; 16, P. Illingworth (Yks) 26.24; 17, K. Wilkie (Leics) 26.29; 18, I. Slatter (Sy. WC) 26.37; 19, A. Reid (Lake) 26.51; 20, P. Rodgers (Nomads) 27.06. 40 finished. **Teams:** 1, Holloway 8; 2, Leicester WC 26; 3, Essex Police 32; 4, Greyfriars WC 61; 5, Dudley & Stourbridge 61; 6, Leyland M. 62.

Italy win Airola-Chiasso Relay with London third, October 15th. With the second fastest time yet recorded, Italy won the 11th edition of this now internationally famed event. With their strongest possible fivesome all performing at their best, they had led throughout and, ironically, only their best man, Vittorio Visini, did not record a fastest stage time. The USA were a comfortable second from early in the third leg while the London team, weakened by the absence of Ken Carter and Peter Marlow, moved through from a lowly 11th to snatch third in the closing stages. Interesting statistics, compiled by Alec Banyard, show that in their 6 best performances, Italy now lead with 9 points, from London (10) Sweden (11) and West Germany (12). Great performances from our boys, including most of the famous names of the last decade, who have paid their own way all the time with no official help or recognition whatsoever to compete against official National squads.

Stage 1 (Airola-Giornico, 27km). Placings as per team with Eduardo Quirino, who almost piped Pamich in the recent Rome-Castelgandolfo, proving too good for Olympian, Magnor, with Bob Kitchen losing out to promising Dobeli. Steve Gower was with the leaders until midway but then fell away badly to be passed by Dave Stevens who had an encouraging race. 1, E. Quirino (Italy) 2:12.00; 2, H-R. Magnor (Frankfurt) 2:13.10; 3, H. Dobeli (Switz) 2:16.22; 4, R. Kitchen (USA) 2:17.48; 5, M. Zambaldo (Lib) 2:18.14; 6, P. Lippolis (Fiamme Gialle) 2:18.15 ... 9, D. STEVENS (Stock Exchange) 2:21.37 ... 11, S. GOWER (London) 2:23.17.

Stage 2 (Giornico-Bellinzona, 30km). Abdon Pamich lengthened Italy's lead while Frankfurt surprisingly just hung on to second spot with Scilly and Badel closing fast. Alec Banyard gained 5 places and nearly caught Sgardello at one time before feeling the effects of his very fast start. 1, A. Pamich (Italy) 2:21.53; 2, T. Scully (USA) 2:23.59; 3, A. Badel (Switz) 2:25.48; 4, H. Michalski (Frank) 2:28.31; 5, A. BANYARD (Lon) 2:28.51; 6, W. Sgardello (Lazio) 2:29.09 ... 13, R. GREEN (Stock Ex) 2:46.50 ... 14, S. KING (Stock Ex. 'B') 2:49.42.

Stage 3 (Bellinzona-Monte Ceneri, 14km). Armando Zambaldo beat Visini's stage record by 5½ seconds whilst fourth stage record holder, Vladimir Parizek, left a lot to be desired regarding his progression. Amos Seddon, improving 1:46 on his 1971 time, had a superb race in drawing nearer Frankfurt. 1, A. Zambaldo (Italy) 66.15; 2, V. Parizek (Czech) 66.25; 3, A. SEDDON (Lon) 66.38; 4, R. Bowman (USA) 70.22; 5, G. Andreotti (Lazio) 71.00; 6, M. Grob (Switz)

71.16 . . . 12, P. RODGERS (Stock Ex) 77.05; . . . 15, T. WILKINSON (Stock Ex) 80.35.

Stage 4 (Eneri-Lugano, 18km). Domenico Carpentieri continued the good work while Julius Muller used every trick in the book (including short cuts!) to gain a couple of places in moving past Peter Hodgkinson—a fine effort in his first race abroad. Chris Lester also walked well. 1, D. Carpentieri (It) 89.51; 2, W. Raney (USA) 92.24; 3, J. Muller (Lazio) 92.28; 4, R. Pfister (Switz) 93.28; 5, G. Lisi (Carb) 93.47; 6, M. Castelli (Duina) 94.42; 7, P. HODGKINSON (Lon) 94.57 . . . 10, C. LESTER (Stock. E) 100.57 . . . 17, R. PEARCE (SE) 107.58.

Stage 5 (Lugano-Chiasso, 25km). Both Vittorio Visini and Larry Young had trouble free journeys while Bob Dobson, despite inadvertently going off-course on a motorway, overhauled Mario Taddeo and then Hans Fenner to gain third place. It is a frequent occurrence in this event that a walker produces a time he never seems to repeat elsewhere due to the fact that judging is non-existent. Thus Heinrich Schubert's walk must be viewed with some degree of suspicion. 1, H. Schubert (Renania) 1:54.39; 2, L. Young (USA) 1:57.15; 3, V. Visini (Italy) 1:57.38; 4, R. DOBSON (Lon) 2:00.46; 5, A. Bilek (Czech) 2:03.07; 6, F. Vecchio (Quina) 2:04.25 . . . 13, K. TUSON (Stock Ex) 2:12.56 . . . 14, J. NYE (SE) 2:13.3 . . . J. VENN (SAL, Guest) 2:22.19.

Result: 1, Italy 9:07.38; 2, USA 9:22.28; 3, LONDON 9:34.30; 4, Switzerland 9:37.34 5, Centro Lazio Rome, 9:40.19; 6, Eintracht Frankfurt 9:51.54 . . . 14, STOCK EXCHANGE 10:19.25; 15, STOCK EXCHANGE 'B' 10:43.48.

Mills wins fast 20km at Mantes, October 15th. With a margin of nearly 10 mins on the current French champion, Gerard Lelievre, Roger Mills won the "Prix D'Automne" in a faster time than he accomplished in the International when beating Paul Nihill. This was managed despite a field of 56 with Mills almost always in the second lane as he lapped rivals. His team-mates walked well and captured the team prize in spite of an unsettling boat journey. 1, R. MILLS (UK) 1:33.37.8; 2, G. Lelievre (France) 1:43.23.6; 3, J-P. Feret (Fr) 1:44.29.8; 4, G. Priem (Fr) 1:46.07; 5, C. Facquet (Fr) 1:46.25; 6, M. Berg (Fr) 1:46.27 . . . 8, J. MARTIN (Ilford) 1:48.04; 9, G. HUNWICKS (Ilford) 1:49.03 . . . 12, D. KATES (Ilford) 1:52.02. 43 finished. (Junior 10km) 1, David (Fr) 48.08 . . . 3, RUDDOCK (Ilford) 51.40.

Fast time for Barraclough in Lancs WC 10km, at Bolton, Oct. 14th. 1, J. Barraclough 47.11; 2, M. Ireland 49.11; 3, R. Marsden 50.01; 4, A.

Malone 54.50; 5, I. Percival 54.59; 6, S. Crow 55.56.

Easy win for Leicester WC in Blackpool to Stretford 80km. 1, Leicester WC 6:57.08; 2, Coventry Godiva 7:15.28; 3, Leyland Motors 7:17.58; 4, Lancs. WC 7:21.05; 5, Lakeland 7:23.11; 6, Lancs. 'B' 7:30.24; 7, Leyland M. 'B' 8:08.12; 8, Lancs 'D' 8:21.07. (Stage 1) E. Crompton (Ley) 1:42.31, P. Markham (Leics) 1:44.58, K. Smith (Cov) 1:47.00, J. Todd 1:52.37, S. Graves (Lake) 1:53.26, A. Malone 1:59.05. (Stage 2) (15km) G. Toone 77.30, J. Cameron (Lake) 82.34, R. Marsden (Lancs) 82.45, W. Wright (Cov) 83.52, W. Maxwell (Ley) 86.00, A. Griffiths (Lancs) 86.07. (Stage 3, 10km) B. Richardson (Lancs 'B') 50.21, D. Trigg (Leics) 50.38, S. Fallows (Lancs) 51.15, J. Ashton (Ley) 51.40, G. Chapman (Lake) 53.23, B. Thomas (Cov) 53.38. (Stage 4, 15km) M. Tolley (Leics) 76.18, D. Vickers (Lancs) 77.35, C. Eyre (Lake) 78.44, W. Newhill (Cov) 80.30, D. Ward (Lancs 'B') 83.30, G. Lamb (Ley) 83.59. (Stage 5, 20km) 1, B. Adams 1:47.44, M. Ireland (Lancs) 1:50.25, D. Lee (Cov) 1:50.28, B. Howarth (Ley) 1:53.28, K. Brewster (Lake) 1:55.04, S. Crow (Lancs) 1:57.49.

Colin Young

Result of the BMC mile at Ipswich Football ground on October 21st: 1, A. Carter (Stretford) 4:16.8; 2, J. Cadman (Cov. Godiva) 4:17.2; 3, M. Benn (Cambridge H) 4:18.6; 4, M. Peake (Derby) 4:20.7; 5, K. Steere (Norfolk Oly) 4:21.4. The Co-operative Society presented three prizes.

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BADGES and screen printed lettering or motifs for tracksuits, vests, etc. Specialised service for clubs from the manufacturer, **Hurst & Jones Ltd., 5 Alexandria Road, London, W13 ONP. Telephone 01-567-2400.**

FREE RUNNING SHORTS, Value £1, with order over £7, state size. TOKYO, Boys 3½-5½ £8.30, Men's 6-11½ £9.18. SL72, sizes 5-11½ £6.91. GAZELLE, Boys £6.00, Men's £6.78. OLYMPIA Boys £5.67, Men's £6.25. ROM, Boys £4.50, Men's £4.80. **BECKENBAUER TRACKSUITS** all colours and sizes £10.85 (Lettering 10p per letter attached extra if required). **RAINSUITS**—Navy, Royal, Sky, Red, Green, Yellow, Orange. **TOPS** £4.56, **TROUSERS** £4.30, **SUITS** £8.50. **CASH with ORDER to BOURNE SPORTS, GLEBE STREET, STOKE ON TRENT.**

STUDS: Compass Rose Standard £3.25, Wedge £3.75, Nokia Rasti £2.95. **ROAD SHOES:** Cub £2.40, Marathon £3.50, Gazelle £6.45, SL '72 £6.75. Tiger Road Runner £6.75. **SPIKES:** Avanti £3.85, Interval £8.25. Ron Hill shorts plain 75p, with trim 85p. Track-suits, sweat shirts etc. S.a.e. for list. **The Sweat Shop, 18 Doneraile Street, London, SW6 6EN.**

THE MEDWAY WOMEN'S RELAYS

will be held on

SATURDAY, DECEMBER 2nd, 1972

but will be over a cross-country course and not the usual road course.

Full details next week

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% 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.

LIVERPOOL H. & A.C.

MIXED AGE GROUP CC RELAY

(Under AAA Laws) (Colt; Boy; Youth; Sen/ Jnr; 2M each) Team, 'B' Team and ind. awards.

Sunday, November 19th, 2.30 p.m.

Entries: on AAA forms, fee 40p 'A' teams, 20p others, to: P. Waddington, 25 Grange-meadow Road, Liverpool L25 4SU, by November 10th.

GUILDFORD & GODALMING A.C.

present the 15th annual

HOG'S BACK OPEN ROAD RACE (10 MILES, new course)

SATURDAY, 16th DECEMBER, 2.45 p.m.

(Under A.A.A. Laws)

Team Trophy, prizes first 4 teams, first 6 inds., first Vet. (please state). Teams: 6 to run, 3 to score.

Entry Fee: 20p per runner (no team fee) on A.A.A. forms to A. W. Blatchford, 11 Thorn Bank, Onslow Village, Guildford, Surrey, by 6th December (s.a.e. please).

WOKING ATHLETIC CLUB

OPEN CROSS-COUNTRY RELAY RACES

(Under E.C.C.U. Rules)

SATURDAY, 18th NOVEMBER, 1972

at 2.00 p.m.

Boys 4 x 1½ Miles

Colts 4 x 1½ Miles

Medals first 3 teams and fastest individual each race. Trophy for each race

Entry Fees: 50p for first team, 25p for subsequent teams.

Entries close on 11th November. Entries on AAA forms to R. A. Allen, 26, Cornwall Avenue, Byfleet, Surrey (Byfleet 49307).

ENGLISH NATIONAL CHAMPIONSHIPS PARLIAMENT HILL FIELDS

3rd MARCH, 1973

Last Date for Receipt of Entries

TUESDAY, 30th JANUARY, 1973

Details and Entry Forms from—

C. H. Comber, 'Lynton,' Bungay Road,
Scole, Diss, Norfolk

On and after 1st December, 1972

SOUTHERN COUNTIES A.A.A.

OPEN MEETING

WEDNESDAY, 22nd NOV., 1972

AT CRYSTAL PALACE

FIELD EVENTS

Outdoors

7.30 p.m. Javelin (Seniors and Juniors).

Indoors

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

7.00 p.m. Pole Vault (Seniors and Juniors).

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

TRACK EVENTS

6.45 p.m. 2,000 Metres Steeplechase (Seniors).

7.00 p.m. 800 Metres (Seniors, Juniors, Youths and Boys).

7.40 p.m. 3,000 Metres Walk.

8.00 p.m. B.M.C. Invitation Races.

8.20 p.m. 3,000 Metres.

8.50 p.m. 400 Metres (Seniors, Juniors, Youths and Boys).

ENTRY FEE PER EVENT: 20p Seniors, 15p Juniors, Youths and Boys.

No Phone entries will be accepted
No Entries on the Day

Closing date for entries

FRIDAY, 17th NOVEMBER, 1972

Please enclose a S.A.E. if acknowledgement is required.

Apply to: Southern Counties A.A.A., 26
Park Crescent, London, W1N 4BQ.

To: Hon. Secretary, Southern Counties A.A.A., 26 Park Crescent, London, W1N 4BQ.

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

EVENT

AGE GROUP

NAME

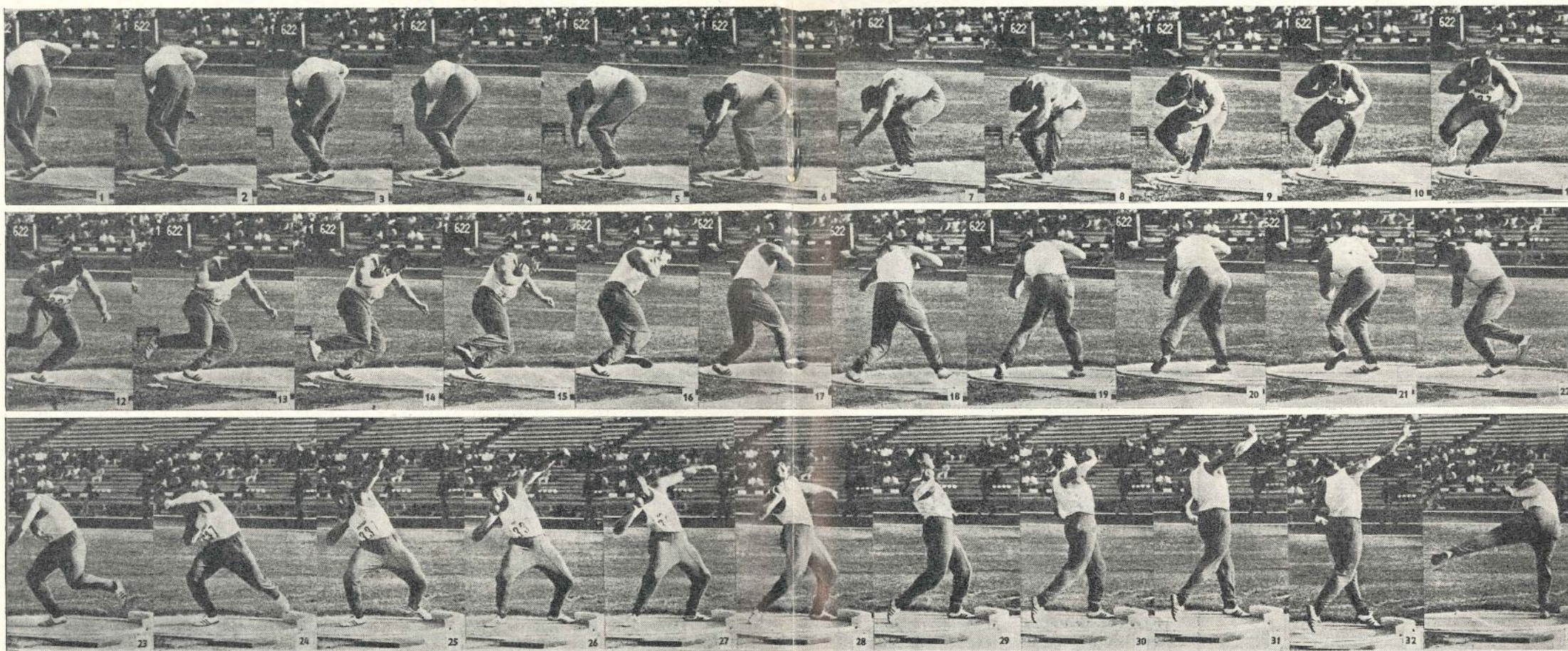
ADDRESS

CLUB

BEST PERFORMANCE

I ENCLOSE ENTRY FEE OF:.....

THE BARYSHNIKOV SPIRAL — As Performed By Its Originator



Evolution of World Shot-Put Record

15.54/51'0"	Ralph Rose (US)	1909	17.90/58'8½"	Fuchs	1950
15.79/51'9¼"	Emil Hirschfeld (Ger)	1928	17.95/58'10¼"	Fuchs	1950
15.87/52'0¼"	John Kuck (US)	1928	18.00/59'0¼"	Parry O'Brien (US)	1953
16.04/52'7½"	Hirschfeld	1928	18.04/59'2¼"	O'Brien	1953
16.04/52'7½"	Frantisek Douda (Cz)	1931	18.42/59'5½"	O'Brien	1954
16.05/52'8"	Zygmunt Heljasz (Pol)	1932	18.43/59'5½"	O'Brien	1954
16.16/53'0½"	Leo Sexton (US)	1932	18.54/60'10"	O'Brien	1954
16.20/53'1¼"	Douda	1932	18.62/61'1"	O'Brien	1956
16.48/54'1"	John Lyman (US)	1934	18.69/61'4"	O'Brien	1956
16.80/55'1¼"	Jack Torrance (US)	1934	19.06/62'6¼"	O'Brien	1956
16.89/55'5"	Torrance	1934	19.25/63'2"	O'Brien	1956
17.40/57'1"	Torrance	1934	19.25/63'2"	Dallas Long (US)	1959
17.68/58'0¼"	Charles Fonville (US)	1948	19.30/63'4"	O'Brien	1959
17.79/58'4¼"	Jim Fuchs (US)	1949	19.38/63'7"	Long	1960
17.82/58'5½"	Fuchs	1950	19.45/63'10"	Bill Nieder (US)	1960

*Photo action-sequence of
Alexander Baryshnikov,
courtesy of the Soviet track and
field monthly.*

19.67/64'6¼"	Long	1960
19.99/65'7"	Nieder	1960
20.06/65'10"	Nieder	1960
20.08/65'10¼"	Long	1962
20.10/65'11¼"	Long	1964
20.20/66'3¼"	Long	1964
20.68/67'10"	Long	1964
21.52/70'7¼"	Randy Matson (US)	1965
21.78/71'5½"	Matson	1967

World All-Time List

21.78/71'5½"	Randy Matson (US)	1967
21.54/70'8"	Hartmut Briesenick (EG)	1972
21.52/70'7¼"	Al Feuerbach (US)	1972
21.38/70'1¼"	George Woods (US)	1972
21.32/69'11½"	H-Joachim Rothenburg (EG)	1972
21.31/69'11"	Hans-Peter Gies (EG)	1972
21.18/69'6"	Wladyslaw Komar (Pol)	1972
21.01/68'11¼"	Neal Steinhauer (US)	1967
20.97/68'9¼"	Brian Oldfield (US)	1972
20.97/68'9¼"	Jaroslav Brabec (Cz)	1972
20.92/68'7¼"	Fred DeBernardi (US)	1972
20.71/67'11½"	Nagui Asaad (Egypt)	1972
20.68/67'10"	Dallas Long (US)	1964
20.60/67'7"	Dieter Hoffmann (EG)	1969
20.56/67'5½"	Karl Salb (US)	1970
20.54/67'4¼"	Alexander Baryshnikov (USSR)	1972