

October 30th 1971 Vol. 25 No. 44

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

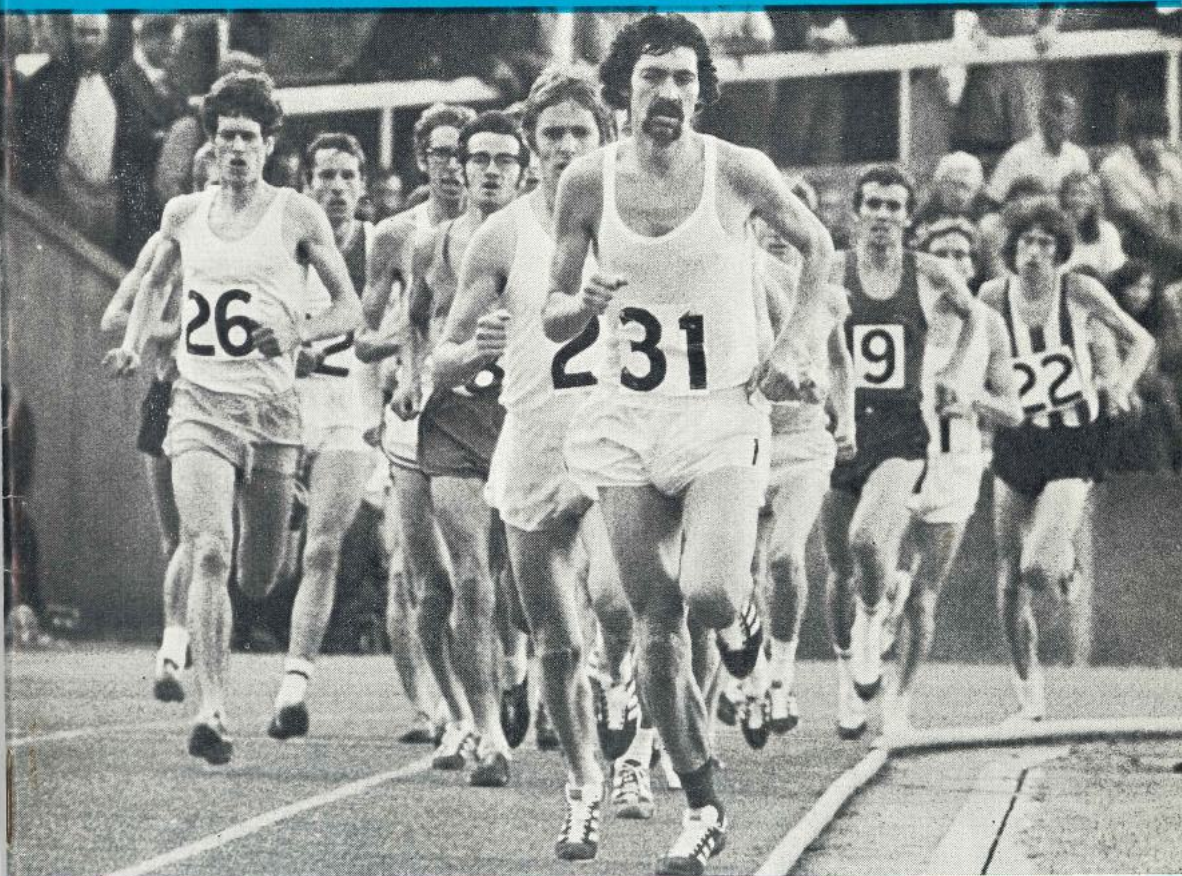
INSIDE

★ Gammoudi's Training
—by Fred Wilt

★ Munich Olympic News

★ Spotlight on
Lesley Kiernan

★ BMC National Coaching
Weekend



10p

United Kingdom
Athlete of the
Year:
DAVE BEDFORD.

Bukta

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and Athletics brochure in full colour from your
local outfitter or from Bukta, Brinksway, Stock-
port, enclosing 2½p stamp to cover postage.

Team Management

THE BAAB announced last week that it has set up a committee to consider the issue of team management. Harold Abrahams, the Board's chairman, stated: "They are to report, within a matter of weeks, what the structure should be, defining in full what the responsibilities of each official should be. When this has been approved the necessary appointments will be made". The Board will consider the committee's report at its next full meeting, in late January.

The committee consists of Norman Cobb, secretary of the UK Coaching Committee; Arthur Gold, BAAB secretary; John Le Masurier and Denis Watts, the chief national coaches; and John Boulter and Brenda Bedford, who represent the athletes on the Board.

"No appointments relating to management of the British athletics teams for 1972 have yet been made", announced Mr. Abrahams.

In a letter to members of the International Athletes Club following the Board's meeting on October 17th, John Boulter has written: "The idea of a team squad is now accepted, although I am not clear how or by whom this is to be selected or announced. As to the jobs which we suggest a team manager should do, I was assured that all the points were covered by various people. I hope I made it clear to the Board that I would prefer, at least as far as the men are concerned, to see those tasks concerning your welfare directed by one man. If an individual was to take responsibility for these matters I feel sure he would gain and retain the respect of the athletes and the preparations could be more effectively co-ordinated. This point was not accepted".

MEDWAY A.C. WOMEN'S OPEN ROAD RELAYS (FORMERLY ROCHESTER ROAD RELAYS) In conjunction with Upbury Manor SMSAC (Under W.A.A.A. Laws)

SATURDAY, 4th DECEMBER, 1971

All 3 x 1 Mile 580 Yards

JUNIORS (11, 12 or 13)	2.15 p.m.
INTERMEDIATES (14 or 15)	2.45 p.m.
SENIOR WOMEN (Over 16)	3.15 p.m.

Ages as on September 1st, 1971

Changing at Upbury Manor School

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

Entry Fees: 30p each team in Junior and Inter.
races, 40p each team in Senior race.

Entries to P. W. Green, "Lynton Croft," 40
Wooldeys Road, Rainham, Kent, by Monday,
November 22nd. No late entries accepted.

Another recent development in the situation over team management is that Cecil Dale, men's team manager in Helsinki, has decided not to be considered for that position in Munich.

The following letter from international 400m runner Len Walters was received just before we went to press:

Dear Sir,

I was deeply shocked to read about Cecil Dale's apparent belief that the athletes of the British team have no confidence in him. Cecil, who I have known for many years, has always enjoyed the respect and popularity of the team. He has always been warm and understanding while at the same time exercising strength and firmness when the occasion arose. His understanding of competitors' problems was always genuine and profound.

Any disagreements he may have had with the British Board might possibly have been caused by his deep loyalty to the athletes themselves.

Finally, should Cecil retire as team manager we will lose a great arbitrator in the rift between the athletes and the officials, and more important we will lose a loyal and respected leader to take Britain to the Munich Olympics.

Len Walters,
Thames Valley Harriers.

Correction

Second fastest lap time in the Southern Junior Girls Road Relay was 5.23 by Linda Martin of Thurrock, and not as printed.

MEDWAY ATHLETIC CLUB

48th ROCHESTER "5"

SUNDAY, NOVEMBER 21st, 1971

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 eight individuals, first three teams, first "B" team, first Veteran. Prizes to value of £80 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—10th November, 1971

Cover photo by Mark Shearman

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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Editor: MELVYN WATMAN

Editorial Assistant: DAVID COCKSEGE

Subscription Dept. & Distribution:

Miss F. TURNER & Miss Y. R. NASH

Advertisement Director: P. W. GREEN

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THE WEEK AHEAD

Saturday, October 30th: AAA Annual General Meeting at Aston University (Room 110), Birmingham (2.30); Women's Greater London League Cross-Country Races at East Barnet; Nos Galan 40 Miles Track Race at Maindy Stadium, Cardiff; Solihull Cross-Country Relays; East Surrey League at Warlingham; Hampshire League at Southampton; Essex League at Basildon; Metropolitan League at Parliament Hill; Derwentwater '10'; Cyclists v. Harriers at Walsall; Biggleswade Cross-Country Races; Gateshead "Diamond Jubilee" Trophy; Sheffield & District League at Sheffield; Gloucester County AAA CC League at Barton.

Sunday, October 31st: Batley Road Race Festival; Gale Fell Race; Avalon League at Bath.

Tuesday, November 2nd: Indoor Meeting at Loughborough.

Saturday, November 6th: Birmingham League; Holmfirth '15'; SLH Cyclists v. Harriers at Coulsdon; Priory Park CC Relays at Redhill; Beaumaris to Bangor 5½M Road Race; 'K & M 15'; Essex Beagles Invitation '10'; Aaron Memorial Races at Leeds; Hampshire WAAA & Aldershot Women's Road Relays; Herne Hill H. Inter-Schools Trophy at Streatham; Welsh National Coaches Conference at Cardiff.

Sunday, November 7th: Welsh AAA Indoor Meeting at St. Athan.

UK BOYS LIST

Note: SP—15.78/51'9½" Andrew Monaghan (St. Wilfrid's HS/Kellingley) 18.5.71 delete 15.61 by Brian Strange. Monaghan has also thrown the new 5 kilo Youths shot 14.95/49'1" at Crystal Palace on 12.7.71.

Harlow Marathon**October 23rd****MORALE BOOSTER FOR DAVE HOLT**

THE seventh Harlow Marathon sponsored by Unigate got off to a prompt 1.30 p.m. start again this year. Fifteen minutes later disaster struck when a marksman failed to appear and left the field en route to Chelmsford and nearly all in white string vests! Fortunately one car arrived soon after and was able to direct the leaders round to the course some distance later. Organiser Tom Dradey was on hand to measure, with a yard wheel, the extra distance covered. The finish was then adjusted by 2,100 yards so the exact Marathon distance was covered by all finishers, although meaningful interval times were not available en route.

Early leader Bernie Allen dragged Ian Macmillan and Tony Simmons through a very fast early pace, sub 5.00's, with Dave Holt and Eric Austin back in the chasing group of 12. Simmons then pushed to lead through 10 miles 21 seconds clear of Holt, Austin and Allen running together with Bradley (Tipton) now in 5th place. Soon after this Holt caught the leader and gradually went away from the field with Austin in second place and Roger Little (Shaftesbury) gradually coming through for a good third place as almost half the field dropped out in the October warmth.

Dave Holt, second in the Poly 2 years ago, was out for a morale booster after dropping out of two Maxols. He now looks forward to a good run in next year's trial for Munich but intends racing seriously on the track in the early summer. 36-year-old school teacher Eric Austin had hoped for a 2.18 to add to his 2:16.24 in this year's Maxol. However, the warm sun and undulating course took its toll. Four years ago Eric ran 2:23.20 for second place and said—"Never again". Harlow look forward to seeing this forceful Marathon runner in the years to come.

Robin Campbell

1. D. Holt (Hercules Wimbledon) 2:18.22
2. E. Austin (Worcester YMCA) 2:21.36
3. R. Little (Shaftesbury) 2:27.09
4. M. Emms (W. Grn) 2:29.08; 5. D. Ritchie (A'deen Univ) 2:29.13; 6. R. Raymen (Herc W) 2:29.37; 7. A. Alderson (Ilford) 2:31.55; 8. C. Haines (B'ht) 2:33.16; 9. C. Macaulay (A'deen Univ) 2:33.21; 10. I. Macmillan (Invicta) 2:35.11; 11. M. Prosser (Ilford) 2:36.07; 13. J. Baldwin (B'ht) 2:36.27; 14. D. Slatter (Wycombe P) 2:36.47; 15. R. Churm (Luton) 2:37.12; 16. M. Childs (AEI Rugby) 2:37.25; 17. B. Hercock (Enf) 2:39.05; 18. J. Walsh (Cardiff) 2:39.44; 19. N. King (Lon. Irish) 2:39.49; 20. M. Keough (Eton M) 2:41.03; 21. G. Pringuer (S'gate) 2:42.24; 22. P. Martin (Salford) 2:44.57; 23. H. Artiss (Verlea) 2:45.01; 24. D. Watts (N. Westminster B) 2:47.39; 25. D. Prior (W. Grn) 2:48.54; 26. D. Morgan (Glamorgan) 2:50.02; 27. D. Chapman (W. Grn) 2:50.07; 28. A. Cameron (Edinburgh SH) 2:50.21; 29. B. Kemp (Ealing & S) 2:51.25; 30. G. Good-enough (Colchester) 2:51.32. 63 finished. 119 started.

Teams: 1, Woodford Green 57; 2, Southgate 116; 3, Bingley 121; 4, Verlea 129; 5, Belgrave 137. Essex Championships: 1, Emms; 2, Alderson; 3, Prosser. Team: Woodford Green. Veteran: J. Fitzgerald (Mitcham) 23rd in 2:51.56.

Correction: 4th was R. Atkinson (Barry) in 2:27.48. All runners from Emms to Prosser drop down one position.

Result of "Radox" 100 Mile Track Race, at Uxbridge, October 23rd. 1, R. Bentley (Tipton) 12:37.55; 2, J. Tarrant (Salford) 12:51.28; 3, G. Bentley (Tipton) 13:14.17; 4, K. Theogensson (Luxembourg) 13:22.29; 5, K. Shaw (Camb) 14:12.13; 6, D. Funnell (Epsom) 15:40.20.

BEST WISHES TO ARTHUR KENDALL

The following telegram was sent by the Specialist Clubs Committee to Arthur Kendall on his departure to New Zealand for the winter. "AW" adds its best wishes.

By _____ 207 4.20 00100N. 1 37

By _____

ATHLETICS WEEKLY 344 HIGH ST ROCHESTER KENT

= TO ARTHUR KENDALL VERY BEST WISHES UPON YOUR RETIREMENT
AND FOR A SUCCESSFUL TOUR WITH DEEPEST THANKS FOR ALL
THAT YOU HAVE DONE FOR BRITISH ATHLETICS. THE SPECIALIST
CLUB COMMITTEE +

LANCASHIRE ROAD RELAY

Bob Gregory (Manchester & District), who anchored his team to victory at Southport. Also in picture is Eric Haslam (Bolton United), who finished third.

Paul Livesey



Frank Davies (Liverpool) brought his club to within two seconds of Manchester & District, clocking 14:20 for his leg as against Gregory's 15:06 and Haslam's 14:56.

Paul Livesey

Cambridge Win Kent Women's Road Relay

At Southborough, October 23rd
Seniors

- 1, Cambridge H (H. Rider 11.51, M. Hadler 11.49, G. Goodburn 10.31) 34.11.
 - 2, Kent AC (G. Adams 10.43, T. Hollingsworth 11.46, J. Denning 13.27) 35.56.
 - 3, Medway AC (F. Turner 11.22, J. Steer 13.22, J. Kimber 11.29) 36.13.
 - 4, Cambridge H "B" 36.25; 5, Dartford 40.40.
- Fastest:** Goodburn 10.31, Adams 10.43, Turner 11.22.

Intermediates

- 1, Kent AC (P. Brucksham 8.37, J. Adams 9.25, J. van Cuylenburg 8.37) 26.39.
 - 2, Medway (A. Hayter 8.59, P. Durling 9.28, S. Blackwell 9.25) 27.52.
 - 3, Cambridge H (J. Jones 10.00, J. Kelly 8.56, C. Ives 8.58) 27.54.
 - 4, Medway "B" 27.58; 5, Dartford 28.24; 6, Kent "B" 29.24; 7, E. Kent 30.33; 8, Kent "C" 30.35; 9, Camb. "B" 31.52.
- Fastest:** Brucksham 8.37, van Cuylenburg 8.37, J. Farr (Dartford) 8.39.

Juniors

- 1, Tonbridge (S. Powell 5.30, C. Horscroft 5.51, N. Silburn 5.16) 16.37.
 - 2, Medway (S. Rogers 5.45, D. Coventry 5.48, L. Pamment 5.33) 17.06.
 - 3, Cambridge H (H. Cleaver 5.35, B. Waller 5.59, S. Bagley 5.33) 17.07.
 - 4, Tonbridge "B" 17.55; 5, Kent 17.58; 6, Home-wood Sch. 18.14; 7, E. Kent 18.28; 8, Camb. "B" 18.33; 9, Medway "B" 18.41; 10, Rainham 18.48.
- 17 teams closed in. **Fastest:** Silburn 5.16, Powell 5.30, Bagley 5.33, Pamment 5.33.

Westbury Dominate Exeter—Paignton Relay

October 16th

A VERY strong Westbury team led from start to finish of the 30 mile Exeter-Paignton relay and set a new course record in beating the 14 other teams

Stage 1 (record 23.53) An in-form George Blackburn, who incidentally holds the stage record, showed he meant business by taking the lead after a mile, Hamlin moved into second after being 5th at 3 miles and narrowly held off Dagg of his club's 'B' team:—Blackburn (Westbury) 24.24, Hamlin (Torbay) 24.54, Dagg (Torbay 'B') 25.00. **Stage 2** (record 23.12) Denis Crook, now a veteran, showed he is still a force to be reckoned with by pulling up to within a second of Westbury:—Crook (Torbay) 23.51, Reed (West) 24.20, Parkin (Ex. Univ) 25.17. **Stage 3** (record 22.03) Brian Popel accounted for the only stage record of the day in recording 21.38 to take Westbury safely away from Watts of Torbay into a lead they were to keep. Popel (West) 21.38, Watts (Torbay) 22.39, Honeychurch (Tor 'B') 22.45. **Stage 4** (record 24.08) A slightly shorter stage due to roadworks saw Tony Staynings draw farther ahead while Harvey of Exeter brought them into 3rd place:—A. Staynings (West) 25.00, Harvey (Ex) 25.03, Valentine (Torbay) 26.06. **Stage 5** (record 25.02) The longest stage saw a strong

run by Dave Burborough while Brazil consolidated Exeter's bid but a long way down:—Burborough (West) 25.30, Brazil (Ex) 26.07, Campbell (Torbay) 26.26. **Stage 6** (record 23.26) Colin Ridley brought his team to the pier at Paignton first in a new overall record with Torbay isolated in 2nd place:—Ridley (West) 24.00, Hassell (Torbay) 25.14, Mears (Ex) 25.34.

1, Westbury 2:25.00 (record); 2, Torbay 2:29.10; 3, Exeter 2:33.21; 4, Torbay 'B' 2:36.05; 5, City of Plymouth 2:38.25; 6, Exeter Univ. 2:44.13; 7, Feltham 2:46.19; 8, Exeter 'B' 2:46.36; 9, Exeter Univ 'B' 2:51.42; 10, RNEC Manadon 2:52.22.

NORTH MIDLANDS LEAGUE

At Nottingham, October 16th

1. R. Grove (Leicester Coritanian) 31.39
2. K. Hinton (Derby & Cty) 32.01
3. J. Offord (Leicester Coritanian) 32.04
4. P. Romaine (S. Holland) 32.07; 5, J. Eley (Dby) 32.11; 6, M. Peake (Rolls R) 32.18; 7, W. Domoney (Sheff. Un) 32.26; 8, A. Domleo (Dby) 32.29; 9, D. Allen (Sheff. U) 32.33; 10, P. Gilsenan (Kett) 32.49; 11, B. Lee (Notts) 32.54; 12, K. Lee (Notts) 33.03; 13, G. Whittleston (Sheff. Un) 33.06; 14, W. Allen (Kett) 33.09; 15, R. Brewitt (S. Holl) 33.14; 16, D. Milne (Notts) 33.24; 17, G. Thompson (Notts) 33.25; 18, C. O'Carroll (Notts) 33.30; 19, G. Lawrence (Dby) 33.33; 20, D. Gillanders (Sheff. Un) 33.37; 21, D. Ainslie (P'boro) 33.39; 22, P. Bourne (Notts) 33.43; 23, I. Partington (Sheff. Un) 33.46; 24, M. Knapp (Sheff. Un) 33.50; 25, K. Daykin (Dby) 33.52; 26, K. Northard (Rolls R) 33.57; 27, M. Exton (S. Holl) 34.01; 28, S. Baker (Notts) 34.06; 29, R. Perry (S. Holl) 34.18; 30, T. Colton (W'sop) 34.22. 208 finished.

Teams: 1, Derby & Cty. 59; 2, Sheffield Univ. 72; 3, Notts 74; 4, Leicester Cor. 119; 5, S. Holland 141; 6, Kettering Town 150; 7, Notts 'B' 260; 8, Sheffield UH 284; 9, Grimsby 304; 10, Peterborough 335; 11, Lincoln C&C 398; 12, Rotherham 440; 13, Plessey 459; 14, Lincoln Wellington 516; 15, Allestree Woodlands 534.

Youth & Boys

1, R. Callan (Leicester C) 16.11; 2, B. Moss (Notts) 16.13; 3, J. Davison (Kett) 16.34; 4, P. Armstrong (Dby) 16.38; 5, P. Andrews (Work-sop) 16.38; 6, T. Bailey (Dby) 16.57; 7, P. Sanderson (Leics) 17.07; 8, P. Kenny (Leics) 17.12; 9, J. Edwards (Leics) 17.18; 10, G. Ford (Sheff) 17.20; 11, C. Taylor (Kett) 17.25; 12, R. Ryan (Sheff) 17.30. 83 finished. **Teams:** 1, Leicester C. 16; 2, Derby 31; 3, Kettering 33; 4, Work-sop 34; 5, Sheffield UH 51; 6, Notts AC 53; 7, Leicester C. 79; 8, Sutton in Ashfield 92; 9, Grimsby 153; 10, Rotherham 156.

MIDLAND COUNTIES A.A.A. OPEN INDOOR MEETING

(December 11th: No prizes)

Timetable of events will be given to "A.W." as soon as entries close.

EVENTS—MEN

Senior: 60m, 300m, 1000m, 2000m S/C, 60m Hds, Triple Jump and Shot. Select events—600m and 1 mile (to be selected by the MCAAA) applications to the M.C.A.A.A. Offices. Pole Vault—ALL AGE GROUPS (starting heights and pools to be decided when entries are known).

Juniors: 60m, 300m, 1000m and 3000m.

Youths: 60m, 300m, 1000m, 60m Hds, Triple Jump, Shot and High Jump.

WOMEN

Senior: 60m, 400m, 800m, 60m Hds, Long Jump, High Jump and Shot.

Inter. Women: 60m, 60m Hds. and 400m.

ENTRY FEES: 15p per event (one event only per form).

ADMISSION CHARGES: 20p adults and 10p children.

ENTRIES CLOSE 20th NOVEMBER, 1971
Entry Forms available from and returnable to:

The Midland Counties A.A.A.

Rooms 30 & 32, Queen's College Chambers,
38a Paradise Street, Birmingham, 1.

Tel: 021-643-6916

WALES

CHAOTIC BUT EXCITING INDOOR MEET

THE first open indoor meeting of the season, at St. Athan on October 21st, was—to use secretary Peter Morris's words—"Chaotic due to the large numbers, but nevertheless exciting". He continued: "We shall have to secure written entries in future as we had 80% more turning up than expected. This is the crossroads for us now, and I hope we shall be able to cope with the championships in 1972".

Three new records were set on the track, though due to lack of officials a number of field events had to be dropped from the programme. Steve Slocombe of Cardiff set a new track record in the junior 3,000m with 8:39.0; Paul Evans's 7.1 in the Youths' 60 was a new record and Helen Watts clocked 7.8 to set new figures in the Intermediate 60. Paul and Helen are also members of Cardiff AAC. Liz Johns was 0.1 outside her track best in winning the 60 in 7.6.

Today, October 30th, sees the annual 40 miles track race organised by the RRC (Wales) Nos Galan Committee at Maindy Stadium, Cardiff at 10.30 a.m. At time of writing the entry is considerably below the record entry of 36 of last year, but this is a more reasonable entry, especially as each runner requires a recorder. Volunteer recorders should turn up on the day and offer their services.

A massive entry of 458 turned out for the first of this season's Gwent League fixtures at Swansea on October 16th (results on page 31). Young Tim Green of Barry, who was individual champion in the Colts' Section, won the first race of the season beating D. Bryant of Abertillery by 9 seconds. For the first time there were Ladies' events, and there was a good turn-out for these too.

The Nos Galan Committee announced recently that although they have not departed from their stated intention of not offering accommodation over the period of the New Year, they will send those interested an address where accommodation can be obtained. It is then up to each runner to write and make his own arrangements with his hosts. Countless people in Mountain Ash put runners up on New Year's Eve but unfortunately a number of hangers-on take advantage. Many do not take the trouble to enter, turn up days before the event, then turn out in the races without numbers. One runner arrived a week before the event last year and found accommodation for this period. It is taking advantage of Welsh generosity to say the least.

Nos Galan Headquarters, not in use on the day, will be made warm and inviting for those runners prepared to doss down on a bed-length of foam rubber or a camp bed. They should bring a blanket with them, though the hall will be as warm as toast that night as a new Romesse stove has been bought recently which gives out tremendous heat. Others might prefer to bring sleeping bags. In any case those intending to do this must apply for an admission ticket when sending

in their entry as last year considerably more than the number expected turned up.

Copies of the new fixture for Wales and border counties, which contain details of all national and international events, are obtainable from Secretary, RRC, (Wales), 9 Campbell Terrace, Mountain Ash, Glam. on receipt of stamped addressed large envelope, plus a 3p stamp enclosed. Three new pence is the price of this well-produced pocket-sized fixture-list.

Bernard Baldwin

SOUTHERN LEAGUE FIXTURE AMENDMENTS

(See page 18)

Division 1 (May 13th) Second fixture is not at Southend. It should now read: Woolmer Hill—Haslemere Border, C&C, Southend, Wycombe Ph, Bournemouth. **Division 2** (July 1st) Not at Maidenhead. Now reads: Iffley Road—Oxford C, Torbay, Essex Bgls, Medway, Maidenhead. **Division 3 West London** (June 3rd) Milocarians fixture not at RAF Halton. Venue to be arranged. **North** (July 1st). Delete Bedford; fixture to be arranged. **National League 'B'**. (June 3rd) Not at Southampton; venue to be arranged. (July 29th) Delete Brighton. Venue is now Southampton. **Division 4 West**. Biggleswade also compete.

Southern League AGM. Note: Correct address is 3 Paddenswick Road.

SOUTHERN COUNTIES A.A.A.

YOUNG ATHLETES

RESIDENTIAL

COACHING COURSE

CRYSTAL PALACE

20th-30th DECEMBER

All Events Age 15-19

Course Fee: £5-50

For details and application forms apply to:

Course Administrator, Cecil Smith,

404 Brockles Mead, Harlow, Essex

Tel: 31856

Athletes will be considered on a strict "first come, first served" basis.

Please include foolscap stamped addressed envelope.

Vets Corner

Veterans AC Cross-Country. (6M Handicap) 1. R. Wiseman (16.45) 25.26; 2. A. Johnson (3.35) 29.13; 3. D. Gorman (2.00) 29.26. Fastest: Gorman 31.26. (5M Handicap) 1. W. Matthews (8.00) 25.32; 2. J. Walker (9.00) 26.13; 3. Gorman (2.00) 26.48. Fastest: Gorman 28.18.

Inaugural Midlands Veterans AC 10,000m Road Race, at Halesowen, October 17th. 1. C. Simpson (S. Hth) 33.03; 2. R. Bentley (Tip) 33.23; 3. C. Kemball (W&B) 34.32; 4. D. Rhodes (W&B) 34.39; 5. H. Lloyd (Cov. G) 35.21; 6. W. Aston (W&B) 35.31; 7. B. Turney (Cov) 36.10; 8. T. Buckingham (Leam) 36.23; 9. W. Motterham (W. Brom) 36.38; 10. D. McWhirter (Hales) 36.57; 11. S. Jackson (Bris) 36.58; 12. C. Beeston (Dby) 38.18; 13. H. Hayden (Dud & S) 38.29. 20 finished. The next race will be a 5M cross-country at Leamington Running Track on November 21st (11 a.m.).

Formation of Midlands Veterans AC. The club was formed on October 17th and its first committee is: secretary, Jack Selby, 15 Tamworth Road, Coventry CV6 2JH; treasurer, Colin Simpson, 87 Willow Road, Solihull, Warks; chairman and statistician, George Phipps, 164 Millbank, Warwick; Darryl McWhirter (Halesowen). Anyone interested in joining the club is invited to contact any of these officials.

Scottish Vets 25km Nomination/Handicap Road Race, October 10th. Additional results—fastest O/50: G. Porteous (Maryhill) 1:37:47; fastest O/60: E. Harrison (Northern Vets) 1:43:52. The Scottish Vets' next event will be a 10,000m cross-country race for all veteran age groups at Lochinch (ground of Glasgow Police AC) on November 7th at 2 p.m. The club's Christmas Handicap will be an 8km road race from Hunters-hill Sports Centre, Bishopbriggs, on December 12th.

Northern Veterans AC 6M Cross-Country Race, at Sheffield, October 17th. Conditions were on the heavy side at Graves Park but new member T. Kilmartin made light of the work. 1. T. Kilmartin (Rowntree; b. 1931) 33.36; 2. F. Wrigley (Michelin; 1928) 35.25; 3. D. Wood (Leeds; 1926) 35.50; 4. F. Valentine (Bolton; 1930) 35.56; 5. B. Boothroyd (Holmfirth; 1930) 36.10; 6. D. Mitchell (Bingley; 1926) 36.25; 7. A. Hazel (Hallam; 1928) 36.31; 8. J. Lawton (Leeds; 1927) 37.04; 9. G. Gowland (Rown; 1929) 37.18; 10. R. Fernyhough (Mich; 1923) 37.34; 11. J. Iddon (Bolt; 1930) 37.44; 12. A. Lawton (Leeds; 1924) 38.59. 32 finished. (O/50) 1. R. Shires (Roch; 1920) 39.51; 2. L. Heald (E. Ches; 1920) 43.34; 3. G. Miller (Pemb; 1916) 45.25. (O/60) 1. E. Harrison (Linc; 1909) 42.01; 2. E. Johnson (Sutt; 1910) 45.02; 3. W. Leach (Bolt; 1906) 45.41. Due to vandalism, the venue of the club's next road run on November 14th has been changed to Michelin Sports Ground, Stoke (noon).

National Veterans Cross-Country Championships will be held at Stoke on February 20th.

Race in Holland. A 10,000m cross-country race is being held over flat parkland at Leiden (Netherlands) on November 7th. Entries to B. Paauw, Vliet Z.Z. 58, Rijnsburg, Netherlands. For travel arrangements (cost approx. £20) contact Norman Ashcroft, 16 Davids Avenue, Lane Ends, Warrington (Phone: Penketh 5858) immediately.

1971 Track & Field Marks. We have been notified of the following performances—100m: 12.0 Peter Field (Dartford) and Roger Buzzard (Wycombe Ph); 200m: 23.9 Keith Whitaker (Airedale & SV), 24.6 Field, 24.8 Buzzard; 800m: 2:04.0 Field; 400mH: 61.6 K. Whitaker; PV: 3.05/10'0" Hywel Williams (Cardiff/RAF); DT: 44.92/147'4" Dr. Konstanty Maksimczyk (Westbury—aged 56!); 43.92/144'1" Williams.

Howard Payne points out that his best Hammer throw this season has been 68.20/223'9" and not the 68.40/224'5" he was credited with in the October 16th issue.

ESSEX WOMEN'S ROAD RELAYS

At Basildon, October 23rd

1. Thurrock 38.34; 2. Southend 39.43; 3. Havering 40.35; 4. Ilford 42.08; 5. Ilford 'B' 43.31; 6. Essex LAC 44.42; 7. Thurrock 'B' 48.24. Fastest: (3,200m) L. Motton (Basildon) 12.03, V. Day (S'end) 12.11, C. Brannon (Hav) 12.22, B. Stone (née Grinney) 12.30, P. Jones (Ilf) 12.39, M. Crates (Thurr) 12.44, J. Church (Thurr) 13.20, J. Cork (S'end) 13.46, B. Watts (S'end) 13.46, J. Blackwell (Ilf) 13.48.

Intermediates

1. Havering 24.15; 2. Thurrock 24.59; 3. Basildon 26.14; 4. Harlow 27.00; 5. Essex LAC 27.53; 6. Chelmsford 28.13; 7. Essex LAC 28.40; 8. Thurrock 'B' 28.53; 9. Hadleigh Oly 29.16; 10. Southend 29.19; 11. Chelmsford 'B' 30.22. Fastest: (2,400m) L. Kiernan (Hav) 7.44, S. Hines (Thurr) 7.51, R. Chettleburgh (Hav) 8.14, L. Smith (Thurr) 8.16, P. Naylor (Hav) 8.17, L. Perry (Bas) 8.27, M. Frisby (HO) 8.38, J. Sterling (Bas) 8.41, M. Nicholson (Harlow) 8.42, L. Hatton (Bas) 8.42.

Juniors

1. Basildon 21.49; 2. Thurrock 22.19; 3. Havering 22.31; 4. Harlow 23.11; 5. Basildon 'B' 23.37; 6. Ilford 23.44; 7. Chelmsford 23.55; 8. Havering 'B' 24.03; 9. Thurrock 'B' 24.05; 10. Southend 24.51. 25 teams finished. Fastest (2,000m): M. Sadler (Bas) 7.07, L. Allon (Bas) 7.11, L. Owens (Hav) 7.13, T. Hines (Thurr) 7.19, L. Martin (Thurr) 7.23, M. Stewart (Ilf) 7.26, P. Broughton (Har) 7.31, J. Sadler (Bas) 7.31, J. Gould (Thurr) 7.37, S. Matykiewicz (Che) 7.38, D. Rippe (Hav) 7.39, J. Jackson (Hav) 7.39.

The new address for Len Armstrong, hon. secretary of the Northern Counties AA (No 2 District), Northumberland & Durham WAAA and the North Yorkshire & South Durham Harrier League, is 15 Del Strother Avenue, Grange Estate, Stockton-on-Tees, Teesside (Tel. No: 65236).

Bedford Wins In France

DAVE BEDFORD beat Gaston Roelants in a close finish to the 8km road race at Rennes last Sunday. With Mike Tagg finishing 5th and Jack Lane 6th, England won the team race.

George Dunn reports: The weather was superb and it brought out a crowd of some 30,000 to line the route. At the end of the first 2km lap Dudouet led Roelants by a short head with Tijou and Zembri separating Roelants from Bedford. The next large bunch included Lane and Tagg. After two laps Tijou led Bedford with Roelants immediately astern, followed by Le Vaillant, Lane, Tagg, Wadoux, Zembri and Villain in that order. At the start of the final lap it was Roelants from Tijou and Bedford. These three were 150y up on the next group which was led by Tagg and Lane with Le Vaillant and Wadoux hard on their heels. Tagg and Lane slipped slightly on the final circuit whereas Bedford overtook Tijou and Roelants.

Result: 1, BEDFORD 21.54; 2, Roelants (Bel) 21.55; 3, Tijou (Fra) 22.10; 4, Zembri (Fra) 22.20; 5, TAGG 22.22; 6, LANE 22.25; 7, Wadoux (Fra) 22.32; 8, Le Vaillant (Fra) 22.36; 9, Le Flohic (Fra) 22.39; 10, Leborgne (Fra) 22.47 . . . 14, Boxberger (Fra) 23.00; 16, Villain (Fra) 23.11. Teams: 1, England 12; 2, France 14. Vets 4km: Mimoun (Fra) 11.45.

WORLD RECORD THAT WASN'T

The team of Anita Neil, Jannette Roscoe, Sharon Colyear and Helen Golden did not break the world 4x200m relay record in Paris after all. The technical commission of the French Athletics Federation studied a TV film of the race and it was found that Sharon, on the third leg, cut in straight away from the third lane instead of waiting until the bend had been completed. The Federation stated: "The distance covered by the British team is about five metres short of the normal distance and, in consequence, no record application will be made to the IAAF". The world record thus remains at 1:33.8 by Maureen Tranter, Della Pascoe, Janet Simpson and Val Peat.

SOUTHERN OPEN MEETING

Further results:—Junior 3000m: 1, P. Williams (Chislehurst & S. GS) 8:53.4; 2, G. Styan (Horsesham BS) 8:58.4; 3, E. Barrett (HHH) 9:05.0; 4, K. Brackstone (C&S GS) 9:11.4; 5, D. Filtress (Oxted) 9:16.0. Boys PV: 1, L. Ying (Kennington S) 3.20/10'6"; 2, T. Morbin (Sacred Heart S) 3.05/10'0"; 3, F. Wood (Cavendish S) 3.05; 4, D. Anderson (Battersea CS) 3.05; 5, G. Ross (Cavendish S) 2.89/9'6"; 6, G. Guinan (Enf) 2.89; 7, C. Calvin (Kennington S) 2.74/9'0"; 8, A. Harding (Cavendish S) 2.74; 9, K. Stock (Croydon) 2.74. (21 competitors! Result given in Imperial only).



John Tarrant (above) and his brother Vic have sent us the following message: "We would like to say via 'AW' how well the Radox 100 miles race was organised on October 23rd. Also to thank the entire Gutteridge family for the beds and breakfasts they gave to most of the runners; also for the plates of sandwiches and pots of tea that were available all Friday night for the athletes as they arrived from all parts of the country. So on behalf of the runners and officials of the Radox 100 we salute this fine family for their generosity and hospitality". Report of the race will appear next week.

Mark Shearman

John Newsome won the Vltava Marathon in Prague in 2:18:10.2.

During a holiday in California, Robert Calvert (Small Heath Harriers) won the Ocean to Bay Marathon near San Francisco on July 31st in 2:35:24. The temperature was 90°F and the race was run over mountain tracks, often attaining 2,000ft. and over.

Sussex County AAA officers: President, H. R. Butchers; hon. secretary, A. E. Grove, 48 Bulkington Avenue, Worthing, Sussex (Tel: Worthing 37014); treasurer, S. G. Gradwell, coaching sec., R. D. Wardale, Chudleigh, 28 Dorset Road, Bognor Regis, Sussex; champs. sec., M. J. Langmaid, 17 Wychperry Road, Haywards Heath, Sussex (Tel: Haywards Heath 52854).



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EMBROCATION



Munich Olympic News



Fresh Air for Marathon Runners

FRESH air is to be made available to marathon runners and walkers in quite a literal sense. Their course at the 1972 Olympics is to be free of both petrol and exhaust fumes, as a joint decision of the IAAF and the City of Munich lays down that all roads forming part of the course are to be closed to motor traffic three hours before the start of events. During this time existing fumes will disperse. An electromobile will be available for the conveyance of competition officials and television teams.

In Munich 43 per cent of the entire course will pass through parks and green countryside. Only 4½ miles will go through the Olympic park and suburbs of the city. There are even plans to use an oxygen dispenser in certain underpasses on the marathon route, to ensure that no competitor goes short of fresh air.

No less important than fresh air is the feeding of the marathon runners on their long pilgrimage. There is to be a feeding station every five kilometres, with refreshment stations in between. Every runner can decide for himself what he wants to consume en route, and when. He will turn in his own rations to the race officials beforehand, who will keep them under refrigeration for him at the desired station. Sport doctors are at present engaged in determining the most suitable composition of refreshments to be available at feeding stations.

The 80,000 spectators in the Olympic stadium will also be able to experience the marathon; intermediate times will be recorded every five kilometres and flashed to the electronically-controlled scoreboard in the Olympic stadium. The board will also carry a sketch of the route indicating the current position of the runners.

AN UNOBSTRUCTIVE FENCE

The sport Commission of the Olympic Organising Committee have voted unanimously in favour of separating the men's section of the

Olympic village from the women's area by means of a "fence of inconspicuous design". It has not yet been decided whether the fence is to consist of trees and bushes, of wood and wire, or of some other material.

In the light of experiences at former Olympic Games, the organisers consider the separation of the Olympic men's and women's villages to be indispensable—not because they wish to assume the role of chaperones, but because of the very varied problems entailed in caring for the 10,000 occupants of the Olympic village.

MEDALS WITH ENGRAVED NAMES

The gold, silver and bronze medallists at the 1972 Olympic Games will receive medals bearing their own names. The engraving will be carried out between the end of the competition and the presentation ceremony.

In the 21 Olympic sports a total of 1,109 medals will be awarded: 364 in gold, 364 in silver and 381 in bronze. The difference is due to the fact that in each of the eleven boxing and six judo weights two bronze medals are to be awarded. The largest number of medals will go to the track and field athletes (150) and the swimmers (144).

CULTURAL FESTIVAL

The Olympic cultural programme is to provide an appropriate background for the sporting events during the Munich Games. Art devotees and music-lovers, theatre fans and concert-goers will experience from August 1st to September 10th a nightly programme such as no festival has hitherto succeeded in combining: international soloists and companies of world repute in theatres and concert halls, in the court of the Residenz and in churches, in opera house and palace. The repertoire ranges from opera, operetta, ballet, concerts, and straight, puppet and marionette theatre to folklore, films and jazz and exhibitions of art and of the Olympics.

HADLEIGH OLYMPIADS CC RELAY

At Hadleigh, October 16th

1, Thurrock (D. Horsup 12.49, S. Purkiss 12.30, C. Ward 12.31, D. Staines 12.29, M. Batty 12.05) 1:02:24.6.

2, Hadleigh Olympiads (D. Smith 12.31, A. Green 12.46, C. Reed 12.14, G. Haber 12.40, J. Dobson 12.31) 1:02:42.

3, Woodford Green (M. Vernon 12.26, M. Emms 12.49, D. Nixon 12.41, N. Burvill 13.01, T. Pribul 13.00) 1:03:59.

4, Ilford 1:05.07; 5, Havering 1:05.13; 6, Hadleigh Oly. 'B' 1:06.28; 7, Harlow 1:06.38; 8, Chelmsford 1:07.56; 9, Woodford Grn. 'B' 1:11.31; 10, Havering 'B' 1:12.28.

Colts Cross Country Race

1, C. Tilley (Havering); 2, S. Baldry (Thurr); 3, T. Brookes (Workop); 4, P. Nicholas (Ilford); 5, P. Ellis (Chelms); 6, N. Kimpton (W. Grn). No times. 53 finished. Teams: 1, Havering 22; 2, Thurrock 27; 3, Workop 36.

Mohamed Gammoudi's Training

By FRED WILT

BEST MARKS: 10,000m, 28:24.8; 6 miles, 27:23.4; 5000m, 13:30.8; 3 miles, 13:07.8; 2 miles, 8:37.8; 3000m, 7:57.0; 2000m, 5:10.6; mile, 3:59.8; 1500m, 3:41.9; 1000m, 2:32.2; 800m, 1:50.1; 600m, 1:19.6 (time trial); 500m, 1:04.8 (time trial); 400m, 49.0 (estimated); 200m, 23.8 (estimated). Born 2.11.40 at Sidi Aich, 1.72 (5' 7 1/4"), 59.5kg (131lbs); started racing in 1961.

PRE-RACE WARM-UP: Jog 6km, ending at a speed of 78-80 seconds per 400m. 10 minutes stretching calisthenics. 6 x 120m fast striding, increasing speed to sprinting. Jog 60m after each. Then 400m in 64-66 seconds. 50 minutes duration.

PRE-TRAINING WARM-UP: Jog 6km. 10 minutes stretching exercises. 6-10 x 100m in 13 seconds. Jog 100m after each. Duration 50 minutes.

WINTER CROSS-COUNTRY TRAINING: (Specimen from March 1968).

Sunday: No warm-up. 6km cross-country run.

Monday: (a.m.) No warm-up. 25 minutes jogging with 10 x 100m sprints (jog 100m after each) en route. 15 x 200m in 27.4-31.8. Jog 200m after each. Jog 1000m. (p.m.) 12km (fast cross-country run over hilly course.)

Tuesday: No warm-up. 3km easy run on asphalt. 7km continuous run, alternately running 1400m fast and 1400m slow. 3km easy run on asphalt.

Wednesday: (a.m.) 14km continuous run on asphalt at speed of 3:15-3:25 per km. (p.m.) 6km running on grass at speed of 3:12 per km.

10 x 120m sprints. Jog 60m after each. 400m in 57.0. Jog 1000m.

Thursday: Track training.. Jog 3km. 10 x 100m in 13 sec. Jog 50m after each. Jog 3km.

Friday: 25 minutes easy jogging on grass.

Saturday: Won 12Km International Cross-Country Championships in 35:25.4 (Ron Hill second).

Sunday: Jog 40 minutes.

SPRING TRACK TRAINING: (Specimen from April 1968).

Monday: (a.m.) Warm-up. 10 x 270m at speed of 15 sec per 100m. Jog 300m after each. (p.m.) 60 minutes easy running on golf course.

Tuesday: (a.m.) 3 x 500m in 1:13.1, 1:13.0, and 1:13.2. Jog 300m after each. Walk 10 minutes. 300m in 39.8. 3 x 200m in 26.9, 27.2, and 27.3. Jog 600m after each. (p.m.) Warm-up. 15 x 130m sprints. Jog 60m after each.

Wednesday: 45 minutes continuous easy running with numerous short acceleration sprints en route.

Thursday: 6km continuous run in woods at speed of 3:15 per km. Then 10 x 400m in 72 seconds. Jog 400m after each.

Friday: 25 minutes easy continuous running on grass.

Saturday: Won 800m race in 1:50.8.

Sunday: 30 minutes jogging on grass.



Mohamed Gammoudi in the act of outkicking Bruce Tulloh and Lajos Mecser (Hungary) in 1966 AAA 6 Miles Championship.

Gerry Cranham

SUMMER TRACK TRAINING AT MEXICO CITY:

Monday, 30.9.68: (a.m.) 5 x 2km in 5:22.5, 5:28.5, 5:38.6, 5:47.7, 5:41.8. Jog 800m in 4:00 to 4:40 after each. (p.m.) 40 minutes easy running on grass. Then 8 x 120m sprints. Jog 60m after each.

Tuesday, 1.10.68: 35 minutes easy running. 10 minutes calisthenics. 25 minutes easy running.

Wednesday, 2.10.68: (a.m.) 15 x 200m in 30.0, 29.6, 28.9, 28.0, 28.2, 28.2, 28.6, 28.4, 27.5, 28.0, 28.2, 28.7, 27.6, 27.3, 27.0. Jog 100m after each. (p.m.) 40 minutes easy running on grass.

Thursday 3.10.68: 3000m in 3:08.0, 2:59.0, 2:31.6 = 8:38.6. Walk 20 minutes. 3000m in 3:10, 3:00.8, 2:33.7 = 8:44.5.

Friday 4.10.68: 65 minutes easy continuous running.

Saturday 5.10.68: 5000m in 14:02.8.

Gammoudi won the 5000m (October 17th) and placed 3rd in the 10,000m (October 13th) at the Mexico City Olympic Games. He has been coached by a number of foreign coaches for varying, often brief periods, including Amri, Rossi, Frassineli, Walter Boehm of the USA, and Raoul

Mollet of Belgium, Jiri Nesbidi of Czechoslovakia coached Gammoudi from January 1967 through 1968.

The extent of his education is minimal and unknown. His exact birthdate is subject to question and has been variously reported as 1938, 1939 and 1940.

Gammoudi started training for running while serving in the Army of Tunisia. He uses no weight training. Most of his training is done during morning hours, often covering a period of two hours. At times he does light training in the afternoons as noted above. His warm-down after morning training usually consists of 800-1000m jogging. He reduces the training load but does not rest prior to racing. He participates in approximately 10 cross-country and 30 track races annually. Prior to 1968 his tactic in competition was simply to follow and rely upon his fast finishing kick, but in 1968 he developed the ability to lead when necessary through the use of longer repetitions of competitive pace training. In Tunisia the cross-country season extends from November through March, and the track racing season extends from April to October. He takes 2-3 weeks of active rest between the end of cross-country and the start of the track racing seasons.

NEW APOLLO JAVELINS

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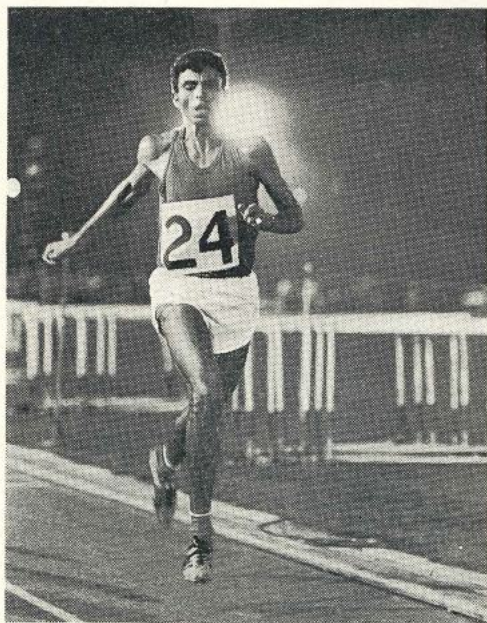
The Apollo Aeroflo is a high duty model designed for clubs and schools and it complements the Apollo Aerodyne DR to complete Accles & Pollock's present range of javelins.

* * *

Shaftesbury H. elected the following: President, Bryan Smith; Hon. Gen. Sec., A. Tomlinson, 115A Whitchurch Gardens, Edgeware, Middlesex; Cross Country Sec., H. Ashton, 18 Selkirk House, Defoe Road, N.16 OEL; Junior Section & Track Sec., R. Simons, 6 Manor Way, Chesham, Bucks. At the club's AGM David Bedford was made a life member in recognition of his services to the club. He was also awarded the 'Sparta' trophy for the athlete of the year.

* * *

Bedford & County AC Officers: Secretary (Men & Women) R. Owen, Spring Folly, Churchend, Renhold, Beds; Fixtures Sec. (Track, men and women) J. Milward, 2 Vicarage Walk, Wilstead, Beds; Treasurer, M. Stonecliffe; Cross Country Sec., J. Pinner.



Tunisia's new rising star is Mansour Guettaya who recently beat Arese in the Izmir Games 1500 (3:46.5) and then took the 800m in 1:47.6.

Ed Lacey

Spotlight on Youth**By Dave Cocksedge****THE CHAMPION WHO MISBEHAVED**

LUCKILY for athletics, a young girl named Lesley Kiernan was disobedient in school two years ago. "Taking up athletics for me started as a punishment", admits Lesley, a pretty, fair-haired fourteen-year-old from Hornchurch in Essex. "Our class had been misbehaving and our PE Mistress Mrs. Phyllis Winger (née Perkins) made the class run around the field twice. After coming in first I was entered in the district sports and finished second in 2:36.4 in the 800m. Then I joined Havering AC, started to train regularly, and so I improved."

That's something of an understatement. In 1970 Lesley set a world age-12 best with 2:18.6 and covered 1500m in pelting rain in 4:53.4 last November. At the English Schools Championships last July she proved to be the sensation of the meeting by twice running under 2:10.4—winning her heat in 2:10.1 and then just holding off Christina Boxer's challenge in the final for a 2:10.3 win—and she didn't turn 14 until the next month. In all her two lap races this summer past, she was rarely outside 2:15 until injury struck her down in August.

All races followed the same pattern as she fearlessly led every step of the way, passing halfway in around 63 sec and pioneering her own way to the tape and ever faster times. "This year I achieved more than I could ever have hoped for," she says, somewhat modestly. Her aims for 1972? "Oh, just to run faster". And all-time? "Well, I want to maintain my enthusiasm and love of athletics. I think it will get harder as I get older."

Lesley Kiernan was born in Forest Gate, London, on August 9th, 1957, stands 1.62/5'4" and weighs 42kg/93lb. Attending Sutton Secondary School in Hornchurch, she is a member of Havering AC, and is coached by Dave Naylor. Her best marks at other events: 100m—13.1, 200—27.1, 400—60.4 (time trial), and 1500—4:47.9.

"I think at the moment running fast times are more important to me than winning major titles," she reflects. "In a lot of early season schools races, you have to get under a qualifying time to get through to the next round. In a way I'm fortunate as Essex and especially Havering AC have very strong middle distance runners so I've got plenty of opposition to push me. Anyway, I find it much more pleasing somehow to lower my personal best than just win."

Spying Coach

"I owe any success I have had to my coach Dave Naylor. He was a PTI in the army until he had an accident which left him partially paralysed. He can now walk with the aid of sticks and he drives an invalid car. A funny thing happened

while we were out training last winter. You see, Dave drives his car around our road course while we are running on it, and spies on us, making sure we are running as hard as we should be. Well, 'Trish', his young sister, had hurt her ankle and started to cry. Dave came flying up to us in his car and started shouting at us, telling us to get going, when suddenly a police patrol car drew up, the officers jumped out and asked us if 'this man' was annoying us. We often laugh about that night, and tell Dave that if we hadn't spoken up for him, he'd be in prison now!"

Lesley rates her best performance yet to be winning the "Lillian Board" Trophy at Bracknell in May. It was her second race in the Intermediate age group (she qualified as she had run 2:14.0 in April). "All I could hope for was to make the final, but after winning I could only wonder what the result would have been if there



Lesley Kiernan—"I rate everyone I run against."

Mark Shearman

UK Teenage Girls Records

Compiled by Peter V. Martin & Dave Cocksedge

100 METRES

13	11.9	Sonia Lannaman	1969
14 & 15		Inferior to 13-year-old record.	
16	11.6	Denise Ramsden	1968
17	11.6	Anita Neil	1967
18	11.4	Della James (Pascoe)	1967
19	11.3	Della James (Pascoe)	1968

200 METRES

(* 220y time less 0.1)

13	25.1	Sonia Lannaman	1970
14	24.1	Sonia Lannaman	1970
15	23.8*	Marilyn Neufville	1968
16	23.8	Sharon Colyear	1971
17	23.6	Marilyn Neufville	1970
18		Inferior to 17-year-old record.	
19	23.4	Lillian Board	1968

400 METRES

(* 440y time less 0.3)

13	60.0*	Rosemary Stirling	1961
14	58.1	Susan Mapstone	1971
15	55.7	Rona Livingston	1969
16	54.2	Marilyn Neufville	1969
17	51.0	Marilyn Neufville	1970
18 & 19		Inferior to 17-year-old record.	

800 METRES

(* 880y time less 0.8)

12	2:14.8	Janet Lawrence	1971
13	2:10.1	Lesley Kiernan	1971
14		Inferior to 13-year-old record.	
15	2:08.8	Mary Sonner	1970
16	2:06.9	Mary Sonner	1971
17	2:05.3	Mary Hodson	1964
18	2:04.6*	Rosemary Stirling	1966
19	2:02.0	Lillian Board	1968

1500 METRES

12	4:47.6	Janet Lawrence	1971
13	4:43.5	Lesley Cobden	1970
14	4:36.4	Regina Joyce	1971
15	4:35.5	Mary Stewart	1971
16	4:30.8	Mary Sonner	1971
17	4:23.8	Christine Haskett	1970
18		Inferior to 17-year-old record.	
19	4:16.8	Norine Braithwaite	1970

MILE

15	5:08.4	Christine Ansell	1968
16	4:57.1	Sandra Marquis	1970
17		Inferior to 17-year-old record.	
18	4:54.8	Rita Lincoln (Ridley)	1965
19	4:47.9	Rita Lincoln (Ridley)	1966

100 METRES HURDLES

17	13.7	Christine Perera (Bell)	1967
18	13.5	Christine Perera (Bell)	1968
19		Inferior to 18-year-old record.	

HIGH JUMP

13	1.59/5'2½"	Teresa Dainton	1971
14	1.61/5'3½"	Ann Hull	1970
15	1.67/5'6"	Yvonne Saunders	1967
16	1.73/5'8"	Linda Knowles (Hedmark)	1962
17		Inferior to 16-year-old record.	
18	1.75/5'9"	Barbara Inkpen	1968
19	1.78/5'10"	Barbara Inkpen	1969

LONG JUMP

13	5.66/18'7"	Maureen Barton (Chitty)	1961
14	5.88/19'3½"	Susan Scott (Reeve)	1966
15	6.02/19'9"	Susan Scott (Reeve)	1967
16	6.23/20'5½"	Susan Scott (Reeve)	1968
17	6.36/20'10½"	Moirra Walls	1969
18	6.43/21'1¼"	Moirra Walls	1970
19		Inferior to 18-year-old record.	

SHOT (4 kilo)

14	11.78/38'7¾"	Valerie Woods	1960
15	12.88/42'3"	Valerie Woods	1961
16	13.94/45'9"	Jennifer Bloss (Ferne)	1967
17	14.03/46'0½"	Jennifer Bloss (Ferne)	1968
18 & 19		Inferior to 17-year-old record.	

had not been some confusion at the start. Thinking there had been a re-call, some girls hesitated at the gun, and then had to run hard to catch up with the rest of us (Lesley Cobden was one of them). That must have taken something out of them." Her biggest disappointment so far has been "missing both the English Schools and the Junior Girls National through injury early this year."

She feels that she has no special rivals. "I rate everyone I run against. You can never underestimate **anyone**, really, can you?" Her passion is needlework. "I make all my own clothes, and with training and racing regularly this doesn't leave me much time for other interests. Oh, I do my schoolwork as well, of course!"

Lesley Kiernan is a bright, articulate young lady whose poise contrasts a little oddly with her modesty. Not that she lacks self-confidence. She is very much a young athlete of her time, surely the complete answer to those who felt that girls should not be allowed to run further than half a lap on the track. The sight of Miss Kiernan running away from her opponents, her long blonde hair flowing out behind her, is one that commands attention—not so much because of her obvious ability, but also because of her obvious love of life.

continued on page 19

LOCHHEAD WINS FIRST NORTHERN WOMEN'S LEAGUE

At Stretford, Oct. 16th

JEAN LOCHHEAD (Airedale and Spen Valley), the reigning Yorkshire, Northern and Women's Inter-County champion, picked up the threads where she left off last March in the first Northern Women's League fixture of the winter season. Not surprisingly, as most of her training is done on a hilly circuit around her Huddersfield home in the company of boy friend Granville Sydney—National Hill-Climb champion of the cycling world—Jean said afterwards that she did not like the fast, flat course. But she certainly did not show it during the race. If this performance was a hint of things to come, then the other Northern girls are in for a pretty bleak winter over more demanding courses.

Welsh International Jean went in to the lead at the start and scored by almost 200yds, covering the three miles in 15min 54sec. There was quite a scrap for second place but it went, eventually, to Liz Connors of Preston—runner-up in the English Schools race at Keswick—by seven seconds from former Northern champion Barbara Banks, winner of the corresponding race, last year, before tripping off to see the world.

Stretford, national champions in the intermediate age-group, last season, served notice that they will trouble the best at senior level, this time, by beating a full-strength Airedale and Spen Valley by 22 points.

Jean Haigh of Longwood, the Northern intermediate champion, showed, like the elder Jean, that she too has no intention of relinquishing her place as the area's number one. But Stretford newcomer Julie Asgill, who pushed her to seven seconds in the two-mile event, is obviously going to give the champion plenty to think about. Sale won the team race from neighbouring Stretford with Longwood third, but the latter surprised the National champions by beating them in the junior age-group in which Pilkington's Janet Lawrence added to her growing list of successes.

J.G.B.

1. J. Lochhead (Airedale & SV) 15.54
2. E. Connors (Preston) 16.27
3. B. Banks (Wallasey) 16.34
4. C. Helsby (Stret) 16.42; 5. A. Noble (Sheff. UH) 16.56; 6. J. Watts (Wall) 17.01; 7. J. Poyner (Stret) 17.12; 8. B. Metcalfe (Stret) 17.13; 9. F. Riley (Lakeland) 17.31; 10. B. Robinson (Bury & R) 17.36; 11. M. Hepworth (ASV) 17.38; 12. C. Tranter (Stret) 17.46; 13. M. Chambers (Blaydon) 17.51; 14. P. Stanley (Hull S) 17.53; 15. M. Adamson (NSP) 18.04; 16. D. Crossley (Spen) 18.10; 17. L. Bateman (Blythe) 18.11; 18. M. Hudson (ASV) 18.16; 19. M. Caldwell (Wall) 18.19; 20. G. Baldwin (Stret) 18.29; 21. C. Howell (Hull) 18.33; 22. K. Barker (Blaydon) 18.39; 23. S. Sugden (ASV) 18.49; 24. H. Barker (Blaydon) 19.01; 25. S. Howell (Hull) 19.08; 26. H. Matthews



NOS GALAN

The Fourteenth Annual Road Races through the Streets of
PENRHIWCEIBER and MOUNTAIN ASH, GLAMORGAN
 are on **NEW YEAR'S EVE, 31st DECEMBER, 1971**

Under AAA Laws

All Events Open

Entry Fee 25p per event

4.00 p.m.—Men's Mile

8.00 p.m.—Women's Mile

9.00 p.m.—Men's 100 yards

11.46 p.m.—Men's 4 Miles

Prizes valued £7, £4, £3, to first three in each event. Nos Galan Vests to first 20 home in the mile events, and to the first 100 in the 4 miles. Nos Galan engraved trophies to first three teams and first three Welsh teams (3 to score) in 4 miles. **Entries close finally on MONDAY, 13th DECEMBER**, to: Bernard Baldwin, 9 Campbell Terrace, Mountain Ash, Glam. Tel. 2365.

(Preston) 19.09; 27, ——— 19.11; 28, S. Henderson (Blay) 19.15; 29, J. Wood (Spen) 19.18; 30, P. Smith (L'wood) 19.23. 53 finished.

Teams: 1, Stretford 31; 2, Airedale & SV. 53; 3, Wallasey 67; 4, Blaydon 87; 5, Hull 103; 6, Bury & Radcliffe 125; 7, Preston 136; 8, Spenborough 150 9, North Shields 161; 10, Sheffield 167; 11, Lakeland 167; 12, Bolton 168; 13, Blythe 179; 14, Sale 183; 15, Longwood 192.

Intermediates

1. J. Haigh (Longwood) 11.06
2. J. Asgill (Stretford) 11.13
3. A. Romanovitch (Airedale) 11.16
4. T. Wild (Sale) 11.27; 5, E. Foster (Bury) 11.29;
6, N. Brown (H'ton) 11.37; 7, D. Heathcote (Stret) 11.40; 8, E. Holden (Sale) 11.51; 9, C. Jefferies (Sale) 11.53; 10, L. Hughes (Sale) 11.57; 11, K. Irving (Stret) 11.58; 12, K. Idown (Sale) 11.59;
13, A. Lorrain (L'wood) 11.59; 14, D. Merritt (H'ton) 12.04; 15, L. Williams (Bolton) 12.05;
16, S. Walker (Spen) 12.08; 17, D. Brooks (Pilk) 12.09; 18, S. Robinson (Huyton) 12.10; 19, A. Colley (Stret) 12.11; 20, K. Strange (Warr) 12.13;
21, R. McCusker (Blay) 12.18; 22, J. May (B'urn) 12.19; 23, J. Shaw (L'wood) 12.20; 24, A. McCabe (Blythe) 12.22; 25, G. Howell (Hull) 12.28; 26, E. Fleming (ASV) 12.31; 27, L. Skidmore (Blay) 12.34; 28, L. Clarke (Hull) 12.39; 29, J. Casper (L'wood) 12.42; 30, D. Parsons (Warr) 12.43. 58 finished.

Teams: 1, Sale 31; 2, Stretford 39; 3, Longwood 66; 4, Airedale & SV. 114; 5, Pilkingtons 126; 6, Blaydon 132; 7, Houghton 138; 8, Spenborough 147; 9, Blackburn 165; 10, Bolton 165; 11, Warrington 168; 12, Hull 171.

Juniors

1. J. Lawrence (Pilkingtons) 8.41
2. A. Robinson (Sale) 8.45
3. Dean (Longwood) 8.51
4, M. Worth (ASV) 8.53; 5, B. Howarth (Warr) 9.08; 6, P. Barnett (Sale) 9.08; 7, S. Holdsworth (L'wood) 9.12; 8, P. Byrne (L'pool) 9.13; 9, S. Cowlam (L'wood) 9.14; 10, K. Haynes (Stret) 9.18; 11, F. McGregor (ASV) 9.20; 12, J. Owen (L'wood) 9.23; 13, G. Guert (Warr) 9.30; 14, J. Collins (Blay) 9.31; 15, J. Williams (Sale) 9.34; 16, C. Rushworth (L'wood) 9.34; 17, I. Holland (Stret) 9.39; 18, A. Mortimer (Bolton) 9.41; 19, O. Burgess (Sale) 9.47; 20, C. Lynch (L'wood) 9.47; 21, D. Robin (Huyton Hey) 9.47; 22, S. Williams (Sale) 9.48; 23, W. Farnell (Spen) 9.54; 24, L. Carroll (Sale) 9.57; 25, S. Phillips (Blythe) 9.59; 26, J. Reid (Bury & R) 10.01; 27, K. Farley (Bury) 10.04; 28, J. Wilkes (Spen) 10.08; 29, C. Hill (St. Jos) 10.09; 30, J. Fryer (Hull) 10.11. 88 finished.

Teams: 1, Longwood 31; 2, Sale 42; 3, Stretford 90; 4, Airedale & SV. 115; 5, Warrington 121; 6, Spenborough 156; 7, Bury & Radcliffe 160; 8, Blaydon 168; 9, Bolton 189; 10, St. Josephs 196; 11, Huyton Hey 215; 12, Hull 255; 13, Atalanta 267; 14, Pilkingtons 268; 15, Liverpool 275.

Hillingdon Dominate

SURREY AC CROSS COUNTRY RELAY

At Richmond Park, October 16th

HILLINGDON AC dominated Surrey AC's 19th cross country relay by not only providing the winning team, the first 'B' team and five of the fastest ten lap times, but also by knocking three seconds off Belgrave's course record which had withstood the challenges of the last seven years. Brighton & Hove (Paterson) led at the end of stage 1, but Maurice Wands soon took the holders past Ray Roseman and into a lead they were never to lose. Les Presland for the second year in succession provided the fastest lap time when he took Surrey AC from 11th to 6th. He was 11 quicker than the next fastest man.

E. Thompson

1, Hillingdon (K. Wainer 15.40, M. Wands 15.24, J. Mouat 15.34, G. Hallet 15.40, P. Francis 15.31, P. Griffiths 15.51) 1:33.40 (rec).

2, Brighton & Hove (M. Paterson 15.36, R. Roseman 15.48, C. France 15.45, P. Whitcomb 16.19, P. Bennett 15.42, P. Rockwood 15.57) 1:35.07.

3, Belgrave (P. Carton 15.46, A. Black 15.52, T. Hart 16.15, C. Pearson 16.40, J. Bicourt 15.32, Gy. North 15.40) 1:35.45.

4, Aldershot, F & D (D. Curwell 16.06, B. Ford 15.44, P. Brenchley 15.38, M. Porteous 17.01, P. Leitch 16.40, J. Watts 16.06) 1:37.15.

5, Hillingdon 'B' (J. Bleasdale 15.54, G. Power 16.01, C. Smith 16.43, G. Power 16.42, P. Milsom 16.36, L. Adams 16.28) 1:38.24.

6, Surrey AC (R. Wilkinson 16.50, L. Presland 15.13, K. Jackson 16.19, A. Sawyer 16.52, P. Freeman 16.54, D. Owen 16.59) 1:39.07.

7, Ealing & Southall 1:39.38; 8, Horsham BS 1:40.19; 9, Hercules Wimbledon 1:40.30; 10, Met. Police 1:41.14; 11, Ealing & Southall 'B' 1:44.10; 12, Mitcham 1:44.39; 13, London Irish 1:46.17; 14, Polytechnic 1:46.45; 15, Surrey AC 'B' 1:47.10; 16, E. Sy. H. 1:47.14; 17, Met. Police 'B' 1:48.56; 18, Crawley 1:49.45; 19, London Irish 'B' 1:50.16; 20, Ealing & Southall 'C' 1:52.23. 25 teams finished.

Fastest (2½M): Presland 15.13, Wands 15.24, Francis 15.31, Bicourt 15.32, Mouat 15.34, Paterson 15.36, Brenchley 15.38, North 15.40, Hallett 15.40, Wainer 15.40.

GEOFF CAPES HOSPITALISED

Geoff Capes will be entering hospital shortly for a hernia operation, and is likely to be out of action for two months. With luck, however, he hopes to be competing in the AAA Indoor championships this winter. Well-wishers can contact him at 11 White Cross, Ravensthorpe, Peterborough.

Southern League Fixtures 1972

Division 1

(May 13th) (Walton) Walton, LAC, Exeter, Ilford, Highgate; (Southchurch Park) Southend, C&C, Haselmer Border, Wycombe P, Bournemouth; (Alexandra Pk) Portsmouth, Cambridge, Windsor, S&E, Crawley, Luton; (Wimbledon Pk) HHH, Hadleigh Oly, Worthing, Aldershot, Epsom & E; (Spikes Bridge) Ealing & S, QPH, Feltham, Met. Police, Belgrave. (June 3rd) (Wimbledon Pk) Belgrave, LAC, Cambridge, Aldershot, Southend; (Walton) Walton, C&C, Portsmouth, Epsom & E, Met. Police; (Clifton Hill) Exeter, Haselmer Border, Windsor, S&E, HHH, Feltham; (Crawley) Crawley, Ilford, Wycombe Ph, Hadleigh O, Ealing & S; (Stockwood Park) Luton, Highgate, Bournemouth, Worthing, QPH. (July 1st) (Southchurch Park) Hadleigh O, C&C, LAC, QPH, Windsor, S&E; (Feltham) Feltham, Cambridge, Ilford, Epsom & E, Bournemouth; (Woolmer Hill) Haselmer Border, Worthing, Belgrave, Crawley, Walton; (Alexandra Park) Portsmouth, Highgate, HHH, Southend, Ealing & S; (Police Sc. Hendon) Met. Police, Luton, Wycombe Ph, Exeter, Aldershot. (July 29th) (Feltham) Feltham, LAC, Worthing, Portsmouth, Wycombe; (Southchurch Pk) Hadleigh O, Cambridge, Haselmer Border, Highgate, Met. Police; (University Track) C&C, Ilford, Belgrave, HHH, Luton; (King George V Track) Epsom & E, QPH, Crawley, Southend, Exeter; (Kings Park Stadium) Bournemouth, Windsor, Walton, Ealing & S, Aldershot. (August 12th) (Hurlingham) LAC, Bournemouth, Crawley, HHH, Met. Police; (Stockwood Pk) Luton, Hadleigh O, Feltham, Walton, Southend; (Spikes Bridge) Ealing & S, Exeter, C&C, Cambridge, Worthing; (Woolmer Hill) Haselmer Border, Portsmouth, Aldershot, QPH, Ilford (King George V Track) Epsom & E, Belgrave, Highgate, Wycombe P, Windsor. (September 16th) (Hurlingham) LAC, Luton, Ealing & S, Haselmer B, Epsom & E; (Kings Park Stadium) Bournemouth, Hadleigh O, Exeter, Portsmouth, Belgrave; (Crawley Sports Arena) Crawley, Feltham, C&C, Aldershot, Highgate; (Wimbledon Park) HHH, Walton, Cambridge, QPH, Wycombe Ph; (Police Sc. Hendon) Met. Police, Southend, Worthing, Ilford, Windsor.

Division 2

(May 13th) (Sutcliffe Park) Kent AC, Mitcham, Medway, Newbury, Invicta; (Bracknell) Bracknell, Essex Bgls, Norfolk O, Shaftesbury, Guildford & G; (Toore Valley*) Torbay Redhill & R, Andover, Chelmsford, Thurrock; (Harlow SC) Harlow, Sutton & C, Huntingdon, Newham, Maidenhead; (Redhill) Surrey Bgls, Colchester, Verlea, Oxford, Havering. (June 3rd) (Bracknell) Bracknell, Kent AC, Torbay, Sutton & C, Colchester; (Redhill) Redhill & R, Huntingdon, Essex B, Mitcham, Verlea; (Harlow) Harlow,

Medway, Norfolk, Andover, Surrey B; (Cophall Stadium Hendon) Shaftesbury, Newbury, Chelmsford, Newham, Oxford; (Braywick Road) Maidenhead, Invicta, Guildford & G, Thurrock, Havering. (July 1st) (Sutcliffe Park) Kent AC, Verlea, Harlow, Chelmsford, Guildford & G; (Bracknell) Bracknell, Surrey B, Newham, Thurrock, Mitcham; (Maidenhead) Maidenhead, Torbay, Essex B, Medway, Oxford; (Redhill) Redhill, Norfolk O, Newbury, Havering, Sutton & C; (Harrow) Shaftesbury, Invicta, Colchester, Huntingdon, Andover. (July 29th) (McMillan Stad,* Newham) Newham, Kent AC, Essex B, Havering, Andover; (King George V) Thurrock, Shaftesbury, Medway, Sutton, Verlea; (Redhill) Redhill & R, Oxford, Invicta, Harlow, Bracknell; (Lakenham Sch) Norfolk O, Colchester, Chelmsford, Mitcham, Maidenhead; (Bannisters Track) Guildford & G, Huntingdon, Surrey B, Torbay, Newbury. (August 12th) (Redhill) Redhill & R, Surrey B, Kent AC, Maidenhead, Shaftesbury; (Welwyn GC) Verlea, Newham, Torbay, Norfolk O, Invicta; (Harlow SC) Harlow, Thurrock, Essex B, Newbury, Colchester; (Melbourne Park) Chelmsford, Bracknell, Medway, Havering, Huntingdon; (Bannisters Track) Guildford & G, Mitcham, Oxford, Sutton & C, Andover. (September 16th) (King George V) Thurrock, Kent AC, Oxford, Norfolk, Huntingdon; (McMillan Stadium*) Newham, Guildford & G, Medway, Redhill & R, Colchester; (Melbourne Park) Chelmsford, Surrey B, Essex B, Sutton & C, Invicta; (Cophall Stadium) Shaftesbury, Harlow, Mitcham, Torbay, Havering; (Welwyn GC) Verlea, Bracknell, Maidenhead, Newbury, Andover.

* subject to all events being held.

Division 3

(South West) May 13th: Taunton, June 3rd: Plymouth, July 1st: Yeovil. Tiverton may also compete. (West) May 13th: Swindon, June 3rd: Salisbury, July 1st: Trowbridge. Bath also compete. (South) May 13th: Bognor, June 3rd: Woking, July 1st: Woking, July 29th: Horsham. Oxted, Dorking SP and Chichester also compete. (South-East) May 13th: Hastings, June 3rd: Erith, July 1st: Eastbourne, July 29th: Tooting (SLH). Haywards Heath and Tonbridge also compete. (East London) May 13th: Eton Manon (McMillan), June 3rd: Ipswich (Bury St. Edmunds), July 1st: Southgate, July 29th: Harrow (Old Gaytonians). VPH and Walthamstow also compete. (West London) May 13th: Watford, June 3rd: Milocarians (RAF Halton), July 1st: Twickenham, July 29th: Aylesbury. Camberley and London Irish also compete. (North) May 13th: Stevenage, June 3rd: Holbeach, July 1st: Bedford, July 29th: Peterborough. West Norfolk, and Wolverton also compete. (National League 'B') May 13th: Croydon,

MOSCOW BIDS FOR 1980 OLYMPICS

MOSCOW made an official bid last month for staging the summer Olympic Games of 1980. This was announced after a meeting of the Soviet Olympic Committee, which supported the proposal of the Executive Committee of the Moscow City Soviet.

The announcement says that the decision to nominate the Soviet capital as an Olympic candidate was taken after a careful study of its possibilities for staging such major competitions as Olympic Games.

The Olympic Committee proceeded, first of all, from Moscow's experience in holding world and European championships, major international competitions and the finals of the USSR People's Games, as well as the presence of adequate sports facilities in Moscow and conditions for receiving participants and guests. The committee also took into consideration the plans for building new sports and administrative complexes.

The ideas of the Olympic movement, the statement stresses, which reflect the striving of sportsmen throughout the world to contribute to the development of mutual understanding and trust between the peoples and to strengthening world peace, are close to the hearts of Soviet athletes. It expresses confidence that if Moscow is entrusted with staging the 1980 Olympics it will do everything in its power to ensure the success of the Games and traditional Soviet hospitality for the contestants.

Moscow is in fact one of the biggest sports centres in the world. It will soon have a new sports complex and hotel in Izmailovo where the Moscow Institute of Physical Culture is situated. In putting forward Moscow's candidature for the 1976 Olympics it had been planned to have the Olympic training centre and the Olympic village there.

Although additional facilities would be planned if Moscow's bid for 1980 were successful, the city already has sports complexes big enough for competitions on any scale. The Lenin Stadium in Luzhniki is the biggest complex in the city, with a sports arena seating 101,000 for track and field, football and grass hockey, a minor arena (volleyball, basketball—14,000 seats), an open-air 50-metre swimming pool (12,000 seats) and a Sports Palace (gymnastics, boxing, basketball,

volleyball—12,000 seats). The athletics tracks and sectors of the large arena have now been covered with Rekortan, which will also be used as covering for the Olympic stadium in Munich.

Moscow has another two big stadiums with athletics tracks and football pitches: Dynamo (53,860) and Locomotive (30,000). There are also the Central Army sports club centre (volleyball, basketball, wrestling—4,700 seats), two indoor 50-metre swimming pools each seating 1,500, and a weightlifting centre seating 1,000.

Two shooting ranges are situated within less than 20 kilometres of the centre of Moscow. One of them belongs to the railwaymen's sports society Lokomotiv (for skeet shooting), and the other to the Dynamo sports society (for point shooting). There is also the sports centre of the Spartak society used for pentathlon competitions.

Since 1952 the Soviet Union has been the venue of world championships in volleyball, pentathlon, points shooting, gymnastics and fencing as well as European championships in basketball, canoeing, boxing, equestrian events and weightlifting. Moscow has five times held the finals of the USSR People's Games, the most recent of which embraced 7,382 competitors in 24 sports.

Novosti Press Agency

TEENAGE RECORDS continued from page 15

DISCUS

13	32.92/108'0"	Karen Whitear	1970
14	37.64/123'6"	Vivian Irwin	1969
15	39.62/130'0"	Heather Horsburgh	1963
16	45.38/148'10"	Christine Chalk	1971
17	47.14/154'8"	Jacqueline Elsmore	1971
18 & 19	Inferior to 17-year-old record.		

JAVELIN

13	33.94/111'4"	Susan James	1969
14	40.36/132'5"	Janeen Williams	1971
15	43.26/141'11"	Marlene Garner	1967
16	44.80/147'0"	Shara Spragg	1967
17	46.52/152'7"	Susan Platt	1958
18	49.32/162'10"	Susan Platt	1959
19	51.60/169'3"	Susan Platt	1960

JUNIOR PENTATHLON

13	3418	Susan Scott (Reeve)	1965
14	4064	Susan Mapstone	1971

SENIOR PENTATHLON

14	3862	Vivien Knowles	1966
15	4419	Susan Scott (Reeve)	1967
16	4297	Nnenna Njoku (100H)	1971
17	4786	Susan Scott (Reeve) (80H)	1968
18	4841	Ann Wilson (80H)	1968
19	Inferior to 18-year-old record.		

June 3rd: Southampton, July 1st: Reading, July 29th: Brighton.

Division 4

(West) May 13th: Wycombe Phoenix (Maidenhead), June 3rd: Borehamwood, July 1st: Windsor 'B' Didcot, Banbury and Basingstoke also compete. (East) May 13th: Camden (Parliament Hill), June 3rd: Dartford, July 1st: Bury St. Edmunds, Barnet, New Romford and London School of Economics also compete.

Drake and Yeoman Star

IN SOUTHERN COUNTIES AAA

OPEN MEETING

Crystal Palace, October 20th

JOHAN DRAKE from Basildon and Paula Yeoman from Feltham both enjoyed easy and impressive victories in this, the second of the SCAA series of winter floodlit meetings at Crystal Palace. Miss Yeoman, fresh from running the third fastest stage time in the Southern Women's Road Relay at Aldershot, spurred ahead of pace-setting Betty Price at the end of three laps (3:54.0) in the BMC Invitation 2,000m, and had a twelve metre lead over Pat Winter at the bell, which she passed in 5:09.8. Her lead increased as she strode around a 72 last lap, and Betty came again strongly in the straight to re-pass Winter and hold off the equally fast closing Sandra Marquis. Paula, who is now coached by Conrad Milton, was reasonably satisfied with her winning time of 6:22.2; and along with twin sister Ann (not invited for this race) aims for a solid winter's competition and a 1500m time of around 4:20.0 next year. For John Drake, the 3000m was an invigorating return to fitness, as a troublesome back injury, incurred last April, has ruined his summer's racing. He trailed Bill Mullett for most of the race, and then attacked early in the last lap, afraid of Keith Penny's deadly finish over the final 100m. He need not have worried, for he pulled away easily and remorselessly for a fine 8:12.8 as Penny came through to pip the gallant Mullett in the last 60m.

The response to the first 5000m walk to be held in conjunction with this meeting was most encouraging: no less than 30 entries. Carl Lawton enjoyed a narrow win over Steve Gower after Wilf Wesch, setting a furious pace, had dropped out whilst well in front. "AW" walking correspondent Colin Young was 7th in what is virtually a sprint event for him. In the Youths 1500m, Harlow's Richard Green front ran a strong 4:06.8, and Wayne Tarquini won the Boys event in a personal best of 4:16.3 after being all of 30m down on Terry Walsh with 200m left. Wayne was his usual self after the race. Why did he leave it so late? "Well, I wanted to make it look good for the crowd!"

Dave Cocksedge

1500m: J. Griffiths (Sy. AC) 4:09.0. **3000:** 1, J. Drake (Basildon) 8:12.8; 2, K. Penny (Cambridge) 8:14.6; 3, W. Mullett (Brighton & H) 8:15.0; 4, T. Parker (Blackburn) 8:27.8; 5, J. Bryan (Achilles) 8:32.6; 6, J. Campbell (Torbay) 8:33.2; 7, A. Barrett (Poly) 8:34.0; 8, G. Edgington (RAF) 8:35.0; 9, M. Grey (Shaft) 8:35.8; 10, A. Pinfield (Mitcham) 8:36.0; 11, J. Watts (Aldershot-J) 8:49.2; 12, P. Leitch (AFD) 8:52.0. **5000mW:** 1, C. Lawton (Belgrave) 22:22.6; 2, S. Gower (Ex. Bgls) 22:24.2; 3, R. Coates (Bel) 22:52.6; 4, R. Dobson (Basildon) 23:00.6; 5, L.

continued on page 28

MIDDLESEX A.A.A. COACHING COMMITTEE AND SPECIALIST CLUBS COMMITTEE

JOINT TRAINING DAYS

Borough Road P.E. College,
Isleworth, Middlesex

Coaches include, Staff Coaches, Senior
A.A.A. Coaches and A.A.A. Coaches.

November 7th, 1971, Sunday
10 a.m. to 4 p.m.

STEEPLECHASE (Barrier Club)
DISCUS (Shot and Discus Circle)

November 28th, 1971, Sunday
10 a.m. to 4 p.m.

JAVELIN (Javelin Club)
HIGH JUMP
(High Jumpers' Club of Great Britain)

December 12th, 1971, Sunday
10 a.m. to 4 p.m.

MIDDLE DISTANCE (B.M.C.)
SPRINTS (British Sprint Club)
SHOT (Shot and Discus Circle)

Applications for day course to: Sandy Gray, Middx. Coaching Secretary, 168 Monks Walk, Buntingford, Herts. State fully your age and best performances. Fee (including cost of lunch) 50p, payable to Middlesex A.A.A. Visitors from other counties welcome, male and female. Non members of specialist clubs welcome to attend. Applications must be received by the Wednesday before the Sunday. **HAVE A BREAK FROM YOUR TRAINING ROUTINE COME ALONG AND MEET THE EXPERTS — TRY SOMETHING DIFFERENT.**

Southern Juniors want Indoor Events

REVEAL SCAAA JUNIOR AND YOUTH QUESTIONNAIRES

THE aim of the questionnaires is partly to advise the SCAAA in some depth about the current leading Juniors and Youths in the Southern Counties but perhaps mainly to reveal how the SCAAA can help these athletes to progress during the next two or three years. The 1971 questionnaires were sent, as usual to the leading athletes in each event based on the Southern Junior and Youth Championships. 102 questionnaires were returned and these can be broken down into events as follows:—

Sprints 20, Hurdles 6, Middle Distance 25, Steeplechase 4, Walking 6, High Jump 5, Pole Vault 4, Long Jump 7, Triple Jump 5, Shot 5, Discus 5, Javelin 5, Hammer 5.

The athletes needs can be broadly summarised in the following headings:— 90% were interested in indoor competition. 53% required more top quality competition. These included requests for early and late season competition, inter-area and Junior international competition and competition more evenly spread away from exam time etc. 48% had training facility/equipment problems. Outstanding amongst these were the high jumpers

need for more foam landings and throwers faced with sub-standard circles and lack of hammer/discus nets. Furthermore a high proportion of 400 metre hurdlers and pole vaulters were faced with a general lack of facilities. 36% wished to try a new event. Leading in this category was, as usual, the pole vault with 8 would-be vaulters followed by decathlon (6), long jump (5), high jump (4) and 400 metre hurdlers (4). 28% required a coach. This included 9 out of the 20 sprinters. 17% required more coaching courses or training weekends. 12% required indoor winter training facilities. 8% wished to join high standard training groups.

The requests for a personal coach are being dealt with by the special coaching organiser whilst all the other problems have been handed over to the event staff coaches for them to endeavour to make suitable arrangements wherever possible. At the same time all the information obtained has been passed to those concerned in the SCAAA coaching organisation, in order that they have the latest perspective and order of priorities on problems facing up and coming athletes in the South.

D. J. Fruin

SCAAA Special Coaching Organiser

Young Athletes' Results

Bingley H. Schools CC Relay, October 2nd. 1, Holme Valley GS 47.04; 2, St. Bedes GS 48.32; 3, Bradford GS 48.59; 4, Greenhead GS, Keighley 49.17; 5, Temple Moor S. 49.24; 6, Batley GS 51.16. Fastest: A. Ulrick (Holme V) 11.15. (15-17) 1, Bradford GS 45.54; 2, Greenhead GS 46.27; 3, Holmfirth SS 47.48; 4, Bradford GS 'B' 49.58; 5, Batley GS 50.01; 6, Temple Moor S. 50.33. Fastest: N. Tillotson (Greenhead) 10.43. (Over 17 Race) 1, M. Jenkins (St. Bedes) 16.36; 2, D. Brennan (St. B) 16.39; 3, J. Crafer (Brad) 16.46; 4, B. Monaghan (St. B) 17.10; 5, N. Smith (Brad) 17.20; 6, D. Wilcock (Whitcliffe) 17.56.

Holmfirth YA Road Races, October 3rd. (Youths) 1, C. Nightingale (C. Hull) 15.28; 2, K. Newton (Hallam) 15.38; 3, K. Hodsmain (C. Hull) 15.50; 4, G. Sellens (L'wood) 15.53; 5, R. Harbisher (L'wood) 15.53; 6, A. Bigg (Hallam) 15.54. Teams: 1, City of Hull 12; 2, Hallamshire 15; 3, Longwood 21; 4, Manchester AC 69. **(Boys)** 1, M. Plant (MAC) 11.57; 2, J. Quinn (Liv. Pem) 12.02; 3, A. Hitchen (Wake) 12.09; 4, B. Moxon (Wake) 12.19; 5, A. Ulrick (Holm) 12.22; 6, S. Townend (L'wood) 12.37. Teams: 1, Wakefield 16; 2, Holmfirth 29; 3, Hallamshire 40; 4, City of Hull 41. **(Colts)** 1, R. Mallinson (Holm) 13.12; 2, M. Hindle (Wake) 13.16; 3, B. Eden (MAC) 13.17; 4, S. Matthews (Holm) 13.20; 5, T. Broster (MAC) 13.39; 6, R. Sinclair (Hallam) 13.41. Teams: 1,

MAC 16; 2, Holmfirth 22; 3, Worksop 40; 4, J. Smeaton S. 42.

Sunday YA League, at Stevenage, October 3rd. (420 athletes). (14-16) 1, K. Dumbleton (Ver) 13.28; 2, D. Hall (Stev) 14.07; 3, R. Bolam (Hav) 14.25; 4, T. Bray (Hav) 14.25; 5, T. Barratt (Hunt) 14.25; 6, A. Hill (Stev) 14.29. Teams: 1, Havering 24; 2, Verlea 43; 3, Stevenage 54. (12-14) 1, S. Greaves (Ver) 10.23; 2, C. Tilley (Hav) 10.51; 3, S. Wells (Stev) 11.00; 4, K. Langhurst (Hav) 11.02; 5, I. Parsons (Ver) 11.03; 6, S. Allum (Stev) 11.04. Teams: 1, Verlea 28; 2, Havering 49; 3, Stevenage 76. (10-12) 1, J. Berrett (Hav) 9.42; 2, M. Hicks (Kett) 9.52; 3, P. Ayrey (Ver) 9.56; 4, G. Creasley (Ver) 9.56; 5, P. Wesemael (AEI) 10.02; 6, M. Ede (Wall) 10.04. Teams: 1, Havering 38; 2, Wallford S. 49; 3, Verlea 53. **(Girls)** (14-16) 1, T. Meeson (Uxb) 11.57; 2, S. Rayner (Enf) 12.04; 3, J. Lessiter (Uxb) 12.16; 4, J. Coles (Hunt) 12.35; 5, J. Adams (Ver) 12.36; 6, M. Parkin (Vict) 12.41. Teams: 1, Uxbridge 27; 2, Victoria S. 38; 3, Verlea 50. (12-14) 1, J. Crook (Uxb) 9.28; 2, J. Brinkhurst (Hunt) 9.58; 3, M. Barrett (B'wood) 9.59; 4, J. Rout (Felt) 10.01; 5, E. Powell (Barn) 10.02; 6, K. Wragg (Uxb) 10.03. Teams: 1, Huntingdon 49; 2, Verlea 55; 3, Uxbridge 60. (11-12) 1, D. Moore (Vict) 8.08; 2, B. McCarthy (Wat) 8.12; 3, A. Good (Ver) 8.17; 4, G. Butler (Enf) 8.20; 5, A. Owens (Hav) 8.21; 6, C. Holmes (Uxb) 8.25. Teams: 1, Verlea 46; 2, Uxbridge 50; 3, Havering 71.

Snell and Whetton Look Back

- British Milers' Club National Weekend

AN interview with Peter Snell and John Whetton, with Tony Ward the question master, was one of the highlights of the British Milers' Club National Training and Instructional Weekend at Grange Farm earlier this month.

Peter informed the audience that his attitude before the 1960 Olympic 800m final was just to try and qualify for the final; he didn't think that he would reach it anyway. At the time he was a rank outsider. But one thing he did do was to analyse the 1956 Melbourne Games 800m series, and from this he thought that possibly 1:51/52 might get him there. If someone had told him that the first heat was going to be run in 1:48, and that the Olympic record was going to be broken in the semi-final, he would probably have stayed at home! It was not until he ran a personal best of 1:48.1 in the 3rd round and felt good that he thought he had a chance in the final for a medal at least.

After having no pressure in Rome, Tokyo was entirely different. He knew himself now that he should win these races; he based this on the performances of the opposition. It was this thought that made him, at least, very nervous. Nevertheless he considered it more meritorious to win from this position of being the favourite, than one of being an outsider. He said he put himself completely in Arthur Lydiard's hands, Lydiard had told him he was basically weak and that when he could cover a fast 20 miles, come back and feel like doing it again, then he would be ready for anything. Peter said that Lydiard's personality and motivational powers were right for him.

John Whetton confirmed that he expected no more than 5th or 6th place in the 1969 European 1500m. It had not been a good year for him, having been beaten by mediocre performers. Asked if he planned the race, John replied that he had assessed the likely finalists, and attempted to break down the race into sections where he thought different people would make their breaks.

by Cecil Smith

As it happened the race unfolded to his liking, and about 300m from the finish he thought "I can win this", and that was that.

In 1960, John said he had only one ambition, and that was just to become an international athlete. He never dreamed that he would be running against Peter Snell in an Olympic Games final, but this he did at Tokyo in 1964.

A little hilarity crept in when Tony asked John about the so-called 'incident' with Peter in Tokyo. John said that at the bell everyone was bunched up and Peter was apparently boxed in. Just when he (John) went to go past him, Peter stuck out an arm, as if to say "Can I come out?" It was then that Peter 'made' his way through the field! But in fairness to Peter, he had no other choice but to strike then, or else his chance of winning may have gone in that instant. Whilst John was giving his view of what he thought happened, Peter was looking a little sheepish but at the same time, along with the audience was having a good laugh.



John Davies (NZ) paces John Whetton (GB), Witold Baran (Pol), Peter Snell (NZ), Dyrol Burleson (USA), Alan Simpson (GB), Michel Bernard (Fra) and Josef Odlozil (Czech) in 1964 Olympic 1500m final.

Ed Lacey

**SOUTHERN COUNTIES
A.A.A.**

OPEN MEETING

**WEDNESDAY,
17th NOVEMBER, 1971**

- 7.00 p.m. 400 metres hurdles (S, J)
7.15 p.m. 300 metres (S, J, Y, B)
7.30 p.m. 10,000 metres (S, J)
8.00 p.m. 800 metres (S, J, Y, B)
8.20 p.m. B.M.C. LADIES
INVITATION 3,000 metres
8.35 p.m. 5,000 metres walk (request
of British Race Walkers' Club)

Please note conditions of entry:—

1. Entry fee 20p Seniors, 15p Juniors and all others.
2. NO TELEPHONE BOOKINGS ACCEPTED IN ANY CIRCUMSTANCES.
3. DEFINITELY NO ENTRIES ON THE DAY.
4. Best performances to be stated FULLY.
5. Closing date Monday, 15th November, 1971.
6. Enclose a stamped addressed envelope if a reply is required.

Apply to:

**OPEN MEETING, S.C.A.A.A.
26 PARK CRESCENT,
WIN 4BQ**

Final open meeting for 1971 will be on
Wednesday 15th December, 1971.

Requests for events will be considered
within 14 days of this notice.

Peter's story of the incident was that he thought his signal had been accepted! (this really brought the house down). But on the serious side, though, he said it is a terrible thing when you find yourself 'boxed' in at a vital part of the race. The same thing happened to himself and Farrell in the 800m, and when in circumstances like this you have no alternative but to barge through the field.

Both athletes were asked deep and detailed questions about various aspects, such as training methods etc., and here John Whetton revealed to the world he was the Nottingham Egg and Spoon Champion at 7 years of age! John also gave his reasons why he thought he was so good at indoor running; such factors as short stride and a low centre of gravity were conducive to indoor running.

Peter said he still played tennis and squash. He did not like indoor running simply because he was completely opposite to John in his running—with a high centre of gravity and a long stride length. He disliked having to 'chop' his stride every few yards.

The final question put to both of them was what makes a champion decide to retire. John replied that when you say to yourself "Here we go again", then for him that was the time to quit. Peter said that when you are not enjoying athletics any more, for various reasons, and have achieved your ambitions then for him that was the time to retire from the scene.

Another lecturer was Dr. Roger Bannister, who spoke on the problem of Altitude Running, which first came into prominence when Mexico City was selected as the venue for the 1968 Olympics. Dr. Bannister drew a comparison between events and performances. Up to 1500m, all the times were much faster than the previous Olympic records. The 5000m was 25 seconds slower and the 10,000m was 63 seconds slower. All the winners of the distance events were athletes who either lived at altitude or had gained a vast amount of experience at altitude.

At altitude the partial pressure is reduced by about 25%, and the amount of oxygen in the air is reduced by about 8%. The amount of oxygen that can be moved from the lungs to the muscles depends on a number of things. One of these factors is the amount of oxygen in the outside air; then there is another factor called diffusion. Diffusion is improved by training, it improves the rate at which oxygen can be transported across the very thin membrane called Pulmonary Alveolar Capillaries. These are found on one side of the membrane, whilst on the other side is just pure air. It is this diffusion rate which is most affected by training. The other big factor is the speed at which the blood can go down around the lungs; blood coming from the lungs full of oxygen has to be transported to the working muscles as quickly as possible, because the oxygen is a source of energy which keeps the muscles working. This function is called the speed of circulation. At rest the circulation is about 5 litres per min. and this goes up to about

British Milers' Club Weekend continued

30 litres/min. during activity. Then there is the amount of oxygen the blood can hold, this being solely dependant on the amount of Haemoglobin in the blood.

Yet another limiting factor is the uptake of the muscles themselves, which depend on the Enzymes found in the muscles. This can be called a muscle factor; i.e. the amount of oxygen the muscles can pull out of the blood at a very low oxygen tension. When one goes to a place like Mexico City, the body has to adapt to the shortage of oxygen. Diffusion takes place at a slower rate, and it is possible on this factor alone the Kenyans have adapted themselves more successfully than any sea-level athlete. The circulation does not improve for the sea-level athlete; because the heart of a trained athlete is already hypertrophied. Haemoglobin does go up by about a gram or more after about 10 days; again this would be higher in a high altitude athlete, because the heart of a trained athlete is probably only changes very slowly, and again this would be another advantage the altitude runners would have over everyone else.

As a result of all this, in any event over 800/1500 despite the best adaptation the sea-level athletes were able to achieve during variable periods of altitude training which were belatedly introduced prior to Mexico, the sea-level athletes suffered the worse in the distance events. After



Dr. Roger Bannister—high altitude training helped Ryun.
Ed Lacey

Mexico a number of studies were published about attempts to run at altitude in preparation for Mexico, and it emerged that some of the athletes did their best performances when they returned to sea-level. Quite noticeable amongst them was Jim Ryun, who ran 3:51.1 for the mile. Dr. Bannister doubted whether the world records set by Ryun and the many personal bests set by seasoned athletes could have been achieved if they had not been exposed to high altitude training.

It appears to be inevitable that nations who can afford the expense will send their teams to altitude training camps for 3/4 weeks prior to the next Olympics. This duration of time should increase performances by 2 or 3%. Athletes will have to go somewhere which is more than 6500ft but not more than 8000ft; too high an altitude will cause the athlete to perform at a lower efficiency, whilst too low an altitude will not produce the desired increase in athletic performance.

Tony Ward raised a good point when he told Dr. Bannister that it appeared to him that it will become more and more difficult for sea-level athletes to compete against altitude trained athletes. Dr. Bannister replied that at the very highest standard of competition sea-level athletes may have to accept second place. We may even reach the time when the record book will show the altitude at which the record was set, and where the athlete trained and lived! All this shows how complicated the matter is.

Other speakers at the Weekend were Harry Wilson (strength training in athletics), John Whetton (testing of athletes and modifications in training), Tony Ward (Britain's showing at Helsinki), Tony Elder (how to prepare and plan a training schedule) and Frank Horwill (stress and training).

A grand total of 155 (38 up on last year) attended the Weekend: 48 women and 77 male athletes, 9 visiting coaches and 21 lecturers/coaches/administration staff. The athletes were split up into groups based on ability rather than age. In all there were 5 male and 4 female groups. Each group had a coach plus an assistant and attached to each group was one or two of the visiting coaches who worked on a rota system. There were two training runs (60 min. and 30 min.) on the first day; while on the second day there were runs of 50 min. and 40 min.

Judging by the various comments, and number of letters received since, this 2nd National BMC Weekend was a tremendous success.

The BMC, staging these weekends, are trying to do a number of things: (1) To provide instructional and educational material for athletes and coaches alike. (2) To bring together as many BMC members as possible (63% members present), thus building up a club, both socially and competitively, whose sole object is to further Middle Distance in this country, and to keep pace with the rest of the world. (3) For members to get to know the National Committee.

(The above are excerpts from Cecil Smith's detailed report)

LETTERS

ROAD RUNNER'S SPIRIT

Dear Sir,

In the recent AAA 6 Stage Road Relay, I had the honour to run (?) the last lap for the City of Stoke AC team and I should like to thank all the supporters and runners of the other competing clubs for the sporting way in which they gave me vocal encouragement.

I think that this is a typical example of the spirit shown among road runners and is in complete contrast to some other sports, such as professional soccer.

I must add that although the organisation was excellent, I feel that the venue of this event will have to be changed to a more central point before the Championship receives the support it deserves. What do other readers think?

Don Shelley

VETERANS CORNER

Dear Sir,

Congratulations on providing yet another welcome feature in "A.W."

The inauguration of a "Vets. Corner", has been well-timed to coincide with what you so aptly describe as "this fast expanding section of our sport."

The growth of veteran activity has been steadily increasing over the last couple of decades and it is hoped that your excellent lead in recognizing this will be taken up by event organisers and clubs, many of whom are sadly lacking in catering for the veteran classes.

The athlete who is keen and able enough to continue into his 40s, 50s, and 60s, merits a lot more recognition and encouragement than he is at present, generally, being given.

At the other end of the scale we have ready class provision for Boys, Colts, Youths, Juniors, etc.,—all in the space of 10 years—and of course, so very necessary. In view however, of the effort and dedication required of a veteran to maintain a reasonable standard, would it be too much to ask for similar provisions to be made for over 40s (Vets) over 50s (Plus—Vets) and over 60s (Super—Vets)?

Some organisations, both at home and abroad, have already made just such provision and a little more imaginative thinking in this field would, for very little effort and expense, prove to be of tremendous encouragement to the vast army of vets. and prospective vets.

Eddie Leal
Ryde, I.O.W.

STEROIDS

Dear Sir,

As an ex-runner who took up shot and discus I was greatly interested in the letter from Messrs. Winch, Kennedy and Gillo regarding the use of anabolic steroids in athletics today.

I withheld this letter hoping there would be

some response from more experience throwers than I, but to date no one seems to have brought forward any suggestions or thrown any light on the damage steroids are doing to the heavy field events at all levels.

The situation now is that a heavy thrower has to face the fact that no matter how hard he may train with weights, and how skilled at throwing his particular implement, he will be, all things being equal, at a disadvantage to the athlete incorporating steroids in his programme. This state of affairs is obviously discouraging to all, particularly juniors, indeed it is my personal opinion that the reason we have our unprecedented depth in hammer throwing of late is due to the switch of the enlightened heavy man who seeks his ambition in this faster, more technical event. After all, though this event surely has its drug-takers we have yet to see successful throwers in the same weight bracket as the top shot and discus stars.

Has the time come for two separate weight divisions? (weightlifting has four heavyweight classes). Could an agreed weight be found for national and international meetings? Somewhere in the region of 235 lbs. would seem ideal.

This may help to some extent to curb the use of steroids and create new hope for the conscientious "lightweight" fifteen stone throwers who are lost in no mans land. As a runner I used to dream on dark training nights—sometimes the last half mile would be an Olympic final—I see little the average heavy man has to dream about.

William J. Legg,
Godalming

SCHOOL-CLUB-COUNTY LIAISON

Dear Sir,

The Specialist Clubs views on a School-Club Federation are welcomed, but have been put forward in different disguises over the past few years. What has been lacking is practical advice on how to make it work.

I should imagine that we in Leicestershire have as good school/club/County relationships as anywhere in the country. It has not come about through committees or meetings, but through myself having a foot in each camp. A school-

CHANGE OF ADDRESS

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Ray O'Donoghue,
18 Gainsborough Road,
Epsom, Surrey

master who is a club and county official can do a great deal to promote goodwill. A great deal of talking to all sides has resulted in a unified coaching policy, agreement on fixtures to avoid clashing, Schools cross country team managers bringing the County teams en bloc to compete for the club in League races, recognition by Schools that the club competition and coaching schemes have produced their All-England successes, teachers and club officials assisting at each others promotions. Practically the whole County Schools Track & Field Team last year are Club members and most were before the season started.

This has been reached only by making each body realise that the others have their place and deserve consideration. Things are still not easy to negotiate at times especially when points of principle are concerned.

Schoolteachers now send their pupils to the club for coaching. Some assist themselves on a club night. Admittedly our set up is simple in that Leicestershire has one County, one club and one schools organisation, but agreement has been reached by having a foot in every camp. I suggest that clubs and county associations desirous of achieving better relations with the schools should seek out someone in the teaching profession who can work for unity on both sides of the camp at once.

David Couling

(Coaching Administrator L. & R. AAA,
Leics. Schools AA, Leicester Coritanian AC)

COLOURS CHANGE

Dear Sir,

Because of the difficulty in obtaining club vests at a reasonable price for its members, Barnet and District Athletic Club have decided to have a change in colours. But a link will be kept with the red and blue hoops which formerly appeared on the white vests: the new colours (for both track and winter seasons) will be blue vests with red shorts.

D. R. Allen

(Hon. Sec. Barnet & Dist. AC)

BRAVE MIKE

Dear Sir,

On behalf of the running fraternity, may I take this opportunity to welcome back Mike Kortenaar to the sport.

Only a few months ago Mike was lying in a hospital bed seriously ill with rheumatic fever. Yesterday he came 15th in the 18 miles Three Towers race.

Such a comeback is not only a mark of his personal courage but can also serve as tremendous encouragement to any other athlete who has suffered from this illness. Please convey, through your columns, Mike's willingness to assist anyone who may need advice or help on the subject.

Douglas E. Brew

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CO-OPERATION WITH PRESS

Dear Sir,

How strongly I endorse the criticisms made by "Jimmy" Green about the treatment of the Press at the Southern Counties women's road relays at Aldershot. In all my years of covering athletics I cannot recall an instance when I have experienced such total non-co-operation from officials calculating the results; for much of the afternoon I was playing a cat-and-mouse game with the chief recorder and was subjected to down-right disgraceful treatment.

At the same time, I can't recall an article of the hard-hitting type produced by Mr. Green about the sport, in the many years he has been writing for the magazine. We were naturally both irritated. I must admit, when I left Aldershot I seriously wondered why I made the journey at all. It was by sheer luck that I managed to calculate the fastest times myself. At no time during the afternoon was I invited to have access to the results sheets and one of the most important tasks in events like relays is to ensure accuracy.

"Athletics Weekly" could wait till the Monday morning for the results. A well-compiled results sheet arrived promptly. But journalists working for National newspapers cannot. We need results immediately because there are deadlines to meet all the time. Under normal circumstances and with co-operation from officials, it would have been possible to have filed the Southern results in time for the evening paper classified editions. Due to the total lack of co-operation this deadline was not met and so followers of the event had to wait until the next day or for their clubs to return from Aldershot to hear the news.

It is ironic that on the one hand we read fairly regularly in this letter column criticism about the lack of publicity athletics gets; on the other hand any of those critics at Aldershot on October 16th would have seen one of the problems I, as a journalist was faced with. A distinction must be drawn between journalists and hordes of club officials. A couple of journalists "skilled" at getting results while looking over recorders' shoulders will not interfere with the calculating process. Obviously, scores of club officials would and they must be excluded.

Really, though, the incident at Aldershot typifies a long-standing situation in athletics, particularly winter events. No provision seems to be made in many cases for liaising with reporters who might be on the spot. It's all so hit and miss and invariably one has to fight with club officials to copy the only set of results available. Athletics does not rank with other sports when it comes to Press and Public Relations. And the Aldershot saga was one incident when athletics PR sank to rock bottom.

It would, perhaps, be unfair not to end without mentioning some of the many associations with which I have extremely cordial relations: The Surrey, Kent, Essex, Middlesex, and Hertfordshire men's and women's associations, the Southern men's and women's AAA, the English

Cross Country Union, and of course, an endless list of clubs. But the Southern Women's Cross Country and Race Walking Association—they don't exist in my book!

Tom Pollak

S.W.19.

Dear Sir,

As secretary of the meeting referred to, I reserve the right to say your comments were uncalled for and far from true. Cliff Temple was the person elected to cover the meeting for "AW". A very nice young lady spoke to me at the start and apologised for Cliff's non-attendance and asked me if I would arrange for the results to be with "AW" by Monday; as stated by you this was carried out in full. Therefore as far as "AW" is concerned, full co-operation was available.

The article you have printed was, I expect, given to you by T. Pollak. As far as he is concerned, I, as secretary of the meeting, reserve the right to control the meeting as instructed by my committee. The papers referred to are the only true record of the meeting, and are not available for anyone to pick up and drop at will. These have to be kept to refer to in cases of protest of the results.

I have no axe to grind with "AW". As far as other free-lance reporters are concerned, the results are available at the end of the meeting. Mr. Pollak could not spare the time to wait. I did, however, put myself out and sent him a complete set of results, which he should have received by Monday as you did. Should he or others require this service they will have to leave a stamped addressed envelope. I am not paying out to help him earn his wages.

We do want press coverage, and I put myself out to see that we get it. I, like a lot of other mums and dads, spend a lot of money to help our children enjoy their athletics; we do not spend it to help others earn theirs. Also I have a very efficient results team which I do not want to lose because of interference by others.

Thank you very much for the results in "AW". I shall be pleased to give you all the assistance I can, as I have done in the past.

J. J. Barlow

SCWCC & RWA Hon. Champs. Secretary

The comments of last week were true and printed without the knowledge of Tom Pollak. With Cliff Temple not there, Tom Pollak was prepared to do a report for "AW", as indeed I was myself despite acting as a team manager, but we were both refused a sight of the recorders' and timekeepers' sheets, which in any relay with a large field are essential to be sure of an accurate and true picture of the race. Other relay organisers allow members of the Press to see these sheets—they won't run off with them! When those working out the results have finished with these sheets, there is no earthly reason why they should not be made available to members of the Press who are only trying to do their job and produce a reliable

report of the event. And it would not have hindered anyone to allow Pressmen to see the actual result boards before they were taken to the School; it would have taken only a few minutes.

Thanks, Mr. Barlow, for your co-operation in forwarding the results so promptly. I do hope you understand and appreciate these criticisms, which are intended to be constructive. I am sure we have the same ultimate objective, and all we ask is for the same co-operation as we receive at the vast majority of men's events—and, let it be said—at a good many women's events as well.

P. W. "Jimmy" Green

PROCEDURE FOR COACHING ADVICE

Dear Sir,

I should be grateful if Mr. M. J. Rowbottom, Tonbridge AC, the same club as the gentleman he staunchly defends, would send me the names of the two specialist field event clubs which his boys have written to for coaching help, etc. I would also like the names and addresses of the boys concerned so that my Specialist Clubs Committee can investigate the matter. If what Mr. Rowbottom says is true, then it is a scandalous way to treat such enquiries and reflects on the good work specialist clubs do as a whole, e.g. British Race Walking Club's training week-ends, invitation races; Kangaroo Club's postal competitions, Olympic build-up courses; British Milers' Club races, training days, instructional week-ends; High Jumpers' Club of Gt. Britain instructional journal ALTIUS, grading scheme for pits, etc.

The procedure that all specialist club secretaries should adopt when approached for coaching advice is:—(1) See that the applicant has the necessary qualifications to join the club concerned. Or help him to achieve this qualification. (2) Attempt to find a suitably qualified coach in the applicant's area. (3) Put him in touch with the Staff Coach for the event in his area. (4) Advise him on reading matter. (5) Advise him of any courses due to take place. (6) Send him back copies of any literature published by the specialist club on the event.

Applicants in turn should state clearly their best performances and ENCLOSE A STAMPED ADDRESSED ENVELOPE, a practice now being adopted by Area AAA authorities.

I have taught athletics in schools, Mr. Rowbottom, and I do know the problems, many of which can be solved by perseverance and ingenuity.

Frank Horwill,

201 Sumatra Road, London, N.W.6

SCHOOL-CLUB FEDERATION

Dear Sir,

The article in "AW" putting forward the views of the Specialist Clubs Committee ("Towards a School-Club Federation") makes good sense and, athletic-wise, theoretically accounts in an excellent manner for the missing link which has so long been apparent in our educational structure.

A liaison scheme as suggested would probably

be welcomed generally by clubs and schools alike, but one is prompted to ask if the suggestions contained in this paper have in fact already been put to the respective appropriate schools committees. Although the heading states that these are the views of the SCC it is not clear as to whether they have yet been the subject of any positive representative action. One assumes that ministerial and AAA blessings would have to be bestowed on such a scheme. Could the SCC give further enlightenment on the matter?

Following the county liaison officer's allocation of schools to athletic clubs it would appear that the actual implementation of the scheme would be largely a matter between the head teacher and staff and the schools liaison officer of the club concerned. Although some clubs no doubt already have some sort of similar relationship, official blessing to such contact would do a tremendous amount of good to further the cause of athletics generally.

Full implementation of all the suggestions would, at first sight, appear to make the scheme a little too sophisticated or over-ambitious, especially for the smaller clubs, and it might be thought advisable to allow a certain amount of flexibility according to local facilities and resources.

Eddie Leal,
Ryde, Isle of Wight

Bryan Smith informs us that the Cophall Stadium at Hendon is having Tartan runways installed for all jumps as well as the Javelin runway. The high jump will next season have a Tartan apron 60 feet by 30 feet. The run-up on the back straight will be 75y long and 6 feet wide with a jumping pit at both ends. Barnet Council are also installing pole vault and high jump landing mattresses.

SCAAA OPEN MEETING continued from p20

Dick (Vauxhall M) 23:07.8; 6, A. Buchanan (Brighton) 24:07.8; 7, C. Young (Ex. Bgls) 23:08.0; 8, R. Middleton (Bel) 23:10; 9, A. Banyard (S'end) 23:12; 10, J. Callow (Bel) 23:32; 11, B. Armstrong (Ilf) 23:35; 12, B. Ingarfield (Bel) 23:39; 13, R. Rosser (S'end) 23:45; 14, F. Godbeer (Camb) 23:48; 15, A. Ardley (Tonbridge) 23:50. (Youths) 1500: 1, R. Green (Harlow) 4:06.8; 2, G. Pritchard (Woking) 4:09.1; 4, J. Rooks (Cambridge) 4:13.4; 5, R. Bolam (Havering) 4:15.0; 6, R. Pateman (Crawley) 4:15.0; 7, J. Mead (Enfield) 4:16.3; 8, P. Jerrum (Erith) 4:18.5. 3000: 1, S. Jacob (—) 8:57.8; 2, J. Odlin (Hornsey) 9:00.8; 3, M. Kettlewell (Hillingdon) 9:15.2; 4, D. Kettles (Had. Oly/Fitzwimarc CS) 9:44.0. Boys 1500: 1, W. Tarquini (Herne Hill) 4:16.3; 2, T. Walsh (Woking) 4:17.2; 3, C. Foxton (Croydon) 4:22.2. BMC WOMEN'S 2000m: 1, P. Yeoman (Feltham) 6:22.2; 2, B. Price (Uxbridge) 6:26.0; 3, S. Marquis (Watford) 6:26.8; 4, P. Winter (Verlea) 6:28.3; 5, A. Dunn (Camb) 6:38.6; 6, G. Adams (Kent AC) 6:46.4; 7, A. Roberts (Sy. AC) 6:57.2; 8, C. Roy (BMC-South) 6:57.4.

TOMMY MARCHANT

THE tragic news stunned us all when we were told of the death of Tommy Marchant as the result of a road accident at Highampton, N. Devon.

It will be by athletes during the years of 1926 to 1940 that Tommy will be remembered best, for it was then that he was one of the leading cross-country runners in the South. A member of Horsham Blue Star Harriers, he was a county champion, placed several times in the South of the Thames and was among the leading runners in the Southern and National Championships. I would say that he was one of the fastest men of his time across a piece of plough.

Tommy was small in stature and could be classed as a pocket athlete. Apart from being an outstanding athlete he was a fine cricketer and played for his village, and was no mean performer with a golf club. He was warm-hearted and full of fun. I have seen him race 10 miles of heavy rain-soaked country with 2 miles of plough, struggle up the bank of a swollen brook, and afterwards at tea tell the story of how he swallowed gallons of water, and expected to feel ill on Monday when the tadpoles began to germinate—and later in the evening take the floor at a club social and dance and partner the best in the Gay Gordons.

He was buried in the peaceful rural setting of his village where he had lived as a boy and young man. Many friends came from all parts of the county to pay tribute, among them members of his own club and the Sussex County AAA.

Bob Grosse
(Horsham Blue Star Harriers)

MICHAEL REYNOLDS

Michael Reynolds, Dip.Arch., A.R.I.B.A., a member of Portsmouth AC since 1956, was killed in a road accident on the A3 at Horndean on October 16th. He was 30.

The Hampshire County AAA junior high hurdles champion in 1959, he reached the final of the Southern Counties AAA 220y hurdles in 1961. He gave up active athletics when he got married and went to live at Walton-on-Thames in 1967.

The funeral took place at Portchester Crematorium, Hampshire, on October 22nd. In addition to the family mourners who went to pay their last respects to this fine example of a young club athlete were representatives of his 'year' and masters from Portsmouth Grammar School, the Hampshire County AAA, Portsmouth Schools AAA, Portsmouth Atalanta (Women's) AC, Portsmouth AC, RNAC (S) and Walton-on-Thames Round Table.

Michael Reynolds leaves a widow and son. His father, Mr. R. F. Reynolds, is a vice-president of Portsmouth AC.

A.G.

ETIENNE GAILLY

In the year that saw a Belgian marathon runner win the European title, Etienne Gailly of Wembley Olympic fame has died. He was killed by a car on the outskirts of Brussels last week, aged 48.

Like Dorando Pietri before him and Jim Peters after him, Etienne Gailly is best remembered for a race he did not win. It was the 1948 Olympic marathon and this lieutenant in the Belgian Parachute Regiment won his place in the hearts of the 80,000 who packed Wembley for the finish of the race. After having led for the greater part of the race he was first to reach the stadium but the effort proved too much; he was overtaken on the track first by Delfo Cabrera of Argentina and then by Britain's Tom Richards. Although barely conscious he managed to struggle home in third place in 2:35:33.6, then collapsed, and had to be carried off on a stretcher. He placed 8th in the 1950 European marathon, won by Jack Holden.

THREE TOWERS RACE

At Horwich, October 17th

1. C. Robinson (Rochdale) 1:45.43
2. P. Waddington (Liverpool) 1:46.17
3. A. Spence (Bingley) 1:46.57
4. J. Norman (Alt) 1:47.27; 5. A. Blinston (Alt) 1:48.01; 6. P. Braithwaite (Bing) 1:48.18; 7. D. Farmer (Sale) 1:49.54; 8. N. Carrington (Sale) 1:49.59; 9. H. Walker (B'urn) 1:52.23; 10. J. Calvert (B'urn) 1:52.56; 11. T. Proctor (Roch) 1:53.22; 12. I. MacIntosh (Rane) 1:53.38; 13. D. Davies (Sale) 1:53.51; 14. K. Mayor (Bolton) 1:55.00; 15. M. Kortenray (Rane) 1:55.37; 16. T. Ramsden (H'gate) 1:57.18; 17. D. Weir (MAC) 1:57.46; 18. D. Locke (Rane) 1:58.42; 19. S.

Edmunds (Sale) 2:00.14; 20. D. Attwell (Alt) 2:00.38.

Teams: 1, Sale 5:33.44; 2, Altrincham 5:36.06; 3, Bingley 5:37.06; 4, Rochdale 5:41.01; 5, Ranelagh 5:47.59; 6, Blackburn 5:54.33; 7, Bolton 5:57.32; 8, Sale 'B' 6:05.43; 9, Harrogate 6:07.40; 10, Clayton-le-Moors 6:30.48. 1st to Darwen: Waddington. 1st Veteran: E. Foley (Bolton) 34th in 2:05.01.

Thames Hare and Hounds officers: President, J. G. Broadbent; Treasurer, J. Ryan; Hon. Sec., F. J. W. Carpenter, 13 Park Way, East Molesey, Surrey (01-979-1507); Captain, D. J. Dawes.

Last of Belgrave's Youths Road Relays?

At Wimbledon, October 16th

IT is almost certain, Reg Hopkins tells me, that this was the last Belgrave H Youths Road Relay, an event that has been established in the athletics calendar since 1957, when Birchfield won the title. "The original intention in running this event was to encourage schools and colleges to take part in athletic events during the autumn and winter" says Reg. "But in this respect it has proved a complete failure—this year we didn't have a single entry from any school or college. Even Wimbledon College and Kings' College School, who have entered every year since the beginning, did not take part this time. With so many other events being organised these days the situation has become ridiculous. Clubs are competing against one another every week and the fields are getting smaller and smaller. I think it's high time authorities took a hand in limiting the amount of fixtures and introduced some sort of order and continuity in road and cross-country fixtures."

Losing one of the oldest Youth Road Relays makes for a rather sad occasion, especially when one looks at the list of fastest times that have been set up over the 2M 125y course, and note the names that subsequently became stars: Dick Taylor (11.01 in 1962), Dave Bedford (11.03 in 1967), Julian Goater (11.04 in 1969), Phil Banning (11.05 in 1967), Tony Harris (11.08 in 1958), and Geoff Biscoe (11.08 in 1964).

D.C.

1, Hillingdon (J. Keeble 12.00, M. Kettlewell 11.53, D. Wright 11.48, G. Galvin 11.31) 47.12; 2, Mitcham (M. Simmons 12.36, T. Marsden 11.46, A. Porter 11.51, R. Bull 12.13) 48.26; 3, Reading (P. Willis 11.42, S. Jacob 11.55, G. Wilkinson 12.44, S. Griffiths 12.48) 49.09; 4, Harlow 49.32; 5, Shaftesbury 50.10; 6, Belgrave 50.39; 7, Luton 51.14; 8, Shaftesbury 'B' 55.02; 9, Horsham BS; 10, Belgrave 'B'. **Fastest:** Galvin 11.31, Willis 11.42, Marsden 11.46, Wright 11.48, Porter 11.51, Kettlewell 11.53.

Boys

1, Harlow (J. Voose 10.44, S. Tamlin 10.31, R. Green 10.07) 31.22; 2, E. Surrey (D. Filtness 10.31, K. Lawlor 10.51, J. Smith 11.01) 32.23; 3, Shaftesbury (K. Fletcher 10.39, R. Pepper 10.42, G. Smith 11.40) 33.01; 4, Hillingdon 33.26; 5, Horsham BS 33.28; 6, Luton UH 34.23; 7, Mitcham 34.52; 8, Harlow 'B' 35.15; 9, Horsham BS 36.20; 10, Belgrave. **Fastest** (1½M) Green 10.07 (rec), D. Purcell (Mit) 10.21, Filtness 10.31, Tamlin 10.31, R. Lees (Hill) 10.38, Fletcher 10.39, A. Knight (Horsham) 10.40.

Found: at Clifton Hill, Exeter. A Gent's signet ring. Apply with details to Miss Janet Phillips, 3 Union Road, Exeter.

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Bukta "Zippa" in royal, black, scarlet, green, navy, "S", "M", "L" £3-25. Junior sizes: 26/28in. £2-28, 30in. £2-45, 32/34in. £2-62.

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GWENT LEAGUE**At Swansea, October 16th**

1. D. Hopkins (Cardiff College)	25.58
2. G. Davis (Swansea)	26.16
3. J. Davies (Cardiff College)	26.22
4. J. Kirby (Card) 26.50; 5. M. Lane (Gilwern) 27.00; 6. D. Jennings (Bristol) 27.11; 7. D. Robbins (Swansea) 27.24; 8. R. Sercombe (Newport) 27.27; 9. S. Seaman (Swan) 27.48; 10. R. Lally (Gilwern) 27.54; 11. R. Gear (Swan) 28.03; 12. G. Roberts (Card) 28.11; 13. D. Vaughan (Swan) 28.13; 14. R. Pullen (Swan) 28.23; 15. J. Collins (Swan) 28.40; 16. R. Weston (Cardiff) 28.49; 17. J. Evans (Neath-Ind) 28.56; 18. J. Theophilus (Swan) 28.57; 19. D. Casway (Barry) 29.06; 20. C. Walbyoff (Gilwern) 29.10; 21. J. Smith (Abertillery) 29.33; 22. M. Hoffman (Gilwern) 29.26; 23. P. Griffiths (Gilwern) 29.29; 24. D. Evans (Rhondda) 29.34; 25. T. Beese (Newport) 29.38.	

Teams: 1, Swansea 190; 2, Gilwern & Dist. 158; 3, Cardiff AAC 130; 4, Cardiff College 119; 5, Newport 109; 6, Swansea 'B' 99; 7, Bridgend 55; 8, Bristol 41; 9, Bargoed 32; 10, Barry 29.

Juniors

1, D. Sherman (Bristol) 20.25; 2, M. Walker (AAC Chepstow) 21.08; 3, P. Nunn (AAC Chepstow) 21.49; 4, W. Ashford (Cwmbran O) 22.04; 5, S. Seth (AAC Chep) 22.14; 6, A. Higgs (AAC Chep) 22.19; 7, M. Batty (Caerleon Coll) 22.26; 8, M. Wolfenden (Card. O) 22.34; 9, L. Maguire (Bristol) 22.44; 10, G. Knowles (AAC Chep) 23.01. 22 finished. **Teams:** 1, AAC Chepstow 104; 2, Cardiff College 59; 3, HMBI Prescoed 49; 4, Bristol 42; 5, Cwmbran Oly. 22; 6, Caerlon Coll. 19.

Youths

1, G. Morgan (Cardiff) 13.37; 2, F. Cuthbert (Whitechurch) 13.41; 3, W. Snowdon (Cardiff) 13.45; 4, K. Davies (Gilwern) 13.48; 5, D. Flynn (Swansea) 13.53; 6, P. Harries (Cardiff) 13.55; 7, D. Harper (AAC Chep) 13.56; 8, K. Page (Cardiff) 13.57; 9, A. Ireland (Barry CS) 14.00; 10, J. Richards (Brid) 14.16; 11, M. Bird (AAC Chep) 14.17; 12, P. Bevan (B. Gore) 14.19; 13, M. Flower (W. Mon. Sch) 14.23; 14, J. Thomas (Gilwern) 14.29; 15, P. Sedgewick (Whitechurch) 14.31. **Teams:** 1, Cardiff AAC 210; 2, AAC Chepstow 206; 3, Whitechurch HS 177; 4, Swansea 142; 5, Bishop Gore S 132; 6, Barry CS 130; 7, Gilwern 120; 8, Bridgend YMCA 107; 9, W. Monmouth Sch. 97; 10, AAC Chepstow 85.

Boys

1, A. Dyke (Bishop Gore) 6.26; 2, G. Parsons (Bristol) 6.36; 3, V. Legrande (Bris) 6.38; 4, A. Robertson (Bristol) 6.40; 5, A. Grinter (B. Gore) 6.41; 6, W. Clement (AAC Chepstow) 6.42; 7, C. Harrison (Cardiff) 6.45; 8, D. Chipp (Gilwern) 6.47; 9, G. Foster (Llanrumney HS) 6.53; 10, A. Marchant (Cantonian HS) 6.54; 11, S. Lamb (B. Gore) 6.59; 12, M. Davies (B. Gore) 7.00. **Teams:** 1, Bishop Gore S 289; 2, Bristol 269; 3,

Llanrumney HS 254; 4, AAC Chepstow 179; 5, Cwmbran Oly. 178; 6, Cantonian HS 169; 7, Rhondda AC 154; 8, Cardiff AAC 119; 9, Barry CS 114; 10, Lewis S, Pengam 106.

Colts

1, T. Green (Barry CS) 6.48; 2, D. Bryant (Abertillery A) 6.57; 3, B. Davies (Swansea) 7.03; 4, W. Attwell (Swansea) 7.04; 5, P. Nicol (Bristol) 7.05; 6, D. Organ (Lewis S) 7.09; 7, J. Greenow (Abertillery) 7.11; 8, C. Holdbrook (Card) 7.16; 9, C. Owen (Bris) 7.20; 10, N. Kiddie (Barry CS) 7.22; 11, N. Hanney (Gilwern) 7.23; 12, P. Jones (B. Gore) 7.24. 170 finished. **Teams:** 1, Bristol 780; 2, Abertillery Achilles 757; 3, Swansea 740; 4, Gilwern 737; 5, Barry CS 716; 6, Cantonian HS 714; 7, Lewis School 684; 8, Bishop Gore 661; 9, W. Monmouth S. 605 10, Newport 603.

Women

1eq, D. Davies (Cardiff) & A. Disley (Newport); 3, M. Short (New); 4, C. Brown (New); 5, S. Davies (Card); 6, L. Fairley (Swan). **Teams:** 1, Newport 22; 2, Cardiff 12; 3, Swansea 3.

Intermediates

1, L. John (Cwmbran O); 2, S. Hayter (Swan); 3, K. Walker (Swan); 4, M. Bevan (Brecon); 5, J. Edwards (Brid); 6, Hatter (Rhondda). **Teams:** 1, Swansea 12; 2, Cwmbran Oly 7; 3, Brecon 4; 4, Bridgend 3; 5, Rhondda 2.

Juniors

1, A. Morris (Bridgend) 4.17; 2, S. Tolan (Cwmbran) 4.30; 3, L. Dando (Cardiff) 4.31; 4, K. Lewis (Swan); 4.45; 5, S. Piggott (Card) 4.49; 6, S. Taylor (Swan) 4.52. **Teams:** 1, Cardiff 101; 2, Swansea 92; 3, Cwmbran O. 78; 4, Bridgend 52; 5, Cardiff 'B' 28; 6, Rhondda 16.

Girls Under 13

1, J. Hulbert (Swan) 4.29; 2, S. Lode (Brecon) 4.52; 3, K. Tolan (Cwmbran O) 4.56; 4, A. Heard (Swan) 4.57; 5, R. Wyatt (Brecon) 4.58; 6, S. Coady (Swan) 5.03. **Teams:** 1, Swansea 219; 2, Cwmbran Oly. 174; 3, Brecon 169; 4, Cardiff 161; 5, Swansea 'B' 147; 6, Cardiff 'B' 77.

RUSHMER SECOND IN BELGRADE

Tipton's Allan Rushmer was second in the Belgrade "Round the City" Liberation Festival Road Race (Approx. 5000m) on October 19th. He clocked 15:05.4 losing out in a tight finish to Yugoslavia's Dane Korica (15:05.2) who won the event for the second time in succession. Italy's Ardizzone (15:07.0) was third, and 125 completed the distance.

* * *

Exeter H Officers: President, J. Spiller; Chairman, P. Cooper; Sec., Miss Janet Phillips, 3 Union Road, Exeter (Exeter 76719); Ass. Sec., G. Seward; Treasurer, Mrs. M. Martin; Ladies Capt., Miss L. Taylor; Men's Summer Capt., B. Godbeer; Men's Winter capt., R. Retter.

Overseas News and Results

EGYPTIAN OVER 20 METRES

THERE were several high class performances at the Izmir Games (these would have been the Mediterranean Games but for the Turkish organisers' failure to invite Israel as the rules demand), among which were an African shot record of 20.19/66'3" by Egypt's East German-trained Nagui Asaad (19.30, 19.63, —, 19.32, 20.19, 19.43), a 13:37.2/28:52.2 double by Javier Alvarez, Vera Nikolic's 2:02.2, Colette Besson's 53.0, Jean-Paul Villain's 8:30.0 steeplechase and Guy Drut's 13.7 high hurdles. The new Tunisian star Mansour Guettaya convincingly beat European champion Francesco Arese over 1500m and took the 800m in a speedy 1:47.6.

Results of the meet (October 12th to 17th) included — 100: Papageorgopoulos (Gre) 10.4; 200: Mennea (Ita) 20.7; 400: Onisiphoros (Gre/Cyp) 46.9; 800: Guettaya (Tun) 1:47.6 (53.4) Medjimurec (Yug) 1:48.1, Azzouzi (Alg) 1:48.2; 1500: Guettaya 3:46.5 (65.4, 66.2, 55.4, 39.5!), Arese (Ita) 3:47.6; 5000: Alvarez (Spa) 13:37.2 (2:43.0, 5:30.2, 8:17.8, 11:02.0), Gammoudi (Tun) 13:40.8, Jaddor (Mor) 13:44.0; 10,000: Alvarez 28:52.2 (14:40), Haro (Spa) 28:54.4, Cindolo (Ita) 28:59.0 . . . Gammoudi

dnf; Mar: Bassi (Ita) 2:23:33, Aktas (Tur) 2:24:14.4, Akcay (Tur) 2:28:35; 3000SC: Villain (Fra) 8:30.0 (2:48, 5:44), Kontosoros (Gre) 8:35.4, Risi (Ita) 8:40.8; 110H: Drut (Fra) 13.7, Liani (Ita) 14.2; 400H: Tziortzis (Gre/Cyp) 51.0, Soriano (Spa) 51.2, Suarez-Canal (Spa) 51.4; 4x100: Italy 39.7; 4x400: Italy 3:07.5, Yugoslavia 3:08.1, Morocco 3:08.4, Spain 3:08.7; HJ: Schivo (Ita) 2.11/6'11", Koussoulas (Gre) 2.11; PV: Papanicolaou (Gre) 5.20/17'0 $\frac{1}{2}$ "; LJ: Pani (Fra) 7.90/25'11", Rak (Yug) 7.78/25'6 $\frac{1}{2}$ "; TJ: Spasojevic (Yug) 16.18/53'1"; SP: Asaad (Egy) 20.19/66'3", Akka (Mor) 18.85/61'10 $\frac{1}{2}$ ", Brouzet (Fra) 18.69/61'4"; DT: Simeoni (Ita) 57.64/189'1", Asaad 54.72/179'6"; HT: Georgiadis (Gre) 68.76/225'7", Vecchiato (Ita) 67.64/221'11"; JT: Cramerotti (Ita) 78.04/256'0"; Dec: Sevastis (Gre) 7222; 20kmW: Busca (Ita) 1:36:55; 50kmW: Pamich (Ita) 4:21:21.8, Visini (Ita) 4:29:19.4; women's 100: Molinari (Ita) 11.9; 400: Besson (Fra) 53.0, Govoni (Ita) 54.4; 800: Nikolic (Yug) 2:02.2 (60.3), Govoni 2:04.9, Besson 2:07.2; 1500: Nikolic 4:20.3, Pigni (Ita) 4:22.6; 100H: Leskovic (Yug) 14.0; 4x100: Italy 45.6, France 45.6; HJ: Hrepevnik (Yug) 1.77/5'9 $\frac{1}{2}$ ", Simeoni (Ita) 1.74/5'8 $\frac{1}{2}$ ", Babosck (Yug) 1.74. DT: Grottini (Ita) 48.90/160'5".

(Results by courtesy of Walter Batson)

TWO UNDER 4 HOURS

Both Venyamin Soldatenko and Peter Selzer cracked the 4-hour barrier in the 50km road event in the USSR v. East Germany walks match at Sochi on September 20th. They were ahead at 10km in 48:31 ahead of Christoph Hohne, Otto Bartsch, Olyeg Pryadilov and Igor Della-Rossa (all 48:33); and at 20km the times were Soldatenko 1:35:05, Selzer 1:35:07, Bartsch 1:35:30, Hohne 1:35:32, Pryadilov 1:35:52 and Della-Rossa 1:35:55. The two leaders passed 30km together in 2:22:00 (Hohne 2:22:35, Bartsch 2:23:13) and were still abreast at 40km in 3:10:20 with Hohne only 16 sec behind and Bartsch showing 3:13:50. The tremendous battle continued right to the very end, Soldatenko winning by a mere 3.2 sec from Selzer as Hohne dropped over four minutes.

Match result: EG 34, USSR 32. 20km: Sperling (EG) 1:28:23 (44:00 at 10km), Ivchenko 1:28:49 (44:00), Reimann (EG) 1:29:03 (44:00), Yakovlyev 1:30:00 (44:00), Zschiegner (EG) 1:30:51 (44:30), Schaloschik 1:31:05 (44:30), Kokorev 1:36:31 (45:17) . . . Frenkel (EG) dnf. 50km: Soldatenko 3:59:17.8, Selzer (EG) 3:59:21.0, Hohne (EG) 4:04:06.0, Bartsch 4:07:54.0, Pryadilov 4:15:07.0, Della-Rossa 4:17:40.0, Kroel (EG) 4:17:53.4. Junior 10km: Stadtmuller (EG) 43:48.6, Solomin 44:51.2, Gavoronskiy 45:44.0.

The day when women compete in decathlon came a little closer when, at Gelsenkirchen on October 9th/10th, the West German pentathlon

international Karin Schallau won an "Achtkampf" (eight-event test) with 6879 points. Her individual results were: 100m—12.1, DT—35.68/117'1", HJ—1.65/5'5", JT—30.30/99'5", 100mH—14.2, SP—11.63/38'2", LJ—5.94/19'6", 800m—2:39.0. How about some experimental competitions on these lines in Britain next season?

EUROPEAN ROUND-UP

1/2.9. Sofia (Bul). 10km Walk: Zukev 43:46.8 (rec); women's 800: Amzina 2:04.8 (rec); SP: Khristova 17.78/58'4". 15.9. Oberhausen (WG). DT: Wippermann 59.78/196'1"; HT: Caspers 69.18/227'0". 17.9. Warsaw (Pol). 110H: Jozwik 13.7, L. Wodzinski 13.8, Galant 13.9; women's 100H: Nowak 13.3, 18.9. Wallisellen (Swi). (Bulgaria 127, Switzerland 88, Spain 51 in women's match) 100/100H: Antenen 11.8/13.4; HJ: Blagoyeva (B) 1.78/5'10", Rechner 1.75/5'8 $\frac{1}{2}$ "; LJ: Ammann 6.41/21'0 $\frac{1}{2}$ ", Antenen 6.41, Yorgova (B) 6.26/20'6 $\frac{1}{2}$ "; SP: Khristova (B) 17.64/57'10 $\frac{1}{2}$ ", Wassekova (B) 17.18/56'4 $\frac{1}{2}$ ". 19.9. Moscow (USSR). JT: Platonov (20) 85.54/280'8". 19.9. Gliwice (Pol). Women's JT: Jaworska 59.48/195'2", Gryziecka 57.10/187'4". 22.9. Oberhausen. DT: Wippermann 60.00/196'10". 23.9. Warsaw (Pol). DT: Gryzbon 59.78/196'1", Kabat 59.16/194'1". 24.9. Rostov (USSR). Women's LJ: Ilyina 6.36/20'10 $\frac{1}{2}$ ". 25.9. Karl-Marx-Stadt (EG). Women's HJ: Gildemeister 1.80/5'10 $\frac{1}{2}$ ".

25/26.9. Warsaw. 100: Nowosz 10.2; 3000: Malinowski 7:58.6; 110H: L. Wodzinski 13.6,

Majchrzak 13.8; PV: Buciariski 5.01/16'5½"; TJ: Biskupski 16.20/53'1½"; SP: Komar 20.45/67'1½".
26.9. Weinbohl (EG). 50kmW: Hohne 4:13:39.6.
26.9. Szczecin (Pol). (Poland beat Rumania 72-63 in women's match) 100: Szewinska 11.5; 200: Szewinska 23.5, Bufanu (R) 23.7; 400: Hryniewicka 55.0; 800: Silai (R) 2:01.3, Skowronska 2:06.1; 1500: Kolakowska 4:21.3; 100H: Bufanu (R) 13.1, Sukniewicz 13.3, Nowak 13.5; Relays: Poland 46.5/3:39.2; HJ: Popescu (R) 1.80/5'10½"; LJ: Viscopoleanu (R) 6.51/21'4½"; Szewinska 6.43/21'1½"; SP: Chewinska 17.23/56'6½", Cioltan (R—aged 19) 17.22/56'6" (rec), Salageanu (R) 17.04/55'11"; DT: Menis (R) 59.44/195'0", Catarama (R) 57.24/187'9"; JT: Jaworska 59.70/195'10", Gryziecka 58.00/190'3". **26.9. Rostov.** 110H: Kasyanov 13.9; HT: Parkhomenko 69.58/228'3".
28.9. Plzen (Cz). Women's HJ: Proskova 1.80/5'10½". **29.9. Oberhausen.** DT: Wippermann 62.38/204'8". **29.9. Minsk (USSR).** 100: Zhidkikh 10.3.

2.10. Warsaw. 400: Werner 46.5; SP: Komar 19.47/63'10½"; women's 100H: Sukniewicz 13.0; JT: Jaworska 62.06/203'7". **2/3.10. Sarajevo (Yug).** Women's 100H: Pilav 13.8 (rec); HJ: Paleka 1.75/5'8½". **2/3.10. Lvov (USSR).** Women's 800: Morgunova 2:04.9, Fita (Rum) 2:05.3; SP: Cioltan (Rum) 17.01/55'9½". **2/3.10. Baku (USSR)** HT: Encsi (Hun) 68.86/225'11"; women's SP: Ivanova 18.06/59'3", Myelnik 17.16/56'3½"; DT: Myelnik 59.94/196'8", Ivanova 56.18/184'4"; JT: Mollova (Bul) 55.68/182'8". **3.10. Starvropol (USSR).** HT: Khmelevskiy 74.00/242'9". **3.10. Kosice (Cz).** 1000: Plachy 2:18.5 (rec); DT: Danek 63.56/208'6". **3.10. Sofia (Bul).** Women's LJ: Yorgova 6.33/20'9½"; SP: Khristova 17.30/56'9½". **10.10. Geneva (Swi).** 35kmW: Weidner (WG) 2:45:31, Kannenberg (WG) 2:47:40. **10.10. Munich (WG).** HJ: Wildforster (16) 2.11/6'11". **13.10. Aachen (WG).** DT: Wippermann 65.88/216'2" (rec; also 65.04/213'5" & 65.50/214'11"). **16.10. Oberhausen.** DT: Wippermann 65.62/215'3" (& 64.98/213'2"). **17.10. Nantes (Fra).** 1500: Leborgne 3:43.6. **17.10. Dole (Fra).** 5000: Dudouet 13:55.2.

FIXTURES WANTED

Luton United AC Ladies Section are looking for fixtures (all age groups) for the 1972 track season. Secretaries please contact Mike Cambridge, 17 Richard Street, Dunstable, Beds.

MIDDLESEX WAAA TROPHIES

Middlesex WAAA awarded their Outstanding Athlete Trophies to: Seniors (Lady Noel Curtis Bennett Trophy) jointly to Joyce Smith and Margaret Beacham; Intermediates (Shaftesbury Trophy) Betty Price; Junior (F. Swallow Memorial Trophy) Janice Buckle.

Kent AC officers:—President F. C. Lane, gen. sec., N. F. Porter, 12 Whippendell Way, St. Pauls Cray, Orpington, Kent (01-759-2595—Office); ladies sec., W. Hollingsworth, 173 Longfield Cres., London, S.E.26 (01-699-1761); treasurer R. Downham; fixtures, K. Burnbull, St. Vincents Road, Dartford; C.C. sec., P. Yates, 18 Claremont Cres., Crayford (CY 25860).

Scottish News

DUNBARTONSHIRE RELAY CHAMPIONSHIPS

October 9th

Clydesdale led from Garscube on the first two laps but a strong effort by Colin Martin on lap 3 took Dumbarton into the lead. Allan Faulds, however, took nearly 1½ minutes out of Bob Mills to give a decisive victory to Clydesdale.

1, Clydesdale (I. Leggat 12.38, P. Dolan 12.40, D. Gemmell 12.57, A. Faulds 12.31) 50.46; 2, Dumbarton (H. Martin 13.02, W. Cairns 12.47, C. Martin 12.18, R. Mills 13.53) 52.00; 3, Garscube (T. Wiseman 12.42, A. MacDonald 13.01, L. Smith 13.31, S. Polwart 13.32) 52.46; 4, Clydesdale 'B' 54.20; 5, Garscube 'B' 56.26; 6, Clydesdale 'C' 59.45. Fastest: C. Martin 12.18, Faulds 12.31, Leggat 12.38.

Youths

1, Clydesdale (A. Marshall 13.35, G. Kennedy 13.34, F. Flynn 14.07) 41.16; 2, Dumbarton 42.22; 3, Garscube 45.48. Fastest: J. Armstrong (Dumb) 13.26.

Senior Boys

1, Vale of Leven (G. Hanley 9.44, G. McCallion 9.39, G. Cooper 9.32) 28.55; 2, Clydesdale 29.02; 3, Garscube 29.16. Fastest: A. Neeson (Clydes) 9.14.

Junior Boys

1, Clydesdale (J. McKain 10.06, S. Cameron 10.18, P. Jack 9.58) 30.21; 2, Vale of Leven 30.47; 3, Clydesdale 'B' 32.47. Fastest: Jack 9.58.

ALEX WIGHT WINS EDINBURGH—GLASGOW

In difficult conditions of wind and rain, Alex Wight (Edinburgh AC) won the Edinburgh—Glasgow race on October 23rd in 5:01.27. Record-holder Bill Stoddart, winner for the last two years, did not compete. Full results later.

SCOTTISH WOMEN'S CC LEAGUE RACES

October 23rd

For the second week in succession Jane Millington and Ann Cherry could not be separated by the timekeepers but on this occasion Jane was given the verdict over Scottish champion Ann. In the senior race, Christine Haskett beat Pat Spence by 300 yards.

1, C. Haskett (Dundee Hawkhill) 24.37; 2, P. Spence (Gr'k Rankin P) 25.19; 3, P. Lindsay (Dundee H) 26.23. Team: Dundee Hawkhill.

Intermediates

1, E. Radka (St. Mary's Acad.) 13.10; 2, M. Dewar (Fauldhouse) 13.23; 3, S. Goodfellow (EAC) 13.28. Team: Victoria Pk & Strathclyde LAC.

Juniors

1, J. Millington (ESH) 7.31; 2, A. Cherry (St. Mary's Acad) 7.31; 3, A. McKenna (VPAAC) 7.36. Team: St. Mary's Academy.

Edinburgh AC are looking for track fixtures, home and away. Any interested secretary please contact Hon. Sec., R. Sinclair, 104 Lanark Road West, Currie, Midlothian, EH14 5LA.

WALKING

ESSEX SQUAD WIN AIROLO-CHIASSO RELAY

A THIRD British victory in this Swiss 114km classic was notched by the Essex squad (every man lives in the county) in the third fastest time ever recorded. They all walked "blindly" and excellent performances were turned in by Roger Mills and Brian Laver for a "London" team (actually four Ilford AC men and one Essex Beagle!). To score a victory over the NATIONAL formations of Czechoslovakia, Rumania, Switzerland and Denmark, plus the two strongest club teams in Western Europe, Fiamme Gialle and Eintracht Frankfurt, most certainly deserves recognition in this country—which the victorious London squads of 1967 and 1968, ahead of similar opposition, failed to get in any shape or form.

Stage 1: (Airolo-Giornico 27km) This fast downhill leg produced a close finish with Don Cox excelling himself to finish close to long standing internationals Magnor, Aeberhard and Bencik. 1, H-R. Magnor (Ent) 2:11.03; 2, M. Aeberhard (Switz) 2:12.46; 3, G. Juganaru (Rum) 2:13.17; 4, J. Bencik (Cz) 2:13.56; 5, D. COX (Essex) 2:14.09; 6, A. Zambardo (FG) 2:14.44; 10, D. STEVENS (Stock Ex) 2:24.15 . . . 14, G. HUNWICKS (London) 2:29.48.

Stage 2: (Giornico-Bellinzona, 30km) Wilf Wesch increased his team's lead and, like last year, recorded the fastest time although some 9:49 slower. Carpentieri passed Ken Carter but both pulled back the Swiss, Rumanian and Czech men. Roger Mills went from 14th up to 9th and both Englishmen recorded praiseworthy performances. 1, W. Wesch (Ein) 2:25.05; 2, D. Carpentieri (FG) 2:26.40; 3, K. CARTER (Ex) 2:27.27; 4, R. MILLS (Lon) 2:28.57; 5, V. KANSKY (Cz) 2:30.29; 6, N. Maxim (Rum) 2:30.34 . . . 13, R. LANCEFIELD (SE) 2:42.35.

Stage 3: (Bellinzona—Mt. Ceneri, 14km) Amos Seddon, with a superb climbing display on the 6km long Mont Ceneri, brought his team in just a minute behind the leaders, Eintracht. Young Brian Laver walked a great solo race to edge out Italy's top Junior, Feller, by 6 seconds from sixth spot. 1, V. Ilie (Rum) 1:07.57; 2, A. SEDDON (Ex) 1:08.24; 3, M. Grob (Switz) 1:09.23; 4, P. Lippolis (FG) 1:10.43; 5, P-G. Andreotti (Centro Lazio) 1:11.54; 6, B. LAVER (Lon) 1:12.17 . . . 14, J. VENN (SE) 1:20.12.

Stage 4: (Mt. Ceneri—Lugano, 18km) Olly Caviglioli quickly took the lead and held it until coming into Lugano itself when Eduardo Quirino came by. The highly talented young Italian beat Pasquale Busca's course record of 1:27.43 only to have Vladimir Parizek (no stranger to this event) pip him by 3 sec with an inspired walk. 1, V. Parizek (Cz) 1:27.21 (rec); 2, E. Quirino (EG) 1:27.24; 3, O. CAVIGLIOLI (Essex) 1:29.44; 4, R. Pfister (Switz) 1:31.21; 5, H. Schubert (Ren) 1:31.34 6, M. Persinaru (Rum) 1:32.26 . . . 9, R. GREEN (SE) 1:39.55 . . . 16, A. PERKINS (Lon) 1:53.58.

Stage 5: (Lugano-Chiasso, 25km) Phil Embleton gradually closed the 13 sec. gap on Nicola De Vito, a "regular" of this race who recently finished second to Pamich in the Rome—Castelgandolfo. However, the Italian pulled out all the stops, and never dropped far away. He clocked a time just 18 seconds outside Dave Romansky's record whilst Embleton beat the American's time by 30 sec. The speed of the two leaders can be judged by the fact that Alexander Bilek was 7 min. down! That great little tryer Ken Tuson pulled up two positions with a gutty walk to enable the Stock Exchange to record their fastest time yet since they commenced entering this event in 1965. 1, P. EMBLETON (Ex) 1:51.12 (rec) 2, N. De Vito (FG) 1:52.00; 3, A. Bilek (Cz) 1:58.16; 4, M. Teddeo (Centro L) 2:01.07; 5, M. Castelli (Lom) 2:04.17; 6, I. Gasitu (Rum) 2:05.03 . . . 9, K. TUSON (SE) 2:11.34; . . . 16, S. KING (Lon) 2:24.52.

Final Result: 1, Essex 9:10.56; 2, Fiamme Gialle, Rome 9:11.31; 3, Czechoslovakia 9:22.33; 4, Rumania 9:29.21; 5, Centro Lazio, Rome 9:39.22; 6, Switzerland 9:39.39; 12, Stock Exchange 10:17.31 . . . 14, London 10:29.58. 16 teams started and finished.

To-day's events. The Vauxhall Motors open '77 has attracted an excellent entry with the majority of the Southern and Midland speedsters involved. This event, held over an undulating one lap circuit, is a natural successor to the Highgate '77 and will no doubt, in due course, take its place as one of the five annual "London" Winter 7's. At Brighton, the local club hold their "George Hewitt" 5M from the Aquarium.

Nihill back in competition in Gibraltar. Spending a holiday on the island, Paul Nihill competed in a 3km in which he gave the locals and servicemen starts between 600 and 800m. The race, with 9 competitors, was held during half time of a football match and was much appreciated by the 700-odd spectators. Paul was through 1600 in 6:30, but suffered during the second half following a lay-off from training. 1, D. Leggatt (RAF) 12.16 (800m h'cap); 2, P. Nihill 12:39.8; 3, J. Toehill (Roy. Eng-600m) 12.56; 4, J. Rowsell (RE—800) 13.02.

Good support for Crystal Palace Races, October 23rd. A glorious sunny day with big fields made for lots of work for the officials. Christine Coleman was an impressive winner of the Southern Women's 5km Championship with Selsonia's duo of Jenny Finch (née Peck) and Jannette Pye having to retire. In the Youths 2 laps John Hills was a fine winner whilst Jacky Lord looked better than ever in the senior 5M yacht handicap in which 64 finish. Due to many late entries and the large fields full results are not yet available but Phil Collins, no doubt, will let me have them at the earliest opportunity. John Webb, out of "retirement" for a day, put up a fast time, while other notables were George Coleman, Bob Clark,

John Godbeer, Les Dick and Brian Armstrong. **SCAAA Women's 5km:** 1, C. Coleman (H'gate) 29.14; 2, J. Sibun (Ilford) 30.42; 3, S. Moss (Ex. Pol) 32.19. **Junior 2km:** 1, E. Roward (Uxbridge) 11.12; 2, C. Duffin (Croydon) 11.31; 3, M. Davies (Sy. AC) 12.13. **Boys 1 Lap (1M, 673y):** 1, G. Cheshire (Sy. WC) 11.25; 2, R. Smith (H'gate) 11.34; 3, L. Boddy (Basildon) 12.24. **Youths 2 laps (2M, 1346y):** 1, J. Hills (Basildon) 23.55; 2, L. Hobbs (Medway) 24.14; 3, P. Burt (Medway) 24.18.

Colin Young

Buchanan wins at Southwick Festival, October 23rd. After taking the lead from Richard Emsley at 1M, Alan Buchanan pulled away to a comfortable victory. Bryan Hawkins (43) once again showed a clean pair of heels to the other youngsters while "novice" John Lees clocked 50.23 in only his 5th race! 1, A. Buchanan (B&H) 46.33; 2, B. Hawkins (Met/B&H) 47.05; 3, B. Williams (B&H) 47.45; 4, M. Mason (Ports) 47.56; 5, J. Birks (B&H) 48.58; 6, J. Lees (B&H) 50.23; 7, D. Rowland (Stey) 50.56; 8, K. Emsley (Stey) 50.56; 9, D. Johnson (Yth) 51.07; 10, J. Nichols (Stey) 51.28; 11, K. Harrington (Ports) 52.43; 12, R. Penfold (Stey) 52.49. **Teams:** 1, Brighton & Hove 10; 2, Steyning 32; 3, B&H 36; 4, B&H 'C' 58.

Met. Police Dunkley Trophy 10M, October 23rd. 1, A. Seddon (MP) 1:20.34; 2, K. Tuson (Stock Exchange) 1:24.02; 3, C. Fogg (MP) 1:24.28. **Teams:** 1, Stock Exchange 292; 2, Met. Police & City Police 303.

Dudley & Stourbridge H Open Mile Track Walks, August 31st. (Snr) T. Morris (Greyfriars) 7:22.2. (Yths) 1, P. Dallow (Broms & R) 7:22.4; 2, K. Sturdy (B&R) 7:38.2; 3, R. Chaplin (B&R) 7:56.0. (Boys) 1, A. Butter (D&S) 7:38.8; 2, P. Rodgers (B&R) 7:55.7; 3, K. Singh (Grey) 8:08.7. (Women) 1, B. Cook (Wolv & B) 7:58.2; 2, M. Hindley (Birch) 8:23.4; 3, P. Horwill (D&S) 8:39.1. (Jnr Girls) 1, P. Bransom (Harb) 8:29.5; 2, S. Saunders (B&R) 8:39.0; 3, E. Smith (Warley) 9:06.8.

CIVIL SERVICE ATHLETIC ASSOCIATION Inter-Departmental & Individual

CROSS-COUNTRY CHAMPIONSHIP

SATURDAY, 11th DECEMBER, 1971

At The White House, Tattenham Corner, Epsom Downs

Enquiries: G. W. Tolley, 40 Westways, Stoneleigh, Epsom, Surrey. Entries close 4th Dec.

A few still available

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'World Record' by British Walker

In winning a 20 kilometres track race at Sotteville in France on September 15th, Margaret Lewis (34) of Birchfield clocked a time of 1:58:37, believed to be the fastest ever by a woman. Brenda Cook (Wolverhampton & Bilston), the national track champion, was 2nd in 2:01:31 with Pam Horwill (Dudley & Stourbridge) 3rd in 2:07:22. Marie-Claire Geroult was 4th with a French record of 2:16:05.

Result of a postal international 5km track walk at The Dell, Brierley Hill, on October 10th (held in conjunction with a coaching course): 1, B. Cook 26:47.6; 2, B. Jenkins (Birch) 27:02.6; 3, M. Lewis 27:37.8; 4, C. Daniells (Warrington) 28:06.4; 5, P. Horwill 28:37.8; 6, M. Graham (Birch) 28:55.4; 7, C. Wilde (Warr) 30:30.2; 8, S. Cornes (Warr) 30:34.8; 9, A. Johnstone (Houghton) 30:50.6.

DAVID JENKINS

The most extensive feature ever published on Britain's only reigning European champion will appear in next week's issue of "AW". His career . . . his future plans . . . his training . . . plus statistics and photos.

September 11th

At Warley. (Women) 3000: 1, A. Lovell (Soli) 10:04.2; 2, P. Slyde (W&B) 10:18.6; 3, C. Smith (Bir) 10:27.2. 4x100: Birchfield 49.1. 4x400: 1, Birchfield 3:58.8; 2, Coventry 4:04.1. DT: 1, J. Roberts (Bir) 54.98/180'4"; 2, R. Payne (Loz) 54.78/179'9". JT: A. King (S. Hth) 42.98/141'0". Junior 1500: 1, L. Ward (Soli) 4:59.6; 2, E. Burgess (W&B) 5:05.6; 3, S. Watts (Dud & S) 5:08.2.

September 22nd

In W. Berlin. 10,000: 2, G. Edgington (RAF) 30:12.0.

Allestree Woodlands AC officers: President, O. Cromwell; chairman, J. F. Raw; secretary, R. Carman, 31 Harewood Road, Allestree, Derby; treasurer, P. Sarson.

CLASSIFIED ADVERTISEMENTS

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SPECIALISTS IN CLUB COLOURS AND DESIGNS. Track-suits, shorts and vests. Competitive prices. Thono Sportswear, 5 Lauriston Road, S.W.19. (01-946-2251).

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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*.

ESSEX BEAGLES THE NEW ZEALAND CUP ANNUAL C-C RELAY

Chigwell Row, Essex, 13th Nov., 2.30 p.m.
Six laps of 2½ Miles each. Prizes first 3 teams and fastest ind. lap. Entries 50p per team, to B. Tinton, 52 Rutland Road, Forest Gate, London. E7 8PH, by 5th November.

KETTERING TOWN HARRIERS ANNUAL CHARITY CUP RACE

(Under A.A.A. Laws)

SATURDAY, NOVEMBER 20th, 1971

AT WICKSTEEDS PARK, KETTERING

7 Miles Team Race 3 p.m.; Ladies 2 Miles 2 p.m.; Youths 3 Miles 2.30 p.m.

Prizes all events. Fees: Senior Team 50p, Ladies & Youths 30p. Entries close Nov. 8th, to E. W. Boyfield, 12 Wellington Road, Raunds, Wellingborough, Northants.

EPSOM "10"

SATURDAY, NOVEMBER 20th, 1971

From the White House, Tattenham Corner
3 p.m.

Ind. and Perpetual Trophies. Usual Prizes. Vets state age. Under A.A.A. Laws.

Entries: Ind. 18p plus 30p per team (4 run) to John Dixon, 9 Lyncroft Gardens, Ewell, Epsom, Surrey, by November 15th. S.A.E. for acknowledgement. S.A.E. for results sheet.

BORDER HARRIERS & ATHLETIC CLUB 20th Annual

BRAMPTON — CARLISLE ROAD RACE

10 MILES Under A.A.A. Laws

SATURDAY, NOVEMBER 27th, 2.45 p.m.

Individual, Team, Handicap & Veterans Prizes
Entries: 25p each team, 6 to run—3 to count
All entrants must enter open handicap, fee 10p each

Entries close, Saturday, November 13th

BOYS'—15 YRS. SCHOOLS' RACE, 2.15 p.m.

YOUTHS' 2½ MILES RACE, 2.45 p.m.

Entries for all races to M. J. Paxman, Carlisle Sports Centre, Strand Road, Carlisle, from whom the prospectus may be obtained.

LEICESTER CORITANIAN A.C. OPEN Winter Track & Field Meetings

On the all-weather track at Saffron Lane, Leicester, at 1.30 p.m. on Sundays, 14th November, 5th December, 20th February & 12th March. Events for both sexes, and all age groups. Details from (s.a.e. please), R. Float, 31 Half Moon Crescent, Oadby, Leicester.

U.C.N.W. HARRIERS & A.C.

present the 11th Annual

BEAUMARIS TO BANGOR

5½ MILE ROAD RACE

(Under A.A.A. Laws)

ON SATURDAY, NOVEMBER 6th

All enquiries to the Road Race Secretary, U.C.N.W., Bangor, Caerns.

BRACKNELL ATHLETIC CLUB

10th Annual Under A.A.A. Laws

10 MILE OPEN ROAD RACE

SATURDAY, NOVEMBER 13th, at 2.45 p.m.

From Sports Centre, Bagshot Road, Bracknell

Awards: First 5 Ind., first Vet., first 3 Teams, First "B" Team (4 run, 3 score).

Entries: 20p per ind. (all teams enter as ind.) to D. G. Fearn, 23 Bowenhurst Road, Church Crookham, Aldershot, Hants. (s.a.e. for acknowledgement, s.a.e. for results).

ENTRIES CLOSE MONDAY, NOV. 8th

GUILDFORD & GODALMING A.C.

present the 14th annual

HOG'S BACK OPEN ROAD RACE

(9½ MILES)

(Under A.A.A. Laws)

SATURDAY, 18th DECEMBER, 2.50 p.m.

Team Trophy, prizes first 4 teams, first 6 inds., first Vet. (please state). Teams: 6 to run, 3 to score. Prizes value £1 to £7.

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 8th December (s.a.e. please).

LUTON UNITED A.C.

SATURDAY, 13th NOVEMBER, at 2 p.m.

BOYS 4x2M. CROSS-COUNTRY RELAY

Trophy, medals first 3 teams, first "B" team and fastest lap. Entries 40p one team, 20p others. Boys (14-U/16 on 1.9.71) must include names and date of birth.

COLTS 2M. CROSS-COUNTRY RACE

Any number to run, 3 to score. Trophy, medals first 3 teams and first 3 inds. Entries 10p per ind. Boys (12-U/14 on 1.9.71) must include names and date of birth.

Entries close Nov. 2nd, to B. Duffy, 63 Austin Road, Luton, Beds, LU3 1TY. (Luton 52683).