

53 PRESTON
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athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

- ★ Anita Neil answers the Questionnaire
- ★ Spotlight on Peter Kelly
- ★ Finnish Javelin Training Methods
- ★ Who's Who in British Athletics



2/-

DANUTA
JAWORSKA,
Polish women's
javelin record holder
at 61.44/201ft. 7in.

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Statement By AAA Treasurer

THE AAA's special finance committee, with executive powers, met for the first time last week. The discussion lasted four hours.

John Martell, AAA treasurer, issued the following statement to "Athletics Weekly" on Monday: "We have looked at administrative costs and their effectiveness. Some administrative work is being decentralised to areas and reductions in central staff will be made where necessary. It is already known that additional income will be forthcoming in 1971 and it is hoped that negotiations at present in hand will bring further income. The coaching side has yet to be looked at. We aim to balance our budget for 1971/72."

The committee will meet again before reporting to General Committee on December 5th.

Supplies of the booklet on race walking by Mr. P. A. G. Wright, referred to in "Trackwise" recently, have now been exhausted, but it is hoped that an enlarged version will appear as an RWA publication next summer.

Easy For John Simmons

JOHN SIMMONS, the 26-year-old former Derby runner who is now cross-country captain of Medway AC, scored a comfortable victory in the Faversham 5 miles road race (actually nearer 5½) last Saturday. Making much of the running, he beat the 1968 and 1969 winner Bill Weller by 150 yards (though Weller still ran 12 sec faster than last year), and smashed the course record. Fine run, too, by Medway's young Merv Brameld in third place, which helped his club dominate the team event.

Cliff Temple

1. J. Simmons (Medway) 26.44
2. W. Weller (Walton) 27.17
3. M. Brameld (Medway-J) 28.25
4. K. Jackson (Univ. of Kt) 29.05; 5. R. Hayman (Med) 29.12; 6. M. Glover (Inv) 29.15; 7. H. Green (Med) 29.24; 8. J. Pettitt (Med) 29.33; 9. A. Whiting (Med) 29.37; 10. R. Preston (Univ. of Kt) 29.47; 11. E. Broad (Med) 30.18; 12. G. Jones (Univ. of Kt) 30.22; 13. P. Cawson (Ton) 30.27; 14. P. Gaston (B'ton) 30.34; 15. H. Lightfoot (E. Sy) 30.43; 16. C. Bird (Ash) 30.54; 17. D. Foxley (Med) 31.03; 18. W. Taylor (E. Sy) 31.15; 19. R. Simpson (Univ. of Kt) 31.19; 20. M. Templeman (Inv) 31.27; 21. P. Crowhurst (Univ. of Kt) 32.00; 22. R. Jones (Univ. of Kt) 32.03; 23. C. Temple (Folk) 32.17; 24. E. Roalfe (Univ. of Kt) 32.30; 25. P. Robbins (Folk) 32.35. 51 finished.

Teams: 1. Medway 9; 2. University of Kent 26; 3. Invicta 54; 4. East Surrey H. 59; 5. Univ. of Kent "B" 79; 6. Elliott Reed 88; 7. Folkestone 95. Veterans Handicap: G. Booth (Elliott Reed) 33.42 (2.20) 31.22.

Julie Stars In Kent Road Relay Championships

At Ladywell Park, October 24th

JULIE VANCUYLENBURG, running for Kent AC, put up one of the best performances I have seen by a girl in distance running this year. In giving that good runner, Kelly of Cambridge H., 40 yards start and beating her by 100 yards, she not only shattered the Intermediate record of 8.22 by Pat Bagley with a great 7.53, she well beat the Senior record of 8 mins. held by Margaret MacSherry who was not well enough to compete this time.

"Jimmy" Green

Senior (3x1½M. approx.)

1. Cambridge H. (M. Hadler 8.40, G. Goodburn 8.04, L. Coshall 8.03) 24.47; 2. Kent AC (K. Scott 8.40, A. Bowring 9.21, B. Franklin 8.59) 27.00; 3. Medway (F. Turner 9.09, J. Green 9.10, P. Lloyd 10.28) 28.47; 4. Cambridge "B" 29.42; 5. Dartford 30.41. **Fastest:** Coshall 8.03, Goodburn 8.04, Hadler 8.40, Scott 8.40.

Intermediate (3x1½M. approx.)

1. Kent AC (C. Scott 9.13, G. Adams 8.19, J. Vancuylenburg 7.53) 25.25; 2. Cambridge H. (C. Ives 8.56, A. Tarrant 8.28, J. Kelly 8.20) 25.44; 3. Medway AC (P. Durling 9.14, J. Kiff 9.12, S. Blackwell 8.51) 27.17; 4. Invicta 27.35; 5. Tonbridge 28.10; 6. Wigmore 29.18. **Fastest:** Vancuylenburg 7.53 (record), Adams 8.19, Kelly 8.20.

Junior (3x1½M. approx.)

1. Tonbridge (S. Powell 8.36, N. Silburn 8.04, P. Coldman 8.49) 25.29; 2. Dartford (J. Monaghan 8.37, E. Harper 8.50, S. Tume 8.38) 26.05; 3. Cambridge H. (S. Holmes 9.04, M. Totman 9.11, S. Bagley 9.07) 27.22; 4. Medway 28.26; 5. Kent 28.33; 6. Cambridge "C" 29.22. **Fastest:** Silburn 8.04, Powell 8.36, Monaghan 8.37.

Times for the Barnet "B" team in the Southern Women's Road Relay have been corrected to the following: O'Leary 16.48, Hammond 18.16, Powell 17.36, Nelson 16.55.

Next meeting of the Specialist Clubs Committee takes place at Bowater House on November 2nd (7.15).

SPECIAL OFFER!

Copies of the Metric Conversion Tables, as used by the Association of Track and Field Statisticians and published by "Track & Field News" at \$3, are available now from the "AW" Book Department at HALF PRICE—just 12s. 6d. post paid.

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January 1st—December 31st, 1969

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THE WEEK AHEAD

Saturday, October 31st: Women's Greater London League at Crawley; 40 Miles Track Race at Maindy Stadium, Cardiff; Metropolitan League at Ruislip; Biggleswade Cross-Country Races; Gateshead Harriers Diamond Jubilee Trophy Races; Oxford Univ. v. Birmingham Univ.; Derwentwater "10"; Tonbridge Colts Road Relay.

Sunday, November 1st: Avalon League at Yeovil.

Tuesday, November 3rd: Chingford League at Leyton (Road).

Wednesday, November 4th: London Colleges League at Guildford (Division 1) and Hale End (Division 2); RAF v. Borough Road College at Halton; East Anglian League at Northants.

Thursday, November 5th: Oxford Univ. Freshmen v. Cambridge Univ. Freshmen at Cambridge.

IT PAYS TO ADVERTISE!

Last week The Becket School started the first of three insertions inviting applications for the post of Senior Games Master. By Tuesday so many applications had been received that we were asked to cancel the other two insertions. It was too late to stop the insertion in this issue as this part of the magazine was already being printed, but any other possible applicants should note that the post will almost certainly be filled from amongst those who applied to the first insertion.

Southern Women's Road Relays

At Finsbury Park, October 17th

Barnet Triumph Yet Again

A FINE day and excellent traffic-free course in Finsbury Park greeted competitors in the Southern Women's Road Relay Championships on October 17th. With the venue confirmed only a few weeks beforehand, it had not been realised that it was a matter of running one lap or two—of approx. one mile and three furlongs per lap—and it was decided that the intermediates would have enough to do with one lap only, so only the seniors ran two.

As last year the Girls race provided only a few teams, but the first leg saw a battle royal between two Verlea girls, Wilsmore and P. Bryant, with only inches in it at the finish. They held first and second places until the final leg when Crook of Uxbridge ran the fastest lap to come from 4th to 2nd.

The Junior was a close fought race with Ilford (Stewart) holding a narrow lead on the first leg over Crawley (Joyce) and the eventual winners in fifth place (Jackson). On the next lap Basildon (Needham) just led from Selsonia (Vaughan) with Havering (Owens) having moved up to third. Havering (Naylor) took the lead on lap 3, 9 secs. ahead of Basildon (Sadler), with Selsonia and Thurrock fighting it out for third place some 50 yards further back. On the final circuit Lesley Kiernan put the issue beyond doubt with a fine run of 7.36 to win by more than 150 yards from Sally Hines of Thurrock who ran an excellent 7.51 in coming from 4th to 2nd.

Linda Salmon led the Intermediate field on the first leg, well clear of Kelly of Cambridge, who was 50 yards ahead of Hever of Aldershot and Low of Uxbridge. On the second leg Aldershot (Barrass) took the lead with Uxbridge (Meeson), Ryde (Tubb) and Croydon (Fidler) close behind, and on the next lap they held their lead through Bryan, while Uxbridge (Lessiter) drew away from Croydon (Harris) who had taken over third place from Ryde. On the last leg Betty Price, with a fast lap of 7.31, moved up to Rumbold of Aldershot and went on to win by just over 50 yards, while Julie Vancuylenburg left Angela Salmon of Ryde well behind to bring Croydon in third.

On the first leg of the Senior race Marilyn Townsend of Portsmouth led the field from Pat Winter of Verlea. Then on the second leg the race settled down to a tussle between Cambridge Harriers, who were given a good lead by Ann Dunn, Watford (Jean Tye) and Barnet (Jill Freeman). At this point it looked all over a Cambridge victory, with Glynis Goodburn and Margaret MacSherry to come, but Joyce Smith ran a storming third leg for Barnet, catching Mary Sonner in just over a lap and Glynis Goodburn just before the take-over.

Margaret Beacham ran a very fast first lap to get right away from Margaret MacSherry and brought Barnet home for yet another success in

this event with nearly a minute to spare, putting up fastest time in the process. "Jimmy" Green

Seniors

1, Barnet (C. Gould 16.50, J. Freeman 17.34, J. Smith 15.38, M. Beacham 15.15) 65.17.

2, Cambridge H. (L. Coshall 16.28, A. Dunn 16.41, G. Goodburn 16.54, M. MacSherry 16.09) 66.12.

3, Watford (S. Marquis 16.23, J. Tye 16.55, M. Sonner 16.59, R. Cullen 16.29) 67.48.

4, Barnet "B" (B. Nelson 16.55, H. Powell 18.34, L. Hammond 18.34, G. O'Leary 16.50) 69.35.

5, Aldershot, F & D (L. Boshier 17.45, S. Fitzmaurice 18.56, S. Kazi 17.36, A. Barrass 16.31) 70.48.

6, Thurrock (G. Atkinson 18.39, A. Coleman 21.33, M. Crates 17.35, B. Grinney 16.26) 71.30.

7, Basildon 72.29; 8, Croydon 72.56; 9, Hillingdon 74.01; 10, LOAC 74.50; 11, Havering 78.52; 12, Highgate 79.04; 13, Highgate "B" 79.15; 14, Surrey AC 82.19; 15, Selsonia 84.22; 16, Portsmouth 88.40.

Fastest: Beacham 15.15, Smith 15.38, M. Townsend (Ports) 15.56, P. Winter (Verlea) 16.04, MacSherry 16.09, Marquis 16.23, Grinney 16.26, Coshall 16.28.

Intermediates

1, Uxbridge (J. Low 8.10, T. Meeson 8.33, J. Lessiter 8.10, B. Price 7.31) 32.24.

2, Aldershot, F & D (S. Barrass 8.15, A. Rumbold 7.58, S. Bryan 8.13, C. Hever 8.09) 32.35.

3, Croydon (T. Burton 8.20, C. Fidler 8.30, E. King 8.34, J. Van Cuylenburg 7.45) 33.09.

4, Ryde H. (L. Salmon 7.42, E. Tubb 9.05, T. Allen 8.38, A. Salmon 8.16) 33.41.

5, Cambridge H. (J. Kelly 8.01, M. Mutton 8.52, C. Ives 8.40, A. Tarrant 8.20) 33.53.

6, Southend (S. Sutton 9.10, B. Watts 8.07, J. French 9.12, V. Day 7.41) 34.10.

7, Verlea 35.17; 8, Thurrock 35.23; 9, Medway 35.37; 10, Havering 35.53; 11, Hillingdon 36.25; 12, Essex L. 36.26; 13, Aldershot "B" 36.33; 14, Watford 36.39; 15, LOAC 36.50; 16, Selsonia 36.51; 17, Mitcham 37.13; 18, Wycombe Ph. 37.23; 19, Portsmouth 38.36; 20, Selsonia "B" 39.13. 23 teams finished.

Fastest: Price 7.31, L. Cobden (Selsonia) 7.38, Day 7.41, L. Salmon 7.42, Van Cuylenburg 7.45, Rumbold 7.58.

Juniors

1, Havering (R. Chettleburgh 8.40, L. Owens 8.22, P. Naylor 8.06, L. Kiernan 7.36) 32.44.

2, Thurrock (K. Dean 8.38, L. Martin 8.26, E. Cox 8.22, S. Hines 7.51) 33.17.

3, Selsonia (M. Cobden 8.19, A. Vaughan 8.36, A. Phillips 8.30, E. Fairman 8.22) 33.47.

4, Basildon (L. Hatton 8.37, F. Needham 8.16, M. Sadler 8.24, J. Bice 8.54) 34.11.

5, Ilford (M. Stewart 8.09, S. Greenhill 9.00, M. Hodge 8.45, J. Norris 8.28) 34.22.



(Left) Marilyn Townsend (Portsmouth) hands over in the lead on the first leg. (Right) Ann Dunn to Glynis Goodburn (Cambridge H.).

Peter Williams

6, Aldershot, F & D (D. Webster 8.48, J. Barras 8.44, G. Geldzetter 9.22, C. Boxer 7.40) 34.34.

7, Havering "B" 35.09; 8, Watford 35.51; 9, Crawley 35.32; 10, LOAC 36.22; 11, Southend 36.25; 12, Ryde 36.44; 13, Windsor, S & E 36.49; 14, Hillingdon 36.55; 15, Essex 37.00; 16, Uxbridge 37.07; 17, Selsonia "B" 37.44; 18, Verlea 38.06; 19, Thurrock "B" 39.14; 20, Verlea "B" 39.19. 33 teams finished.

Fastest: Kiernan 7.36, Boxer 7.40, Hines 7.51, Naylor 8.06, Stewart 8.09, R. Joyce (Crawley) 8.10.

Minor Girls

1, Verlea (P. Bryant 9.06, J. Matthews 9.52, B. Padden 9.53, B. Jackson 9.19) 38.10.

2, Uxbridge (H. Nuttall 10.13, G. Skilton 9.49, K. Wragg 9.39, J. Crook 8.49) 38.30.

3, Thurrock (K. Tyler 10.46, C. Allibush 9.48, J. Bourne 9.24, T. Hines 8.57) 38.55.

4, Verlea "B" 39.28; 5, Cambridge H. 39.33; 6, Aldershot, F & D 40.10.

Fastest: Crook 8.49, Hines 8.57, Bryant 9.06, S. Wilsmore (Verlea "B") 9.06.

NORTH STAFFORDSHIRE LEAGUE

At Alsager College, October 17th

1. A. Dean (Michelin) 28.12
2. N. Deakin (Michelin) 28.42
3. F. McGuire (Alsager Coll) 28.51
4. A. Adams (Clough HYC) 29.07; 5. L. Austin (Michelin) 29.22; 6. D. Shelley (Mich) 29.29; 7. J. Kendrick (Alsager Coll) 29.37; 8. A. Walker (Michelin) 29.44; 9. J. Wheway (Madeley TC) 30.00; 10. I. Hendry (Madeley) 30.00; 11. C. Mattock (Madeley) 30.04; 12. G. Rhodes (Stafford) 30.07; 13. Fletcher (Keele Un) 30.22; 14. L. Kilpenny (Stafford) 30.33; 15. K. Hazeltine (Alsager Coll) 30.38; 16. M. Bartlam (Mich) 31.02; 17. T. Litherland (Clough H) 31.13; 18. Robertson (Alsager) 31.20; 19. T. Pennell (Alsager) 31.31; 20. Taylor (Keele Un) 31.37; 21. A. Gordon (Alsager) 31.41; 22. H. Dodd (Newcastle) 31.44; 23. M. Thacker (Stoke) 31.47; 24. F. Wrigley (Michelin) 31.49; 25. J. Dutton (Alsager) 32.00; 26. P. Walker (Newcastle) 32.02; 27. M. Sutton (Clough H.) 32.11; 28. Winkle (Alsager) 32.13; 29. Pegler (Alsager) 32.24; 30. K. Baddley (Stoke) 32.26.

Teams: 1, Michelin 14; 2, Alsager TC 43; 3, Madeley TC 63; 4, Clough Hall YC 79; 5, Stafford AC 103; 6, Keele Univ. 137; 7, Newcastle AC 147; 8, Newcastle HS 225.

Youths

- 1, R. Harris (Burton) 16.37; 2, S. Chabowski (Stafford) 17.59; 3, M. Downes (Stafford) 18.22; 4, R. Daley (Newcastle) 18.31; 5, P. Howard (Stoke) 18.34; 6, Owen (Burton) 18.55; 7, D. Ash (Stoke) 18.56; 8, M. Woodley (St. Joseph's) 18.58; 9, M. Kelly (St. Joseph's) 19.14; 10, Simpkin (Burton) 19.15. **Teams:** 1, Burton 28; 2, Stafford AC 33; 3, Stoke 44.

Boys

- 1, E. Barber (Stoke) 10.08; 2, J. Warnock (Burton) 10.15; 3, P. Day (Burton) 10.31; 4, Carey (Stafford) 10.33; 5, Tota (Stoke Schools) 10.34; 6, Grocott (Stoke Schools) 10.50; 7, Barnish (St. Joseph's) 10.54; 8, Karshelf (Wolstanton GS) 10.57; 9, Hindley (Newcastle HS) 10.59; 10, Bourne (Stoke Schools) 11.01. **Teams:** 1, Stoke (Central) Schools 37; 2, St. Joseph's College 52; 3, Stoke 52; 4, Burton 57; 5, Newcastle HS 101; 6, Newcastle AC 123.

CHESHIRE AAA ROAD RELAY CHAMPIONSHIP

At Altrincham, October 17th

- 1, City of Stoke (P. Egerton 17.21, J. Godding 17.50, E. Johnson 17.19, S. Hope 17.17, P. Goodfellow 17.48, P. Owen 18.38) 1:46.14; 2, Altrincham & Dist. 1:47.31; 3, Wirral 1:49.04; 4, Walsley 1:50.56; 5, Manchester & Dist. 1:53.25; 6, Warrington 1:55.27. **Fastest:** L. Carroll (Wirr) 16.09, D. Barden (Alt) 16.40, A. Blinston (Alt) 16.46, D. Lockley (Wirr) 17.06.

The Bucks. C.C. Championships will be held at Wolverton on January 2nd (2.30). Champs. Secretary is M. Callow, 11 Longville, Wolverton, Bucks.

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Introducing The First 18-Foot Vault: Chris Papanicolaou

THE era of 18-foot pole vaulting was ushered in last Saturday—by accident. The occasion: an Athens v. Belgrade match at the Karaiskakis Stadium. The man responsible: Christos Papanicolaou.

Sensing he was in exceptional form, after clearing 5.00/16'5" and 5.20/17'0½" by massive margins, he called for the bar to be raised right away to 5.47/17'11½"—a centimetre above Wolfgang Nordwig's pending world record. Utilising his excellent speed (6.7 for 60m) to full advantage, the 1.82/5'11½", 76kg/168lb PE instructor succeeded at the first attempt, the bar quivering but not falling. For the first time, at least in the modern era, Greece could boast a world record holder in athletics.

Weeping with emotion, "Papa" was carried off by jubilant spectators—many of whom had been so bitterly disappointed a year ago when, in this same stadium, their hero had failed even to win a medal in the European Championships.

Papanicolaou's achievement proved to be even greater and more significant than at first thought. Upon remeasurement, the height cleared was found to be 5.49, not 5.47, and thus he had broken through the 18-foot barrier with a quarter of an inch to spare. Having spent three years in the United States, Chris was well aware of the mystique and prestige attached to this figure.

Having taken only three trials in the competition, he resumed vaulting with the bar at 5.54/18'2½" no less. He failed but intends to take another crack at it this week-end.

No matter what else he may accomplish, Papanicolaou will now be immortalised—in stone or bronze as well as words. His native town of Trikkala, in Thessaly, is to erect a statue in his honour.

The road to this level of glory has been ten years long. The journey started one day in 1960 when, aged 17 and already an expert gymnast on the rings and parallel bars in high school, he was prevailed upon to try the pole vault. He immediately took to it, clearing 3.28/10'9¼" at the first try.

Pole vaulting fever gripped him and he built a makeshift pit in his own back yard. Progress was rapid: 4.28/14'0½" the very next year and 4.40/14'5¼" in 1962, in which season he experienced his first major international competition—the European Championships in Belgrade. He needed 4.40 to qualify for the final but could manage only 4.20/13'9½".

His next advance came in 1964, after switching from steel to fibre-glass. That season he broke the Greek record of 4.60/15'1¼" set in 1958 by Georgios Roubanis (who had, using a glass pole as far back as 1956, won the Olympic bronze medal in Melbourne), and finished up with 4.73/

15'6¼". Chris reached the final in Tokyo but placed 18th and last with only 4.40/14'5¼".

Nevertheless he was gaining experience and his rise towards world class continued relentlessly. He made 4.92/16'1½" in 1965 and early in 1966, while studying at Western Michigan University under a US State Department exchange programme, he attracted attention by defeating both Bob Seagren and John Pennel indoors. Back in Europe he proved himself a good competitor by winning the silver medal behind Nordwig at the European Championships in Budapest, with a personal best of 5.05/16'6¼".

A few weeks later, at the Pre-Olympic meet in Mexico City, he cleared a sound 5.00/16'5" for second place behind Seagren. More important, there he met Bud Winter and as a result he enrolled at San Jose State University, California.

By Mel Watman

Thanks to Winter's coaching and the superb facilities available, Papanicolaou's true talent began to emerge. At San Jose in May 1967 he became the tenth man in the world to vault 17 feet (actually 5.20/17'1") and thus also became a contender for the race to 18 feet. Said Winter at the time: "Chris has everything he needs to become the world pole vault champion. It takes courage, determination and speed. He possesses all these items."

Chris's next breakthrough was at the 1967 Pre-Olympic meet in Mexico City when, gripping his 16ft. pole at 4.70/15'5", he cleared 5.30/17'4½" for a European record and fourth spot on the world all-time list. He also had three fair attempts at a world record 5.40/17'8½".

He commented: "I was watching my friend Dick Railsback very closely and when I saw the mistake he made at 5.30 I profited from it. I have basically the same flaw of keeping the right leg too low so that it brushes the bar. If I had paid more attention to my coach in correcting the fault I would have broken the world record today."

Thus, the Greek star established himself as a leading contender for the Olympic title to be decided exactly one year later. On the big day he performed as well as could reasonably have been expected, adding two inches to his best with a first-time clearance at 5.35/17'6¼", but such was the standard of that unforgettable competition that he left the stadium without a medal to show for his fine effort. He was placed fourth.

His hopes that the European title would come his way in 1969 were boosted when, in February, he set a European indoor best of 5.22/17'1½" and raised still higher when just before the Championships he cleared 5.25/17'2¼" and only just brushed

off the bar at 5.50/18'0 $\frac{1}{2}$ " with his chest. But, on his home ground, he paid the penalty for trying to outmanoeuvre Nordwig and finished only fourth with 5.00/16'5", his opening height.

This year, while Nordwig was capturing most of the headlines, Papanicolaou was quietly working up to his momentous exploit with personal bests of 54.0/17'8 $\frac{1}{2}$ " in the Balkan Games in August and 54.2/17'9 $\frac{1}{2}$ " behind Nordwig in the World Student Games in September.

Born at Trikkala on November 25th, 1942, Papanicolaou has progressed thus:

1961 4.28/14'0 $\frac{1}{2}$ "	1966 5.05/16'6 $\frac{1}{2}$ "
1962 4.40/14'5 $\frac{1}{2}$ "	1967 5.30/17'4 $\frac{1}{2}$ "
1963 4.40/14'5 $\frac{1}{2}$ "	1968 5.35/17'6 $\frac{1}{2}$ "
1964 4.73/15'6 $\frac{1}{2}$ "	1969 5.25/17'2 $\frac{1}{2}$ "
1965 4.92/16'1 $\frac{1}{2}$ "	1970 5.49/18'0 $\frac{1}{2}$ "

Entry forms (team and individual) for the Staffordshire Cross-Country Championships (Boys and Junior on December 19th, Youth and Senior on January 2nd) can now be obtained from D. Shelley, 22 Mount Avenue, Stone, Staffs. (Phone: Stone 4346).

Darlington Harriers officers: President, H. Goodwin; chairman, I. Barnes; secretary, B. Hilton, 19 Eggleston Walk, St. Helen Auckland, Bishop Auckland, Co. Durham; treasurer, D. Hewison; ladies sec., Miss A. Kirtley, 50 Adelaide St., Shildon, Co. Durham.

The new secretary of Dartford Harriers is Mr. G. W. Hodder of 18 Bracondale Avenue, Northfleet, Kent.

WORLD RECORD PROGRESSION

The last of the metal pole world record holders was Don Bragg (US) with his 4.80/15'9 $\frac{1}{4}$ " in 1960. World records ratified since then have been:

4.83/15'10 $\frac{1}{4}$ "	George Davies (US)	20.5.1961
4.89/16'0 $\frac{1}{4}$ "	John Uelses (US)	31.3.1962
4.93/16'2"	Dave Tork (US)	28.4.1962
4.94/16'2 $\frac{1}{2}$ "	Pentti Nikula (Fin)	22.6.1962
5.00/16'5"	Brian Sternberg (US)	27.4.1963
5.08/16'8"	Brian Sternberg (US)	7.6.1963
5.13/16'10 $\frac{1}{4}$ "	John Pennel (US)	5.8.1963
5.20/17'0 $\frac{1}{4}$ "	John Pennel (US)	24.8.1963
5.23/17'2"	Fred Hansen (US)	13.6.1964
5.28/17'4"	Fred Hansen (US)	25.7.1964
5.32/17'5 $\frac{1}{2}$ "	Bob Seagren (US)	14.5.1966
5.34/17'6 $\frac{1}{2}$ "	John Pennel (US)	23.7.1966
5.36/17'7"	Bob Seagren (US)	10.6.1967
5.38/17'7 $\frac{1}{2}$ "	Paul Wilson (US)	23.6.1967
5.41/17'9"	Bob Seagren (US)	12.9.1968
5.44/17'10 $\frac{1}{4}$ "	John Pennel (US)	21.6.1969

To be ratified:

5.45/17'10 $\frac{1}{2}$ "	Wolfgang Nordwig (EG)	17.6.1970
5.46/17'11"	Wolfgang Nordwig (EG)	3.9.1970
5.49/18'0 $\frac{1}{4}$ "	Chris Papanicolaou (Gre)	24.10.1970

"AW" CLUB FILM SHOW

The "AW" Club Film Show, open to all members of the "AW" Club, will be held at Bowaters' Private Cinema, Bowater House, Knightsbridge, London, S.W., on Friday evening, December 11th (7 p.m. for 7.30). Tea and biscuits will be served from 7 p.m. Members can apply for one ticket each—an extra ticket can be sent if seats are available in the last week. Please quote your Club number when applying.

CITY OF STOKE - ON - TRENT PARKS DEPARTMENT

OPEN MEN'S CROSS COUNTRY TEAM RACE

(Under AAA Laws)

This event is open to all Senior Teams affiliated to the Amateur Athletic Association in Great Britain.

The Race will be run on **SATURDAY, 12th DECEMBER, 1970**, over a course of five miles, 392 yards, starting at 2 p.m. Venue **FENTON PARK, FENTON, VICTORIA ROAD, STOKE-ON-TRENT**.

Teams to consist of eight runners, four to count.

Closing date for entries: **Tuesday, 1st December, 1970.**

Entrance Fee: 8/- per team, 2/6d. for individual runners.

Prizes: Coffee Sets valued at £5.0.0. each will be awarded to the first four runners in the winning and second teams. Third and Fourth teams will receive Coffee Sets valued at £4.5.0 each.

Individual Prizes: Winner, Coffee set valued at £5.0.0. Second and Third runners home, Coffee sets at £4.5.0.

Veterans' Prizes: Coffee Set valued at £5.0.0 to the first runner home over the age of 40 years, also a Coffee Set for the first runner home of 50 years of age, if no competitor in the age group over 50 years, this prize will go to the second runner home over the age of 40 years.

The winning team will also receive the Annual Trophy and a miniature Cup for retention.

Entry Forms: On normal A.A.A. Forms, surnames in block capitals. Please state ages of runners over 40 and 50 years of age.

Send your entry fee, with your entry form, cheques/postal orders made payable to the City of Stoke-on-Trent Corporation.

Entries to: **P. Dyer, Esq., Director of Parks, (Cross Country), Parks Department, Hanley Park, Cleveland Road, Hanley, Stoke-on-Trent, ST1 4DY.**

WALES**THIRTY ENTER FOR TRACK "40"**

THE Nos Galan Committee's 40 miles track race, which has attracted a record entry of 30, takes place today (October 31st) at Maindy Stadium at 10.30 a.m. Lynn Hughes, who held the World Best performance for 40 miles three years ago, is among the line-up. He won the 1 hour race organised by Port Talbot Harriers at Seaway Parade Track, Aberavon on October 17th. He and Jim O'Brien of Port Talbot led the field of 11 for the first 6 miles, O'Brien then withdrew with stomach cramp and Hughes went on to beat Dill Robbins's figures, set two years ago, by 24 yards.

1, Hughes (TVH) 11M 192y; 2, D. Morgan (Pt. Talbot) 11M 24y; 3, J. Evans (Neath) 11M 22y; 4, K. Brown (Pt. Talbot) 10M 1,420y; 5, D. Robbins (Swan) 10M 1,116y; 6, R. Pullen (Neath) 10M 796y; 7, P. Jones (Pt. Talbot) 9M 1,303y; 8, T. Jones (Unatt) 9M 552y; 9, A. Davies (Pt. Talbot) 9M 117y.

Lynn Hughes finished 8th in the Hereford to Ross 14 miles road race recently. He clocked 78.35 for the distance.

At the next Executive Meeting of the Welsh AAA, at Bridgend on November 7th, the committee will consider a tangible form of expressing their appreciation to Ted Hopkins, who recently retired from the post of Team Manager which he held for 32 years. The committee will also discuss the manner in which his successor will be appointed.

Bernard Baldwin

NEWPORT CROSS-COUNTRY RELAY

October 10th

- 1, Bristol (A. Williams, J. Gingell, P. Lonnen, L. Swinbank, A. Benn, M. Awre) 64.09.
- 2, Westbury (D. Palmer, P. Chivers, J. Hall, A. Reed, D. Burborough, M. Chandler) 65.07.
- 3, Gilwern (C. Walbyoff, M. Hoffman, P. Ratcliffe, R. Locke, K. Flowers, M. Lane) 66.06.
- 4, Gloucester 66.13; 5, Cardiff 66.43; 6, Cardiff Univ. 66.50; 7, Newport 69.50; 8, Swansea Univ. 70.28; 9, Bristol Univ. 70.32; 10, Swansea H 71.59; 11, Gilwern 'B' 72.41; 12, Cardiff 'B' 72.55. 18 teams finished.

Fastest: (24M) Ratcliffe 10.01, Lonnen 10.02, Swinbank 10.11, L. Thompson (Card. Un) 10.14, D. Hopkins (Card. Coll) 10.20, Burborough 10.20.

Young Athletes (24M)

- 1, M. Hill (Gloucester) 11.14; 2, P. Irvine (Gloucester) 11.19; 3, K. Davies (Gilwern) 11.22; 4, S. Davies (Cardiff) 11.27; 5, A. Dyke (Swansea) 11.55; 6, L. Flowers (Gilwern) 11.57; 7, T. Eaton (Glos) 11.59; 8, R. Coates (Swan) 12.07; 9, P. Griffiths (Brid) 12.11; 10, D. Dowdle (Glos) 12.15. (No team Race).

GWENT LEAGUE

At Bridgend, October 17th

- 1, R. Evans (Cardiff) 36.53
- 2, D. Hopkins (Cardiff Coll) 37.35
- 3, R. Locke (Gilwern) 38.22

- 4, R. Lally (Hereford & Cty) 39.20; 5, M. Hoffman (Gilwern) 39.44; 6, R. Gear (Swan) 39.54; 7, M. Lane (Gilwern) 39.57; 8, P. Vidler (Card) 40.00; 9, B. Griffiths (Card) 40.24; 10, D. Ford (Bris) 40.33; 11, G. Evans (Swan) 40.36; 12, P. Wallace (New) 40.48; 13, T. Beese (New) 40.54; 14, R. Davies (Swan) 41.05; 15, C. Williams (Card) 41.14; 16, H. Miles (Gilwern) 41.19; 17, D. Jennings (Bris) 41.41; 18, F. Westall (Gilwern) 41.46; 19, P. Cray (Brid) 41.54; 20, J. Collins (Swan) 41.57; 21, D. Cosway (Barry) 42.04; 22, J. Hall (Gilwern) 42.11; 23, G. Hooper (New) 42.44; 24, T. Wood (New) 42.46; 25, B. Kent-Payne (Brid) 42.47. 43 finished.

Teams: 1, Gilwern & Dist. 181; 2, Cardiff 156; 3, Swansea 144; 4, Newport 122; 5, Bridgend 100; 6, Bristol 85; 7, Cardiff Coll. 44; 8, Hereford & Cty. 42; 9, Bargoed 42; 10, Barry Glamorgan 25.

Juniors

- 1, N. Rose (Bristol) 27.32
- 2, D. Fowles (Cardiff) 30.09
- 3, B. Donovan (Cardiff) 30.09
- 4, S. Seman (Swan) 30.14; 5, P. Sherman (Bristol) 30.58; 6, M. Bunce (AAC Chepstow) 31.15; 7, D. Jones (Card. Coll) 31.16; 8, G. Roberts (Card.) 31.25; 9, M. Batty (Swan) 31.37; 10, L. McGuire (Bris) 31.42; 11, D. Baker (AAC Chap) 32.55; 12, M. Hudd (Bris) 33.47; 13, N. Ronan (New) 34.17; 14, J. Wade (Prescoed C) 34.25; 15, H. Roberts (Card. Coll) 34.31.

Teams: 1, Bishop Gore GS 229; 2, Cantonian Chepstow 101; 3, Cardiff AAC 92; 4, Cardiff College 85; 5, Swansea 68; 6, Perscoed Camp 53.

Youths

- 1, G. Morgan (Lewis S) 19.23; 2, P. Ratcliffe (Gilwern) 19.27; 3, S. Slocombe (Card) 20.58; 4, D. Bosley (Bristol) 21.01; 5, A. Ireland (Barry Comp) 21.02; 6, K. Page (Card 'B') 21.13; 7, S. Seth (AAC Chap) 21.16; 8, S. Davies (Card) 21.25; 9, K. Finlayson (Card) 21.25; 10, P. Williams (Card) 21.33; 11, R. Vice (Swan) 21.36; 12, M. Walker (AAC Chap) 21.49; 13, J. Davidge (Bris) 22.11; 14, P. McKue (AAC Chap) 22.17; 15, P. Nunn (AAC Chap) 22.22. 50 finished.

Teams: 1, Cardiff AAC 207; 2, AAC Chepstow 191; 3, Bristol 130; 4, Swansea 118; 5, Cardiff AAC 'B' 118; 6, AAC Chepstow 'B' 104.

Boys

- 1, W. Snowdon (Cantonian HS) 11.04; 2, K. Davies (Gilwern) 11.09; 3, A. Matthews (Bristol) 11.24; 4, P. Rowlands (Bishop Gore GS) 11.37; 5, A. Dyke (Bishop Gore) 11.41; 6, L. Flowers (Gilwern) 11.42; 7, J. North (Cantonian HS) 11.45; 8, R. Coates (Bishop Gore) 11.56; 9, T. Hunt (Brid) 12.02; 10, P. Robbins (Bris) 12.04; 11, M. Kift (Bishop Gore) 12.06; 12, H. Passey (H&C) 12.13; 13, R. Edwards (Bishop Gore) 12.15; 14, C. Passey (H&C) 12.18; 15, T. Sheppard (Bris) 12.19. 52 finished.

Teams: 1, Bishop Gore GS 229; 2, Cantonian HS 177; 3, Gilwern 138; 4, Bristol 134; 5, Hereford & Cty. 134; 6, AAC Chepstow 106.

HARLOW MARATHON

October 24th

Repeat Victory by Alastair Wood

"IT'S too many," said Alastair Wood after competing in his sixth marathon of the year at Harlow last Saturday. Nevertheless, for Alastair it was a repeat of last year's victory over this undulating but largely traffic-free course. The 37-year-old lecturer from Aberdeen set a new course record of 2:17.59, replacing the 2:18.24 set by fellow Scotsman Mel Edwards in 1967.

In second place was 24-year-old Harold Leeming, an engineering inspector from Derby whose 2:20.22 was a personal best. Third was 35-year-old Carlos Perez, like Wood, a European Championships fourth placer (Perez in Budapest, Wood in Belgrade). All three runners are members of the twice-a-day, 100 miles-plus per week training brigade.

With the benefit of a cool, cloudy day the 131 runners opened with a 76 sec 400m on the track before getting down to a steady 5.12 miling pace for the early part of the race. The 5 miles post was reached in 26.08 with Allen, Hampton, Wood, Angus, Braithwaite, Little, Perez, Fernandez, Leeming, Macmillan, Brockbank, Maillardet and Waterhouse passing together. Soon afterwards Allen put in a burst which took him away from the bunch momentarily, but by 10M the group had caught and dropped him, as Wood, Leeming, Perez, Macmillan, Waterhouse, Maillardet, Brockbank, Hampton, Fernandez and Angus went through in 52.08. Allen clocked 52.25, Braithwaite 53.57 and Mathieson 53.58. Leeming was the next to apply pressure up the long drag at the 13 miles point. Times at 15M were: Leeming 1:17.55, Wood and Fernandez 1:18.08, Brockbank and Perez 1:18.15, Angus 1:18.31, Hampton 1:18.44, Macmillan 1:19.07, Waterhouse and Maillardet 1:19.08, Braithwaite 1:21.24, Allen and Hamlin 1:21.54, and Moxsom 1:21.56.

From then on it was Wood's race as he gradually pulled away from the field. Fernandez held out the longest, but paid the penalty approaching the finish, where he went back to 8th. Wood

clocked 1:44.52 at "20", Fernandez 1:44.56, Perez 1:45.04, Leeming 1:45.22, Brockbank 1:45.40, and Hampton 1:47.50. Macmillan went by in 1:48.00, Maillardet in 1:48.30, Braithwaite in 1:49.18, Moxsom and Presland in 1:49.29 and Hamlin in 1:50.44. Les Presland and Ian Wainwright made good debuts in 10th and 12th places, and Colin Moxsom (9th) won the Essex title, run in conjunction. 99 finished this "Tesco" sponsored race.

Robin Campbell

1. A. Wood (Aberdeen) 2:17.59
2. H. Leeming (Derby & County) 2:20.22
3. C. Perez (Spain) 2:20.31
4. G. Brockbank (Man & D) 2:21.07; 5. I. Macmillan (Invicta) 2:21.55; 6. P. Hampton (RNAC-South) 2:22.54; 7. P. Braithwaite (Bingley) 2:24.46; 8. A. Fernandez (Spain) 2:24.55; 9. C. Moxsom (Woodford Grn) 2:25.08; 10. L. Presland (Sy. AC) 2:25.56; 11. D. Nunn (Windsor) 2:26.48; 12. I. Wainwright (Sheff) 2:27.54; 13. R. Little (Shaft) 2:29.14; 14. F. Maillardet (Camb. H) 2:30.15; 15. M. Cranny (Wirral) 2:30.47; 16. D. Ritchie (A'deen) 2:30.52; 17. R. Raymen (Herc Wimb) 2:31.39; 18. T. Lewins (Norf. Gaz) 2:31.54; 19. D. Locke (Rane) 2:33.12; 20. I. Burgess (S'ton) 2:33.36; 21. M. Prosser (Ilford) 2:34.03; 22. M. Emms (W. Grn) 2:34.40; 23. B. Allen (Windsor) 2:34.46; 24. C. Youngson (A'deen) 2:34.49; 25. B. Hercock (BoE) 2:34.56; 26. A. Mathieson (Morpeth) 2:35.05; 27. C. Bricher (Herc. Wimb) 2:35.31; 28. M. Hamlin (Torbay) 2:35.54; 29. R. Castle (Invicta) 2:36.01; 30. R. Howe (W'stow) 2:37.20; 31. D. Weir (Man. & D) 2:37.30; 32. D. Morgan (Glam) 2:37.51; 33. B. Flanagan (Bris) 2:37.59; 34. P. Egerton (Stoke) 2:38.27; 35. D. Brown (Glam) 2:38.44; 36. P. Clarke (Weymouth SP) 2:39.29; 37. J. Jones (Windsor) 2:39.44; 38. G. Newton (Ex. B) 2:40.03; 39. D. Prior (W. Grn) 2:40.35; 40. P. Shepherd (B'ht) 2:40.55; 41. P. Kilbey (Man. AC) 2:41.52; 42. C. Mills (Torbay) 2:42.07; 43. C. Woodcock (B'ht) 2:42.30; 44. H. Artiss (Verlea) 2:43.53; 45. A. Ward (Notts) 2:44.42; 46. I. Jolliffe (Inv) 2:45.02; 47. M. Watts (Torbay) 2:47.12; 48. B. Hicks (Met. P) 2:47.17; 49. G. Spink (Bing) 2:49.33; 50. D. Cooper (Haver- ing) 2:51.29.

Teams: 1, Aberdeen (1,16,24) 41; 2, Woodford Green (9,22,39) 70; 3, Windsor, Slough & Eton (11,23,37) 71; 4, Invicta 80; 5, Torbay 117; 6, Hercules Wimbledon 128; 7, Vale of Glamorgan 153; 8, Havering 162; 9, Cambridge 168; 10, Ilford 193; 11, Erith & Dist. 219; 12, Plessey Beeston 257.

Essex Championship: 1, Woodford Green 10; 2, Havering 29; 3, Ilford 33. **Individuals:** 1, Moxsom; 2, Prosser; 3, Emms; 4, Howe; 5, Newton; 6, Hicks.

In winning the BMC Intermediate Women's Mile title at Harlow on August 23rd Sandra Marquis (Watford) set a World age-16 best of 4:57.1.

Colts

1. T. Green (Barry CS) 6.32; 2. D. Brvnt (Abertillery Achilles) 6.35; 3. S. Evans (A'tillery A) 6.39; 4. K. Norman (Rhondra) 6.40; 5. P. Churchill (W. Monmouth S) 6.42; 6. G. Parsons (Bris) 6.45; 7. N. Carter (Bris) 6.46; 8. M. Grimes (W. Monmouth) 6.49; 9. G. Morgan (Card) 6.50; 10. J. Abbry (Bris) 6.55; 11. C. Holdbrook (Card) 7.00; 12. S. Rodman (Bris) 7.00; 13. M. Powell (Croes. GS) 7.01; 14. P. Williams (Barry CS) 7.01; 15. G. Walters (Ross CSS) 7.01. 105 finished.

Teams: 1, Bristol 478; 2, Barry CS 457; 3, West Monmouth S 425; 4, Abertillery Achilles 420; 5, Cardiff AAC 409; 6, Cantonian HS 342; 7, Croesyceiliog GS 296; 8, Newport H 265; 9, Bishop Gore GS 244; 10, Bristol 241.

Ridgeway Relay**October 24th**

Tipton's Confidence Was Justified

STAGE 1 (Road 9500m) With what appeared to be rashness but turned out to be justifiable confidence, Tipton led with their ace, Allan Rushmer. He forced the pace from the start and once he started on the long climb, only Tim Johnston and Eric Austin were strong enough to stay in contact. Behind these three the field was well strung out, until at the first change there was almost 8 minutes between the leader and the last of the 16 starters. With a fresh following breeze and cool dry conditions, Rushmer set the pattern by improving on Martin Hyman's inaugural stage record by more than a minute. Fastest times A. Rushmer (Tip) 27.31, T. Johnston (Ports) 27.55, E. Austin (Worc) 28.04, N. Rose (Bris) 28.45, N. Evans (West) 28.47.

Stage 2 (Cross-Country, 2700m, Youths). On the first of the short stages there was little change in positions; nine of the 14 runners broke the old record, the fastest being Tony Staynings (Westbury), who passed the local rivals, Bristol, to go into fourth, and closed the gap on the leading three teams. Fastest: A. Staynings (West) 6.58, N. Jeffrey (S'ton) 7.03, J. Keeble (Hill) 7.25, R. Studron (Ports) 7.28.

Stage 3 (c.c., 2900m, Youths) No one quite surpassed last year's brilliant run by Bernie Ford of Aldershot, but Grice of Tipton showed why his club hold their high position in the country by running the fastest time from the leading position. The positions up front remained the same, but further back Graham Galvin of Hillingdon and Neil Coupland of Southampton ran good times to gain positions. Fastest: A. Grice (Tip) 8.15, N. Coupland (S'ton) 8.22, S. Galloway (Ports) 8.28, J. Galvin (Hill) 8.28.

Stage 4 (c.c., 9000m) It is on the middle four stages, all over five miles, that the race is most likely to be decided, with the fourth and the seventh being the toughest. Of the spectators on White Horse Hill those from Tipton must have been happy with Boydon's solid front running, while Kevin Bond brought hope to Worcester with a record-breaking 24.53. With Portsmouth slumping to fourth, and Keith Darlow moving up two places for Reading, the two most fancied Southern clubs found themselves in direct opposition. In this context, it was sad that only one London club, Hillingdon, accepted the challenge of the Ridgeway—perhaps they are happier on pavements! Fastest: K. Bond (Worc) 24.53, K. Darlow (Read) 25.06, K. Boydon (Tip) 25.20, P. Francis (Hill) 25.59, B. Popel (West) 26.00.

Stage 5 (c.c., 8500m) The mark of a good club is consistency, and this is where Tipton are really strong. Keith Rollason, with nobody near him, ran away from the field, though the honours went to Gerry Stevens, knocking over a minute off his own record and bringing Reading up into

second place, just ahead of Worcester (Cooper) and Westbury. These four seemed to have the race to themselves, as Hillingdon and Portsmouth were now over three minutes down on Tipton, with Bristol and Swindon a further 2 and 3 minutes back respectively. Fastest: G. Stevens (Read) 23.58, K. Rollason (Tip) 24.20, D. Burborough (West) 24.46.

Stage 6 (c.c., 8000m) This time it was Williams who extended Tipton's lead, as the little line of figures strung themselves along the historic skyline. With only two seconds between the times of the leading three runners, it was a case of 'no change' at the front. Up on the hilltops, with the wind behind them, eight men broke the record, but the fastest of them was Portsmouth's old warhorse, Martin Hyman, who hurled them back into contention, passing Hillingdon and making up almost two minutes on Westbury. Fastest: M. Hyman (Ports) 23.09, R. Williams (Tip) 23.40, D. Dipper (Read) 23.42, D. Hope (Worc) 23.41.

Stage 7 (c.c., 9200m) For the sixth time in seven stages, the Tipton man was in the fastest three—David Fownes this time, but there was the closest threat they had had as Peter Wood of Worcester closed to within just over a minute. Alan Cass passed Dai Francis and took Portsmouth back to fourth. Further back, Lonnen and Lewis had good runs, but by now the gaps were too big for one man to have much effect. Fastest: P. Wood (Worc) 26.06, D. Fownes (Tip) 26.41, P. Lonnen (Bris) 26.54, J. Lewis (S'ton) 27.04, A. Cass (Ports) 27.10.

Stage 8 (Road 6200m) Here the course descends from the grandeur of the Ridgeway to narrow country lanes, where it is difficult to see the man ahead. Tipton finally swept away all possible challenge, going into a lead of almost three minutes, through Bradley; while Reading in third place moved to within striking distance of Worcester. Westbury pulled back Portsmouth (Inns) through a fine run by Palmer. One must give credit to Hillingdon's "B" team, who lost 20 minutes when their stage 4 man pulled a muscle, but kept going, and after being 10 minutes behind the next last team (RMC Shrivenham) finally overtook them on this stage. Fastest: Palmer (West) 17.58, Bradley (Tip) 18.03, Ashford (Hill) 18.10, Winter (Bris) 18.19.

Stage 9 (Road, 6700m). The home team, Reading, put up a strong late rally, with Bob Allden setting fastest time and passing Worcester, but Tipton yet again had second fastest. Portsmouth's international orienteer, Tony Wale, continued the club's battle with Westbury and came out on top, closing to within four seconds of Worcester. Fastest: R. Allden (Read) 20.00, T. Wale (Ports)

continued on page 35

Bernie Allen Defeats Internationals in Walton "10"

October 17th

BERNIE ALLEN of Windsor, Slough and Eton completed a "hat trick" of successful runs on the road this year at Walton AC's annual 10M road race—this year's marking the 25th anniversary of the event. In winning, Allen defeated half a dozen seasoned internationals in the process.

As the 100-plus field pounded past Birwood Junction, just before the end of the first of the 3 laps, Tim Johnston, Don Faircloth, Gerry North and Graham Taylor held a small lead over Allen, who appeared to be hanging on at this point. All five were timed at 15.45 on the completion of the first circuit. By the end of lap 2, Allen and Johnston were a pace ahead of Faircloth and North with Taylor holding on a few yards further back. Then came New Zealand marathon man Jeff Julian before a long gap to the chasing bunch. Allen then put in a sharp burst during the last half mile and although he was looking very strained at the finish he succeeded in outspringing such big guns as Johnston and Faircloth. Gerry North was the next man in, clear of Graham Taylor.

Allen said afterwards: "I've trained hard for this one, but I've not raced since the London Marathon. Now I might give up racing for a spell and get on with some studying."

Johnston's comment: "I had a year off with my achilles tendon injury and I've forgotten how to run fast! I felt I could have gone faster though. I've not been the same since I ran that 30 kilometres early last month."

Faircloth: "It was the speed that was lacking. I felt that I could have gone on for another 10 at the same pace almost. I'm hoping the selectors don't mark me down for this one, when they select the team for the Japanese marathon coming up shortly. After all, I was inside my winning time of last year."

Westbury won a close team race from Belgrave by four points.

Alastair Aitken

1, B. Allen (Windsor)	48.29
2, T. Johnston (Portsmouth)	48.34
3, D. Faircloth (Croydon)	48.35
4, Gerry North (Bel)	49.05; 5, G. Taylor (Camb)

TODAY'S ATHLETE

Edited by
BRIAN MITCHELL

Illustrated 35s. net

PELHAM BOOKS

52 Bedford Square, London, W.C.1

49.18; 6, J. Julian (Camb)	49.45; 7, W. Weller (Walton)	50.00; 8, D. Burborough (West)	50.02; 9, J. Jones (Wind)	50.10; 10, B. Popel (West)	50.27; 11, M. Davis (TVH)	50.38; 12, D. Davies (TVH)	50.50; 13, P. O'Connor (Bel)	50.56; 14, P. Chiver (West)	51.12; 15, B. O'Gorman (B'ht)	51.13; 16, W. Kerr (Bel)	51.34; 17, R. Little (Shaft)	51.40; 18, J. Oliver (Kt)	51.46; 19, D. Kreckler (Walton)	51.51; 20, L. Mann (Bel)	52.00; 21, M. Childs (—)	52.12; 22, J. Collingbourne (Ayles)	52.32; 23, D. Nunn (Windsor)	52.39; 24, G. McEntyre (E&E)	52.44; 25, D. Francis (West)	52.55; 26, Townsend (Ports)	52.56; 27, W. Keough (Eton Man)	53.10; 28, R. Franklin (TVH)	53.17; 29, J. Avis (Kt. AC)	53.27; 30, C. Shippen (Bel)	53.34; 31, M. Inns (Ports)	53.42; 32, G. Power (Hill)	53.51; 33, E. Knox (Hill)	54.12; 34, P. Milsom (Hill)	54.20; 35, F. Funnell (E&E)	54.22; 36, R. Arnold (Walt)	54.30; 37, C. Pearson (Bel)	54.37; 38, P. Stevens (TVH)	54.43; 39, J. Doggett (E'leigh)	54.49; 40, J. White (E&E)	54.51; 41, M. Casse (Wy.Ph)	55.00; 42, C. Robinson (Herc Wimb)	55.02; 43, J. O'Keefe (TVH)	55.13; 44, P. Bodley (SLH)	55.15; 45, J. Cock (E&E)	55.25; 46, C. Walker (Bel)	55.35; 47, M. Savage (Ports)	55.41; 48, Harborton (Poly)	55.43; 49, J. Kelly (Bel)	55.55; 50, R. James (Bel)	56.01.
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Teams: 1, Westbury (6, 7, 11, 16) 40; 2, Belgrave (2, 10, 12, 20) 44; 3, TVH (8, 9, 18, 24) 59; 4, Cambridge 69; 5, Walton 72; 6, Epsom & Ewell 87; 7, Kent AC 104; 8, Belgrave 'B' 142.

Exeter Carnival "7"

October 17th

1, P. Lonnen (Bristol)	34.05																					
2, D. Collins (Plymouth)	34.39																					
3, D. Eversham (St. Lukes Coll)	34.46																					
4, M. Hamlin (Torbay)	35.22; 5, C. Abrahams (Exeter)	35.40; 6, M. Watts (Torbay)	36.08; 7, M. Halliday (Plymouth)	36.19; 8, A. Lightfoot (Plymouth)	36.30; 9, A. Benn (Bristol)	36.36; 10, W. Valentine (Torbay)	36.40; 11, G. Chase (Torbay)	37.02; 12, T. Honeychurch (Torbay)	37.22; 13, A. Awre (Bristol)	37.34; 14, C. Mills (Torbay)	37.49; 15, A. Hassell (Torbay)	37.59; 16, B. Flannagan (Bristol)	38.06; 17, E. Phillips (Plymouth)	38.37; 18, R. Lock (Plymouth)	38.44; 19, C. Carthey (RNAS)	39.05; 20, E. Isherwood (Exeter)	39.05; 21, G. Noyse (RNAS)	39.17; 22, J. Allen (RNAS)	39.19; 23, J. Griffiths (St. Luke's Coll)	39.33; 24, J. Morrison (Tiverton)	39.49; 25, R. Barnes (St. Luke's)	40.09.

Teams: 1, Cty. of Plymouth 17; 2, Torbay 20; 3, Bristol 23; 4, Torbay 'B' 41; 5, Exeter 51; 6, St. Luke's Coll. 60; 7, RNAS Culdrose 69; 8, St. Luke's Coll 'B' 83; 9, RNAS Culdrose 'B' 113.

HOLMFIRTH HARRIERS A.C.

JUNR. BOYS 2½M. BOYS 2½M. YTHS. 3M.
Under A.A.A. Laws

SUNDAY, 29th NOVEMBER, at 2.30 p.m.

Prizes 1st, 2nd, 3rd and first 3 teams all races.
Entries close 14.11.70 (2/- Ind., 3/- Team) to
Mrs. L. Bailey, 4 Oakes Lane, Brockholes,
Huddersfield, HD7 7AR.

HILLINGDON ATHLETIC CLUB**4th Annual Ladies' Road Relays**

For the E. K. Harding Memorial Trophies

SUNDAY, 8th NOVEMBER, 1970, at 2.30 p.m.

AT HAYES STADIUM, JUDGE

HEATH LANE

Hayes, Middlesex, under WAAA Rules

Juniors 3x2,000 Metres

Intermediates 3x3,000 Metres

Seniors 4x3,000 Metres

Awards to Winning Teams & Fastest Laps
Entries and 5/- per team to Mr. D. G. Taylor,
42 Drayton Gardens, West Drayton, Middx.
by Monday, 2nd November

HARLOW ATHLETIC CLUB**CROSS-COUNTRY RACES**

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

SATURDAY, NOVEMBER 7th, 1970

NETTESWELL SCHOOL, at 2.00 p.m.

Youths, Boys, Colts, Jr. & Inter. Ladies

4 to run, 3 to score, teams declared on day
Fee: 2/- per athlete. Medals to first 3 in each
race, plus medals to first teams only.

Entries and s.a.e. to L. Mayea, 279 Moorfield,
Harlow, Essex, (Tel: 31856).

CLOSING DATE NOVEMBER 1st.

LUTON UNITED A.C.

SATURDAY, 14th NOVEMBER, 2.30 p.m.

BOYS' 4x2M. CROSS-COUNTRY RELAY

Trophy, medals first 3 teams, first "B" team
and fastest lap. Boys 14-U/16 on 1.9.70.
Entries: 5/- one team, 2/6 others.

COLTS 2M. CROSS-COUNTRY RACE

Any number to run, 3 to score. Trophy, medals
first 3 teams and first 3 inds. Colts 12-U/14 on
1.9.70. Entries: 1/6 per ind.

Entries close November 3rd, to B. Duffy, 63
Austin Road, Luton, Beds. LU3 1TY. (Luton
52683).

MICHELIN ATHLETIC CLUB

3rd Annual

4 x 2½M. CROSS-COUNTRY RELAY

(Under A.A.A. Laws)

SATURDAY, 21st NOV., 1970, at 3 p.m.

Awards: Perpetual Trophy first team. Prizes
first 3 teams and first "B" team. Three
fastest laps and fastest Veteran (O/40).

Entries (10/- first, 5/- each additional team)
close Monday, 9th November, to D. Shelley,
Michelin Athletic Club, Campbell Road,
Stoke-on-Trent. Tel: Stoke (0782) 48211,
Ext. 121.

THURROCK HARRIERS

3rd Annual

FESTIVAL OF CROSS-COUNTRY

(Under A.A.A. Laws)

SATURDAY, 28th NOVEMBER, 1970

(New Improved Course)

Races for: Youths/Boys/Colts/Boys U/12

(6 to run, 4 to score)

Fees: 10/- per team, 2/6 per individual.

Awards: 3 Ind., 3 Teams and Special Award
in each race.

Full details from and entries to Mr. R. Sales,
78 Orchard Road, South Ockenden, Essex,
RM15 6HH, by 18th November, 1970.

SOUTHERN COUNTIES A.A.A.**LONG/TRIPLE JUMP COURSE**

For potential Coaches and athletes of all
ages

AT CRYSTAL PALACE**NATIONAL SPORTS CENTRE**

ON SUNDAY, NOVEMBER 29th, 1970

The emphasis will be on WINTER training.
Lecture, demonstrations and training ses-
sions supervised by Senior A.A.A. Coaches.

Fee: 6/-

Application forms from W. Hindhaugh,
S.C.A.A.A. Administrator, 26 Park Crescent,
London, W1N 4BQ.

MEDWAY ATHLETIC CLUB**47th ROCHESTER "5"**

NOVEMBER 21st, 1970

Start: 3 p.m.

ROCHESTER ESPLANADE**AWARDS:**

Willis Cup: 1st Individual

Simmons Cup: 1st Team

Charlie Pay Trophy: 1st Kent runner

Value of Prizes increased to £60 for:—first
six individuals, first three teams, first "B"
team, first Veteran.

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: 10/- Teams and 3/- Individuals

Race Sec.: S. Fry, 12 Banks Road, Strood,
Rochester, Kent (Medway 77052).

Closing Date—11th November, 1970

Spotlight on Youth**By Dave Cocksedge****Peter Kelly Sees No Limit**

LUCKILY, Britain does not have to look far to find a possible successor to European Junior high hurdles champion Berwyn Price (featured recently in this series). His name is Peter Charles Kelly, and he comes from Wednesbury in Staffordshire. Born on August 8th, 1953, standing 1.79/5'10½" and weighing in at 80kg/176lbs, Peter is a member of Wolverhampton & Bilston AC, a pupil at Wood Green High School in Staffs, and is coached by Charles Taylor. His main occupation outside athletics is studying towards gaining entrance to a PE college in 1971, from where Peter aims to teach Physical Education at Secondary School level. The AAA Junior and English Schools Senior champion in his first Junior year, Peter has clocked 14.9 for the 3'6" high hurdles (14.7 downhill), 14.5 for the 3'3" flights and 55.0 for 400mH. On the flat, he has run 100m in 11.2, 200 in 23.5 and 400 in 50.8. In addition to these performances he can also point to a 1.70/5'7" high jump and a 6.57/21'6½" long jump. He gained his first Junior International vest shortly after turning 17 last September against West Germany at Leicester.

"I won a Junior schools 60y sprint when I was 10 years old, and this was my first taste of success" says Peter. "On Sunday mornings I went with my sister and father to her club and watched the athletes hurdling. I decided to have a go and to my surprise I did not break my neck. I came third in the County Schools Junior 80yH at the age of 12, and subsequently joined Wolverhampton and Bilston AC. Under the guidance of a good coach, I improved." The race that to date has given him most pleasure was the 1970 English Schools:

"This was my fourth attempt at an English Schools title, and I felt that this was probably my best chance of the four. It turned out to be one of the most exciting races I've ever run in. As we lined up for the final, I had a quick glance at Ken Fielding who had equalled my time in his semi-final. My mind was blank as we went to our marks. Ken was away slightly faster than me, but by the third hurdle we were level. Then suddenly, I was past him and going away at each flight. At the tape I didn't see anyone, and I'd won it in 14.5. I've never been as determined as that. I just lay on the grass afterwards with a grin splitting my face, rather like John Sherwood in Edinburgh. It was a great feeling to stand on the top of the rostrum and receive my badge and certificate and know I'd at last won an ESAA title."

Peter trains six days per week in the summer and in the winter incorporates weights into his five days per week schedule. A typical week in summer: Monday—3x6x60y flat out, with first six from blocks. Tuesday—2x6x200m at top speed. Wednesday—8x5 hurdles (3'6") from blocks. Thursday—6x5 400mH working on stride pattern. Saturday—Race. Sunday—6x1 hurdle for "attack", 8x100m fast with full recovery. During the winter Peter has two sessions on technique per week over hurdles, one of these at Cosford indoors. He also works through pyramid sessions such as 100-200-300-400-300-200-100. Sunday is taken up with weights.

"I would like to think there are no limits to my times over the highs," says Peter in reply to my tentative query, "For over 10 years men have

Peter Kelly in action during the junior inter-area match between the Midlands and North at Wolverhampton.



G. Herringshaw

been running 13.2 consistently. I'd like to become the first person to beat this legally. As for my eventually changing to the 400mH, this will depend on my flat times over 100 and 400. If my 400 flat best improves drastically, who knows? Really, though, this will be decided one way or the other by my coach."

Peter's family has athletics close at heart. "My father ran under even time for 100y during the 1940's, and later played professional football for Walsall FC. My sister ran for Staffordshire in the 1964 ESAA Championships at Hendon in the 80mH, and was Staffs. Schools Champion that year. My mother has always been interested in our athletics, and has been behind me all the way. One of the things that has helped me along is the fantastic team spirit at Wolverhampton and Bilston AC. In particular I'd like to acknowledge the debt I owe to clubmate and fellow hurdler Roger Petit for the unselfish way he's helped me this past year." Peter continues; "My introduction to the British Junior team was a memorable occasion. Everyone made me feel at home and went out of their way to be friendly and put me at ease. I learned a lot that day."

"Coaching has been the complete answer as far as I'm concerned. Most athletes need a good coach and Charles Taylor is the best. He's the man who keeps my nose to the grindstone." Peter's aim for 1971 is merely: "To do better than I did in 1970". And all Time? "To grow two inches taller and win a gold medal in a future Olympics, setting a new world record in the process."

Young Athletes' Results

BELGRAVE YOUTHS & BOYS RELAY

At Wimbledon, October 17th

SURREY clubs took the honours in both divisions at the Belgrave Youths and Boys' Road Relays on October 17th, which were held in

gloriously sunny weather. In winning the Youths' race by 65sec from Aldershot, Belgrave scored their first ever success in this event. Pat Breslin held second place until 400y from the change-over, the leader being John Bell of Aldershot in 11.46, but Bill Curtin lost little time in cutting back the 38sec gap and taking Bels into a handy lead on leg two, though Aldershot's Robert Fudge did lose some ground early on by going slightly off course. Curtin's time turned out to be the day's fastest of 11.24. From then on it was a formality for the leaders. Peter Carton stretched Belgrave's lead to 56 seconds at the end of stage 3, and Tony Binda added another 9 seconds to that at the finish, with a fine solo effort of 11.34.

Mitcham AC trailed Brighton & Hove for just over two thirds of the inaugural Boys 3x1.8 miles event, before Chris Taylor cut loose on the anchor with the day's fastest of 10.09. Brighton's Peter Clayman (10.37) jumped Mitcham's Declan O'Sullivan (10.42) at the end of the first stage; Andrew Porter (11.00), just recovered from a bout of 'flu, lost 4 seconds to Graham Cooper (10.56); but Taylor, who had run 3000m in a personal best of 8:47.6 three days previously, forged ahead on the last leg to bring Mitcham home 59sec up.

Due to the depressingly low entry, Belgrave are considering scrapping this event, I understand. To do so would be a pity, for this is a well established event, and must be one of the oldest Youths' Road Relays in the calendar. Some distinguished names have run here in the past—the lap record is held by a certain Dick Taylor of Coventry Godiva with 11.01 in 1962.

Dave Cocksedge

Youths

1, Belgrave (P. Breslin 12.24, W. Curtin 11.24, P. Carton 11.46, A. Binda 11.34) 47.08.

2, Aldershot, F&D (J. Bell 11.46, R. Fudge 12.35, S. McGuinness 12.10, J. Watts 11.42) 48.13.
3, Hillingdon (R. Vince 13.10, J. Keeble 12.12, P. Daniels 13.14, G. Galvin 11.36) 49.52.



The all-conquering Belgrave youth team of (left to right) Peter Carton, Bill Curtin, Pat Breslin and Tony Binda, winners since August of the Belgrave, Camberley and Surrey Relays, and the Farnborough, Salisbury, Wycombe and Hercules Wimbledon Road Races.

Ron Linstead

4, Wimbledon College 50.26; 5, Walton 50.48; 6, Cambridge & Coleridge 51.08; 7, Kings College School, Wimb. 53.54; 8, Mitcham 54.39; 9, Aldershot 'B' 54.43.

Fastest: (2m 125y) Curtin 11.24, Binda 11.34, Galvin 11.36, Watts 11.42, Bell 11.46, Carton 11.46.

Boys

1, Mitcham (D. O'Sullivan 10.42, A. Porter 11.00, C. Taylor 10.09) 31.51.

2, Brighton & Hove (P. Clayman 10.37, G. Cooper 10.56, S. Skinner 11.07) 32.40.

3, Tom Hood SS (R. Francis 10.47, M. Sheehan 11.28, J. Clarke 10.50) 33.05.

4, Shaftesbury 33.12; 5, Belgrave 33.36; 6, Aldershot 33.47; 8, Cambridge & Coleridge 33.47; 9, Luton 34.39; 10, Mitcham 'B' 34.54; 11, Hillingdon 35.25; 12, Walton 35.25. 17 teams finished.

Fastest: (1.8M) Taylor 10.09, Clayman 10.37, O'Sullivan 10.42, Francis 10.47, Clarke 10.50, Cooper 10.56.

BILBOROUGH GRAMMAR SCHOOL ROAD RELAY

October 17th

1, Leeds GS (D. Bruster 17.03, R. Bruster 16.25, M. Paget 17.58, S. Richardson 16.31, M. Dell 15.57) 83.54.

2, St. Thomas Aquinas, Birmingham (J. McParland 18.24, J. Tierney 16.10, T. Hutchison 17.08, V. Rollason 15.42, M. Rollason 16.51) 84.15.

3, King Henry VIII, Coventry (P. Robinson 16.23, S. Lee-Baptist 17.07, P. Jones 17.12, C. Skinner 18.15, D. Glassborow 15.25) 84.22.

4, St. Bede's GS, Bradford 84.27; 5, St. Thomas Richards, Gloucs. 84.46; 6, Northampton GS 85.18; 7, Bishop Vessey's GS, Sutton Coldfield 85.33; 8, Bilborough GS, Notts. 86.12; 9, Newcastle HS 86.52; 10, Warwick HS 87.58; 11, Queen Mary's, Walsall 87.59; 12, King's, Grantham 88.13. 20 teams finished.

Fastest: Glassborow 15.25, V. Rollason 16.42, Dell 15.57, R. Firth (Holme Valley, Huddersfield) 15.59, Tierney 16.10, Robinson 16.23.

Orion H. 36, Highgate 60, Cheshunt S. 81, at Cheshunt GS, September 26th. 1, B. Hercock (Orion) 17.50; 2, B. Hicks (Ch) 18.03; 3, J. Butcher (Or) 18.09; 4, C. Webb (H'gate) 18.29; 5, C.

McSweeney (Or) 18.32; 6, P. Vetterlein (Or) 19.09. 24 finished.

Young Athletes Cross Country Meeting, at Stevenage, October 4th. (Boys, U/16)

1, B. Crispe (BoE) 13.08; 2, P. White (Kett) 13.52; 3, D. Saunders (Stev) 13.56; 4, A. Hill (Stev) 14.00; 5, L. Stoten (Stev) 14.12; 6, A. Griffiths (Ver) 14.17.

Teams: 1, Stevenage 19; 2, Enfield 46; 3, Verlea 47. (U/14) 1, N. Carter (Felt) 10.21; 2, Spence (AEI) 10.22; 3, Hayes (AEI) 10.28; 4, Bowden (AEI) 10.38; 5, R. Harnaman (Lut) 10.45; 6, S. Young (Lut) 10.51. Teams: 1, AEI Rugby 19;

2, Luton 46; 3, Verlea 51, (U/12) 1, P. Hutchinson (Hunt) 9.45; 2, D. Jenkins (Ver) 9.55; 3, G. Creasey (Ver) 9.56; 4, P. Morbin (Stev) 9.59; 5, P. Cole (Hunt) 10.02; 6, M. Denton (E & S) 10.17.

Teams: 1, Verlea 28; 2, E & S 55; 3, Huntingdon 65. Overall Teams: 1, Verlea 126; 2, AEI Rugby 195; 3, Stevenage 236. (Under 16, Girls) 1, B. Price (Ux) 10.55; 2, J. Lessiter (Ux) 11.42; 3, J. Low (Ux) 11.43; 4, W. Izzard (Ver) 11.52. Teams:

1, Uxbridge 11; 2, Verlea 26; 3, Stevenage 40. (Under 14) 1, J. Brinkhurst (Hunt) 9.49; 2, T. Wooller (Stev) 10.23; 3, C. Wilkinson (Ux) 10.32.

Teams: 1, Verlea 30; 2, Uxbridge 39; 3, Stevenage 53. (U/12) 1, J. Crook (Ux) 7.51; 2, S. Stanton (Stev) 8.00; 3, S. Black (Hunt) 8.09. Teams: 1, Verlea 36; 2, Uxbridge 43; 3, Stevenage 46.

St. Clement Danes GS 31, Battersea GS 51 (U/19) at Battersea, October 7th. (U/16)

Battersea GS 44, St. Clement Dane's 47, (U/14) St. Clement Dane's 29, Battersea GS 49.

Millfield Road Relay, October 10th. 1, St. Boniface's, Plymouth (J. Burke 10.25, P. Bolland 10.13, M. Vassald 10.16, S. Mann 9.52) 40.46; 2, Bilborough GS, Nottingham (R. Sobey 9.59, A. Hogg 10.30, C. Adcock 10.27, N. Lambert 10.06) 41.02;

3, St. Brendan's Coll., Bristol (P. Wiltshire 10.35, M. Chandler 10.40, S. Clarke 10.11, P. Mulreid 10.28) 41.54; 4, Dr. Morgan's GS, Bridgwater 42.10; 5, Marlborough Coll. 42.32; 6, Kingswood S. Bath 43.08; 7, Millfield S. 43.16; 8, Portsmouth GS 43.23; 9, Bilborough GS "B" 43.28; 10, Wells-

way S, Keynsham 43.34; 11, Bentley GS, Calne 44.09; 12, Abingdon S. 44.11. 28 teams finished.

Fastest: Mann 9.52, Sobey 9.59, Martyn (Kingswood) 10.00, Lambert 10.06, R. Read (Dr. Morgan's) 10.08, M. Duddridge (Dr. Morgan's) 10.08, N. McKinnel (M'boro) 10.08, Clarke 10.11.

FLOODLIT TRAINING

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TUESDAYS, WEDNESDAYS AND THURSDAYS 7-9 p.m.

Adults 2/-, Children 1/6

Open to Authorised Users—Annual membership : £1 Adults, 5/- Children

For all details phone 01-778 0131

RESULTS IN BRIEF

October 10th

Belgrave 3M Road Yacht Handicap, at Wimbledon. 1, J. Baker 12.57 (6.40) 19.37; 2, D. McLean 13.22 (3.10) 16.32; 3, C. Shippen 13.47 (1.50) 15.37; 4, C. Henn 13.51 (3.30) 17.21. Fastest: Gerry North 14.21 (24th), A. Black 15.01.

Manchester Univ. 39, Manchester Univ. 'B' 103, Salford Univ. 108, at Wytenshaw Park. 1, C. Taylor (MU) 30.58; 2eq, A. Carter (Guest) & M. Heath (MU) 32.30; 4eq, J. Irwin (Guest) & D. Cockburn (Guest) 33.00; 6, P. Pape (MU) 33.08.

Orion H 30, RMA Sandhurst 48, at Chingford. 1, B. Hercock (O) 35.11; 2, J. Frost (O) 36.45; 3, T. Butcher (O) 37.04.

London Univ. CCC 377, Blackheath H 479 at Parliament Hill. 1, G. Ogden (L) 27.06; 2, D. Gunstone (L) 27.29; 3, B. O'Gorman (B) 27.31; 4, C. Haines (B) 28.00; 5, C. Woodcock (B) 28.35; 6, A. Crompton (L) 28.45; 7, R. Reeves (L) 28.49; 8, J. Newcombe (L) 29.00; 9, E. Pepper (B) 29.04; 10, E. Williams (L) 29.11; 11, F. Rogers (B) 29.13; 12, R. Clayton (L) 29.27; 13, R. Tiner (L) 29.36; 14, K. Foster (L) 29.42; 15, J. Brooks (L) 29.49. 76 finished. Inter-Club: 1, Blackheath 21; 2, LSE 71; 3, Univ. Coll. 79.

Surrey AC 5M Cross-Country Championship, at Richmond Park. 1, L. Presland 26.28; 2, R. Wilkinson 28.05; 3, A. Sawyer 28.09. (Junior) J. Goodbody 34.27. (Youths 2½M) 1, P. Welch 14.38; 2, D. Evans 14.55. (Boys 2½M) M. Chuter 16.07.

October 11th

Newbury '9' 1, J. Jones (Windsor) 43.33; 2, B. Bacon (Reading) 43.41; 3, G. Stevens (Read) 44.02. Teams: 1, Swindon; 2, Oxford Cty; 3, Newbury. (Young Athletes 4x2½M) 1, Swindon 53.09; 2, Andover 53.34; 3, Bracknell 55.00. Fastest: R.

Crabb (Swin) 12.47, A. Barnett (Andover) 12.54, C. Barnett (Andover) 13.00.

October 14th

Sheffield Univ. 'B' 51; 2, Notts Univ. 51; 3, Abbeydale GS 113, at Sheffield. 1, Knapp (S) 20.13; 2, Seddon (N) 20.22; 3, Jerome (N) 20.33.

October 17th

Shaftesbury 5M Cross-Country Championship, at Whetstone. 1, D. Bedford 27.12; 2, H. Richards 29.32; 3, G. Elmore 29.38; 4, D. Howe 30.25; 5, P. Watson 30.33; 6, K. Morris 30.34.

Cambridge H 5M Cross-Country Championship at Bexley. 1, K. Penny 24.27; 2, F. Maillardet 24.30; 3, K. Harland 24.48; 4, M. Benn 25.55; 5, M. Paul 25.55; 6, J. Huntingford 26.24; 7, M. Brown 26.31; 8, R. Holman 26.59. Handicap: M. Payne 31.44 (8.30) 23.14. (Boys, 2½M) 1, J. Barnes 12.57; 2, P. Williams 13.30; 3, J. Rooks 14.03.

OUAC 48, Ranelagh 64, SLH 65, at Coulsdon. 1, A. Moore (O) 24.43; 2, J. Valentine (O) 24.45; 3, J. Roberts (S) 24.47; 4, C. France (S) 25.42; 5, D. Locke (R) 25.46; 6, J. Forrest (R) 25.57; 7, A. Horne (R) 26.03; 8, P. Fowler (R) 26.04; 9, R. O'Brien (O) 26.14; 10, D. Pryor (S) 26.21.

Leeds Univ. 40, Durham Un. 66, Edinburgh Un. 120, Newcastle Un. 128, Bradford Un. 153, at Durham. 1, F. Briscoe (Leeds Un) 29.39; 2, M. Bateman (Dur) 29.43; 3, A. McKean (Edin. Un.) 29.53; 4, A. Pretty (Dur) 30.17; 5, J. Fox (L) 30.46; 6, I. Graham (L) 31.33; 7, T. Bird (L) 31.37.

Herne Hill 47, East Surrey H 66, Croydon 79, at Streatham. 1, R. Bean (ESH) 24.12; 2, F. Stebbings (Cr) 24.18; 3, M. Farley (HHH) 25.10; 4, R. O'Donoghue (HHH) 25.16; 5, P. Hamilton (C) 25.23; 6, S. Allen (HHH) 25.27. (Boys) 1, J. Smith (ES) 10.04; 2, P. Jerrum (Erith) 10.06; 3, T. Murphy (ES) 10.27. Teams: 1, Croydon 40; 2, E. Surrey 74; 3, Salesian Coll. 102.

Veterans AC 5½M Cross-Country. (Handicap)

continued on page 19



Allan Rushmer hands over a winning lead to Keith Boyden for Tipton Harriers in the Dudley to Bridgnorth Relay.

G. L. Pike

West Yorks. C.C. League

At Leeds, October 17th

Start of the senior/junior 6 miles race, with Richard Belk (56) and Ken Duckworth (58) of the winning Airedale & Spen Valley team.



Eric North

1. D. Atkin (Airedale & SV) 30.09
2. D. Slater (Skyrac) 30.22
3. M. Baxter (Leeds City) 30.36
4. P. Rawnsley (Skyrac) 30.42; 5. R. Harrison (Airedale) 30.47; 6. J. Temperton (ASV) 30.51; 7. J. Penrose (Carnegie) 30.59; 8. H. Broadbent (Wake-J) 31.28; 9. A. Dewhurst (ASV) 31.42; 10. R. Belk (ASV) 31.45; 11. J. Newsome (Wake) 31.50; 12. J. Lunn (Leeds C) 31.52; 13. R. Pickersgill (Wake) 32.07; 14. R. Tristram (ASV) 32.10; 15. M. Child (Wake) 32.17; 16. W. Dance (L'wood) 32.19; 17. M. Cox (Leeds C) 32.24; 18. B. Fletcher (Wake) 32.27; 19. P. Griffiths (Carnegie) 32.35; 20. J. Hubbard (L'wood) 32.38; 21. K. Fozzard (Harrogate) 32.42; 22. K. Duckworth (ASV) 32.44; 23. N. Gaynor (St. John's) 32.45; 24. T. Kennedy (St. John's) 32.49; 25. W. Lambert (L'wood) 32.52; 26. S. Hollings (Wake) 33.00; 27. D. Nicholl (St. John's) 33.16; 28. R. Pannell (Leeds C) 33.34; 29. E. Crossland (Holmfirth) 33.38; 30. R. Grice (Harrogate) 33.43. 89 finished.

Teams: 1, Airedale & Spen Valley 21; 2, Wakefield 47; 3, Leeds City 60; 4, Airedale "B" 91; 5, Longwood 93; 6, St. John's 107; 7, Skyrac 107; 8, Wakefield "B" 121; 9, Carnegie Coll. 135; 10, Holmfirth 144.

Youth & Boys

1. A. Black (Leeds City) 11.08
2. D. Johnson (Airedale) 11.12
3. A. Hitchen (Wakefield) 11.18
4. K. Midgley (Halifax) 11.22; 5. H. Hinton (Bradford GS) 11.23; 6. G. Sellens (L'wood) 11.25; 7. S. Long (Wake) 11.28; 8. K. Singleton (Wake) 11.29; 9. M. O'Connell (L'wood) 11.30; 10. J. Crafer (Bradford GS) 11.36; 11. B. Moxon (Wake) 11.45; 12. G. Chosters (Halifax) 11.48; 13. C. Baldwin (Bradford GS) 11.50; 14. H. Smith (Bradford GS) 11.50; 15. P. Balmer (Leeds C) 11.51. 58 finished.

Teams: 1, Wakefield 29; 2, Bradford GS 42; 3, Leeds City. 70; 4, Bradford GS "B" 81; 5,

Halifax 89; 6, Longwood 94; 7, Airedale & SV 102.

Colts

(Ran an extra lap in error) 1, A. Ulrick (Holmfirth) 20.43; 2, A. Dickinson (ASV) 21.05; 3, L. Couplan (Bradford GS) 21.12; 4, P. Scoriah (Wake) 21.44; 5, D. Maye (Holm) 21.46; 6, K. Pickersgill (Bradford GS) 22.02; 7, R. Mallinson (Holm) 22.04; 8, D. Lee (Bradford GS) 22.05; 9, R. Homingway (Wake) 22.07; 10, J. Wimpenny (Holm) 22.10. 50 finished. **Teams:** 1, Holmfirth 23; 2, Bradford GS 28; 3, Bradford GS "B" 70; 4, Wakefield 84; 5, Longwood 94; 6, Holmfirth 105; 7, Airedale 115; 8, Skyrac 128.

Surrey AC CC Relay

At Richmond Park, October 17th

1, Hillingdon (A. Moore 15.36, M. Wands 16.31, S. Buchanan 15.33, P. Francis 15.37, D. Fisher 15.53, J. Mouat 15.14) 1:34.24.

2, Aldershot, Farnham & D. (M. Woods 15.56, D. Curwell 16.16, B. Ford 15.25, J. Fletcher 15.53, P. Adams 15.22, D. Harrison 15.33) 1:34.25.

3, Verlea (J. Brierton 16.04, H. Artis 16.03, M. Mills 15.59, H. Altmann 15.56, J. Phipps 16.57, J. Berton 16.15) 1:37.08.

4, Ealing & Southall 1:37.24; 5, Brighton & Hove 1:38.10; 6, Mitcham 1:38.25; 7, Aldershot 'B' 1:39.57; 8, Luton 1:40.39; 9, Hillingdon 'B' 1:40.39; 10, Crawley 1:41.20; 11, Horsham BS 1:42.45; 12, Met. Police 1:44.15.

Fastest: L. Presland (Sy.AC) 15.08, Mouat 15.14, A. Simmons (Luton) 15.20, Adams 15.22, Ford 15.25, M. Coventry (Mit) 15.31, P. Fagan (E&S) 15.31, A. Joslyn (Poly) 15.31. First Unplaced Team: Aldershot 'B' (7th). First Newcomers unplaced: London Irish (14th).

Hornsey AC Officers: President, C. M. Weight; Gen. Secretary, E. Baines, 224 Mount Pleasant Road, London, N.17; Treasurer, P. Vaughan; C.C. Sec., A. Bennett; Track Sec., I. Wiggett.

ANITA NEIL

answers the Questionnaire

Full name:

Doris Anita Neil.

Birthplace and date:

Wellingborough, 5.4.1950.

Height and weight:

1.62/5'4", 54kg/119lb.

Club:

London Olympiades.

Occupation:

Tailoress.

Personal best marks:

100y—10.7 (10.6w), 100m—11.5 (11.4w), 200m—23.6, LJ—6.27/20'7".

Which performance has given you most pleasure?

Winning two bronze medals in the European Championships in Athens.

How many days a week do you train and at what time of day?

Three to four, between 4-5 p.m. or 7-9 p.m.

How long are your training sessions?

Vary; usually about one hour.

Please describe your warm-up:

Jogging—wind sprints—stretching and loosening.



Tony Duffy photo

Please give details of a typical week's training in winter:

Monday: Weights or techniques practice (starts experimentation, running action breakdowns ironing out any faults).

Tuesday: Rest.

Wednesday: Weights.

Thursday: Exercise circuits—running hard surface—techniques practice.

Friday: Rest.

Saturday: Usually in school gymnasium.

Sunday: Rest.

Please give details of a typical week's training in summer:

Monday: Warm-up—wind sprints x 3 (80m)—form work—3 x 150m.

Tuesday: Warm-up—wind sprints x 3—form work against opposition—starts (2 x 60, 2 x 80, 2 x 100).

Wednesday: See below.

Thursday: Starts (2-3)—baton work—generally easy.

Friday: Rest.

Saturday: Competition.

Sunday: Rest.

Holding a full-time job does not allow much more time for training. I work always with my coach. Wednesday is main session: quality work always with competition. Form work will vary according to how I'm running, faults, etc.

Please give details of weight training:

Just basic work on main muscle groups used in sprinting. Do some specific work on weak areas—e.g. arms. I am now using lighter weights, nothing over 150lb, as I was beginning to put on bulk weight which I don't want. Schedules vary and usually finish about April. I only really do weights for about half the winter all told.

Coach:

Roger Beadsworth.

How much of your success is due to coaching?

A great deal. I do the running but cannot see the faults. Work well as a team—four of us, and enjoy each other's contributions.

Any special diet?

Baked beans.

How many days' rest do you like before competition?

One.

How often do you like to compete?

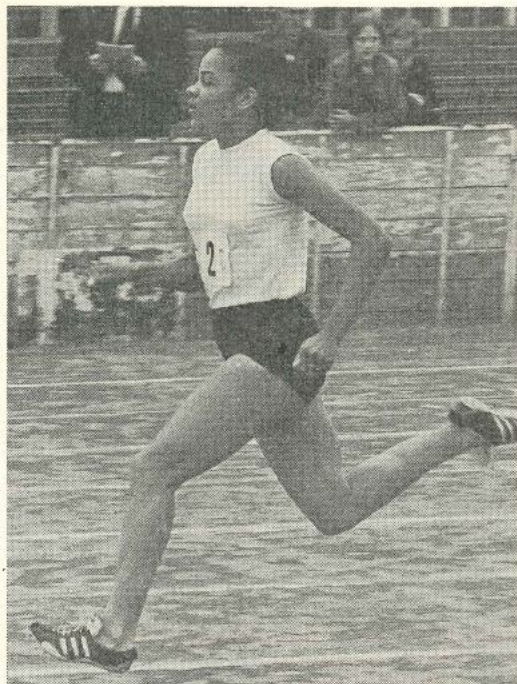
Once a week.

What is your target?

My target at the moment is to win a gold medal next year in the European Championships.

What advice would you offer the young athlete or novice?

Not to specialise too soon, and try to find a good coach.



Anita winning Midland 100 metres

G. L. Pike

Annual progress:

"I did not start serious athletics until 1965 after I had won the ESAA long jump and joined LOAC."

Year	100y	100m	LJ
1962	12.5	—	4.30/14'1½"
1963	—	—	—
1964	11.9	—	5.47/17'11½"
1965	11.2	—	5.89/19'4"
			(downhill)
1966	11.1/10.8w	—	6.02/19'9"w
1967	10.7	11.6	6.19/20'3½"w
1968	10.8/10.6w	11.5	6.13/20'14"w
		(11.4w)	
1969	—	11.5	6.20/20'4"
1970	—	11.5	6.27/20'7"
	(23.6 200m)		

Results In Brief continued from page 16

1, S. Charlton (5.00) 28.54; 2, G. Collett (5.00) 29.59; 3, E. Elderfield (2.35) 30.35. Fastest: Elderfield 33.10.

D. Denton's Team 760, J. Mills Team 961, at Barnford Park, Warley. 1, M. Rollason (Aston Univ); 2, F. Burden (AU); 3, J. Mills (Wand); 4, B. Williams (RAF); 5, J. Harvey (Wand); 6, MacLennan (RAF).

Northern Veterans CC Race, at Stoke. 1, A. Walsham (Salford) 30.45; 2, F. Wrigley (Michelin) 32.05; 3, K. Hall (Wirral) 32.10; 4, S. Hardicker

(Manchester AC) 32.23; 5, D. Wood (Leeds) 32.55; 6, H. Smith (YMCA) 34.14; 7, J. Lawton (Leeds) 34.29; 8, A. Hazel (Hallam) 34.30; 9, N. Ashcroft (Sutton) 34.54; 10, L. Nicholson (Pembroke) 35.29. Handicap: M. Douthwaite (Hallam) 37.18 (9.00) 28.18.

Bellahouston 17, Glasgow Police 19, at Pollock Estate. 1, B. Goodwin (B) 16.04; 2, J. McMillan (G) 16.14; 3, M. McLean (B) 16.21; 4, S. Irvine (G) 16.37; 5, D. Lang (G) 16.56; 6, J. Adair (B) 17.10.

CUAC 24, Medway 36, at Cambridge. 1, T. Briault (M) 28.40; 2, C. Garforth (C-Jnr) 28.47; 3, J. Wigley (M-J) 29.10; 4, A. Ashton (C); 5, Browne (C); 6, Hardin (C); 7, Aberhart (C); 8, McNair (C); 9, Whiting (M); 10, D. Wigley (M).

Manchester Univ. 63, Sheffield Un. 93, Aberystwyth Un. 115, Cardiff Un. 141, Liverpool Un. 184, Salford Un. 277, Bangor Un. 297, at Liverpool. 1, C. Taylor (MU) 30.36; 2, R. Carney (C) 31.05; 3, R. Wood (A) 31.07; 4, J. Prater (S) 31.08; 5, D. Gillanders (S) 31.15; 6, P. Shaw (M) 31.19; 7, I. Thompson (C) 31.20; 8, D. Cockburn (M) 31.29; 9, J. Pugsley (L) 31.33; 10, M. Heath (M) 31.46; 11, R. Harrison (A) 32.14; 2, P. Pape (M) 32.25; 13, K. Binks (L) 32.27; 14, J. Robertshaw 32.28; 15, A. Falconer (L'boro) 32.39.

TVH 41, Bracknell 83, Hillingdon 120, Maidenhead 107, Reading 223, Vets. 328, at Bracknell. 1, J. Macnamara (TVH) 27.59; 2, R. Aukett (TVH) 29.07; 3, W. Whiting (B) 29.09; 4, K. Hine (Feltham) 29.35; 5, I. Kilpatrick (B) 29.45; 6, R. Beecroft (H) 30.10; 7, D. Patterson (TVH) 30.12; 8, B. Standen (TVH) 30.17; 9, D. Huffer (TVH) 30.30; 10, C. Adams (H) 30.34. **(Youths/Boys)** 1, R. Weatherley (B) 19.13; 2, D. Port (Cam'ly) 19.31; 3, D. Campbell (B) 19.41. Team: Bracknell 10. **(Colts)** 1, J. Whitehead (Fel) 12.32; 2, K. Wood (Fel) 12.41; 3, M. Nolan (Wok) 12.47. Team: Feltham **(Mini-Colts)** N. Flory (TVH) 4.10.

October 18th

Shot & Discus Circle Meeting at Solihull. (Senior) SP: N. Griffin 13.71/44'11½". DT: 1, Griffin 44.54/146'1"; 2, J. Turton (Jnr) 42.06/138'0". Junior SP: Turton 15.00/49'2½". Youth SP: A. Simmons 13.64/44'9". **(Women)** SP: 1, L. Tunney 10.89/35'8½"; 2, Y. Starling 10.09/31'11½". DT: 1, Starling 35.20/115'8"; 2, Tunney 32.02/105'0".

EAST ANGLIAN LEAGUE**At RAF Coltishall, October 14th**

1. Lewins (Watton)	28.15
2. Stubbs (UEA)	28.33
3. Keith (Wyton)	28.51
4. Cudling (NEA)	29.10; 5, McKenstry (Bentwaters) 29.14; 6, Jeffs (Marham) 29.34; 7, Chapman (Ganges) 29.43; 8, Brons (Bentwaters) 29.52; 9, Thomas (Henlow) 29.56; 10, Todd (Henlow) 30.00; 11, Foxton (Wattisham) 30.40; 12, Ballantine (Watt) 30.50; 13, Greatrex (Henlow) 31.00; 14, Corcoran (UEA) 31.16; 15, Ashby (Wyton) 31.29.

Teams: 1, Univ. of East Anglia 105; 2, RAF Wattisham 81; 3, RAF Bentwaters 80; 4, RAF Henlow 79; 5, RAF Marham 78; 6, HMS Ganges 72.

Who's Who in British Athletics

AVRIL BOWRING

Full name: Avril Lorraine Bowring (née Usher). Born at Otford (Kent), 1.8.1942; 1.75/5'9", 60kg/133lb; 35-27-36; 50 pulse at rest; computer programmer; Kent AC (Tonbridge AC second claim); married; self coached (coached by Dennis Millgate 1962-65, Roy Candy 1966); lives at Tonbridge.

"I was introduced to athletics at Otford County Primary School in 1951. I joined Tonbridge AC in 1958 but did not start training seriously until I joined Kent AC in 1962". Began at sprints; favourite events now are 200m and 400m. Best marks: 100y—11.0 (1964 & 1965) & 10.6w (1966), 100m—12.0 (1970), 200m—24.2 (1970), 400m—54.0 (1970), 800m—2:29.9 (1970), 1500m—5:38.0 (1970), 80mH—14.4 (1968), HJ—1.42/4'8" (1961 & 1963), LJ—5.15/16'11" (1968), SP—9.24/30'4" (1961), DT—24.53/80'6" (1965), JT—18.97/62'3" (1970).

Annual progress: 1957—17.6 (150y); 1958—11.6 (100y), 28.2 (220y); 1959—11.6, 17.5, 26.6; 1960—11.4, 16.9, 25.7; 1961—11.3, 26.2; 1962—11.3, 25.6; 1963—11.3, 12.3, (100m), 25.0; 1964—11.0 (10.9w), 12.1m (12.0w), 24.3w (200m), 24.6, 57.0 (440y); 1965—11.0, 12.1m, 24.7, 55.9 (400m); 1966—11.1 (10.6w), 25.4, 56.1; 1967—did not race; 1968—11.6, 25.8; 1969—12.4m, 25.2m, 59.7; 1970—12.0m, 24.2m, 54.0m. GB international 1970; 6th Commonwealth Games 400m.

Most pleasing performance was "winning the 1963 BUSF 220y championship in 25.0 to gain selection for the World Student Games in Brazil... and running 54.0 in 1970 Southern Championships, knocking 2 sec off my best". Greatest disappointment: "Probably running so much slower,

than the heat, in the Commonwealth Games 400m final. Prior to this year, I never aimed very high, consequently I haven't really had many disappointments".

Next year's target is "to break 24 sec for 200m and 54 sec for 400m". Intends competing "indefinitely, provided I still enjoy it". Most likes "winning, feeling fit and a chance to meet people". Dislikes "my name being spelt incorrectly, caused mostly by wrong pronunciation (Bow should be pronounced as in bow and arrow)". Views on administration: "I'm glad there are people willing to undertake the difficult task. I myself have found very little to criticise".

GEOFF HIGNETT

Full name: Geoffrey John Hignett. Born at Burscough, near Ormskirk (Lancs), 5.10.1950; 1.88/6'2", 79kg/174lb; 38½" chest; 58 pulse at rest; student; Pembroke A & CC and Manchester University AC; single; coached by Denis Watts; lives at Ormskirk.

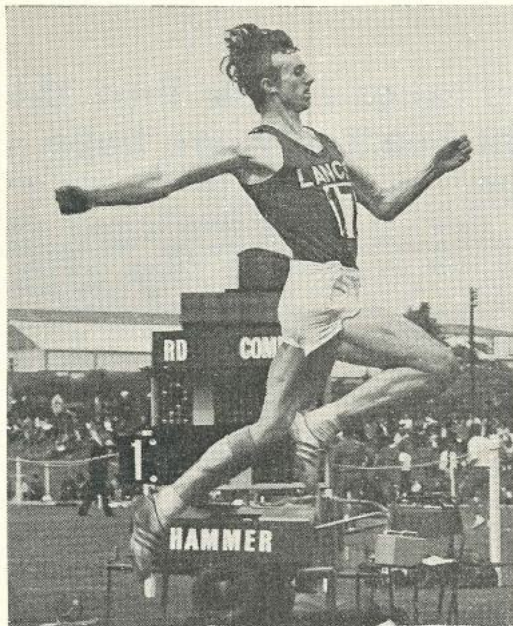
Began athletics "when I was 7 at junior school. I always liked any kind of sport. Started athletics seriously in 1965 after winning the county schools title. Up to this season I only trained at the most twice a week. However, after being injured up until January of this year I was determined to train hard for the first time and it certainly paid off. This winter, under the guidance of Denis Watts, I hope to get my first hard winter's training and I will be weight training for the first time". Began at long jump, which remains his favourite event.

Best marks: 100m—10.9 (1970), 200m—22.5



Marilyn Neufville on the way to her world record 400 metres in Edinburgh, about to overtake Jannette Champion and Avril Bowring (bottom).

Peter Tempest



(1970), LJ—7.76/25'5½" (1970). Annual long jump progress: 1958—3.99/13'1", 1965—5.89/19'4", 1966—6.42/21'0½", 1967—6.67/21'10½", 1968—7.32/24'0½", 1969—7.39/24'3", 1970—7.76/25'5½". AAA Junior & English Schools champion 1968 & 1969; GB junior international 1968/69; GB international 1970; 7th Commonwealth Games; 3rd World Student Games.

Most pleasing performance: "bronze medal in World Student Games in Turin, 1970". Greatest disappointment? "None as such but often dissatisfied with the way I compete". Intends competing "until I cease to enjoy competing". Most likes "the chance to see something of the world and meeting people"; dislikes "jumping in the rain". Views on administration: "No complaints. Very pleased to see increased attention now being paid to juniors in recent years". County schools rugby player 1968 & 1969. Sister, Dianne (14), is Northern junior LJ champion—best of 5.05/16'7".

(photo by Tony Duffy)

Past members of Leeds University Cross Country Club are reminded that the club is holding a Past v. Present fixture on January 23rd, 1971 on the same day as the club dinner. Interested members are asked to contact Tim Gregory at 60 Ridge End Villas, Off Wood Lane, Leeds 6.



NOS GALAN

The Thirteenth Annual Road Races through the Streets of **PENRHIWCEIBER** and **MOUNTAIN ASH, GLAMORGAN** are on **NEW YEAR'S EVE, 31st DECEMBER, 1970.**

Under AAA Laws All Events Open Entry Fee 3/- (15 np) 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 event, 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, 14th Dec. to:** Bernard Baldwin, Picton Villa, 13 Campbell Terr., Mountain Ash, Glam.

OLYMPICS '84:

Tony Ward takes a look into the future—light-heartedly, we hope...

St. Moritz, Friday

THE 1983 International Olympic Federation meeting in this palatial sports centre (where Britain's athletes gather next week for their annual month's stay prior to the international indoor season) announced today that Mogul Petroleum had increased their sponsorship for next year's 23rd celebration of the Games to a round five million dollars, thus ensuring complete success for both the Major Olympics to be held in Detroit and the Minor Olympics in Nairobi. Harry Edwards, leader of the US delegation, announced also that the Olympic flame will be lit by Neil Armstrong, first American spaceman on the moon. The US Olympic Federation, thanks to added sponsorship by Energade, were now able to set a daily expense sum of 25 dollars for the athletes housed in the Olympic Town.

Keisuke Sawaki, full-time secretary of the IOF, announced also that the Federation had come into line with the international governing bodies in increasing the expense rate allowable annually to sportsmen and women to 15,000 dollars.

Sports manufacturers will not be allowed into the interviewing room to meet next year's Olympic champions. This decision follows the disgraceful brawling by rival shoe manufacturers at the World Athletics Championships held in Tokyo in July. "We're certainly not going to have a repeat of this year's affair," Sawaki said. All further transactions will be carried out in the Olympic Town.

Other points from the IOF Congress are:

- (i) South Africa, Rhodesia and the Congo continue to be banned from Olympic competition following their refusal to stop sporting racial segregation in their countries.
- (ii) China would be admitted to the 1988 Games in five events in the Major Olympics, including track and field, and in the Minor Olympics in a further thirteen.
- (iii) A proposal by Lord Kinloch, representing Britain (last surviving aristocrat on the IOF) that the Olympics should revert to their former state with only one meeting was defeated by 119 votes to 16. This means that only in Association and Rugby Football, Women's Tennis and the Equestrian Events will Britain compete in the Major Olympics.
- (iv) Motor Racing, Karate and Water Skiing will be added to the list of sports for the 1988 Games to be celebrated in Tripoli (Major) and Brasilia (Minor).

Perhaps the most significant piece of information was reserved for the end of Sawaki's press conference. He announced that the full scale dope tests instituted for the 1976 Games in Montreal are to be abandoned. "They have become meaning-

less," Sawaki said, "as most of the drugs now being used are undetectable."

There is, of course, increasing concern in both sporting and medical circles about the direction in which international sport is going. The most outstanding case to shock sport in recent years was that of Vera (now Victor) Pipic of Bulgaria, the women's triple jump champion of the 1980 Major Games. Her recent picture serial-story in the German magazine *Stern*: "I married my husband's sister", caused a storm of controversy and shocked many susceptibilities.

On the men's side there was a momentary outcry following last year's paper presented at the International Sports Medicine Conference in Zurich by Dr. Spinzfl who said that follow-up investigations on fifty of the 1980 Olympic medalists had revealed that twenty-three had been rendered impotent. This was double the number investigated after the 1976 Games.

There will be considerable disquiet at the IOF decision. Some will see it as a sign of weakness, others as a sign of inevitability. Comparisons have already been drawn with the decision of the organisers of the Tour of Europe Cycle Race to cease dope tests in 1979. Since then deaths on the Tour have increased steadily and last year's total reached eleven. The number of known deaths in sport last year rose to a record total of 9,678, at least half of which were from dope taking.

Even more disquieting are the rumours emanating from the massive and highly secret sports city near Leipzig, which is heavily guarded. These rumours indicate that the GDR scientists are having considerable success with the breeding of super-athletes. Those who scorned such stories as science-fiction received a rude awakening last year when the Russians revealed their first-ever test-tube baby. Some of the reports from Leipzig indicate that a group of four-year-old children were physically stronger by 300 per cent than their counterparts bred under normal conditions. It is believed that the first of this new breed will compete in the swimming events in the 1992 Games.

No one can doubt that German scientists and doctors are well ahead in this field following the fantastic first-ever "heart-swap" made by them four years ago, when Heinz Schröder swapped his heart with long-distance road runner, Kurt Randt who had had both legs smashed in a motor accident. Schröder, a 9.8 sec 100 metres man, subsequently proved unbeatable in the Major Olympics 1500 metres when he set a new world record of 3 min, 24.6 sec.

Perhaps it was all best summed up by Jean Duplot, the French Minister for Sport, who was leading his country's delegation to the IOF meeting. "Sport today," he said as he left Zurich airport, "badly needs a Theodosius."



Meanwhile, back to the 1972 Olympics and two attractive features: the 960-foot high television tower on the Olympic site and the equally shapely 5'6" "Miss Munich", Uschi Badenberger, who will be appearing in Olympic promotional films.

OFFICERS ELECTED

Ipswich Harriers: President, G. Page; Chairman, F. Evans; Hon. Gen. Sec., A. Milton, Bramford Lodge, Bramford Road, Ipswich; Treasurer, K. Doole; Cross Country Sec., B. Gorringer; Track Sec., R. Leek.

Maidenhead AC: President, H. D. Hawkins; Chairman, C. Pouter; Hon. Gen. Sec., S. Wright, 1 Pendene, Common Lane, Maidenhead; Treasurer, R. Stevenson.

Oxford Ladies AC: President, J. Parsons; Chairman, Mrs. S. Parrott; Hon. Gen. Sec., Miss E. Little, 21 Ashlong Road, Headington, Oxford (Oxford 63480); Treasurer, Mrs. C. Kear; Fixtures Sec., Miss S. Grace; Press Sec., Miss J. Moores; Captain, Miss S. Grace.

Sussex County AAA: President, H. R. Butchers; Hon. Gen. Sec., R. Stroud, 206 Willington Road, Eastbourne, Sussex; Treasurer, S. Gradwell; Championships Sec., D. Higgs; Coaching Sec., R. Wardale; Officials Sec., J. Lauder; Team Manager, B. Hawkins. Les Kent, the retiring President, and Peter Tharby, retiring after 16 years as Treasurer, were elected as Life Members.

Chingford & District League

At Parliament Hill, October 17th

1, R. Gomez (Southgate)	27.24
2, R. Simnett (Boro' of Enfield)	28.20
3, R. Howe (Walthamstow)	28.22
4, G. Harrold (BoE) 28.46; 5, M. Pringuer (S'gate) 28.55; 6, A. Campbell (BoE) 28.57; 7, R. Bennett (Hornsey) 29.01; 8, A. Rich (W'stow) 29.03; 9, B. Hercock (BoE) 29.13; 10, J. Mercer (BoE) 29.19; 11, G. Bennison (Barnet) 29.23; 12, M. Broyd (BoE) 29.30; 13, J. Street (Barnet) 29.36; 14, L. Peter (BoE) 29.38; 15, J. Maynard (Hornsey) 29.38; 16, R. Stones (S'gate) 29.42; 17, G. Pringuer (S'gate) 29.50; 18, M. Madders (W'stow) 29.52; 19, G. Sayer (Eton Manor) 29.58; 20, A. Proberts (Camden) 30.07; 21, D. Fairhurst (Barnet) 30.24; 22, R. Middleditch (S'gate) 30.29; 23, K. Hutchin (Eton Manor) 30.30; 24, T. Crabb (Eton Manor) 30.30; 25, I. Lymath (Eton Manor) 30.31; 26, I. Nuckey (Barnet) 30.36; 27, F. Shannon (Horn) 30.37; 28, B. McGuill (Camden) 30.37; 29, M. Quanne (VP) 30.38; 30, R. Berry (W'stow) 30.56.	

Teams: 1, Borough of Enfield 43; 2, Southgate 95; 3, Walthamstow 146; 4, Hornsey 157; 5, Barnet 159; 6, Eton Manor 180; 7, Camden 230; 8, Victoria Pk. 280½; 9, Loughton 371½.

Boys' Race

1, B. Crispe (Enfield) 14.48; 2, J. Odlin (Hornsey) 15.13; 3, J. Mead (BoE) 16.20; 4, R. Noble (BoE) 16.22; 5, A. Martindale (Hornsey) 16.28; 6, G. McCallum (Barnet) 16.34; 7, I. Gaskin (S'gate) 16.52; 8, E. Muro (S'gate) 16.52.

Teams: 1, Boro' of Enfield 20; 2, Southgate 39; 3, Hornsey 42; 4, Barnet 52.

COMPOSITE RELAY

At Sunderland, October 17th

8 x 2 Miles

(2 Boys, 2 Youth, 4 Seniors)

1, Gateshead (Amos, Irvine, Nelson, Lowes, Leitch, Forster, Trainor, Parker) 76.04.

2, Saltwell (Bell, Handerson, Kelly, Quinn, Robinson, Milton, Cax, Hillen) 76.24.

3, Sunderland (Forster, Coombs, Taylor, Dixon, Vallance, Carr, Miles, King) 77.33.

Fastest Boy: S. Irvine (Gateshead) 9.36; **Youth:** P. Taylor (Sunderland) 9.13; **Senior:** W. Robinson (Saltwell) 8.53.

Colts 2M

1, P. Long (Jarrow & Hebburn) 10.27; 2, G. Taylor (Sunderland) 10.43; 3, D. Roberts (N. Shields Poly) 10.48; 4, T. Fee (Jarrow) 10.49; 5, M. Hedley (Jarrow) 11.00; 6, B. Leddicutt (Gates) 11.03; 7, A. Carr (Sund) 11.07; 8, B. Eastlake (NSP) 11.08; 9, N. Curry (Gates) 11.12; 10, A. Morris (Sund) 11.14.

Teams: 1, Jarrow & Hebburn 10; 2, Sunderland 19; 3, N.S.Poly 26.

Borough of Enfield AC: President, Sir Edward Brown, MBP; Hon. Gen. Sec., G. Sewell, 38 Sittingbourne Avenue, Enfield, Middx.; Treasurer, R. Stratton; Men's Capt., A. Simnett; Ladies Capt., Mrs. J. Fox; Walking Section, P. Worth.

SCIENTIFIC INVESTIGATION OF TRAINING

"THE level of sports has now reached such heights that it is simply impossible to move ahead without science," declares former Soviet head coach **Gavril Korobkov**, whose job now is managing a new department of the USSR Physical Culture Research Institute: the athletics theory and methods laboratory.

"Our aim is to investigate the training process and search for ways and means of improving it," he explains. The laboratory's research range is very wide, covering the study of the methods and means of training, improving equipment, psychological fitness and the athlete's living routine. It will, he says, make a deep analysis of the results of training schedules—from single workouts to multi-year plans.

TRACKWISE

The laboratory's staff includes coaches, photographers, engineers, doctors, masseurs, translators and many other specialists. Among the vast amount of technical equipment is the treadmill, a moving track the speed and angle of which can be changed as the coach requires. All changes in the runner's body—heart activities, metabolic processes, blood pressures, etc.—are recorded as they occur.

There is also a special net for the throwing events which, in conjunction with photographic equipment, can measure the speed of the throwing implements.

Near the laboratory an experimental stadium is under construction and Korobkov has already recruited two small groups of athletes aged 18-20 to train at the laboratory. Korobkov declares that the laboratory will be able to make some recommendations by October 1971, when final preparations for the 1972 Olympics get under way, but will provide "more fundamental recommendations" in time for the 1976 Olympics.

Anita Neil's secret

Anita Neil's 23.6 200m into the wind in Bucharest must be accounted one of the most distinguished international debuts on record by a British athlete. Will Anita, better known until then for her 100m and long jumping exploits, now concentrate on the 200m?

"I am now ready for the 200m," she confirms. "I will probably run the distance a lot more next year and will train for it. People have always tried to push me into 200's but I have not felt ready. I think it is best to wait and keep 'another string to your bow'. Too many youngsters run 200's too early and sometimes suffer terribly."

Anita, who has been at or near the top for so long that it comes as a shock to realise she is still only twenty, reveals this intriguing news: "I am also contemplating another event for next year. We will be working on it this winter but

whether or not I shall be running it depends on how the training goes. Wait and see!"

Could it be the 200 metres hurdles?

Roy Beckett's new challenge

Remember **Roy Beckett**? No doubt, the present Minister for Posts and Telecommunications does, for it was Beckett who at the 1951 AAA Championships pipped **Chris Chataway** in an epic 3 miles. Both men were credited with 14:02.6, which at the time ranked them second to **Sydney Wooderson** (13:53.2) on the UK all-time list.

Well, Roy is still closely involved with athletics. He is holding training sessions for the younger members of Ipswich Harriers, including two very promising runners in **John Davey** (8th in the English Schools junior 1500m) and **Irene Peaty** (14), a 2:30 800m performer who has not yet gone out for fast times. There is also Roy's own daughter, an intermediate middle distance runner.

Roy is most concerned at what he describes as "the appalling state of apathy that exists in Ipswich and Suffolk towards athletics. The club have been trying to get a 100m cinder training strip laid in one of the parks, but it has met with the usual opposition and negative attitude from the council. On the other hand the council gives £5,000 towards a new indoor bowling green." Roy hopes other clubs will become aware of Ipswich Harriers' existence and will come to compete in the area.

★ Commonwealth champions **Ian Stewart** and **Rosemary Stirling** have been elected UK athletes of the year by the British Athletics Writers Association.

★ A Danish girl, **Kirsten Carlsen**, last month ran a marathon in Copenhagen in 3:13:24, but this fell short of the women's world best: a startling 3:02:53 in February by a 16-year-old American, **Caroline Walker**!

★ The ECCU has instituted the office of Hon. Championship Secretary, the first holder being **George E. Smith**. Major cross-country dates in 1972 are: Jan. 1st, senior county championships; Jan. 15th, inter-counties championship; Feb. 12th, area championships; March 4th, National championships (Midlands); March 18th, International championships at Cambridge.

★ Now that the BAAB has rejected **David Hemery**'s 13.4 in Zurich for record purposes, I wonder how the French authorities will treat the 13.3 by **Guy Drut** in that race. The electrical timing registered 13.56 for him.

★ Drut's dynamic hurdling and seemingly casual versatility (his favourite event is the pole vault, where he is a potential 17-footer, and he has high jumped 2.01/6'7") stamps him out as the most "American" of French athletes. Actually installed in the States, though, are **Francois Tracanelli**, who has joined **Jean-Pierre Corval** at UCLA, and **Jacques Accambray** at Kent State. Reversing the trend, American international **Jere Van Dyk**



Ian Ward, at present Principal Lecturer at Madeley College of Education, Crewe, is to be University of Liverpool's new Director of Physical Education, with effect from January 1st. Ian, an international pole vaulter between 1953 and 1960, and a former AAA National Coach, is still active at his favourite event at the age of 41.

(1:47.9 880y, 3:41.4 1500m) is spending a year or two in Paris and could, therefore, be invited over to British meets next year at relatively low cost.

★ Trevor Walhen (24), the Blackheath Harriers decathlete, would like to form a pen-friendship with a woman athlete, active or not. Contact him at 30 Ringmer Avenue, Fulham, London, S.W.6.

★ Well-wishers will like to know that Sam Ferris, his wife Marjorie and daughter Kathy, have just moved to glorious Devon. Their new address is 12 Bidwell Walk, BROADSANDS PARK, Paignton, Torbay, Devon TQ4 4YL.

★ Bernard Baldwin tells me that, with regard to Nos Galan accommodation, numerous runners make their own arrangements with their hosts of previous years. The Nos Galan Committee therefore are in something of a tangle—they will not know until very late in the year whether any homes are available. It is therefore up to those runners who expect to find a home to make early entry and to write to their hosts arranging their accommodation. Any homes left will then be available to others.

Many runners prefer to bed down in sleeping bags. This can be done more easily this year as

the new Nos Galan Headquarters has a hall attached. This is available for such people from 1 a.m., after the midnight race. Others who prefer to stay for the get-together in St. Teilo's Hall can get their heads down in St. Teilo's, though they won't get much sleep before 4 a.m.! They can stay there till lunchtime however.

★ "Track & Field News" report that Alvin Penka, a 29:21.0 six-miler, has "Alvin" tattooed vertically on his right arm and "Penka" on his left. Says Penka: "When I'm tired at the end of a race and the judges want to know who I am, I can just hold out my arms".

Mel Watman

DURHAM INTER-COLLEGIATE LEAGUE

At Bede, October 14th

1, A. Pretty (Hatfield)	26.55
2, H. Broadbent (Sunderland)	27.38
3, K. Burlton (Hatfield)	27.43
4, Patton (Castle) 27.55; 5, Himsworth (Graduate Soc) 28.22; 6, Lewis (Grey) 28.28; 7, Martin (Grey) 28.39; 8, Lee (Ushaw) 28.46; 9, Durrant (Van Mildert) 28.50; 10, Ellis (Hatfield) 29.11. 71 finished.	
Teams: 1, Hatfield Coll. 27; 2, Bede 64; 3, Grey 93; 4, Van Mildert 114; 5, Durham School 115; 6, Bede II 118; 7, Castle 118; 8, Ushaw 126; 9, Hatfield II 138; 10, Johns 177.	

Leeds Schools League, at Scott Hall Sch., October 10th. (Under 15) (Div. 1) 1, Stoker (Garforth); 2, Eastwood (SH); 3, Bell (Gar). Team: Garforth. (Div. 2) 1, Godfrey (Armley P); 2, Miller (Cow. Close); 3, Passley (Blenheim). Team: Corpus Christi. (Under 13) (Div. 1) 1, Brewster (Leeds GS); 2, Harrison (LGS); 3, Burch (LGS). Team: Leeds GS. (Div. 2) 1, Spence (Stainbeck); 2, Warren (Stainbeck); 3, Moss (Allerton GS). Team: Allerton Grange. (Div. 3) 1, McKay (LGS); 2, Thorpe (Foxwood); 3, Stead (J. Smeaton). Team: John Smeaton "B".

Solihull AC Junior Standards Meeting (Girls), October 11th. 200m: 1, G. Riley 26.9; 2, S. Jones 28.4. 75mH: Riley 12.5. LJ/SP: S. Lannaman 4.76/15'7½" & 9.55/31'4½".

The javelin Club are holding a training session in conjunction with their AGM at Melbourne Park, Chelmsford, on December 6th (a.m.). All coaches and athletes welcome.

BECKET SCHOOL WEST BRIDGFORD NOTTINGHAM

Independent Boys' R.C. School
425 Boys, age range 11-18

Wanted for January, 1971, a Qualified Senior Games Master to take charge of P.E., Association Football, Cricket and Athletics, co-ordination of other games, including rowing, basketball, swimming, cross-country running. Strong athletics tradition in School. Geography as second subject an advantage. Burnham scale salary, Grade B allowance. Apply, giving full details of training, experience and Referees, to Headmaster.

FINNISH JAVELIN THROWING

Ed Tucker, Track Coach to the US Coast Guard Academy, writes of the training methods used by Kinnunen and Nevala

THE United States had a fantastic showing in track and field at the 1968 Olympics in Mexico City but how about the javelin? Why was our showing in the javelin so poor when we have 200 million people in our country and our major school athletic activities involve throwing activities? We consider football and baseball as basic games where Europeans are mainly involved with soccer or foot-type activities yet they out-throw us. Why?

It is a combination of a completely different philosophy about training and a more efficient throwing technique.

Weight lifting has had a great influence on the success of the field events in this country. Events like the shot put and discus have been directly improved through the tremendous strength and size of the modern athlete. But, in that the javelin is listed as a weight event, the weight training programme generally makes up the major portion of the off-season training. The concept in this country on javelin training is the same as it has been for the last 10 or 15 years and that is you work to develop strength in the throwing muscles. You will use pulleys or weights that will work on the various muscle groups and specialise primarily on the strength of the triceps, shoulder, and general throwing muscles.

It is not "strength" but "power" that counts. To clarify the two terms, *strength* means the maximum force applied in a single muscular contraction but *power* is the ability to release maximum muscular force in the shortest period of time. The same parallel can be drawn to a fast-ball pitcher in baseball. When the resistance is low (baseball or javelin), it is the *speed* of delivery that counts, not the strength of the throwing arm. The big difference then between concepts is that we tend to feel that strength will cause an increase in speed but the Finns have developed the following programme that works specifically on the "power" of their throwers.

The small country of Finland is and has been a leader in the javelin for many years. Yet in our country, as weak as we are in the javelin (from a world competition point of view), we still throw and train as we did 10 to 15 years ago. As years roll by we are slowly slipping further and further behind. This is the main reason why I am writing this article. I was fortunate enough to spend four months in Finland on a sabbatical study and this is a summary of my findings. Most of the information dealing with the training came from world record holder Jorma Kinnunen and on the throwing technique from coach Kalevi Rompotti. Kinnunen is a small man as far as javelin throwers

WORLD
SPORTS
3s Monthly

ON SALE
OCT. 23rd

THIS SPORTING YEAR

SPACEMAN NORDWIG

The East German has broken the American monopoly of the world pole vault record and now leads race to 18 feet.

or in case of difficulty from
"World Sports" 23-27 Tudor St.,
London, E.C.4

go (1.75/5'8½", 75kg/165lbs) but very quick in his delivery.

During my first discussion with Kinnunen, I asked him, "In your opinion, what is the most important single aspect of javelin training?" His answer was, "The six month pre-season training with the diminishing weighted balls." He then went ahead to explain their programme and how the Finns train with the *iron balls*. He told me before using the ball type training he had a best throw of 225-feet but after one year with this system he threw 271-feet.

The programme in Finland begins in October. It will start with a 5-lb weight (ball). Three days a week they will throw hard into the net and the other three they will run 20-40 50-yard dashes or ski cross-country (depending on weather conditions). The seventh day is a rest day.

When beginning this programme, they will throw 20-30 times per training session but within several weeks they will work up to the standard number of 150-200 throws. When throwing this ball, they *throw hard* and are always thinking form, thereby working on co-ordination as well as "power". In this way, all muscles are working in the almost exact action of the throw and no change of co-ordination between weight lifting and throwing is needed. The coach stands nearby and corrects the athletes' form while they are throwing the ball just as though they were throwing the javelin. There is no wasted action.

The Finnish athletes start back from the net about 10-12 feet taking one, two or three steps, depending on the coach's attitude, and release the ball about 3-5 feet from the net. The object can often be caught with the other hand as it drops downward vertically.

The theory is to start with a fairly heavy weight so that when first throwing the weight very hard you do not have any hyper-extension problems to the elbow. It also acts as their weight lifting programme. It is designed to develop the back muscles, shoulder muscles, strengthen the elbow as just mentioned and in turn develop all muscles involved when throwing.

After a two month period the weight is reduced to a 4-lb weight so that the thrower can use the "power" that he developed in the previous months and work towards more speed. What they do is to occasionally lighten the weight, thereby allowing the body to adjust and become faster, faster, always faster. Again we emphasize the fact that they are working on speed and not strength.

In December and January the programme will be in effect the same. Three days of hard throwing, three days of hard short sprinting, and one day of rest. In February the weight will be reduced to a 3-lb weight. (This is almost 100% opposite of the weight lifting programme practised in the United States. Our orthodox programme states that as an athlete becomes stronger, he increases the weight thereby increasing the resistance which in turn causes greater strength or more development.)

By this time you see the action is very fast and almost identical to that of the actual javelin throw. By April the Finns will be throwing the actual

javelin (1½-lb) into the training net. Now all of this time (six months) they have been working on developing a very fast delivery but also at the same time thinking technique.

This is where this system really excels. While developing "power" they are also fortifying their throwing traits by throwing *correctly* thousands of times.

It is known that overweighting of any object for several weeks in the training of sports and then going to the true weight is mainly psychological. But in this case, taking many months to allow the entire body and mainly the throwing muscles time to adjust to the overload, it results in a true physiological benefit.

During April and May Finns throw only the javelin and work on the approach at full speed and concentrate on the final and polishing aspects of their form. So you can see, it's not just technique that causes the Finns to be great in the javelin. It is mainly months of hard work and a lot of indoor throwing. In starting this type of training programme, the only things needed are some weighted balls, a net to catch these balls, and the actual javelin.

Other than the points previously discussed, training with a net of this type is good because:

1. Other than the javelin, it can be used for: discus, shot put, golf, football punting, archery or any other activity that needs a strong back-draw.

2. Because the athlete can only throw the object a few feet regardless of his effort, he can concentrate completely on form and not on distance.

3. In the same length of time the competitor can double or triple his throws due to the reduction of retrieving time, thereby allowing the coach to work with more events within a given time.

4. Safety factor—In competition the javelin can be a controlled event and the danger is almost nil but the greatest hazard is during the training period. A net of this type eliminates any safety problems with the event.

5. It allows for a continuous nine-month programme regardless of outside temperature or environment.

(reprinted from "Track Technique")

FINNISH JAVELIN ACHIEVEMENTS

Of the 28 official world javelin records ratified since 1912, 16 have been claimed by Finns: Jonni Myyrä (66.10/216'10" in 1919), Eino Penttilä (69.88/229'3" in 1927), Matti Järvinen (ten instalments from 71.57/234'9" in 1930 to 77.23/253'4" in 1936), Yrjö Nikkanen (77.87/255'5" and 78.70/258'2" in 1938), Soini Nikkinen (83.56/274'1" in 1956) and Jorma Kinnunen (92.70/304'1" in 1969). Olympic gold medallists: Juho Saaristo (1912; both hands aggregate), Myyrä (1920 & 1924), Järvinen (1932), Tapio Rautavaara (1948), Pauli Nevala (1964); plus nine silver and bronze medals. Total of Finnish 80-metre (262'5") throwers: 17. British total (with twelve times the population): 2.

Overseas News and Results

Sensational Start To Australian Season

THE 1970/71 Australian season started with a very BIG BANG at Melbourne's Royal Park on October 17th, when Petra Rivers, in a women's inter-club meeting, sent the javelin 61.77/202'8" with her first throw. An ill cross-wind blew at the time and almost carried the javelin out of the sector. Hence we could expect much better throws from Petra before long. And she will need such throws because the Yugoslav record holder, Natasa Urbancic, who spends most of her time in Melbourne, had a week before in training reached no less than 62.00/203'5". She was on the spot on Petra's big occasion, but recorded three no throws.

Petra has put on almost a stone since winning the Commonwealth gold medal at Edinburgh with 52.00/170'7". She has spent recent weeks concentrating on her matriculation studies and has done little training, but early next year she will go after Yelena Gorchakova's world record of 62.40/204'8". Born of Latvian and Ukrainian parents in a DP Camp in West Germany on December 11th, 1952, Petra has been destined for great things in athletics since she first touched the javelin at the age of 12. Her annual progress—1965 (12) 39.50/129'7"; 1966 (13) 49.00/160'9"; 1967 (14) 49.81/163'5"; 1968 (15) 49.28/161'8"; 1969 (16) 56.77/186'3"; 1970 (17) 61.77/202'8". Petra is one of Franz Stampfl's prize pupils and now it appears only a matter of time before she sets a world record for Australia. Her latest throw, a Commonwealth record, ranks her second of all-time.

In view of Petra being blessed with a dash of Latvian blood, it is interesting to note that fellow girls from the same ethnic origin have done well in the javelin throw, as indicated by the following list:

61.38/201'4"	Elvira Ozolina-Lusis (SU)	64
56.74/186'2"	Marite Saulite (SU)	70
55.73/182'10"	Inese Jaunzeme-Goba (SU)	60
54.22/177'10"	Vallija Laizane-Drauga (SU)	70
And not to be outdone, the Latvian males . . .		
91.98/301'9"	Janis Lusis (SU)	68
83.88/275'2"	Janis Donins (SU)	69
83.80/274'11"	Vilnis Feldmanis (SU)	70
78.77/258'5"	Zigfrids Gaudulis (SU)	61
78.08/256'2"	Maris Griva (SU)	70

Brenton Norman clocked a 2:19:46 marathon at Adelaide on September 5th.

Bernie Cecins

EUROPE

19.9. Neubrandenburg (EG). 800m: Fromm 1:48.2 (78.6 at 600m; ran 46.4 400m relay leg 25 min. later); women's LJ: Herbst 6.37/20'10½". **20.9. Berlin (EG).** 800m: Fromm 1:49.3, Erwin Gohlke (16) 1:49.8 (best of 1:57.2 last year); women's DT: Spielberg 56.84/186'6". **20.9. Budapest (Hun).**

Women's HJ: Rudolf (16; Fosbury flopper) 1.78/5'10" (jnr rec). **21.9. Budapest.** 5000m walk: Dalmati 20:54.4 (rec). **23.9. Budapest.** DT: Fejer 64.22/210'8" (rec), Szegletes 57.78/189'7"; women's DT: Kleiber 56.12/184'1". **24.9. Budapest.** HJ: Major 2.13/6'11½"; DT: Fejer 60.96/200'0". **25.9. Budapest.** PV: Gagy 4.94/16'2½" (rec). **26.9. Budapest.** DT: Fejer 60.32/197'11"; HT: Eckschmidt 67.54/221'7"; women's DT: Kleiber 55.16/180'11". **26/27.9. Varna (Bul).** 1500m/3000mSC: Zhelev 3:43.2/8:43.2; women's SP: Khristova 17.42/57'1½". **27.9. Szeged (Hun).** DT: Tegla 63.02/206'9". **29.9. Budapest.** DT: Fejer 61.32/201'2". **30.9. Budapest.** 4x200m: Hungary 1:25.1 (rec); SP: Teveli 19.01/62'4½"; women's 4x200m: Hungary 1:38.3 (rec). **30.9. Reisjarvi (Fin).** DT: Kahma 60.00/196'10".

1/2.10. Budapest. DT: Fejer 61.76/202'7"; women's 800m: Kulcsar 2:05.2. **3.10. Helsinki (Fin).** DT: Rinne 59.46/195'1", Tuomola 57.74/189'5". **3/4.10. Budapest.** 6kg HT: Kapusi (18) 65.46/214'9" (jnr rec); women's DT: Pogory (18) 49.50/162'5" (jnr rec). **3/4.10. Sochi (SU).** 100m: Kornelyuk 10.3; 800m/1500m: Penkava (Cz) 1:49.6/3:42.0; 5000m/10,000m: Sharafutdinov 13:55.8/29:34.4; 110mH: Jozwik (Pol) 14.1; HJ: Shapka 2.23/7'3½", Tarmak 2.15/7'0½", Gavrilov 2.11/6'11"; PV: Kenk (EG) 5.00/16'5"; LJ: Nyeplokhin 7.78/25'6½", Beer (EG) 7.71/25'3½", Broz (Cz) 7.71; TJ: Sanejev 16.98/55'8½", Ivanov (Hun) 16.27/53'4½"; SP: Briesenick (EG) 19.52/64'0½", Plunge 19.21/63'0½", Varju (Hun) 18.96/62'2½"; DT: Lyakhov 60.44/198'3", Thorith (EG) 59.00/193'7"; HT: Shchuplyakov 70.66/231'10", Zsvotzky (Hun) 68.44/224'6", Manolov (Bul) 66.52/218'3"; JT: Nikiciuk (Pol) 79.98/262'5", Zarubay (Hun) 79.54/260'11", Doninsh 78.62/257'11"; women's 100m/200m: Jozwik (Pol) 11.6/23.7; 400m: Barkane 54.0; 800m: Burneleit (EG) 2:06.1, Wierzbowska (Pol) 2:06.4; 1500m: Burneleit 4:18.7, Wierzbowska 4:20.5; 100mH: Sukniewicz (Pol) 13.3; HJ: Kovacs (Hun) 1.74/5'8½", Hubnerova (Cz) 1.68/5'6"; LJ: Smirnova 6.29/20'7½"; SP: Korbalyeva 18.21/59'9", Solontsova 17.95/58'10½", Khristova (Bul) 17.20/56'5½", Chewinska (Pol) 17.15/56'3½", Adam (EG) 16.61/54'6"; DT: Kleiber (Hun) 57.58/188'11", Solontsova 55.94/183'6".

5.10. Budapest. DT: Fejer 63.26/207'6"; HT: Encsi 67.98/223'0". **7.10. Budapest.** DT: Muranyi 58.66/192'5", Fejer 58.26/191'1"; HT: Encsi 68.22/223'10"; JT: Csik 79.22/259'11"; women's HJ: Rudolf 1.79/5'10½" (jnr rec); JT: Vidos 57.58/188'11" . . . Petz (16) 50.00/164'0" (jnr rec). **8.10. Szeged.** DT: Tegla 61.98/203'4". **8.10. Szolnok (Hun).** DT: Katona 58.08/190'6". **9.10. Helsinki.** JT: Avellan 79.34/260'3". **9-11.10. Tashkent (SU).** HJ: Tarmak 2.11/6'11" . . . 3. Gavrilov 2.08/6'9½"; SP: Gushchin 19.58/64'3", Voikin 19.45/63'9½"; DT: Lyakhov 62.58/205'4"; HT: Spiridonov (DT) 67.78/222'4"; JT: Lusis 84.22/276'4"; women's LJ: Tarasova 6.43/21'1½".

10/11.10. Belgrade (Yug). 200m/400m: Bugri (Gha) 21.3/46.7; HJ: Vivod 2.14/7'0 $\frac{1}{4}$ ". **10/11.10. Budapest.** SP: Teveli 18.99/62'3 $\frac{1}{4}$ "; DT: Fejer 61.30/201'1"; Muranyi 60.04/197'0"; women's 100m/200m: Balogh 11.5/23.9; JT: Vidos 55.16/180'11"; Rudas 55.06/180'7". **10/11.10. Miskolc (Hun).** SP: Varju 19.51/64'0 $\frac{1}{4}$ "; HT: Zsivotzky 67.62/221'10". **10/11.10. Warsaw (Pol).** 400m: Badenski 47.0; PV: Buciariski 5.00/16'5"; Olszewski 5.00; LJ: Ziembicki 7.68/25'2 $\frac{1}{4}$ "; Szmidi 7.65/25'1 $\frac{1}{4}$ "; TJ: Szmidi 15.93/52'3 $\frac{1}{4}$ "; DT: Gajdzinski 57.56/188'10"; JT: Nikiciuk 78.66/258'1"; Lech Krupinski 78.42/257'3"; Witold Krupinski 77.42/254'0"; women's 400m: Hryniewiecka 53.9 (rec); 200mH: Straszynska 26.3; SP: Chewinska 17.16/56'3 $\frac{1}{2}$ "; JT: Jaworska 60.56/198'8". **11.10. Turin (Ita).** 1000m: Arese (2:16.9) passed 400m in 54.5 & 800m in 1:49.8; women's 800m: Govoni 2:06.4. **11.10. Dunakeszi (Hun).** DT: Tegla 60.76/199'4". **11.10. Salgotarjan (Hun).** Women's HJ: Komka 1.75/5'8 $\frac{1}{2}$ ". **11.10. Gyor (Hun).** Women's HJ: Rudolf 1.75/5'8 $\frac{1}{2}$ ". **11.10. Vienna (Aus).** Women's 200m/400m: Sykora 24.2/54.2; JT: Janko 57.49/188'7". **17.10. Jablonec (Cz).** Women's 100m: Seifertova 11.5, Veverkova 11.5; HJ: Hubnerova 1.77/5'9 $\frac{1}{4}$ "; Valentova 1.74/5'8 $\frac{1}{2}$ ". **17/18.10. Brno (Cz).** SP: Brabec 18.77/61'7"; DT: Danek 57.20/187'8". **18.10. Athens (Gre).** PV: Papanicolaou 5.35/17'6 $\frac{1}{4}$ " (attempted 5.47/17'11 $\frac{1}{2}$ ").

CHILE

8.10. Valparaiso. Women's 100m/HJ/LJ/SP: Rosendahl (WG) 11.9, 1.65/5'5", 6.57/21'6 $\frac{1}{4}$ " & 13.43/44'0 $\frac{1}{4}$ ". **10/11.10. Valparaiso.** 800m: Grosser 1:52.4, Fohrenbach (WG) 1:52.4; HJ: Magerl (WG) 2.10/6'10 $\frac{1}{4}$ "; PV: Engel (WG) 5.10/16'8 $\frac{1}{4}$ "; HT: Beyer (WG) 72.24/237'0" (70.01, 71.66, 72.24, 70.26, —, 70.02); JT: Wolfermann (WG) 76.64/251'5"; women's HJ: Mack (WG) 1.76/5'9 $\frac{1}{4}$ "; Gartner (WG) 1.73/5'8"; LJ: Rosendahl 6.68/21'11". **12.10. Santiago.** Mar: Jose Ramirez 2:09:49 (course about 5km short).

Later marks by the West German tourists included—HT: Beyer 72.36/237'5"; JT: Wolfermann 84.71/277'11"; women's HJ: Gartner 1.75/5'8 $\frac{1}{4}$ "; JT: Rosendahl 42.84/140'6"(!).

JAPAN

3.9. Nagoya. TJ: Tsai Teng-lung (For) 15.59/51'1 $\frac{1}{4}$ " (rec). **6.9. Nagoya.** 100m/200m: Su Wen-ho (For) 10.4/21.2 (recs). **3/4.10. Tokyo.** 10,000m: Yoneshige 29:15.2; 3000mSC: Miura 8:40.0; HJ: Tomizawa 2.14/7'0 $\frac{1}{4}$ "; PV: Niwa 5.00/16'5"; LJ: Ogura 7.58/24'10 $\frac{1}{4}$ "; TJ: Inoue 15.96/52'4 $\frac{1}{4}$ "; HT: Murofushi 69.42/227'9"; women's 200m: Yamada 24.5; 400m: Kawano 56.8; 800m: Inoue 2:12.4; 1500m: Aoyama 4:38.5; 100mH: Natsumo 14.2; LJ: Yamashita 6.01/19'8 $\frac{1}{4}$ "; Pen: Shimizu (17) 4337 (rec).

FORMOSA

18.8. Taipei. Women's DT: Yagishita (Jap) 50.25/164'10"; Pen: Hiramoto (Jap) 4327. **27.9. Taipei.** 200m: Su Wen-ho 21.2 (eq. rec); women's Pen: Lin Soo-yi 4123 (rec).



Phil Banning finishing second to Kip Keino in the Leicester 2000m race, followed by Andy Holden.
George Herringshaw

ISRAEL

19.9. Wingate. Women's 600m: Balas 1:32.3 (rec); 1000m: Shezifi 2:51.2 (rec).

SINGAPORE

28.9. 100m: Kunalan 10.5. **30.9.** LJ: Lim Boot Hiang 7.39/24'3"w. **8.10.** 4x400m: Singapore 3:15.4.

CEYLON

6.10. Colombo. 100m: Gunawardene 10.5 (eq. rec); 400m: Wimaladase 48.2; 5000m: Rosa 14:26.0; TJ: Karunesena 15.26/50'1" (rec); JT: Joseph 64.11/210'4" (rec).

The new ladies section secretary of Borough of Enfield Harriers is Mrs. Jean Fox, 6 Mayfield Road, Enfield, Middx.

Warrington AC are seeking fixtures (either home or away) with clubs from further afield—in particular Yorkshire or the Midlands—for the 1971 track season. Interested clubs should contact the track secretary, J. T. Hampson, 8 Baldock Close, Thelwall, Warrington (phone: Warrington 64923).

The Medway AC Youths & Schools C.C. Races will be held on November 28th, same venue as last year. Full details next week.

WALKING

Americans Run Away With Relay

AS the competition has got fiercer over the years so the walking standard has deteriorated in the popular Airolo-Chiasso Relay, so that the stage has now been reached when numerous competitors record times far in advance of their previous bests and which are then not repeated . . . that is, until next year's relay! In this year's race all five stage records were broken as well as the course record.

Airolo-Giornico (27km). "Jake" Warhurst made one fatal error on this stage . . . he walked! John Knifton, no stranger to the Lugano area, must have used a very fast "slalom" technique on the continuous downhill to drop such experts as course record holder Nigro, and Back, while Pamich finished nearly 6 minutes down. Knifton eventually knocked 3min. 3sec. off Nigro's record and so gave the Americans a lead they were never to relinquish. Allan Callow joined in the spirit of things and finished a surprising 6th some 5 minutes ahead of the "A" team. 1, J. Knifton (USA) 2:06.50; 2, L. Back (Sweden) 2:09.06; 3, G. Nigro (It) 2:09.53; 4, A. Pamich (Lazio) 2:12.37; 5, R. Trankowski 2:14.06; 6, A. Callow (London "B") 2:16.14; 7, M. Grob (Swi) 2:16.20; 8, A. Daske (Tubingen) 2:16.30 . . . 12, J. Warhurst (London "A") 2:21.13 . . . 15, J. Venn (St. Ex) 2:29.03 . . . 16, P. Duncan (Int) 2:39.44.

Giornico-Bellinzona (30km). Paul Nihill with 2:17.11 (1963) and Peter Fullager with 2:19.05 (1967) were the only two performers who had beaten 2:22 but Wilf Wesch and Tom Dooley were added to the list this year. Wilf produced a fantastic 2:15.16 considering he took over behind the next to last man and that Nihill reckons his 1963 walk rates amongst his very finest performances. Dooley blazed away in front while De Vito surprised by beating Andersson (4:19 at Frankfurt) and Sgardello (4:26) but it was simply

amazing that Zambaldo (inevitably 10 min down over 20km in Italy) should also better Sgardello's time. Alec Banyard (who lost 90 sec at a level crossing) put in an excellent effort, while Ken Carter had a very promising continental debut. 1, USA 4:27.33; 2, Sweden 4:32.14; 3, Italy 4:34.31 . . . 8, London 4:48.55; 10, London "B" 4:50.10. Fastest: W. Wesch (Int) 2:15.16, T. Dooley (USA) 2:20.43, N. Devito (Famme Giala) 2:22.14, O. Andersson (Swe) 2:23.08, L. Zambaldo (Lomb) 2:24.15, W. Sgardello (It) 2:24.38 . . . A. Banyard (London) 2:27.42, K. Carter (London "B") 2:33.56, R. Green (St. Ex) 2:48.03.

Bellinzona-Mt. Ceneri (14km). Even the 6km climb of the Ceneri did not seem to perturb the "flyers" with five men beating Gote Nygren's 69.13, the second best on record. Visini, almost certainly the best long distance man outside East Germany and Russia on his day, knocked 50 sec off Colin Young's 1967 record to take Italy into second place. Olly Caviglioli, despite his fine walk, was overtaken by Pfister while Peter Marlow again showed his aptitude for this stage, holding his position in this his second race of the year. 1, USA 5:36.41; 2, Italy 5:40.52; 3, Sweden 5:43.42 . . . 8, London 5:57.18 . . . 10, London "B" 6:01.36. Fastest: V. Visini (It) 66.21, R. Daniel (Int) 66.44, R. Pfister (Swiss) 67.45, O. Caviglioli (London) 68.23 . . . P. Marlow (Lon. "B") 71.26.

Mt. Ceneri-Lugano (19km). Pasquale Busco of the unstable temperament but beautiful style, made sure of John Warhurst's record this time, having 99 sec in hand and brought the "Azzurri" to within 1:38 of the leaders. Zambaldo also beat the record, ensuring his club team, probably the strongest in West Europe as it also includes Busca, Quirino and Sgardello, a comfortable fourth position. Roger Mills, happily back to his best form, sliced 94 sec off his time of last year, while



The start of the National Junior five miles road walking championship at Steyning.

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THE SPORTS CENTRE

8 MEDWAY ST., CHATHAM, KENT

Telephone: Medway 47055

Amos Seddon did very well to better the clockings of Internationals Poretti and Grunlid. 1, USA 7:06.57; 2, Italy 7:08.35; 3, Sweden 7:14.09 . . . 5, London 7:27.51 . . . 9, London "B" 7:36.22. Fastest: P. Busca (Italy) 87.43, A. Zambaldo (Famme Gaulle) 89.07, G. Klopfer (USA) 90.16, H. Tengren (Swe) 90.26, R. Mills (London) 90.33, J. Muller (Lazio) 91.00 . . . 8, A. Seddon (London "B") 94.46 . . . 15, R. Pearce (St. Ex) 102.48.

Lugano-Chiasso 15, R. Eduardo Quirino "blew up" trying to chase Dave Romansky, who took no less than 3.40 off Bilek's 1969 record, and so let in Sweden's Ingvarsson who improved 63 sec from last year. Romansky put in an effort that confirmed his eye-opening exploits in the States and having managed to pass the judges successfully in France, West Germany, Switzerland and Russia this summer must now look confidently towards Munich. Phil Embleton faded a little towards the end and was pipped by the consistent Kenneberg (4:21 at Frankfurt) near home. Carl Lawton gained two places, proving too strong for Manfred Aberhard. The Americans broke 9 hours, a feat seemingly not possible before, and one trembles to think what the East Germans and Russians could achieve, particularly if they "let it rip" like most teams seem to do. 1, USA 8:58.39; 2, Sweden 9:09.04; 3, Italy 9:14.03; 4, Fiamme Gialle, Rome 9:23.31; 5, Norimberga, W. Germany 9:26.36; 6, London 9:27.03; 7, London "B" 9:36.54; 8, Switzerland 9:36.59 . . . 15, Stock Exchange 10:36.22. Fastest: D. Romansky (USA) 1:51.42, S. Ingvarsson (Sweden) 1:54.46, B. Kanneberg (Norim) 1:56.41, P. Embleton (London) 1:59.12, C. Lawton (London "B") 2:00.32, D. Carpenteri (Fiamme G) 2:01.19, M. Aberhard (Swiss) 2:03.03, J. Lopes (Int) 2:03.12 . . . K. Tuson (St. Ex) 2:14.39.

Bill Sutherland for Rome. The Commonwealth bronze medallist competes in the Giro of Rome 20km on November 4th. Roger Mills, now resident in Lugano, may also compete in this Italian classic which virtually closes the European season. Sutherland is very kindly being sponsored by Avon, who are paying his travel costs.

Today's events. Up North the famous Dick Hudson's walk at Bradford is being held with Ron Wallwork, Tony Taylor, Roy Thorpe, John Warhurst and Alec Banyard the main contestants. At Basildon, the local club are holding a 15km in the Essex League series, which is open to others. A Boys and Youths event will also be held. First event at 2.30 p.m. from Nicholas Farm, Nicholas Lane, Basildon. In view of the postponement of the Highgate "7" the Luton based members of the club have quickly rallied and in consequence Vauxhall Motors are holding an Open 7M from Luton. Bill Sutherland will most likely be race favourite.

Bill Sutherland breaks record. Held over the usual gruelling Chigwell course on October 24th, the "Dunkley Cup" match was a close one with the Police just proving the stronger team. Individually, it was a race between Bill Sutherland and Ian Brooks—the latter was dropped after 3M but

continued on page 35

LETTERS

REGISTRATION FEE ESSENTIAL

Dear Sir,

The financial situation of the AAA appears to be just as insecure as ever—yet no real attempt is made to use one of the obvious sources of income recommended by the Byers' Committee, viz. the registration fee. In fact, it has been suggested that a scheme of registration cannot be instituted because overworked club officials would be unable to endure the extra work burden. This is nonsense, of course. The scheme is vital and it **must be made to work**—and I submit that it can work reasonably easily with very little extra work involved for club officials.

In these matters, as in others, it is usually those who do not want an idea to bear fruit who plead loudest that it cannot be implemented, instead of exploring the avenues of best approach. Here we have an excellent means of securing money for the sport and all we do is to wring our hands and moan that it will never work. Well, Sir, if we don't do something, and that right soon, we will eventually have no sport over which to wring hands, weep tears, or anything else.

It should not be beyond the wit of intelligent and well-intentioned men to devise a scheme that will work smoothly, but certain it is that the AAA, or its successor, should decide very rapidly that a registration fee is essential and then implement a scheme with all haste.

This would appear to be a somewhat more positive approach to the problems of finance that face the sport than the rather negative proposals suggested of cutting back and trying to penny pinch from existing schemes.

A. H. Thompson,
London, S.E.26

WOMEN'S LEAGUE

Dear Sir,

As we all know the National League is now well established, as also are the Midland, Southern and Welsh Leagues. I feel, along with many more athletes and some officials, that there should be a women's League run on similar lines to the men's. I know that I shall be shouted down from many circles but unless this is tried we shall never know if it would be successful in every way. I would like to make a few points or suggestions, e.g.:

(1) Fixture dates could be the same as the National League dates of the men's section.

(2) Make it area-wise and have a qualifying competition to enter the National League.

(3) Make the League available for all three age groups, and make your programme of events pretty even between track and field.

(4) Make the League have a total of four meetings with a promotion and relegation system.

But of course the ideal thing for progression in athletics would be to have a mixed League; because you will find a club at its strongest when they are united, and not separated; and also it

SOUTHERN COUNTIES AMATEUR ATHLETIC ASSOCIATION

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Crystal Palace National Sports Centre

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Course Director: Tom McNab, A.A.A. National Coach

Staff: A.A.A. Senior Coaches and International Athletes

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London, WIN 4BQ

would be less worrying to club secretaries if they know both sections are going to the same place, rather than having to find two lots of transport.

My first suggestion might be a good proposition for the WAAA AGM in February, 1971.

Miss J. Beamish,

Gloucester AC

NATIONAL CHAMPIONSHIPS FOR POLYS?

Dear Sir,

May I, through the medium of your magazine, contact the officials of any of the cross-country teams that have been formed in the new polytechnics.

The students of universities, physical education colleges and colleges of education with PE wings, have successfully organised their own national championships.

So with this in mind I am trying to find out if a "national polytechnic cross-country championship" is a viable and worthwhile fixture to hold. Would any captain or secretary of any poly team interested in this venture please contact me at the address below.

John Barnham,

Newcastle Poly C.C. Captain,
Claude Gibb Hall of Residence,
Lovaine Place, Newcastle-on-Tyne

JOHN BOGGIS "CARRIED AWAY"

Dear Sir,

I read with great interest and amusement the feature on John Boggis in *Spotlight on Youth* (October 17th). The amusement came about through John's statement that "world class men will soon have to beat 1:50 for 800 if they want to make it at 10,000". Obviously a lot depends on how you interpret "making it". I've always adjudged an athlete to have made it if he makes the GB team. However, here John must mean something way above that, i.e. Olympic champion or world record holder? Anyway in either case I think he has got somewhat carried away with his estimate.

The thought of any of our 10,000m men beating 1:50 for 800 is laughable. Ian Stewart, potentially the world's greatest 5000m runner, couldn't do that, or for that matter could any of our 1500m men this year. So what chance have, say, Dave Bedford or Dick Taylor, two of the world's fastest ever 10,000 men, got? Also, if the 10,000m men have to do 1:50, what do the 5000m men have to do—1:46?

I agree you need to be a capable performer at a shorter distance to make it at the longer one, but to talk of that kind of 800 speed to do a distance 12½ times as far is over-stating the position to put it mildly.

So if any of our 1500m boys read the feature I trust they instantly forget about 1500, 5000 and 10,000 and are concentrating on their speed in order to make it at the marathon. As for poor Dave Bedford and Dick Taylor, well I'm sorry to say it, boys, but you might as well call it a day, or maybe take up walking, if you're fast enough that is. Still you should count your bless-

ings in a way, for with a best 800 last season of 2:01.3, I'm going to be pushed to make it as a Centurion.

Tony Nixon,

Ilford AC & Salford Univ.

John was slightly mis-quoted in this context. He was talking more in terms of world class 5000m men needing to beat 1:50.0 and added in the 10,000m as a mildly serious joke. I don't think this opinion is as laughable as has been made out—remember, Ian Stewart has run 1:50.8 in one of his rare attempts at 800m, and is certainly capable of beating 1:50.0. He could become Britain's greatest ever 10,000m runner—witness those fantastic 6M road relay legs he has run.—D.C.

SIX-MAN RELAY CHALLENGE

Dear Sir,

I wonder if you are interested in an event that my club—Airedale and Spen Valley AC—undertook on October 11th: a six-man relay from Bradford Town Hall to Morecambe (the clock tower) and back, a distance of 132 miles.

The previous record was held by our club, a different team, and stood at 11hr. 46 min.

We set out at 8 a.m. and made amazing progress on the outward journey. It looked for a time as if we would reduce the record by at least half an hour but the distance took its toll and we began to slow somewhat around the half distance. Each runner was set to cover 22 miles in four long stints and a short "sprint" as we neared Bradford. This worked excellently and with the weather in our favour—dull and calm—we got back in the new record time of 11hr. 29 min. 55 sec. This works out at an average of slightly less than 5:15 per mile for 132 miles which we think is very good.

The team was:—Alwyn Dewhurst (18), Robert Harrison (19), Richard Belk (19), Ken Duckworth (22), John Temperton (22) and John Edwards (22).

We challenge other teams, from other clubs to attempt our record.

Richard Belk,

Batley, Yorks.

ATHLETICS IN SOMERSET

Dear Sir,

With reference to the article on British Clubs: In this article about Westbury Harriers the writer mentions the lack of clubs in Somerset helping the Bristol clubs. I should like to point out that there is in fact a club in Bath again. The Bath AC was formed a year ago. Although at present membership tends to be mainly young athletes, our numbers are growing very well and the club is now very active. So any unattached athletes in the Bath area need not travel to Bristol for regular training.

I must agree with the remark about the sport being weak in the county of Somerset. This position will, I feel, persist until such time as the clubs within the county get together to promote more competition to encourage the youngsters to continue in the sport once they leave school.

I find it very difficult even to get a reply from some of the club secretaries let alone fix any competition.

Why is it that any coaching courses that are arranged are for young athletes of proved ability only? Why not courses for beginners as so many other sports arrange? It appears the sport only wishes to know the stars, it appears to forget that without the countless others who run for the fun of it without any real hope of success the sport would be in an even worse state than it is at present.

There is always a cry for more officials. At our club we have several parents who would be very keen to take some sort of instruction on this side of athletics. When I made enquiries about the possible chance of training for them I was advised to buy two books for them to read. What sort of encouragement is that to offer people?

K. R. Hill,
Hon. Secretary, Bath AC

Dear Sir,

In his article on Westbury Harriers, Brian Mitchell made a statement about Somerset athletics to the effect that in the county, "the sport is perhaps even weaker than cricket". As a native of Somerset, I feel that this is misleading in its implications and unfair to both sports.

Firstly, cricket in Somerset is not "weak". There is a thriving club structure and the County Club itself is one of only seventeen counties in the country to have first-class status. Although the club has few major successes, it is by no means obviously weaker than the other championship sides, and it is, I submit, stronger than any of the thirty or more non-first-class counties.

Athletics, although definitely weaker than cricket in Somerset, is therefore not necessarily itself weak. In fact in recent years there has been a considerable revival of interest in the sport in the county, which is gradually overcoming inherent difficulties such as the lack of large towns, and the fact that the population is thinly spread over a wide area.

The enthusiasm of individuals in places such as Yeovil and Taunton is showing results, with the winning of the Minor Counties award at the All-England Schools Championships being a good example, and with another being that three recently formed clubs will take part in the Southern League in 1971 (as listed in "AW" opposite Mr. Mitchell's article!).

Although, therefore, outsiders may think of Somerset as being filled with scrumpy-swilling farmers, unable to tell a javelin from a cricket bat, the reality is somewhat different.

D. A. Bundy,
Solihull

SOUTHERN LEAGUE

Dear Sir,

An all day working party starting at 10.30 a.m. is to be held at the AAA offices on November 28th to consider the first two years of the Southern Athletic League.

Critical comment containing as much factual evidence as possible is welcome from athletes, officials and spectators for use at this meeting. All letters will be treated as confidential and no names of clubs or individuals will be mentioned at the meeting.

Please write to me at: 29 Chapman Lane, Flackwell Heath, High Wycombe, Bucks.

Roger Buzzard,
Hon. Sec. Southern Athletic League

BMC Coaching Weekend

A TOTAL of 39 women and 54 male athletes attended the British Milers Club Coaching and Instructional Week-end at Grange Farm on October 3rd/4th, along with eight visiting coaches and 16 lecturers/coaches.

Senior National Coach, Denis Watts, talked about coaching at World and International level. He stated that he only saw international athletes for short periods on trips each year, consequently liaison between the athlete's coach and the National Coaches was extremely important. He spoke of the tactics employed in international matches to obtain maximum points if possible. Tactics were invariably left to the athletes to sort out, but if people failed to agree he would then step in to assist them in making a decision. The emergence of the African countries in sport would continue. But because of the inadequate diet and disease in their countries, progress would continue slowly.

European gold medallist and Nottingham University lecturer John Whetton spoke on physiology tests and how to interpret them. He demonstrated the use of an electrocardiogram, by having Clive Thomas wired up to the apparatus. When the read-off started coming through the machine, John discussed at length the way to interpret the graph, and how useful the information can be to both coach and athlete. The next practical demonstration was on Telemetry. Justin Dennison had the transmitter located at his waist and performed a series of exercises, to enable all the athletes to listen to the rise and fall of his heart beats on the audible receiver. Over the entire week-end both John and his assistant were kept very busy, having people perform Gerschler sessions with the aid of the Heart Rate Telemetry.

Senior Coach Tony Elder spoke on the training of women athletes. He emphasised that coaches should make the women athletes tougher in their approach to training and racing. All men coaches should adopt a different approach when working with women, as opposed to working with men. There appeared to be quite a lot of parental interference (or husband/boy friend) taking place in athletics at the moment; whether or not this was helpful to the sport remained to be seen. About diet, he went on to say, that women should be more meticulous in what they eat, because they were physiologically weaker than men. Therefore, in order to maintain some stability, eating should be of prime importance.

Cecil Smith

Walking continued from page 31

never let the gap become too wide. The former Junior International now appears to be back to his very best form after a long injury-filled period and should be a threat in 1971. Charlie Fogg gained third near home as clubmate Amos Seddon tired in the final 3 miles. 1, W. Sutherland (MP) 75.31; 2, I. Brooks (SE) 76.40; 3, C. Fogg (MP) 82.21; 4, A. Seddon (MP) 83.10; 5, D. Stevens (SE) 84.48; 6, L. Mockett (MP) 85.46; 7, K. Tuson (SE) 86.02; 8, R. Pearce (SE) 87.20; 9, R. Green (SE) 87.26; 10, J. Clifton (MP) 89.37. 42 finished. **Teams** (19 per side): 1, Met. Police 362; 2, Stock Exchange 379.

Great comeback for Bill Symes in London Postal Invitation 9km, at Blackheath, October 18th. Never expecting to be able to race walk again after a long bout of rheumatoid arthritis the popular Bill Symes has made a remarkable recovery and was a pleased winner of this Yacht handicap. 1, W. Symes (OPH) 41.27 (11.25); 2, J. Gements (LPR) 41.50 (8.10); 3, F. Moule (LPR) 42.02 (8.10). Fastest: 1, D. Vale (Sy. AC) 45.16; 2, R. Michel (Sy. WC) 46.40.

Consistent these Postmen! Ray Middleton and Hungary's Istvan Havasi hold the unique distinction of competing in every one of the five Lugano Cup finals so far held. Both postmen, they finished first and second in the 1963 50km, the distance at which they have always competed!

Manx Results (Ronaldway 64M). 1, A. Callow 48.12; 2, G. Young 50.03; 3, C. Berwick (Leics) 50.05; 4, K. Madigan 52.13. **(Peel Carnival 54M)** 1, A. Callow 40.00; 2, G. Young 41.52; 3, C. Berwick (Leics) 41.55; 4, K. Madigan 42.52; 5, R. Lambie 43.20. **(5kms, Sept. 3rd)** 1, A. Callow 23.15; 2, J. Cannell 24.05; 3, K. Madigan 24.55; 4, G. Young 25.29. **(TT Course Relay, Sept. 6th)** 1, Boundary H. 5:31.12; 2, Boundary Ladies (!) 7:04.45. 1st Leg (9.3M) G. Young 84.05 (Women: I. Gorlett 106.59) 2nd Leg: (10.6M) A. Callow 87.17 (Women: D. Hall 120.28) 3rd leg: (9.8M) S. Sille 88.20 (Women: G. Teare 112.28); 4th leg (8.15M) J. Cannell 69.27 (Women: L. Clague 84.50). **(End to End: 49M, Sept. 20th)** 1, D. Harrison 6:31.35 (3:11.25 and 4:57.55); 2, G. Young 6:42.50 (3:11.25 and 5:05.55); 3, A. Callow 7:39.25; 4, Miss G. Teare (18) clocked 9:41.05. **(50km, October 4th)** 1, G. Young 5:02.45; 2, D. Harrison 5:03.29. Junior 10km: K. Madigan 52.45.

Colin Young Highgate 1 Hour Walk (September 26th). Team Result: 1, Belgrave 50,828m; 2, Basildon 49,349m; 3, Met. WC 48,342m; 4, Highgate 47,719m; 5, Borough of Enfield 46,987m; 6, Bromsgrove & Redditch 46,965m. Junior Team: Ilford 40,965m.

RWA MIDLAND AREA JUNIOR AND YOUTH CHAMPIONSHIPS

At Redditch, October 24th

(Junior 5M) 1, R. Gardner (Broms & Redditch) 39.13; 2, J. Dallow (Broms & Redd) 40.23; 3, E. Cox (R. Sutton Coldfield) 41.04; 4, S. Jacobs (Broms & Redd) 41.49; 5, S. Smith (Leics. WC) 42.27; 6, M. Torrington (Leics. WC) 44.44; 7, M. Fenly (Harborne) 45.32; 8, R. Dowsell (Leics.

WC) 47.10; 9, C. Lowe (Leics. WC) 48.50; 10, K. Edwards (B & R) 49.54; 11, G. Bloomer (Dudley & Stour-Y) 51.14; 12, J. Page (RSC) 51.44; 13, L. Wright (Leics. WC) 52.09; 14, C. Jones (B & R) 55.48. **Teams:** 1, Bromsgrove & Redditch 6; 2, Leicester WC 15.

(Youths 3M) 1, P. Sturdy (Broms) 23.09; 2, P. Dallow (Broms) 23.32; 3, P. Meredith (Broms) 24.56; 4, B. Woods (Greyfriars) 24.57; 5, P. Fox (RSC) 25.32; 6, G. Moss (D & S) 25.42; 7, M. Banahan (D & S) 25.53; 8, P. Traves (Harborne) 26.07; 9, D. Finch (B & R) 26.58; 10, J. Crangle (Worcs) 27.03; 11, P. Green (D & S) 27.16; 12, M. Hood (RSC) 29.30. **Teams:** 1, Bromsgrove & Redditch 6; 2, Dudley & Stourbridge 16.

Inter-club 6M, at Southwick, Essex, October 24th. 1, A. Buchanan (B & H) 45.32; 2, B. Hawkins (Met. WC) 46.18; 3, S. Fish (Steyn) 46.55; 4, D. Boxall (B & H) 47.19; 5, R. Emsley (Steyn) 47.33; 6, K. Emsley (Steyn) 47.56; 7, D. Read (Steyn) 48.09; 8, B. Williams (B & H) 48.53; 9, R. Penfold (Steyn) 49.08; 10, J. Birks (B & H) 49.13; 11, D. Saunders (B & H) 51.46; 12, J. Hoare (B & H) 52.50. 19 finished. **Teams:** 1, Brighton & Hove 15; 2, Steyning 21; 3, Brighton & Hove "B" 46.

Ridgeway Relay continued from page 10

20.21, A. Richards (Tip) 20.21, A. Reed (West) 20.55, E. Oxlade (Hill) 20.59.

Stage 10 (5900m). John Edwards brought Tipton home to a sweeping and well-deserved victory, but their lead was dramatically cut down by a really impressive run by Ron McAndrew. The Reading boy improved his own record by over 1½ minutes. Portsmouth pulled up to make the medals but Worcester, who had earlier challenged so bravely, slipped back to fifth behind Westbury. Tipton's final time was 9 min 47 sec faster than Reading's 1969 victory; in fact the first 7 teams beat the old record. An excellent day's competition, highly organised, and worthy of a bigger entry next year. Fastest: R. McAndrew (Read) 16.54, J. Edwards 18.13, S. Harrison (Ports) 18.18, R. Cornish (West) 18.32.

Final Positions

1, Tipton 3:20.05; 2, Reading 3:21.45; 3, Portsmouth 3:24.16; 4, Westbury 3:25.02; 5, Worcester 3:25.13; 6, Hillingdon 3:28.48; 7, Bristol 3:29.37; 8, Swindon 3:37.05; 9, Southampton 3:37.23; 10, Tipton "B" 3:38.12; 11, Reading "B" 3:45.38; 12, Portsmouth "B" 3:45.56; 13, Hillingdon "B" 4:01.23; 14, RMC Shrivenham 4:10.52.

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Our famous American styled, fleecy lined Slopp-sweaters, printed with Club design, make excellent tracktops, 42/- each. Twelve colours and sizes. Also Umbro stockists. **Canadian Sloppshirts (AW.) 88 Park Lane, Croydon, Surrey.**

ATHLETIC EVENTS

An advertisement can increase YOUR entries, 30s. per s.c. inch, per insertion, 33½% discount to clubs on three or more insertions of same copy.

ESSEX BEAGLES A.C. SENIOR CROSS-COUNTRY RELAY

(6x3 Miles for the New Zealand Trophy)

SAT., 14th NOVEMBER, 1970, at 3 p.m.

Awards to first 3 teams, first "B" team and fastest lap.

Entries to M. D. Green, 66 Rushdon Close, Hogg Lane, Grays, Essex (Tel: 0375-5079) on AAA forms (10/- first team, 5/- "B" team).

CLOSING DATE THURSDAY, NOV. 5th

Venue: "The Retreat," Chigwell Row, Essex.

BRACKNELL ATHLETIC CLUB 9th Annual

10 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, NOVEMBER 14th, at 2.45 p.m.

FROM THE SPORTS CENTRE,
BAGSHOT ROAD

Prizes: First 6 Individuals; 1st Veteran; First 3 Teams; 1st "B" Team providing "A" team already in.

Entries: 3/- per ind. No team fee (4 run, 3 score). Entries to D. Rikly, 34 Saffron Road, Bracknell, Berks (BRA. 3993).

ENTRIES CLOSE NOVEMBER 7th

SHAFTESBURY HARRIERS

SATURDAY, FEBRUARY 6th, 1971

Parliament Hill Fields Start 2.45 p.m.

BOYS' 2-MILE CROSS-COUNTRY

COLTS' (12-14) 1½ MILE

CROSS-COUNTRY

Clubs only, not Schools

6 run, 3 score. Challenge Cups, Medals first 3 teams and inds., special team.

Entries: 10/- first team, 5/- additional teams, 2/- individual for each race, to H. J. Ashton, 18 Selkirk House, Defoe Road, Stoke Newington, London, N.16. Tel: 01-254 2280.

Entries close Wednesday, January 27th

BORDER ATHLETIC CLUB

19th Annual

BRAMPTON — CARLISLE ROAD RACE

10 miles Under A.A.A. Laws
SATURDAY, NOVEMBER 28th, 2.45 p.m.

Individual, Team and Handicap Prizes
Time Standard Certificates

Entries: 5/- each team, 6 to run—3 to count. All entrants must enter open handicap, fee 2/- each.

Entries close, Saturday, November 14th

BOYS' INTER-SCHOOLS RACE, 2.30 p.m.

YOUTHS' 2½ MILES RACE, 2.50 p.m.

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

SCOTLAND'S FIRST

OPEN WALKS MEETING

SUNDAY, NOVEMBER 8th, at 2 p.m.

Pitreevie Track, Dunfermline.

Girls & Women U/13 & 13-15, 1600M. Walk; 15-17, 2000M.; Over 17, 2000M. Boys & Men U/13, 1600M.; 13-15, 2000M.; 15-17, 3000M.; Over 17 & Seniors, 5000M.

Entries: 1/- by Nov. 4th, to G. Cameron, 17 Glenfield, Carnock, Dunfermline.

BASINGSTOKE ATHLETIC CLUB 6th ANNUAL ROAD RACES

(Under A.A.A. Laws)

SUNDAY, DECEMBER 6th

6 MILES SENIOR

3 MILES YOUNG ATHLETES

Teams (4 run, 3 score): Senior 10/-, Y.A. 7/6.

Individual entrants: Y.A. 2/-, Senior 2/6.

Prizes: Trophy & Prizes to first 3 teams & first 3 individuals both races, also 1st Veteran.

Entries by Nov. 25th, to I. S. Byett, 21 Bardwell Close, Basingstoke, Hants.

GUILDFORD & GODALMING A.C.

present the 13th annual

HOG'S BACK OPEN ROAD RACE

(9½M)

(Under A.A.A. Laws)

SATURDAY, 19th DECEMBER, 2.50 p.m.

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

Entry Fee: 4/- per runner (no team fee) on A.A.A. forms to A. W. Blatchford, 11 Thorn Bank, Onslow Village, Guildford, Surrey, by 9th December (s.a.c. please).

CROYDON HARRIERS

are promoting the following races

At the CRYSTAL PALACE SPORTS CENTRE

ON SATURDAY, 20th MARCH, 1971

2nd ANNUAL ROAD RELAY (Men)

10 x 2½ Miles—3 p.m.

Entry Fees: "A" teams 25/- (£1.25); "B" teams 12/- (60p).

2nd ANNUAL COLTS' ROAD RACE

2½ Miles—2 p.m.

Entry Fees: All teams 6/- (30p); Individuals 2/- (10p). Teams of 4, 3 to score. Ages under 14 on 1.9.70.

INAUGURAL JUNIOR LADIES' ROAD RACE

1.3 Miles—2.30 p.m.

Entry Fees: All teams 6/- (30p), Individuals 2/- (10p). Teams of 4, 3 to score. Ages 11 to 15 on 1.9.70.

All races on the Motor Racing Circuit

NO TRAFFIC!

Awards for all races—Individuals and Teams
Entries and enquiries to:—

John Hills, 33 Coniston Road, Croydon, CRO 6LP (01-656-9559).

ENTRIES WILL CLOSE 8th MARCH, 1971