

October 5th 1974 Vol. 28 No. 40

a

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

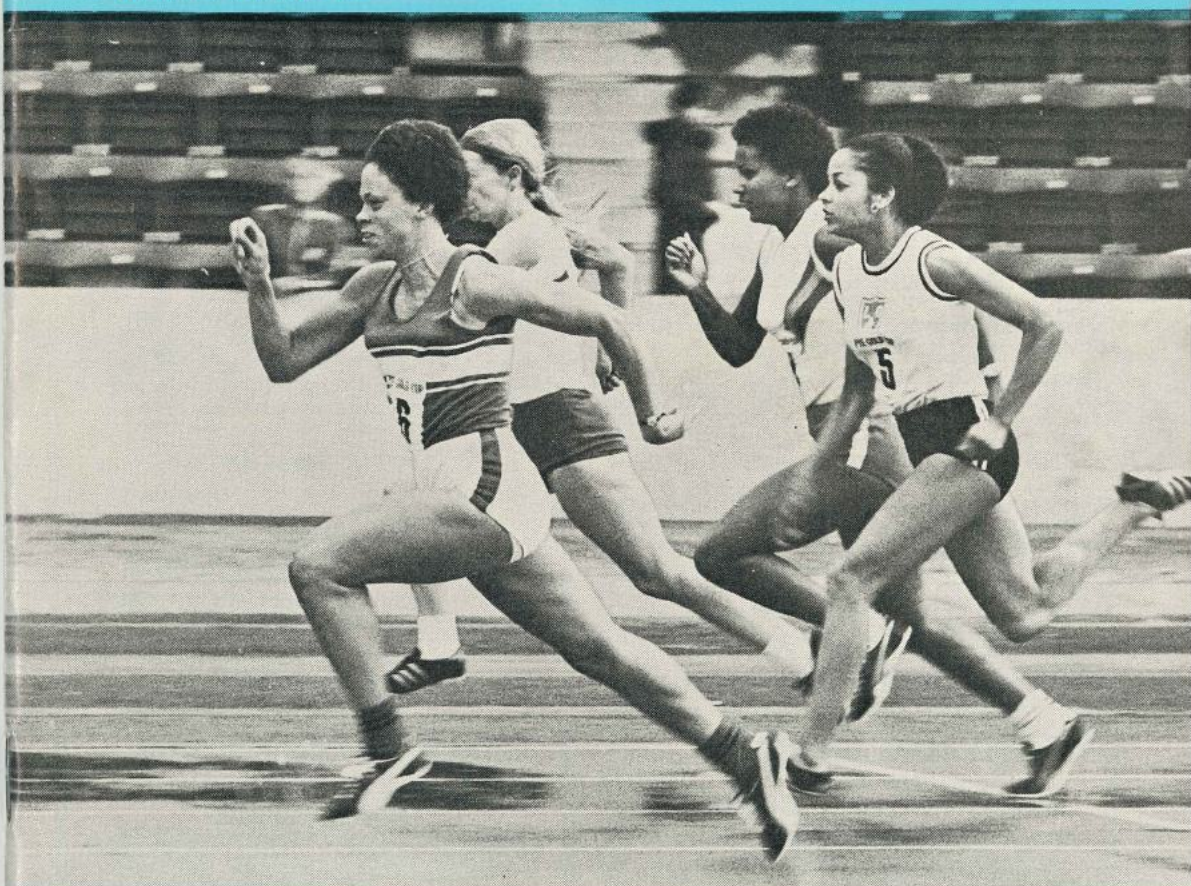
thletics

UK v FINLAND MATCH

Jon Wigley reports from Crystal Palace

★ **The Brendan Foster
Story (Part Two)**

★ **Changes made to
Cross-Country Rules**



12p

ANDREA LYNCH
draws away in
British Women's
Club Cup
Final 100m.

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Five World Bests For Ray

RAY MIDDLETON, the 38-year-old Belgrave Harrier who began his athletics career as a high jumper and half miler a quarter of a century ago, reached the heights at last in the Accolade-sponsored 8 hours track walk at Harin-gy on Sunday. He finished the gruelling test in possession of no fewer than five world best performances: 40 miles in 5:56:29, 40M 581y (64,905m) in 6 hours, 46M 1263y (75,187m) in 7 hours, 50 miles in 7:31:06 and finally 53M 352y (85,618m) in 8 hours. The presentation was made, appropriately, by Harold Whitlock (70) who had held all the records since 1935. His marks were, respectively, 6:07:07, 39M 475y (63,197m), 45M 803y (73,155m), 7:44:47.2 and 51M 1042y (83,029m). Ken Harding (45) and John Lees (29) also bettered Whitlock's records.

Ray, who covered just over 214 laps at about 2½ minutes per lap, passed 10km in 53:04, 10M in 1:25:38, 20km in 1:46:04, 30km in 2:41:09, 20M in 2:53:03, 25M in 3:38:00, 30M in 4:23:21, 50km in 4:34:05 (followed by Lees at 4:36:30, Charley Fogg at 4:39:26 and Harding at 4:40:15) and 35M in 5:10:38. His 10M splits were 1:25:38, 1:27:25, 1:30:18, 1:33:08, 1:34:37. His mileage for each hour was 7M 21y, 7M 109y, 6M 1243y, 6M 1068y, 6M 733y, 6M 827y, 6M 682y and 6M 849y. It was a formidable performance calling for exceptional powers of endurance and concentration and Roger Mills summed up the feelings of everyone when he remarked "I couldn't wish it to a better bloke".

Result: 1, R. Middleton (Bel) 53M 352y/85,618m; 2, K. Harding (RSC) 52M 645y/84,277m; 3, J. Lees (B&H) 51M 1353y/83,314m; 4, C. Fogg (Enf) 51M 913y/83,029m; 5, A. Moulinet (France) 51M 817y/82,824m; 6, P. Selby (Sy WC) 51M 581y/82,223m; 7, C. Young (Ex B) 50M 89y/80,550m; 8, R. Michell (B'ht) 49M 1491y/80,221m; 9, D. Harrison (Boundary) 49M 950y/79,741m; 10, D. Boxall (B&H) 49M 211y/79,052m; 11, M. Holmes (Yks) 48M 1448y/78,573m; 12, P. Markham (Leic) 48M 1214y/78,360m; 13, J. Vos (Neth) 47M 486y/74,796m; 14, T. Casey (RoI) 44M 1456y/70,855m; 15, J. Dowling (Sheff) 43M 693y/69,418m. C. Lawton (Bel) retired after 5hr (4:51:38 at 50km). More details next week. **M.W.**

UK JUNIOR DECATHLON RECORD

France, led by Yves Le Roy with a national record of 8229, easily beat the UK (30,712 to 27,692) in a decathlon match at Colombes last weekend, but bright spots for Britain were the personal bests by Alan Drayton of 7127 and by 19-year-old Roy Mitchell of 7088, a UK junior record. Mitchell, whose best score last year was 6183, had a first day total of 4018! Other British scores: Mike Corden 6801, Chris Youngs 6676, Nick Phipps 6319, Roy Snow 5881. Juniors: (France won 19,571 to 17,500) Dubose 6192, Hay 5927, Richards 5381.

Sue Wright won the pentathlon with a personal best of 4192 (14.1, 9.67, 1.72, 6.18, 24.7); Sue Mapstone scored 3999 and Pat Chapman 3914. The UK won 12,105 to 11,814.

NORTHERN COACHING CLINICS

Coaching Clinics on similar lines to those held for the past ten years will be staged at Witton Park, Blackburn, on Sunday mornings (11-1) throughout the winter, with the emphasis on practical coaching. All athletes of reasonable club standard are welcome; no fee charged; light refreshments on sale. Dates are Oct 13th, Nov 3rd, Dec 1st, Jan 5th, Feb 2nd, March 2nd, Apr 6th. Coaches: sprints—M. Yardley, B. Kelly; distance—T. Nortley; hurdles—R. Birrell, P. Cook; HJ—B. Richardson; PV—I. Ward; LJ/TJ—D. Young, T. Holliday; SP—D. Pratt; DT—G. Kirby; HT—M. Holmes; JT—B. Sanderson. Further information from George Kirby, 115 Revidge Road, Blackburn (Tel: home 663557, school 54664). Similar Clinics will be held by Sale H at Crossford Bridge on the third Sunday of the winter months, starting Oct 20th.

UK FIXTURES 1975

Clubs, area associations, etc are requested to submit to the BAAB Teams & Fixtures Secretariat, 70 Brompton Road, London SW3 1EE, any known fixtures and venues by October 18th so that a provisional Fixture List for 1975 may be prepared prior to the European AA Calendar Congress in Zagreb early in November.

(Cover photo by Ed Lacey)

DERWENT/WEST CUMBERLAND A.A.C. 15th Annual

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Sponsored by 'Masseur Parlour', Workington
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CLOSING DATE OCTOBER 18th

CHELMSFORD ATHLETIC CLUB

27th Annual

ROAD RELAY RACE

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ON SATURDAY, OCTOBER 26th, 1974

Awards will be made to the first 3 teams, the first unplaced 'B' team and to the athlete recording the fastest lap time.

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ENTRIES CLOSE MONDAY, OCTOBER 14th

ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, October 5th: Cardiff AAC's Lake '15' (entries include Bob Sercombe, Don Faircloth, Steve Edmunds, Eric Austin, Dave Holt, Mike Hurd, Bernie Plain, Mike Critchley, Bob Atkinson); Northern Six-Stage 25M Road Relay at Cleethorpes; McAndrew Road Relay at Glasgow; Wimbledon '10' and Young Athletes Road Races from Wimbledon Park Track; Ealing and Southall CC Relay; Cambridge and Coleridge Autumn Road Relays; Haywards Heath Open CC Races; Vets Road Relay (inc Southern Champs) at Bexley; Newport CC Relay and YA Race at Glebelands; Sutton Coldfield Schools CC Relays.

Sunday, October 6th: Cutlers Relay at Sheffield; Camberley Road Relays; Luton to Bedford 20M Road Relay; Newbury '9'; East Surrey League Road Race; Frodsham Ladies CC Races; Holmfirth Harriers YA Races; Strathclyde LAC CC Meeting at Balloch; Erith '6'; Young Athletes Sunday CC League at Welwyn; Sponsored Walk (in memory of Phil Embleton) at Peckham Rye Park (from 10.30 am).

Wednesday, October 9th: SCAAA Open Meeting at Crystal Palace (7 pm); Binbrook CC Relay.

COSFORD INDOOR DATES

Meetings at Cosford for the coming season are November 16th, December 14th, January 10th/11th (Cosford Games), January 31st/February 1st (National Championships), February 15th (International Match), March 21st/22nd (Under 20 and Intermediate Championships).

MIDLAND COUNTIES DINNER

The annual MCAA Dinner will be held at Connaught Hotel, Wolverhampton, on November 8th (7 for 7.30). Tickets (£2.50) from MCAA Offices. The AAA Draw will be made at this function.

Among the 64 teams entered for the Cutlers Relay at Graves Park, Sheffield on October 6th are Derby and County, Airedale and Spen Valley, Small Heath, Sheffield United, Manchester and District, Leeds City & Cambridge University Hare and Hounds. Individual entries include Mike Turner, Dick Newble, Ricky Wilde, Dave Black, John Temperton, Dave Moorcroft and Mike Baxter.

UK v Finland**At Crystal Palace, September 25th/26th**

IT COULDN'T HAVE BEEN CLOSER!

Women tie their match: Finnish men win by single point**FIRST DAY, SEPTEMBER 25th**

IT is five years since the Finnish men were last at Crystal Palace and on that occasion the UK won by 118 points to 93 points. Yet, at the end of this first day, here were the British men's and women's teams trailing to the might of the tiny Finnish nation. Why? In 1969 the Finns were completely revolutionising their athletic system based on modern business trends and pouring considerable money into the purchase of training expertise and the science of athletic physiology. The quickly found confidence of the distance runners, with their 'Flying Finn' heritage, has now permeated into the other men's events and more recently to the women who made a meteoric rise in world athletics—all of which has helped to develop a small but highly talented squad of world class athletes. The long, hard Finnish winter clamps down on any competition so that when the spring comes the Finns are hungry to compete and it lasts right through the highly competitive Nordic summer.

It was a cold evening with many small pools

of water on the Tartan track but the huge down-pour at the start of the first event—the discus—put a dampener on many performances for the rest of the evening. The rain swept down in curtain rods onto the discus circle and European champion Pentti Kahma and Bill Tancred mis-fighted their first throws outside the sector. Kahma was taking no chances and threw in full tracksuit with obvious caution until the final round when, with arms flailing like a windmill,

Jon Wigley reporting

he put the rest firmly in place. The rain began to peter out during the competition while at the other end of the ground the Finns brought a cold ruthlessness to the high jump competition, allowing the UK representatives to eliminate themselves at 1.80 and 1.90 before themselves taking 2.00m in tracksuit bottoms.

The first track event of the evening did much



Riitta Salin, here winning European 400 title, featured in three victories at Crystal Palace.

Ed Lacey



Rosemary Wright followed up her Cup Final 1500 win with another personal best (4:24.7) v Finland.

Ed Lacey

to warm the British supporters as Bill Hartley stepped admirably into Alan Pascoe's shoes. From the gun Hartley fought with the aggression of a man who was determined not to be beaten and Steve Black paced himself sensibly to complete a clean sweep. Both the 100m races were close affairs with David Roberts and Sonia Lannanman excelling in the cold conditions. Mona-Lisa Pursiainen powered away from the rest of the field after a mediocre start but in the last 30m relaxed a little too dangerously and Sonia closed with a vengeance to record the same time. Both the Finnish men and women used a high arched back stance in the 'set' position which appeared to give a fierce whip out of the blocks. David Roberts made a fine debut, holding on in the final 10m against the fast finishing Vilen.

Paula Yeoman tried all she knew to drop the 1500 field before the bell but the Finnish girls had their instructions not to take up the running and Paula had no answer to the sprint finish of Sinneka Tynnela off the final bend. Rosemary Wright improved again at her new distance. The women's 400 proved something of a further confidence booster for Donna Murray. Having defeated Rita Wilden (European bronze medalist) at the Coke meeting behind Irena Szewinska here was an opportunity to face the European champion, Riitta Salin. Salin was away fast and Donna caught her first glimpse of her opponent as they entered the backstraight. Donna responded and held Salin to the 200 mark where the Finn really drove hard and opened a wide gap, but Donna refused to give in and fought every inch of the home straight with both girls at full tilt. Salin was aware of the attack but had no extra speed left and was looking back anxiously as she held on to her hard earned winning margin. Donna's 52.0 was only a fifth outside her UK record and Ruth Kennedy (53.5) equalled her best. The men's 400 was a show-piece for David Jenkins. He put his head down for the first 200, cruised the bend and while Ossi Karttunen tied up in the home straight (nearly being caught by fast finishing Roger Jenkins) David pulled further away.

Pirkko Helenius, European long jump bronze medallist, was too good for the rest of the field. She had 'fire' on the runway but a good control

on take off with a long pull in the air. Ruth Martin-Jones chased consistently but is such a long run-up necessary? Helenius was as fast on two thirds the distance. David Johnson put together a consistent triple jump series whilst Aston Moore, as in Oslo, proved himself a mature competitor for a Junior and like Milton Palmer is hopefully gaining valuable experience for the future.

The Finns fielded Lasse Viren and Pekka Paivarinta for the 5000 and this talented pair set out to pick off their men as efficiently as eagles. Paivarinta opened with a 61.1 which Chris Stewart did well to cover while 10m back Viren shadowed the subdued 'danger-man', Tony Simmons. Stewart took the lead at 500 and within a lap had slowed things down and the bunch re-formed. Three laps of 65.7, 65.2 and 66.0 had Simmons dropped and from here on the Finns took a lap apiece in the 66-68 range. From six laps on, Stewart slowly lost ground and three laps from home Paivarinta began to step out—and an unusually red faced Viren 'died'. The gap back to Stewart seemed too great but it closed gradually as Paivarinta sailed away with a comfortable looking 61.3 last lap. Coming off the final bend Stewart charged the last 10m on Viren and the double Olympic champion could only raise a gallop, finally hanging on to second place by a superior dip finish. Of all the Finnish distance runners, steeplechaser Tapio Kantanen is probably the fittest and it was a great shame that he fell twice in Rome. John Davies set off quickly, Kantanen took up the front after two laps and one lap later John Bicourt gave chase as Davies surprisingly slipped back. Kantanen's hurdle clearance is so economical that there is hardly a break in rhythm and he continued to cut out the pace relentlessly from the front until with six laps gone Bicourt gave way and Kantanen came home with so much in reserve the race seemed only to serve as a training session.

On a cold evening the Finns gave a demonstration of the ART of throwing the javelin. In the opening round Seppo Hovinen unleashed an 80m+ throw to demolish the UK throwers' dreams. European champion Hannu Siitonen got into his stride in the fourth round with a throw that drew spontaneous applause from everybody, including the throwers. He decided he had done enough and passed up his two final throws. The essential difference between the UK throwers and the Finns is in the final stage of delivery. The speed and whip in the delivery arm of the Finns is noticeable.

The women won the 4 x 100 relay comfortably with Helen Golden doing the damage on the third leg which left Pursiainen no chance against a very determined Sonia Lannanman. Brian Roberts got the men's team away to a good start but Juhola brought the Finns into contention on the third leg and Brian Green was unable to hold Raty on the run in. However, Finland were disqualified for an illegal second change-over.

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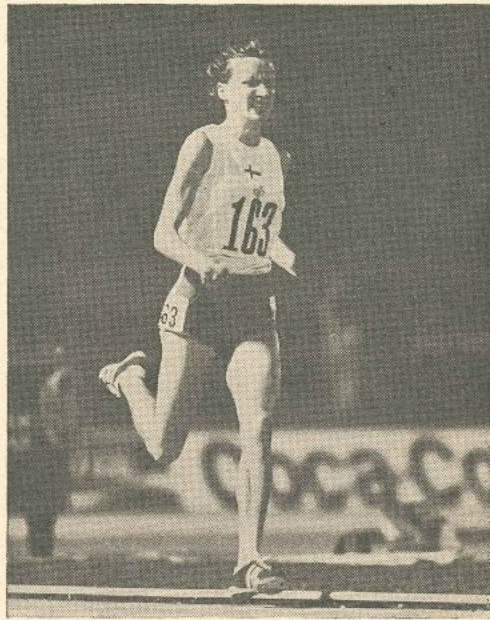
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ROGER JENKINS
Winning Pye Gold Cup Final 200m.
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NINA HOLMEN
During European 3000 triumph.
Ed Lacey

Men

100: 1, DAVID ROBERTS (UK) 10.7; 2, R. Vilen (F) 10.7; 3, BRIAN GREEN (UK) 10.9; 4, R. Raty (F) 10.9.

400: 1, DAVID JENKINS (UK) 46.2; 2, O. Karttunen (F) 47.0; 3, ROGER JENKINS (UK) 47.4; 4, S. Lonnqvist (F) 48.5.

5000: 1, P. Paivarinta (F) 13:43.4; 2, L. Viren (F) 13:53.2; 3, CHRIS STEWART (UK) 13:53.4; 4, TONY SIMMONS (UK) 14:14.2.

3000SC: 1, T. Kantanen (F) 8:34.4; 2, JOHN BICOURT (UK) 8:41.2; 3, JOHN DAVIES (UK) 8:53.0; 4, M. Pulkkinen (F) 8:59.2.

400H: 1, BILL HARTLEY (UK) 50.9; 2, STEVE BLACK (UK) 51.7; 3, R. Koivu (F) 52.0; 4, R. Alanen (F) 55.1.

HJ: 1, H. Sundell (F) 2.10/6'10½"; 2, A. Pesonen (F) 2.06/6'9"; 3, COLIN BOREHAM (UK) 1.85/6'0¾". MILTON PALMER (UK) failed at opening height (1.80) in heavy rain.

TJ: 1, P. Kuukasjarvi (F) 15.84/51'11½" (—, 15.55, 15.83, —, —, 15.84); 2, DAVID JOHNSON (UK) 15.52/50'11" (15.37, 15.45, 15.38, 15.24, —, 15.52); 3, ASTON MOORE (UK) 15.21/49'11" (15.19, 15.21, 14.74, —, 14.95, —); 4, J. Maki-Maunus (F) 15.17/49'9½" (15.08, 15.00, —, 15.04, 15.09, 15.17).

DT: 1, P. Kahma (F) 59.80/196'2" (—, 57.50, 58.42, —, —, 59.80); 2, J. Rinne (F) 58.24/191'1" (57.74, 58.24, 55.40, 56.30, —, —); 3, BILL TANCRED (UK) 56.84/186'6" (—, 56.78, —,

54.64, 56.84, 56.70); 4, JOHN HILLIER (UK) 54.68/179'5" (52.16, 52.52, —, 53.44, 53.54, 54.68).

JT: 1, H. Siitonen (F) 84.56/277'5" (76.76, 80.34, —, 84.56, p, p); 2, S. Hovinen (F) 82.86/271'10" (80.98, 79.32, —, 82.86, 81.44, 78.66); 3, DAVID TRAVIS (UK) 79.02/259'3" (75.74, 72.88, 79.02, 76.14, 78.04, 77.86); 4, KEVIN SHEPPARD (UK) 76.68/251'7" (—, 73.94, 74.74, —, —, 76.68).

4 x 100: UK (ROBERTS, A. LERWILL, B. COLE, GREEN) 41.3. Finland (Malin, Vilen, Juhola, Raty) disq.

Points: Finland 55; UK 48.

Women

100: 1, M-L. Pursiainen (F) 11.5; 2, SONIA LANNAMAN (UK) 11.5; 3, HELEN GOLDEN (UK) 11.9; 4, U. Lax (F) 12.4.

400: 1, R. Salin (F) 51.5; 2, DONNA MURRAY (UK) 52.0; 3, RUTH KENNEDY (UK) 53.5; 4, P. Wilmi (F) 53.8.

1500: 1, S. Tyynela (F) 4:21.2; 2, PAULA YEOMAN (UK) 4:23.3; 3, ROSEMARY WRIGHT (UK) 4:24.7; 4, A. Wirkberg (F) 4:33.9.

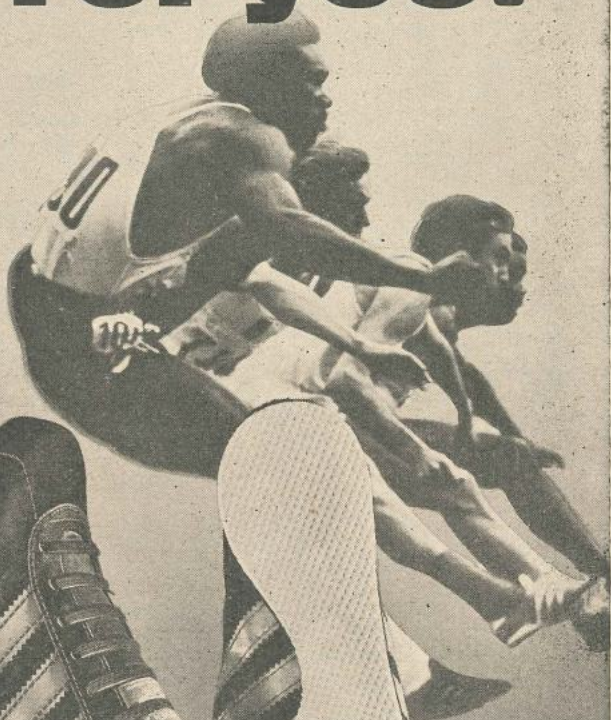
LJ: 1, P. Helenius (F) 6.16/20'2½" (6.13, 6.04, —, 6.16, 6.09, —); 2, RUTH MARTIN-JONES (UK) 6.09/19'11½" (5.49, 6.04, 6.00, 6.07, 5.98, 6.09); 3, T. Rautanen (F) 5.88/19'3½" (—, 4.68,

Continued on page 24

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Decathlon/Pentathlon Results**MIKE CORDEN 6821**

At Kirkby, September 14th/15th

MIKE CORDEN, for the second year in succession, set a new Championship best in the Northern Decathlon with 6,821 points, beating the old record by 99 points. This would have been greater but for the fact that he got cramp during the final lap of the 1500, causing him to slow and finish 18sec down on his best. Alan Shaw turned the tables on Denis Doyle by taking second place with 6074, an improvement of 61 points on his AAA performance. The best individual performance was by Harry Frobisher in the Javelin with a throw of 63.38.

In the inaugural Under 20 Championship, Martyn Hay improved on his AAA performance by 111 points to place him 4th in the junior rankings. It was most encouraging to see four of the five competitors over 5,000 points using senior implements, all earning Grade 1 standards. Two of these, Stan Ramos and Jim Delaney, are only 17 and still have another two years in this age group. Tom McNab's policy of starting them young is certainly paying off. Steve Thomas successfully carried off the Junior Pentathlon and then continued to take second place in the Decathlon.

Les Williams

1, M. Corden (Sheff Cty) 6821 (CBP) (11.7, 6.22, 12.63, 1.85, 52.5, 16.2, 41.64, 3.90, 57.94, 4:44.60); 2, A. Shaw (Long) 6074 (11.4, 6.43, 9.59, 1.85, 52.3, 15.7, 29.48, 3.10, 41.62, 4:45.4); 3, D. Doyle (Shrew) 5590; 4, H. Frobisher (Bing) 5266 (63.38); 5, T. Straker (NSP) 5184; 6, I. Robinson (Wirr) 5138; 7, B. Thompson (Liv H) 4702. L. Spencer (Long) dnf (11.7, 6.31, 9.95, 1.80, 56.0,

15.9, 34.52, 3.90, 37.54). (Guests): G. Ward (Stoke) 6038 (11.8, 6.42, 10.32, 1.88, 52.9, 17.3, 30.94, 3.70, 43.14, 5:00.7) & J. Crotty (Stoke) 5973 (11.6, 6.78, 10.39, 1.70, 53.6, 16.2, 28.80, 3.00, 49.16, 4:48.0).

Juniors

1, M. Hay (Donc/Leeds Un) 5683 (12.2, 6.34, 11.06, 1.70, 54.9, 16.5, 33.32, 2.80, 48.16, 5:00.2); 2, S. Thomas (Furn) 5293 (11.7, 6.52, 12.04, 1.70, 57.0, 18.7, 30.16, 2.20, 49.36, 5:19.9); 3, S. Ramos (W'loo) 5220 (11.8, 5.99, 10.60, 1.85, 55.1, 17.2, 23.28, 2.60, 33.34, 4:57.2); 4, J. Delaney (Hull S) 5066; 5, Harrison (Lake) 4485. (Pentathlon—held on first day): 1, S. Thomas (Furn) 3171; 2, N. Mason (MAC) 3055; 3, D. Bryan (Brigg GS) 2899; 4, D. Tomkins (Warr) 2817; 5, J. Siddle (Bolt) 2333.

ROY MITCHELL 6745

At Crystal Palace, August 31st/September 1st

HEAVY rain spoiled the second day's competition of the Southern Decathlon Championships but Roy Mitchell still set or equalled his personal best in seven of the events, his total of 6745 constituting a UK Junior record. He completely dominated the meeting and would have won the senior competition which was comfortably controlled by the popular Snowy Brooks. The large entry forced the organisers to place some competitors who were attempting their first decathlon into a competition which enabled them to complete the ten events but not in the correct orders.

Senior Men

1, C. Brooks (Bel) 6577 (11.4, 6.93, 13.30, 1.89, 51.7, 16.6, 37.36, 3.20, 48.58, 5:09.4); 2, C. Youngs (Worth) 6414 (11.5, 6.28, 13.01, 1.89, 51.4, 15.9, 31.42, 3.20, 48.56, 4:56.1); 3, L. Spencer (Guest)



Klaus-Peter Justus of East Germany (398) snatches the European 1500m title from Denmark's Tom Hansen (140) with Thomas Wessinghage of West Germany (496) third.

Mark Shearman

6111 (11.7, 6.74, 10.70, 1.76, 52.8, 16.4, 35.14, 3.80, 42.98, 5:26.5); 4, P. Zeniou (N Lon) 6104; 5, N. Phipps (Wok) 6083; 6, M. DeHavilland (N Lon) 5860; 7, R. Everett (Kt) 5694; 8, A. Drayton (S&E) 5615; 9, C. Jousiffe (High) 5507. **(B competition/non-Championship):** 1, M. Burgess (Hast) 5031; 2, M. Allwood (Ver) 4916; 3, P. Clarke (Ver) 4746; 4, L. Anthony (N Lon) 4608.

Juniors

1, R. Mitchell (RN) 6745 (11.3, 7.30, 11.30, 1.96, 50.2, 15.4, 34.46, 2.90, 53.14, 4:59.9); 2, A. Salander (H&S) 5761 (11.8, 6.74, 8.81, 1.80, 51.3, 16.2, 29.20, 2.80, 33.10, 4:37.5); 3, J. Howell (Guest) 5415 (12.1, 6.19, 11.85, 1.60, 55.6, 17.9, 42.78, 3.00, 45.54, 6:04.4); 4, G. Richards (Ver) 5411 (11.8, 6.44, 10.09, 1.80, 53.7, 16.2, 27.82, 2.50, 28.78, 4:51.8); 5, M. Smith (Craw) 5317; 6, C. Mitchinson (Har) 5256; 7, G. Vose (Sy B) 5065; 8, B. Gorman (Yeo) 4974; 9, D. Brown (Har) 4823; 10, P. Stevens (Brack) 4798; 11, C. Andreas (E&S) 4644; 12, T. Simpson (East) 4630; 13, M. Jones (Ver) 4611; 14, G. Rikly (Brack) 4595; 15, A. Dainton (Har) 4441. **(Non-Championships—B competition):** 1, B. Thorne (Lut) 5098; 2, S. Ashdown (Lut) 4960; 3, A. Taylor (High) 4674; 4, M. Rhodes (East) 4401; 5, D. Hazel (Har) 4393; 6, D. Alexander (VPH) 4328; 7, I. Hoube (Lut) 4257; 8, P. Hunter (—) 4217; 9, B. Slaughter (East) 4152.

MIDLAND WAAA JUNIOR PENTATHLON CHAMPS

At Stoke, September 7th

1, H. Browne (Cann) 2855 (12.2, 6.24, 1.44, 5.05, 28.9); 2, M. Ross (B'field) 2838 (11.7, 7.64, 1.26, 4.62, 26.9); 3, A. Burgess (B'field) 2698 (12.5, 7.50, 1.23, 4.89, 27.8); 4, V. Kelly (Stoke) 2691; 5, J. Parry (Glos) 2574.

(Senior Men) Open Pentathlon: J. Crotty (Stoke) 2736 (6.29, 50.78, 23.7, 29.48, 5:23.2). **(Inter women)** 80H: 1, L. Ilderton (Stoke) 12.0; 2, Y. Wray (Shrew) 12.1; 3, G. Stew (Cov) 12.6. **(Juniors)** 2500W: 1, D. Ilderton (Stoke) 14:27.8; 2, S. Baker (Sol) 14:53.8; 3, D. Newby (Sol) 14:54.8; 4, S. Smith (Sol) 15:13.6; 5, K. Eden (Sol) 15:25.2.

YORKSHIRE WAAA PENTATHLON CHAMPS

At Cleckheaton, September 15th

(Seniors): G. Smith (Rown) 3456 (5.42, 26.5, 16.2, 9.29, 1.56). **(Inters):** 1, J. Goldthorpe (DHTC) 3124 (4.63, 26.8, 12.9, 7.34, 1.53); 2, S. Linsey (M&C) 2966; 3, V. Langley (Sheff C) 2801; 4, P. Robinson (Cty Hull) 2680; 5, A. Mayo (Rown) 2656. **(Juniors):** 1, S. Dewhirst (Rown) 3201 (4.73, 28.0, 12.7, 8.51, 1.49); 2, V. Roach (Cty Hull) 2899; 3, D. Rimmington (DHTC) 2646; 4, J. Sykes (DHTC) 2529; 5, J. Wordsworth (Rown) 2450.

(Senior Women) 3000: 1, J. Haigh (Long) 10:26.8; 2, V. Cole (Long) 10:42.6. 400H: 1, S. Howell (Cty Hull) 61.6; 2, G. Williams (A&SV) 68.4. **(Inters)** 1500: 1, S. Dean (Long) 4:36.5; 2, M. Leisk (Hull S) 4:39.0; 3, V. Stammers (Hull S) 4:48.4; 4, J. Clarke (SUH) 4:52.1.

LEICESTERSHIRE DECATHLON & PENTATHLON CHAMPS

At Leicester, September 10th/11th

(Men): C. Mainwaring 4770 (15.6 110H); **(Juniors):** 1, Jeff Hills 4643; 2, G. Hopewell 4623; 3, John Hills 4619. **(Youths):** R. Frost 3420; **(Boys):** B. Ford 3649.

(Women): J. Richardson 3162 (17.0, 9.58, 1.47, 5.34, 28.2). **(Inters):** 1, K. Warren (Dby-gst) 3272 (11.8, 6.80, 1.37, 5.51, 26.5); 2, A. Bonser 3145; 3, S. Stevens 2770. **(Juniors):** 1, D. Grant 2802 (14.5, 7.24, 1.64, 4.45, 28.7); 2, S. Kilby 2569; 3, G. Martin 2553.

Welsh Results

WELSH LEAGUE (Div 1)

At Cwmbran, August 17th

Cardiff 262; Carmarthen 257; Swansea 220; Newport 202; Cwmbran 171; Gilwern 15.

100: G. Edwards (New) 11.1. 200: P. Keeling (New) 22.9. 1500: 1, D. Hopkins (New) 3:55.7; 2, B. Fenn (Swan) 3:58.6. 5000: 2, R. Sercombe (New) 15:03.2. 3000SC: 1, W. Ashford (Cwm) 9:38.4; 2, B. Griffiths (Card) 9:39.8. 110H: Rees 15.8. **(B):** N. Lloyd (Carm) 16.0. 400H: 1, R. Rees (Carm) 57.3; 2, R. Richardson (Swan) 57.3. **HJ:** N. Thomas (Carm) 1.85/6'0 3/4" (rec). **PV:** 1, D. Lease (Card) 4.40/14'5 1/4" (rec); 2, I. Rees (Carm) 4.20/13'9 3/4"; 3, G. Pickering (Carm) 4.00/13'1 1/4". **TJ:** M. Lucas (Card) 13.43/44'0 3/4". **HT:** G. Window (Card) 44.60/146'4". **JT:** G. Brooks (Card) 57.80/189'7". 4 x 100: 1, Newport 43.6; 2, Carmarthen 44.2.

Final positions: Carmarthen 22; Newport 21; Cardiff 'B' 20; Swansea 'B' 19; Cwmbran 18; Gilwern 4.

RAY THOMAS RELAYS

At Cwmbran, September 15th

The relays were won for the second year in succession by Cardiff, but they had to struggle all the way against old rivals Wolverhampton & Bilston and Bristol. Comparative newcomers to the scene, Cwmbran Olympiads, gave the best display since their formation to beat all other Welsh clubs taking part, notably Swansea.

Clive Williams

Cardiff 129; Bristol 123; W&B 111; Cwmbran 78; Swansea 74; Westbury 62; Newport 46; Gloucester 41.

(Seniors) 4 x 100: Newport 44.4. 4 x 400: 1, Cardiff 3:24.2; 2, W&B 3:25.9. 3 x 800: Cardiff 5:56.0. **(Youths)** 4 x 100: 1, Bristol 45.7; 2, Cwmbran 47.0. 4 x 400: 1, Cwmbran 3:31.2; 2, Bristol 3:35.6. **(Boys)** 4 x 100: 1, Bristol 48.3; 2, Cardiff 49.0. 4 x 400: Swansea 3:52.7. **(Women)** 4 x 100: W&B 50.2. 4 x 200: W&B 1:43.1. 3 x 800: Bristol 7:02.6. **(Juniors)** 4 x 100: W&B 53.5. 4 x 200: 1, W&B 1:49.9; 2, Cardiff 1:50.5; 3, Bristol 1:50.7; 4, Swansea 1:54.4; 5, Gloucester 1:55.8; 6, Cwmbran 1:55.8. 3 x 800: Bristol 7:27.8.

The Value of SCAA Open Meetings

IT was back to reality at Crystal Palace on September 18th. A handful of spectators (relatives and friends mainly) huddled in the stands whilst athletes in various stages of warm-up littered the infield. All that remained of the euphoria of the Coca Cola meeting of five days earlier was the broken fence lying along the backstraight, propped up against hurdles like a drunk at a party. If these Southern Open meetings are not crowd pulling affairs, they certainly perform a valuable service in providing athletes with the opportunity of competing against others of their calibre with good facilities and officiating, so therefore earn their place.

Mark Clark (18), in his last race as a junior, ran a relaxed and unpressed 48.3 400 from the inside lane—excellent time on a chilly autumn evening. Another Junior international in form was Dick Callan (18) who smartly outpaced Keith Penny (24) over the last 80m of the senior 1500 to win in 3:51.3. After months off racing through a foot injury and fibrositis, Mervyn Brameld (22) astonished himself by winning the 5000 in a personal best of 14:19.2, and Ian Cooper (16), the Southern Youth 200 champion, clocked a fine 50.3 over the full lap. Experimenting with the new Apollo javelin, Dave Travis speared 76.70/251'8" in beating off Kevin Sheppard (74.66/244'11").

Dave Cocksedge

1500: 1, R. Callan (Leic C) 3:51.3; 2, K. Penny (Camb H) 3:52.5; 3, P. Cheate (Ex B) 3:53.0; 4, 3:53.4; 5, R. Pitt (Aus) 3:53.7; 6, H. Starkey (Shaft) 3:55.7; 7, D. Elston (B'mth) 3:55.8; 8, P. Chimes (Felt) 3:57.1; 9, N. Leach (Craw) 3:58.4. (B): J. Mankelov (Camb) 3:59.4. **5000:** 1, M. Brameld (Inv) 14:19.2; 2, J. Todd (ASV) 14:19.8; 3, R. Cytla (Glos) 14:28.4; 4, P. Norell (Har & S) 14:31.6; 5, M. Connelly (Walt) 14:34.0; 6, P. Burton (S'ton) 14:35.6; 7, D. Curwell (AFD) 14:45.0; 8, L. Gough (Ex B) 14:47.2. **110H:** 1, N. Gerrard (Met Police) 15.3; 2, M. Hatton (Read) 15.7. **PV:** 1, A. Williams (Camb H) 4.50/14'9"; 2, Jeff Fenge (Herc W) 4.50; 3, C. Kidd (Hill) 4.20/13'9"; 4, T. Gardner (Hill) 4.20. **DT:** 1, N. Griffin (WSE) 47.10/154'6"; 2, N. Tabor (S'ton) 44.42/145'9"; 3, C. Sutherland (Mit) 42.60/139'9". **JT:** (Apollo Invitation event) 1, D. Travis (Sy AC) 76.70/251'8"; 2, K. Sheppard (Walt) 74.66/244'11"; 3, D. Heath (W Grn) 71.68/235'2"; 4, D. Ottley (Thurr-J) 71.40/234'3"; 5, B. Roberts (Har & S) 68.62/225'1"; 6, P. Hollywood (London Hosp) 67.88/222'8"; 7, P. Yates (Exeter) 65.28/214'2"; 8, K. Turnbull (KAC) 61.56/202'0".

(Juniors) 400: 1, M. Clark (Guildford) 48.3; 2, G. Morgans (Wyc P) 50.9. **1500:** 1, N. Brooks (B'mth) 4:01.1; 2, M. East (Twick) 4:01.4; 3, G. Jackson (Horsham BS) 4:04.3. **(Youths) 400:** 1, I. Cooper (B'mth) 50.3; 2, R. Bishop (Brighton) 51.9; 3, N. Booth (Croy) 52.6. **1500:** 1, K. Thomp-

son (Mkt Harb) 4:11.1; 2, C. Turner (W Grn) 4:12.5; 3, S. Lockwood (Hastings) 4:14.5. **(Boys) 400:** 1, K. Trigg (Brack) 54.2; 2, D. Batchelor (Guild) 55.5. **1500:** 1, N. Moss (Felt) 4:27.3; 2, M. Frith (HHH) 4:34.4. (B): D. Moore (Bracknell) 4:31.1.

LILY 'B' LEAGUE

(Inc 'Junior Ladies' Parents Trophy)

At Norbiton, August 24th

Epsom & Ewell 241½; Aldershot, F&D 219½; Surrey 177; Croydon 176; Mitcham 108; Woking 83.

(Junior Girls) 100: S. Egan (AF&D) 13.0. 200: 1, Egan 26.7; 2, M. Rogers (Sy) 27.0. 800: K. Ellis (AF&D) 2:26.3. 1500: R. Smeeth (AF&D) 4:56.0. 75H: D. Matthews (E&E) 12.1. (B): C. Harding (E&E) 12.6. HJ: C. Hawkins (Mit) 1.55/5'1". LJ: 1, J. Frank-Lynch (Mit) 5.28/17'4"; 2, D. Buckley (Croy) 4.96/16'3¼". SP: C. Dyer (AF&D) 9.96/32'8¼". DT: J. Warren (AF&D) 26.98/88'6". JT: 1, L. Donovan (Croy) 27.94/91'8"; 2, P. Evans (E&E) 27.04/88'8". **(Minors) 200/800:** J. Cullen (E&E) 28.7/2:30.1.

Ray and Lynne Ilott (Havering AC) have moved to 21 Tudor Gardens, Gidea Park, Romford RM2 5LL; Tel: Romford (70) 40056.

BATLEY SPORTS

DEVELOPMENT COUNCIL

(In conjunction with Airedale and Spenn Valley A.C.)

ANNUAL ROAD RACES

(Under A.A.A. and W.A.A.A. rules)

Sponsored by Home Charm Paints (SPL) Ltd.

SUNDAY, October 27th, 1974

Ladies' Composite Relay

Juniors 1½ miles, Intermediates 1 mile, Seniors 1 mile.

Young Athletes' Composite Relay

Boys 2 miles, Colts 1 mile, Youths 3 miles.

Senior 6 Mile Open Race

Individual and Team Race.

TOTAL PRIZE MONEY £130

Prizes for first three teams and first 'B' and 'C' teams in relays; first 6 individuals plus first veteran, first three 'A' and 'B' teams in Senior Race.

Entry Fee: 30p per team in relays and Senior team race, 15p individuals.

Entries to: K. Duckworth, 70 Marsh Street, Bradford BD5 9PB.

CLOSING DATE OCTOBER 16th

Downhill Dash To Victory

ROSSENDALE FELS RACE

(Cat: B/8½M/2000')

ROSSENDALE, a natural national recreation centre with running track, ski slopes, acres of soccer, rugby, and hockey pitches and completely enclosed by hills, brought 149 fell runners together for the 6th annual race on September 15th. The Mayor also paid a visit, a Lancashire habit when anything out of the ordinary takes place. He could report that the council's money had been well spent as the vast crowds cheered Alex Wight as he led the field around the track and out into the open spaces. Wade Cooper was the next to take command on the 1517ft climb over Cribden. He was closely followed by John Waterhouse, Alan Buckley, Colin Robinson (winner in 1969 and 1971), Ron Morris, Ian Partington, Ray Rawlinson, with Ricky Wilde—course record holder with 58:40—and bidding for a hat-trick.

Waterhouse collected the honours for the first to arrive over the next peak Cowpe Lowe (1438), with Buckley a few yards behind and very little change in the rest of the front runners. The formation kept together up Seat Naze (1010) but a downhill dash by former UK 2000m record holder Robinson brought him victory over Buckley and Cooper in 61:58. The team race was a thrilling affair with holders Manchester District Harriers losing to Holmfirth on the count back rule. And promoting club Rossendale taking third place only a point behind the winners.

Joe Lancaster

1, C. Robinson (Rochdale)	61:58																										
2, A. Buckley (Holmfirth)	62:20																										
3, W. Cooper (Manchester & Dist)	62:27																										
4, J. Waterhouse (Bing)	62:32; 5, R. Morris (Wins)	62:57; 6, R. Wilde (M&D)	63:18; 7, I. Partington (Ross)	63:59; 8, Gemson (Lanc)	64:22; 9, R. Rawlinson (Ross)	64:46; 10, G. Ellis (Holm)	65:09; 11, J. Calvert (B'burn)	65:39; 12, V. Regan (Bolt)	65:57; 13, S. Brechell (B'burn)	65:57; 14, G. Jordan (Roch)	66:21; 15, D. Ratcliffe (Ross)	66:43; 16, R. Edwards (Leic)	66:59; 17, V. Duff (Unatt)	67:05; 18, T. Ramsden (Holm)	67:07; 19, K. Duckworth (A&SV)	67:14; 20, J. Irwin (Bing)	67:28; 21, G. Entwistle (M&D)	67:52; 22, D. Waller (Ross)	68:07; 23, K. Mayor (Bolt)	68:14; 24, D. Anderson (Bin)	68:25; 25, M. Anderson (Roch)	68:47; 26, P. Lynch (B'burn)	68:07; 27, T. Parr (Bolt)	69:05; 28, A. Wight (Edin)	69:49; 29, A. Shaw (Roch)	70:40; 30, D. Hargreaves (Clay)	71:16. Teams: 1, Holmfirth 30; 2, Manchester & Dist 30; 3, Rossendale 31.

ROSSENDALE JUNIOR FELL RACE

1, C. Smith (Leic)	11:55; 2, B. Robinson (Ken)	11:57; 3, M. Sholl (Leic)	12:04; 4, G. Moffatt (Ken)	12:08; 5, S. Rowlands (L&M)	12:26; 6, K. Vose (B&F)	12:31; 7, G. Little (Bury)	12:33; 8,
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M. Aspinall (Ross) 12:46; 9, D. Lewis (Ross) 12:42; 10, I. Fletcher (Ross) 12:43; 11, K. Capper (L&M) 12:45; 12, J. Conroy (Bury) 12:52; 13, M. Crankshaw (Bury) 12:53; 14, P. Dixon (Ross) 12:55; 15, K. Ainsworth (B&F) 12:57. (Under 14's 2M): 1, D. Lewis (Ross) 12:42; 2, I. Fletcher (Ross) 12:43; 3, P. Dixon (Ross) 12:53.

BOOT TROPHIES MEETING

At Leicester, September 7th

Leamington 417; Bristol 338; Solihull 324; Coventry 260; Leicester 215; Lincoln 161.

100: 1, T. Bonsor (Cov) 10.9; 2, P. Walsh (Leic) 11.1. 200: Walsh 22.1. 110H: 1, C. Mainwaring (Leic) 15.6; 2, I. Willoughby (Bris) 15.6. HJ: J. Hills (Leic) 1.86/6'11". (B): A. Wright (Leic) 1.86. TJ: T. Wall (Leam) 13.74/45'1". (Senior Women): Derby 313; Lincoln 266; Leicester 230; Coventry 209; Leamington 179. 100H: 1, C. Taylor (Cov) 14.8; 2, K. Warren (Dby) 15.2. 400H: L. Robson (Leam) 68.5. HJ: J. Harrison (Leic) 1.65/5'5". (B): B. Gibbs (Leic) 1.60/5'3". DT: 1, M. Littleworth (Linc) 34.04/111'8"; 2, K. Mallard (Leic) 33.66/110'5". (Inters) 100: K. Warren (Dby) 12.5. 400: C. Avery (Dby) 60.9. 80H: A. Bonsor (Leic) 12.0.

RAF and WRAF INTER-STATION and INDIVIDUAL COMPETITIONS

At RAF Uxbridge, August 7th

(Senior Division)

Brize Norton 79; St Athan 72; Cranwell 62; Cosford 50; Leuchars 45; Wyton 41.

200: Delaney (St A) 22.5. 800: Crabb (B North) 1:54.9. LJ: Grazette (B North) 6.69/21'11½". TJ: 1, Bucknall (B North) 14.25/46'9"; 2, Morris (St A) 13.53/44'4½". SP: Palsey (Leuch) 15.24/50'0". HT: 1, Valentine (Leuch) 46.12/151'4"; 2, Window (St A) 41.10/134'10". JT: 1, Stewart (Cos) 64.00/210'0"; 2, Mawson (Wyt) 62.20/204'1". 4 x 100: 1, St Athan 43.9; 2, Brize Norton 44.0. (Junior Division): Swinderby 86; Oakington 73; Stanbridge 67; Innsworth 62; Oakhanger 36; Sealand 34. 100: Halliday (Stan) 11.1. TJ: Curtis (Stan) 13.53/44'4½".

10,000m Championship at West London, August 9th: Best (Inns) 31:36.8.

Decathlon Champs at RAF Uxbridge, August

8th/9th: 1, McEwan (Swin) 6088 (12.0, 5.98, 13.39, 1.60, 55.7, 16.8, 38.50, 3.30, 58.88, 4:51.6); 2, Walker (Aber) 6003; 3, Stewart (Cos) 5645; 4, Smith (Swin M) 5581; 5, Lynch (Cos) 5084; 6, Green (Boul) 4968; 7, Curtis (Stan) 4946; 8, Shiel (Swin) 4886; 9, Thornburgh (Ely) 4647; 10, Rowlands (Swin) 4551.

YOUNG ATHLETES

ILLUMINATION TORPHY

At Blackpool, September 15th

(Youths, Colts & Boys): Liverpool H 283; Warrington 175; Liverpool Pem 162; Wigan 133; Blackpool & Fylde 75; Waterloo 55. (Inters & Junior Girls): Liverpool H 202; Warrington 150; Blackpool & F 138; Wigan 128; Pilkington 92; Waterloo 53.

Road Races

Tagg From Blinston

LINOTYPE '5'

At Altrincham, September 4th

A RECORD 134 starters set out on Altrincham & District AC's 5 miles road race, sponsored by Linotype Machinery Ltd, on a cool evening. The course is two laps and on the first lap Steve Hollings towed the field round with Mike Tagg, Steve Edmunds, Pete Rawnsley, Pete Waddington and Alan Blinston all in close attendance. At 3½M Tagg and Blinston broke clear of the bunch with Tagg finally getting the better of Blinston over the last three-quarter mile. A big scramble for the minor placings was evident by the fact that Hollings was fourth with 200m to go and finished 7th. There was a close finish for the team awards with Liverpool Harriers and Sale Harriers both finishing with 31 points, but thanks to their last man, Liverpool scraped home. Third place went to Stoke with 35 points, who also provided the first veteran in Roy Fowler. First vet over 50 was K. Jordon of Barnsley.

S. A. Blinston

- 1, M. Tagg (Derby & Co) (rec) 23:28
- 2, A. Blinston (Altrincham) 23:35
- 3, P. Rawnsley (Sheffield Utd) 23:55
- 4, S. Edmunds (Sale) 23:58; 5, J. Norman (Alt) 23:59; 6, P. Waddington (Liv H) 24:02; 7, S. Hollings (Sale) 24:05; 8, F. Davies (Liv H) 24:10; 9, M. Newport (Wins) 24:11; 10, R. Fowler (Stoke) 24:12; 11, M. Oldham (MAC) 24:18; 12, A. Adams (Stoke) 24:20; 13, P. White-man (Stoke) 24:29; 14, A. Dean (Stoke) 24:33; 15, R. Morris (Wins) 24:34; 16, J. Davies (Rown) 24:40; 17, D. Evans (Liv H) 24:41; 18, S. Clegg (Salf) 24:42; 19, K. Carroll (Liv P) 24:43; 20, G.

Davies (Sale) 24:44; 21, R. Brown (Liv P) 24:47; 22, A. Farrell (Liv H) 24:48; 23, C. Leigh (Salf) 24:54; 24, T. Parker (Stret) 24:57; 25, A. Moreley (Bury) 25:03; 26, A. Hitchin (Wake) 25:06; 27, D. Ash (Stoke) 25:10; 28, E. Williams (Leeds) 25:13; 29, J. Craven (Rown) 25:19; 30, R. Hill (Bolt) 25:22. Teams: 1, Liverpool H 31; 2, Sale 31; 3, Stoke 35; 4, Altrincham 43; 5, SUH 50; 6, Liverpool Pem 75; 7, Salford 85; 8, Winsford 98.

Kirkham On His Own

NOTTS '10'

COLIN KIRKHAM'S build-up to the European marathon championship came to nothing with his eighth place (and disqualification) in the Trial race, so instead of 26 miles in the heat of Rome, he ran ten in the cool winds of Nottingham on September 8th. Last year in this race he was outsprinted on the final track circuit by Alan Domleo, but this year he made sure of a convincing win, only one second outside the course record, on a day when the wind slowed most runners by half a minute or more.

Keith Angus, who so nearly earned himself a trip to Rome, was the only one to chase Kirkham in the early part of the race, but he faded over the last three miles, to finish 46sec down on the winner. Harry Leeming ran an isolated race in 3rd place, and local man Chris O'Carroll proved to be strongest of the main bunch, finishing fourth. Ron Hill, recovering from back trouble, started slowly, but came through well in the later stages to take 6th place, behind Mike Phillips of Birchfield.

Notts won the team race for the first time, comfortably beating their local rivals, and winners for the past two years, Derby, but both teams were badly weakened by injuries and illness.

John Burney



First three in the Barnsley '6'—from the left: Steve Kenyon (2nd), David Slater (winner) and Grenville Tuck (3rd).

Roy J. Sabine

1, C. Kirkham (Coventry Godiva) 49:07
 2, K. Angus (Sheffield United) 49:53
 3, H. Leeming (Derby and County) 50:43
 4, C. O'Carroll (Notts) 51:21; 5, M. Phillips (B'field) 51:32; 6, R. Hill (Bolt) 52:21; 7, C. Johnson (Sutt) 52:25; 8, D. Kelly (Salt) 52:29; 9, A. Kearns (Kett) 52:32; 10, F. Drozda (Pless) 52:46; 11, B. Lee (Notts) 53:18; 12, P. Bourne (Notts) 53:58; 13, R. Calvert (S Heath) 54:33; 14, M. Mountford (Staff) 54:38; 15, R. Aconley (Wake) 54:51; 16, C. Seal (Notts) 54:52; 17, T. Farnell (Roth) 54:55; 18, W. Holloway (S Heath) 55:04; 19, K. Lee (Notts) 55:26; 20, R. Stowell (Leic) 55:26. **Teams:** 1, Notts 43; 2, Derby 87; 3, Plessey 126; 4, Saltwell 128; 5, Leicester 162; 6, Newark 184; 7, Holbeach 188. **Vets:** G. Phipps (Leam) 55:43.

Gallagher All The Way

WORTHING DOWNS '11'

At Sompting, September 14th

PAT GALLAGHER set a fast pace from the outset on this tough course (actual distance 10½M) with its five hills, the steepest of which rises 500' in less than a mile. On a hot afternoon, only Paul Marten went with him, and later paid the penalty, dropping out at eight miles. SLH and Brighton were much in evidence in the following group, but only Upcott managed to head off the Brighton team who packed well to take team honours narrowly from SLH. Barry Collins' experience on this course made itself felt in the closing stages. George Morrall took the vets honours. The field was somewhat smaller than usual and the home club hopes for far better support next year.

1, P. Gallagher (Crawley) 55:13
 2, W. Upcott (South London H) 57:16
 3, B. Collins (Hercules Wimbledon) 57:46
 4, P. Rockwood (B&H) 58:34; 5, M. Paterson (B&H) 59:04; 6, J. Boulter (B&H) 59:40; 7, T. Roden (SLH) 59:52; 8, T. Townsend (Port) 60:02; 9, J. Simmonds (Craw) 60:33; 10, R. Lines (SLH) 61:08; 11, R. Aconley (Wake) 61:36; 12, B. Collier (Worth) 61:42; 13, A. Harmer (Port) 61:48; 14, G. Styan (HBS) 63:19; 15, E. Price (B&H) 63:49. **Teams:** 1, Brighton & Hove 15; 2, SLH 19; 3, Portsmouth 37; 4, Worthing 51; 5, Horsham Blue Star 52.

CRAWLEY VETS '10'

(Inc Southern Champs)

At Ifield Green, August 31st

1, L. O'Hara (Belgrave) 50:41
 2, J. Luxford (Horsham Blue Star) 54:13
 3, A. Horne (Ranelagh) 55:06
 4, R. Coxon (W Gn) 55:15; 5, D. Bradshaw (Sal) 55:40; 6, M. Baker (HBS) 56:21; 7, D. Dellar (Camb H) 56:28; 8, E. Andrews (Hav) 56:34; 9, G. Moralee (Port) 56:46; 10, T. Ford (V Pk) 57:27; 11, R. Johnson (TVH) 58:13; 12, E. Hefford (Orion) 58:16; 13, J. Fitzgerald (Mit) 58:26; 14, J. Cook (Craw) 58:34; 15, J. Doggett

(S&E) 58:47; 16, D. Maynard (Camb H) 58:51; 17, A. Kimber (Mit) 59:28; 18, R. Curtis (Craw) 59:48; 19, F. Byrne (Camb H) 59:54; 20, E. Leal (Ryde) 60:14; 21, P. Kearsey (Eton M) 60:39; 22, S. Bollen (Port) 61:27; 23, L. Oppen (Ver) 61:36; 24, K. Bakeby (Camb H) 61:43; 25, J. Fenn (Orion) 61:50; 26, R. Gibson (W Gn) 61:53; 27, H. Bettney (Clay) 62:16; 28, G. Scutts (Port) 62:34; 29, L. Bott (Mit) 64:35; 30, D. Hopgood (B'heath) 64:56. **Teams:** 1, Cambridge H 42; 2, Portsmouth 59; 3, Mitcham 59; 4, Crawley 64; 5, Southampton & Eastleigh 98; 6, Crawley 'B' 134. (50/59): 1, Fitzgerald; 2, Leal; 3, Bakeby. (60/69): 1, S. Lee (Hor) 66:48; 2, F. Woolford (SLH) 77:29; 3, E. Peacock (Vets) 85:20. (70/80): 1, R. White (Vets) 83:30; 2, J. Goddard (Toot) 86:28; 3, D. Sullivan (Leam) 136:00.

HIGHGATE LONDON MARATHON

At Hendon, September 14th

1, D. Case (Ealing & Southall) 2:31:42
 2, C. Woodward (Leamington) 2:33:26
 3, J. Jackson (Guildford & G) 2:40:26
 4, M. Bott (G&G) 2:41:31; 5, G. Newton (Lut) 2:46:18; 6, G. Ogden (High) 2:47:05; 7, H. Artiss (Ver) 2:47:15; 8, V. Gutteridge (Camb H) 2:47:39; 9, I. McKenzie (Met P) 2:48:15; 10, D. Cooper (Camb H) 2:49:40. **Teams:** 1, Ealing & Southall 27; 2, Cambridge H 36; 3, Verlea 41. **Vets Open:** Case. **Southern Vets:** Case. **Middlesex Champs.** Case. **Highgate Champs:** Ogden.

GRIMSBY ROAD RELAY

At Cleethorpes, September 8th

1, Airedale & Spen Valley (J. Todd 19:03, J. Temperton 19:34, D. Mayho 20:10, J. Fox 19:14, A. Dewhurst 19:29, R. May 19:15) 116:45;
 2, Holbeach (P. Romaine 18:55, R. Perry 21:33, R. Brewitt 18:53, M. Prosser 20:23, R. Marshall 19:31, M. Exton 18:48) 118:03;
 3, Holmfirth (C. Hollingworth 19:53, A. Ulrick 20:11, A. Buckley 19:44, S. Beardsell 20:47, T. Ramsden 20:20, G. Ellis 20:08) 121:03;
 4, Sheffield United 124:45; 5, Grimsby 125:41; 6, ASV 'B' 129:59; 7, Holmfirth 'B' 133:12; 8, Grimsby 'B' 136:58; 9, Sutton in Ashfield 137:33; 10, Lincoln Wellington 138:47; 11, Holbeach 'B' 144:11.

Fastest: P. Rawnsley (Sheff) 18:46, Exton 18:48, Brewitt 18:53, Romaine 18:55, Todd 19:03, Fox 19:14.

WYCOMBE ANNUAL

CROSS COUNTRY RACES

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

SATURDAY, OCTOBER 19th, 1974

Ladies: All age groups,

Boys/Colts, Junior/Senior Men

Entry Fees: Ladies—all ages—10p per entrant. Awards to first 3 in each race and first 3 teams. Aggregate Trophy. Men—no entry fees—no awards. **Entries to Mr E. Abraham, 58 Bookerhill Road, High Wycombe, Bucks HP12 4EZ.**

ENTRIES CLOSE OCTOBER 9th, 1974

Big Fields For Running Of The Berwick Walls

THE second Running of the Walls at Berwick-upon-Tweed on September 15th, sponsored by the Bank of Scotland, attracted a total entry of 658 runners for the six events. Included among the many internationals entered were Ray Smedley, Frank Clement, Jim Brown, Jim Alder, David Camp, Andy Holden, Allan Rushmer, Steve Hollings and Walter Wilkinson. The events were watched by thousands of spectators who lined the streets through Berwick and the town's famous Elizabethan Walls and shown on Border Television.

The girls' races were completely dominated by Pitreavie, three of their girls filling the first three positions. They also won the intermediate girls' team and individual event. Blaydon won the women's team event, with Janet Lawson of Darlington taking individual honours.

Gateshead captured both the boys and youths team races and also the boys individual event. N. Muir of Shettleston, who won the boys' race last year, put up a great performance to win the youths' race.

The men's race provided the most excitement. Last year's winner, Mike McLeod led the way in the early stages from Jim Brown and David Camp. On the second lap Brown went to the front and went on to win from McLeod in 31:50. This was a magnificent run by Brown as he had won the Coatbridge '5' only 24 hours earlier.

The trophy for the best performance by a local athlete in any of the events was won by Norma Campbell of Blaydon, a Berwick housewife with a family of three sons—the oldest being 20. She was a member of the Blaydon team which won the 'John Marshall Trophy' team event, placing 11th individually (3rd veteran).

David Campbell

Men 6½M

1, J. Brown (Monkland)	31:50
2, M. McLeod (Elswick)	32:05
3, R. Lunn (Gosforth)	32:23
4, D. Camp (Morp)	32:31; 5, J. Alder (Morp)
32:42; 6, L. Reilly (Sale)	32:49; 7, L. Dunn (Gates)
32:50; 8, M. Craven (Ken)	33:00; 9, A. Holden (Tip)
33:03; 10, A. Hutton (ESH)	33:17; 11, D. Farmer (Sale)
33:31; 12, J. Wight (EAC)	33:33; 13, R. Smedley (Birm Un)
33:39; 14, J. Dingwall (EAC)	33:42; 15, J. Myatt (Gates)
33:46; 16, W. Robinson (Gates)	33:47; 17, E. Knox (Spring)
33:49; 18, R. Dunn (Morp)	33:57; 19, D. Gunstone (EAC)
34:04; 20, G. Forster (Sund)	34:10; 21, D. Cannon (Ken)
34:16; 22, G. Davies (Sale)	34:23; 23, R. Belk (Ken)
34:28; 24, R. Patterson (Blay)	34:28; 25, W. Wilkinson (Rown)
34:29; 26, B. Sweeting (Sund)	34:33; 27, S. Irvine (Gates)
34:34; 28, I. Elliott (ESH)	

BACK TO THE COUNTRY

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Run by runners for runners

34:47; 29, J. Martin (Spring) 34:52; 30, I. Moncur (Bells) 34:54. **Teams:** 1, Morpeth 27; 2, Gateshead 38; 3, EAC 45. **Vets:** 1, R. Balding (Heat); 2, P. Pattison (Gos); 3, J. McMahon (Durh).

Youths 4M

1, N. Muir (Shett) 20:22; 2, J. Mills (Gates) 20:42; 3, D. Scorer (Gates) 21:18; 4, G. Crawford (Spring) 21:32; 5, B. Bennett (Gos) 21:33; 6, S. Ridley (Gates) 21:39; 7, S. Wrathall (Sund) 21:45; 8, W. Patterson (Spring) 21:56; 9, I. Murray (Spring) 21:59; 10, B. Leddicoat (Gates) 22:16; 11, A. Ledger (Gates) 22:16; 12, D. McLeod (Spring) 22:24; 13, J. Sinclair (Morp) 22:25; 14, P. Forbes (EAC) 22:29; 15, P. Ging (Els) 22:30. **Teams:** 1, Gateshead 11; 2, Springburn 21; 3, Sunderland 48.

Boys 2½M

1, S. Parr (Gates) 13:45; 2, G. Knight (Gates) 13:57; 3, G. Maddison (Gates) 14:02; 4, D. Pickering (Gos) 14:17; 5, A. Clifton (Gates) 14:25; 6, W. Johnston (Gates) 14:30; 7, C. Pulford (Darl) 14:40; 8, M. Brown (Darl) 14:59; 9, G. Lisgo (Gates) 15:04; 10, G. Williamson (Spring) 15:12. **Teams:** 1, Gateshead 6; 2, Darlington 26; 3, Gateshead 'B' 33.

Women 4M

1, J. Lawson (Darl) 25:31; 2, H. Matthews (B'burn) 25:41; 3, J. Higgins (V Pk) 25:44; 4, M. Chambers (Blay) 25:54; 5, R. Jones (Ilf) 26:02; 6, E. Fleming (A&SV) 26:07; 7, F. Wishart (NSP) 26:12; 8, P. Gunstone (Dun H) 26:28; 9, M. Larkin (Blay) 26:30; 10, B. Cook (W&B) 27:01; 11, N. Campbell (Blay) 27:29; 12, C. Lafferty (Green RP) 27:39; 13, J. Clark (Ilf) 28:17; 14, B. Sugden (A&SV) 28:31; 15, S. Sim (V Pk) 28:37. **Teams:** 1, Blaydon 24; 2, A&SV 36. **Vets:** 1, P. Jones (Ilf) 26:02; 2, B. Cook (W&B) 27:01; 3, N. Campbell (Blay) 27:29.

Intermediates 2½M

1, A. Cherry (Pit) 16:16; 2, L. Todd (Pit) 16:47; 3, F. McGregor (A&SV) 16:50; 4, L. Richmond (Darl) 17:10; 5, S. Bowron (Darl) 17:19; 6, P. Fish (NSP) 17:49; 7, A. Hunter (Pit) 17:54; 8, J. Duncan (Green RP) 17:55; 9, I. Gibson (Pit) 18:12; 10, E. Ley-Lange (A&SV) 18:24. **Teams:** 1, Pitreavie 17; 2, A&SV 24; 3, Darlington 28.

Juniors 1½M

1, K. Robinson (Pit) 7:49; 2, K. Williams (Pit) 7:51; 3, L. Hodge (Pit) 7:53; 4, L. Johnson (EAC) 8:03; 5, S. Gammac (Pit) 8:04; 6, F. Duff (Darl) 8:06; 7, J. Moss (Darl) 8:07; 8, J. Noble (A&SV) 8:07; 9, F. Lawson (Darl) 8:10; 10, H. Fotheringham (Pit) 8:18. **Teams:** 1, Pitreavie 6; 2, Darlington 22; 3, Pitreavie 'B' 28.

Airedale & Spen Valley officers elected: President, A. Stewart; chairman, D. Russell; secretary, K. Duckworth, 70 Marsh Street, Bradford BD5 9PB; treasurer, W. Midgley; men's track captain, T. Hepworth; CC captain, D. Mayho; senior women's track captain, G. Williams; CC captain, S. Sugden.

DARTFORD ROAD RELAY**At Dartford, September 14th**

1, Invicta (P. Brenchley 13:11, R. Newble 13:13, C. Morrish 13:20, I. MacMillan 13:20) 53:04;

2, Aldershot, Farnham & Dist (T. Hassall 13:36, S. Harrison 13:35, P. Adams 12:45, J. Watts 13:41) 53:37;

3, Cambridge H (D. Roberts 13:47, J. Wilkins 13:23, M. Paul 14:03, K. Penny 12:41) 53:54;

4, Invicta 'B' 54:11; 5, Blackheath 54:16; 6, Walton — n/s 55:43; 7, AF&D 'B' 57:41; 8, Invicta 'C' 57:48; 9, London Irish 58:10; 10, Thurrock 58:19, 37 teams closed in.

Fastest: Penny 12:41 (rec), Adams 12:45, Brenchley 13:11, J. Baldwin (B'heath) 13:13, Newble 13:13, M. Connelly (Walt) 13:14, P. Hamilton (B'heath) 13:17.

SALISBURY 'ROUND THE HOUSES' 5M**September 15th**

1, R. Cytla (Gloucester)	23:34
2, R. Corney (Swindon)	23:42
3, D. Collins (Plymouth)	23:50
4, McHale (Glos) 23:57; 5, Francis (West) 24:05;	
6, Burgess (S&E) 24:23; 7, Mattock (Bris) 24:36;	
8, Stevens (Read) 24:38; 9, Popel (West) 24:41;	
10, Herriot (S&E) 24:45; 11, Blackburn (West) 24:48;	
12, Bednarski (Swin) 24:50; 13, Smith (WS&E) 24:52;	
14, Martin (Ply) 24:56; 15, Ridley (West) 24:57;	
16, Galloway (Port) 24:59; 17, Irvine (Glos) 25:00;	
18, Craig (Bris) 25:03; 19, Hall (Swin) 25:05;	
20, Eittle-Isles (West) 25:07; 21, Retter (Ex) 25:10;	
22, Wallace (Swin) 25:15; 23, Keenan (And) 25:18;	
24, Shrimpton (Ox) 25:20; 25, Hughes (Ply) 25:20;	
26, Valentine (West) 25:24; 27, Beavis (S&E) 25:25;	
28, Thomas (Glos) 25:27; 29, Tonner (Swin) 25:30.	
Teams: 1, Westbury 40; 2, Gloucester 50; 3, Swindon 55;	
4, Southampton & E 80; 5, Plymouth 81;	
6, Westbury 'B' 129. Vet: Bradshaw (Sal) 26:13.	

Youths 3½M

1, R. Cheek (Bris) 19:18; 2, V. LeGrand (Bris) 19:31; 3, B. Martinuk (Glos) 19:34; 4, G. Bath (Sal) 19:47; 5, B. Dawkins (S&E) 19:49; 6, C. Owen (Bris) 19:56; 7, D. Morris (Bris) 20:09; 8, T. Matthews (West) 20:10; 9, S. Evans (West) 20:11; 10, R. Nash (West) 20:11; 11, Bunyan (Trow) 20:20; 12, D. Cowles (West) 20:24; 13, J. Pickford (West) 20:28; 14, M. Cross (B'mouth) 20:36; 15, S. Parker (West) 20:41. **Teams:** 1, Bristol 9; 2, Westbury 21; 3, Westbury 'B' 40; 4, Southampton & E 49; 5, Gloucester 59; 6, S&E 'B' 80.

Boys 2½M

1, M. Cowman (West) 13:25; 2, G. Conning (Wey) 13:33; 3, G. Hopkins (West) 13:47; 4, R. Molton (West) 13:48; 5, Smith (Port) 13:51; 6, Pike (N Dor) 13:57; 7, Buckney (West) 14:00; 8, Bushell (Bris) 14:03; 9, Goldstone (Wey) 14:20; 10, Greed (Bris) 14:20. **Teams:** 1, Westbury 8; 2, Weymouth 26; 3, Bristol 34; 4, Portsmouth 45; 5, Westbury 'B' 49; 6, Southampton & E 51.

Holbeach Excel In Melton Road Relay

At Leicester, September 14th

(Senior Men 5 x 3½M)

THIS race once again went to Holbeach who produced what can only be described as a brilliant run by all five runners. From the time Marshall brought them in with a 19sec lead on lap one, no one else really got a look in. That is until Keith Angus pulled out a classic run of 17:18 on lap 3 to take Sheffield from 4th to 1st. The time represented a new course record by 27sec.—4:36 miling on a very hilly course. But on lap 4 Ron Brewitt of Holbeach regained the lead to come in 1min clear of Colin Kirkham who moved Coventry from 4th to 2nd. Mike Exton of Holbeach maintained the one minute lead over Dave Moorcroft of Coventry, recording 18:06. Also on the final lap for Leicester was Ron Grove, making a welcome return after injury to return a time of 18:28.

With sponsorship from Pace Consultants Ltd of Leicester, really brilliant weather as always and first class facilities provided by Stanton & Stavely Ironworks a really good afternoon was enjoyed by all. Several top athletes were suggesting that the course could well serve as a National Road Relay venue at a later date. We at Leicester look forward to that day when the National Relay could return to our area.

C. Baguley

1, Holbeach (R. Marshall 18:04, P. Romaine 17:51, M. Prosser 19:01, R. Brewitt 17:49, M. Exton 18:06) 90:51 (rec);

2, Coventry Godiva (C. Falconer 18:43, D. Driver 18:12, P. Miller 19:05, C. Kirkham 17:46, D. Moorcroft 18:05) 91:31;

3, Sheffield United (G. Tebbutt 18:25, I. Wainwright 18:45, K. Angus 17:18, P. Munn 19:25, D. Pratt 18:18) 92:11;

4, Leicester Coritanian (P. Kenny 18:34, J. Offord 17:52, R. Stowell 19:18, G. Balfour 18:32, R. Grove 18:28) 92:44;

5, Derby (D. Millington 19:33, J. Eley 18:10, K. Daykin 18:48, P. Wilkinson 20:32, K. Northard 21:06) 98:09;

6, Grimsby (J. Barker 19:20, T. Bland 18:17, N. Goodwin 21:08, J. Spencer 19:32, J. Haines 20:39) 98:56;

7, Bromsgrove & Redditch 99:16; 8, Notts 100:03; 9, Plessey Beeston 101:57; 10, Peterborough 102:17; 11, Holbeach 'B' 103:04; 12, Coventry 'B' 104:17; 13, Newark 105:25; 14, Leicester 'B' 106:05; 15, Kettering 106:28; 16, Bedford & Co 109:19; 17, Plessey 'B' 112:10.

Fastest: Angus 17:18 (rec), Kirkham 17:46, Brewitt 17:49, Romaine 17:51, Offord 17:52, Marshall 18:04, Moorcroft 18:05, Exton 18:06, Driver 18:12.

Youths 3½M Road Race

1, N. Lees (Dby) 18:22 (rec); 2, D. Reeves (Dby) 19:21; 3, M. McCarthy (Bed) 19:45; 4, R. Woodruff (Dby) 20:10; 5, M. Yatim (Dby) 20:19; 6, D. Priestley (Hol) 20:21; 7, M. Brooks (Notts) 20:36; 8, M. Watts (Dby) 20:39; 9, J. Brickbank (Hol) 21:18; 10, P. Graham (Bed) 21:49. **Teams:** 1, Derby 8; 2, Bedford 28; 3, Holbeach 29.

Boys 3 x 2M Road Relay

1, Worksop (T. Brookes 10:40, R. Mould 10:38, I. Hazlehurst 10:40) 31:58; 2, Derby (P. Mayall 10:43, K. Frith 11:11, P. Doody 10:54) 32:48; 3, Holbeach (T. Alexander 10:53, R. Johnstone 11:23, A. Ramm 10:51) 33:07; 4, Coventry Godiva 33:23; 5, Leicester Coritanian 33:46; 6, Coventry 'B' 34:33; 7, Coventry 'D' 36:08; 8, Holbeach 'B' 36:11; 9, Leicester 'C' 36:13; 10, Bedford & Co 36:46. 15 teams closed in. **Fastest:** C. Szwed (Cov) 10:25 (rec); S. Brackenbury (Newark) & Mould 10:38.

Mike McLeod Continues His Run To The Top

THE Morpeth Road Races held in windy conditions on September 21st saw Elswick's Mike McLeod continue on his move towards the top. McLeod, a potentially brilliant man who has erratic form over the past few years, is at last putting together top class performances. Following on his second placing to Jim Brown at Berwick six days earlier, McLeod allowed Dave Camp and Jim Alder to open up a 40y gap at 1½M only to glide up and then power off to an eventual 200y winning margin over Camp.

The Youths race saw Stan Long's crowd from Gateshead, led by John Mills and Dave Scorer, finish 1st and 2nd and win the team race. Gateshead's North-East supremacy was even more apparent in the Boys race with six runners in the first 12, their 'B' team edging the 'A' team out of first place. Scottish international Mary Chambers played a waiting game in the women's race before unleashing a big sprint for victory.

Jim Alder

Men 6.7M

1, M. McLeod (Elswick) 31:52
2, D. Camp (Morpeth) 32:33
3, J. Alder (Morpeth) 32:56
4, C. Leigh (Salf) 33:05; 5, R. Dunn (Morp) 33:43; 6, B. Sweating (Sund) 33:48; 7, A. Gibson (Gos) 34:06; 8, W. Wardle (Jarr) 34:13; 9, N. Rackman (Gos) 34:22; 10, P. Parker (Gates) 34:31; 11, R. Carruthers (Gos) 34:44; 12, D. Coker (Heat) 34:45; 13, W. Dance (Long) 34:48; 14, R. Balding (Heat) 35:00; 15, G. Rippon (S Shields) 35:08. **Teams:** 1, Morpeth 35; 2, Gosforth 56; 3, Saltwell 107.

Youths 3M

1, J. Mills (Gates) 14:51; 2, D. Scorer (Gates) 14:59; 3, D. Elliott (S Shields) 15:15; 4, S. Ridley (Gates) 15:38; 5, M. Haldon (Work) 15:38; 6, L. Nicholson (S Shields) 15:40; 7, P. Addison (S Shields) 15:46; 8, B. Bennett (Gos) 15:54; 9, B. Leddicoat (Gates) 16:01; 10, S. Beckwith (Jarr) 16:05. **Teams:** 1, Gateshead 7; 2, South Shields 16.

Boys 2M

1, S. Parr (Gates) 11:03; 2, C. Knight (Gates) 11:29; 3, A. Clifton (Gates) 11:31; 4, D. Pickering (Gos) 11:38; 5, G. Maddison (Gates) 11:46; 6, W. Johnstone (Gates) 11:53; 7, M. Brown (Darl) 12:01; 8, P. Cox (Darl) 12:04; 9, S. Halliday (Jarr) 12:09; 10, G. Smith (Jarr) 12:13. **Teams:** 1, Gateshead 'B' 11; 2, Gateshead 'A' 18. (**Colts 2M:**) 1, S. Cram (Jarr) 11:58; 2, S. Morris (Gates) 11:58; 3, A. Lawrence (Darl) 12:22; 4, K. Bentley (Blay) 12:26; 5, B. Herron (Jarr) 12:38; 6, G. Bracken (NSP) 12:40. **Teams:** 1, Jarrow & Hebburn 16; 2, Darlington 25.

Women 3M

1, M. Chambers (Blay) 17:09; 2, F. Wishart (NSP) 17:13; 3, C. Tyson (Lake) 17:15; 4, J. Lawson (Darl) 17:19; 5, S. Bowron (Darl) 18:03; 6, M. Larkin (Blay) 18:16. (**Juniors & Minor Girls:**) 1, F. Lawson (Darl) 14:03; 2, F. Duff (Darl) 14:03; 3, J. Moss (Darl) 14:03; 4, J. Bell (Jarr) 14:21; 5, K. Holmes (Durh) 14:23; 6, D. Hedley (Jarr) 15:00. **Team:** Darlington 6.

CORNWALL '10'

At Penryn, September 8th

1, D. Collins (Plymouth) 51:10
2, G. Seward (Exeter) 51:48
3, J. Edwards (Tipton) 52:10
4, C. Davis (W Corn) 53:03; 5, T. Parker (Stret) 53:21; 6, R. Kearns (Tor) 53:42; 7, R. Little (Shaft) 54:37; 8, A. Rowling (Ply) 55:31; 9, D. Hughes (Ply) 56:04; 10, C. Abrahams (Tor) 56:20. **Teams:** 1, Plymouth; 2, Plymouth 'B'; 3, RAF St Mawgan; 4, RNAC (S). **Vet:** G. Chambers (Hels) 63:48.

HAROLD DOGGETT 6M HANDICAP CHASE

At Boggart Hole Clough, September 14th

1, S. Robinson (Oldham & Royton) 38:41; 2, D. Burch (Blackburn) 39:02; 3, L. Hutchinson (B'burn) 39:16; 4, R. Davis (B'burn) 39:22; 5, B. Aspdon (Salf) 39:28; 6, R. Crossland (O&R) 39:34; 7, M. McGann (E Ches) 39:44; 8, M. Whiteside (Salf) 39:46; 9, S. Clegg (Salf) 39:52; 10, R. McLaren (Salf) 39:52; 11, J. Haslam (Bolt) 39:53; 12, S. Curran (Salf) 40:01; 13, D. Brown (Salf) 40:14; 14, N. Canham (Stret) 40:20; 15, P. Martin (Salf) 40:21; 16, D. Farwell (M&D) 40:27; 17, I. Howitt (Dby) 40:33; 18, M. Sinkinson (Salf) 40:51; 19, R. Hill (Bolt) 40:55; 20, J. Prescott (Leigh) 40:56. **Fastest:** Curran 31:16; Clegg 31:22; McGann 32:04; Hill 32:15; Davis 32:22; Aspdon 32:23.

BASILDON '10'

September 15th

1, S. Walker (Thurrock) (rec) 49:07
2, P. Richardson (Havering) 49:46
3, C. Moxsom (Woodford Green) 50:42
4, G. Dugdale (TVH) 51:15; 5, M. Emms (W Gn) 51:20; 6, T. Crabb (W Gn) 51:25; 7, D. Stokes (Thurr) 51:31; 8, C. Reed (W Gn) 52:05; 9, D. Horsup (Thurr) 52:52; 10, K. Deathridge (RN) 52:58; 11, M. Puddifoot (TVH) 53:06; 12, M. Prosser (Hol) 53:11; 13, R. Charney (TVH) 53:15; 14, C. Dungar (Norf) 53:16; 15, S. Hampson (TVH) 53:29; 16, A. Ratcliffe (RN) 53:33; 17, J. Goldring (Walth) 53:36; 18, S. Horner (St P) 53:42; 19, J. Broad (Hav) 53:45; 20, D. Huffer (TVH) 53:53; 21, D. Hurlock (Walth) 53:57; 22, G. Hawett (S'end) 53:58; 23, R. Adams (Walth) 54:07; 24, A. Hughes (Roch-V) 54:10; 25, R. Howe (Walth) 54:12; 26, R. Coxon (W Gn-V) 54:17; 27, P. Fletcher (Chelm) 54:21; 28, D. Case (E&S-V) 54:43; 29, T. Ryan (N Lon) 54:44; 30, J. Butcher (Orion) 54:45. 153 finished. **Teams:** 1, Woodford Green 14; 2, Thurrock 17; 3, TVH 27; 4, Havering; 5, Walthamstow; 6, Royal Navy. **Vets** (O/40): Hughes. (O/50): R. Pape (RN) 56:14. (O/60): F. Devenald (Ilf) 66:50. **Team:** Rochdale 14.

FARNHAM TOWN SHOW 5 MILES CC

At Farnham Park, August 26th

1, P. Adams (Aldershot, Farnham & Dist) 21:01
2, L. Presland (Aldershot, Farnham & Dist) 21:02
3, M. Hurd (RAF) 21:47
4, J. Henry (Shaft) 22:25; 5, M. Barton (AF&D) 22:42; 6, C. Beauvais (Walt) 22:47; 7, N. Jerome (M&C) 22:51; 8, T. Townsend (Port) 22:54; 9, M. Connolly (Walt) 23:03; 10, W. Yate (Sal) 23:08; 11, M. Wayland (Walt) 23:17; 12, P. Larkin (New) 23:27; 13, S. Crawte (AF&D) 23:33; 14, G. Bath (Sal) 23:44; 15, F. Cooper (Bas) 23:50; 16, A. Parkin (S&E) 23:55; 17, S. Graham (Liv H) 24:11; 18, P. Quigley (RAF) 24:17; 19, D. Bradshaw (Sal) 24:36; 20, M. Keough (Bas) 24:38. **Teams:** 1, Aldershot, Farnham & Dist 8; 2, Walton 26; 3, Salisbury 43; 4, Basingstoke 58; 5, Shaftesbury 64; 6, Portsmouth 65.

PENDLETON FELL RACE

(Cat: B/3½M/800')

August 31st

1, M. Weeks (Bingley) (rec) 21:42
2, H. Walker (Blackburn) 21:56
3, W. Cooper (Manchester & Dist) 21:59
4, J. Norman (Alt) 22:25; 5, I. Partington (Ross) 22:56; 6, H. Jarrett (B&F) 23:10; 7, A. Burch (B'burn) 23:13; 8, B. Baistow (Clay) 23:25; 9, G. Woodburn (B'burn) 23:36; 10, D. Ratcliffe (Ross) 24:05; 11, D. Farwell (M&D) 24:23; 12, D. Waller (Ross) 24:46; 13, V. Duff (Unatt) 24:47; 14, P. Weatherhead (Wirr) 24:56; 15, L. Hutchinson (B'burn) 25:03; 16, K. Smith (Clay) 25:10; 17, S. Fairclough (Ross) 25:15; 18, C. Atkinson (B'burn) 25:16; 19, J. Smith (Bury) 25:30; 20, D. Hargreaves (Clay) 25:50. **Vets:** Smith. **Youths:** Fairclough.

THE BRENDAN FOSTER STORY (Part 2)

IT takes mental as well as physical toughness to reach the heights as a distance runner and Brendan Foster showed in the 1972 National cross-country that he was richly endowed with both. That was the one held during a ghastly blizzard at Sutton Coldfield and it took tremendous willpower and fortitude to finish the race at all, never mind in a good position. Brendan, still essentially a 1500m runner, placed 14th in the nine-mile ordeal, only 77sec behind the winner Malcolm Thomas.

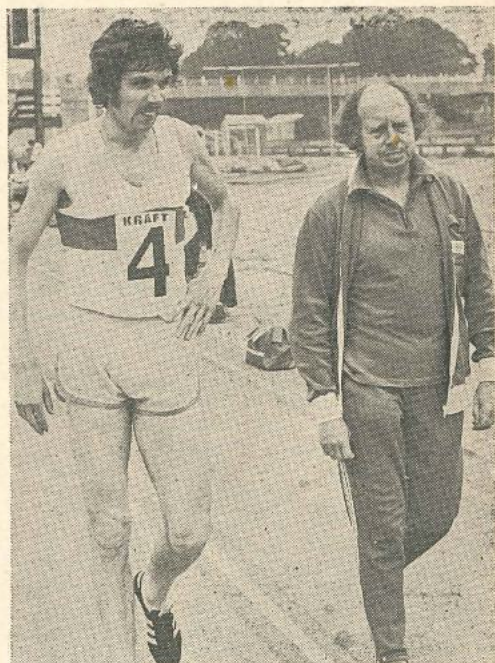
As was to become the pattern, Brendan made a late start to the track season. His first race in Olympic year was the Emsley Carr Mile at Crystal Palace on June 10th—and he ran 3:55.9! “The glory goes, deservedly, to Peter Stewart” (winner in a UK record of 3:55.3), we reported, “but he was the first to acknowledge his debt to Brendan Foster, whose positive, unselfish running during the middle two laps was the decisive factor. Foster, who believes in racing hard the whole way, was scathing in his comments about the three-lap doddle so beloved of some British milers. Of the runners in the recent inter-counties final (3:13 bell) he remarked: ‘They should have been taken off the track on the second lap.’ He set them a great example.” Brendan took over at 660 after a 58.8 first quarter, and led through 880 in 1:59.0 and 1320 in 2:58.5. “If we’d had a pacemaker”, remarked Brendan, “Peter Stewart might still have beaten me, but we might both have run faster than 3:55, and I’d been closer to him. Having led, it was difficult for me to kick, and with 200m to go he came past me, and I had to come again.”

Brendan beat Peter Stewart in their next two encounters, the second of which was a mile race in Stockholm on July 5th. Brendan won in 3:57.2 with Peter third in 3:57.4—second place (3:57.2) going to a fast improving Finnish runner by the name of Pekka Vasala. Brendan was to reflect, after the Olympics, that he made a mistake in under-rating Vasala in Munich. “Everyone said he would win, except me. But I didn’t think he would, because I’d already beaten him.”

Ten days after Stockholm came the AAA 1500. Brendan ran 3:39.3, a mere tenth outside his best, yet found himself fourth behind Peter Stewart (UK record of 3:38.2), a sensational Ray Smedley (3:38.5) and John Kirkbride (3:38.7). Suddenly Brendan’s carefully nurtured Olympic ambitions were in pieces (“I was sure I’d failed to make the team”). But all was not lost: he and Kirkbride were told they would have to fight it out for the third spot during the match with Finland another ten days later. Even in that tense situation Brendan refused to compromise: he ran 1:57.0 for the 800 stretch between 400 and 1200 and although outkicked (3:41.2 to 3:42.0)

by Vasala he finished 40m ahead of Kirkbride. At it happened, Kirkbride went to Munich anyway, for Peter Stewart withdrew with a back injury that has never ceased to trouble him since. “Peter was fantastic”, commented Brendan. “Dropping out because he didn’t feel fit, and letting ‘Kirk’ go, was very unselfish.”

Could Brendan peak for Munich 1972 at just the right time, as he had for Edinburgh 1970 and Helsinki 1971? Well, he equalled the British record of 3:38.2 (his third personal best at a major Games) in his semi-final on September 9th, and next day he placed a commendable though for him unsatisfactory 5th in the final (3:39.0). After leading through a slow 61.4 first lap (in order to be well positioned when Kip Keino made his anticipated strike), Brendan was somewhat swallowed up in a race which got progressively quicker. The second lap took 60.0, the third 55.1. He was 5th at the bell and that’s where he stayed after a 55 last lap. His verdict on the race: “I think Keino let himself down. He didn’t go early enough. I think he cost himself a win and cost me a better place . . .



Brendan pictured with National Event Coach Harry Wilson following the world 2 miles record at Crystal Palace.

Charles Sharon

I think I could have been third or fourth." The result was: 1, Vasala 3:36.3; 2, Keino 3:36.8, 3, Dixon 3:37.5; 4, Boit 3:38.4.

The start of the 1973 campaign underlined Brendan's adaptability. He ran well at one and two miles during a short American indoor tour and returned here to help his beloved Gateshead Harriers to team victory in the 'National'. It was a triumph also for the club's coach Stan Long: "He's responsible for the spate of good runners we now have in the club—and if it hadn't been for Stan Long I wouldn't be where I am now." Brendan ended the cross-country season by running Frank Shorter to 5sec in the 9500m Five Mills race near Milan.

Conclusive test at 5000

His training was now geared towards 5000. He waited until July 1st to open his track account, depositing the useful figures of 3:59.2 for a mile on a five-lap circuit at South Shields. Thirteen days later he lined up for the AAA 5000. This was to be the crucial test. Brendan realised his miling potential was around the 3:54 mark and that he would never be a world beater at the 1500. But at 5000 the possibilities were boundless—provided he could adjust to the new demands of the event. The test was conclusive and Brendan has not looked back since.

"No one has made quite such an impact in his first serious 5000", was how we reported it. "To beat Bedford, Stewart and Black would be notable enough under any circumstances; to win by half the length of the straight in a time bettered by only three UK runners ever is indeed remarkable. He ran a perfect race . . . he took command after eight laps and two laps later succeeded in breaking away. He covered the last 2000 in a mightily impressive 5:13.6." Brendan's time was 13:23.8, with Ian Stewart a bemused runner-up in 13:31.0. Brendan had taken over as Britain's king of the 5000 runners.

Brendan's return to Crystal Palace was even more memorable. On the first day (August 25th) of the UK v Hungary match he enjoyed "the most relaxed fast run I've had", when dead-heating with Frank Clement in a deceptively easy looking 3:38.5 1500; on the second (August 27th) he joined the esteemed ranks of world record breakers by running 2 miles in 8:13.8. That was the day when Brendan, a runner's runner well known only to the real athletics fans, was transformed into a national sports hero.

He kept his intentions secret before the race, admitting only to a wish to break Ian Stewart's UK record of 8:22.0. Actually, the plan was to reach the mile in 4:06 . . . and then run another at the same pace, which would bring him home two seconds inside Lasse Viren's world mark of 8:14.0. It was a fearsome schedule, and yet Brendan got to the mile ahead of time. On his own after 3½ laps, he reached halfway in 4:05.4. He had to cover the second mile in 4:08.4 to break the record—and that is precisely what he



Brendan wins the European Cup 5000 from Manfred Kuschmann and Harald Norpoth.

Mark Shearman

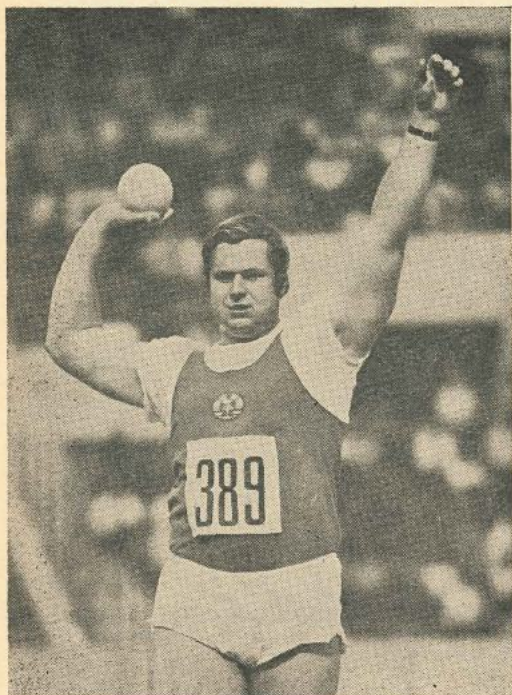
did. The time was at first announced as 8:14.2 (the manual timing) and Brendan took it philosophically: "I ran the sixth lap as slow as 63.6 and you don't deserve a world record after that". But later the slight frown gave way to a broad grin when the announcement was made that the electrically recorded time was 8:13.8. It made a world (record) of difference.

One last test, the most important, awaited Brendan in 1973: the 5000 at the European Cup final at Meadowbank. How would he fare in the cat and mouse world of Cup racing, traditionally slow run 'tactical' affairs? Although weakened by stomach trouble, Brendan destroyed an illustrious field in a type of race that was not obviously to his advantage. The first half of the race was excruciatingly slow and ill mannered and there was a danger of it developing into a one-lap sprint preceded by 11½ laps of warming up. But Brendan had his wits about him. He tormented his rivals with a 60.2 eighth lap, continued at a hot pace and finally saw off persistent Manfred Kuschmann and Harald Norpoth with a withering sprint in the home straight of the last lap. The time was 13:54.8, unexceptional if it weren't for the last 2000m being covered in a relentless 5:10.2. It was on this high note that Brendan Foster ended his 1973 campaign.

(Continued next week)

Mel Watman

MORE ACTION FROM EUROPEAN CHAMPIONSHIPS



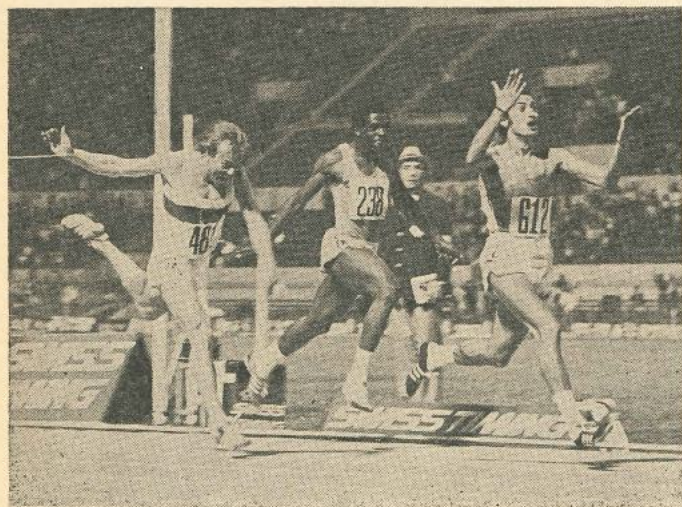
HARTMUT BRIESENICK (GDR)



NADYEZHDA CHIZHOVA (USSR)

Both successfully defended their shot-putting titles.

Photographs by Mark Shearman



Pietro Mennea (Italy) acknowledges the crowd's reaction as he wins the 200 metres title in 20.60 ahead of Manfred Ommers (WG). Joseph Arame (Fra), in inside lane, was 4th.

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'NATIONAL' STAYS AT 9 MILES

THE English Cross-Country Championships will continue to be run over 9 miles (Seniors), 6 miles (Juniors) and 4 miles (Youths). A proposal by the Northern CCA that "the distance for the Senior race shall be not less than 7½ miles, for the Junior race 5 miles, and for the Youths race 4 miles" was defeated at the AGM of the English Cross-Country Union at Sheffield on September 21st.

Guest competitors will not be allowed to run in the 'National'. The meeting decided to reject the request from the New Zealand AAA for their athletes to be allowed to run in the 1975 'National', together with any other similar requests which may be received. In future, the AAA Laws and ECCU Rules in respect of entries would be strictly enforced.

Important changes were made with regard to age groups. Rule 18 now reads: "Seniors must be 20 years of age or over, Juniors must be 17, 18 or 19 years of age, Youths must be 15 or 16 years of age, Boys must be 13 or 14 years of age, Colts must be 11 or 12 years of age on September 1st immediately prior to the event." This new Rule effectively precludes Juniors being able to run in Senior races (open races will not be affected) and lowers the age group for all ages by one year, thereby increasing the Junior age group to three years.

It was further agreed that the new Rule should apply as from the current 1974/75 season. It is appreciated that some inconvenience may be caused to clubs and promoters who may already have advertised or accepted entries for races early in the season and the ECCU accepted that certain events will need to proceed under the old age groups. The indulgence of officials and organisers is requested in such cases. However, the ECCU hopes—and indeed expects—that all County Championships and other major races will be run under the new Rule.

The change originally came up at the 1973 AGM when it was referred back to the Area Associations for further consideration by them and their clubs.

A new Rule has been agreed covering the distances for cross-country races. It reads: "In cross-country races or cross-country relay races confined to Juniors the race or section distance shall not exceed 6 miles, in such races confined to Youths the distance shall not exceed 4 miles, for Boys the distance shall not exceed 3 miles and for Colts the distance shall not exceed 2½ miles. In Senior or open cross-country races or cross-country relay races where the race or section does not exceed 9½ miles (15km) a competitor must be at least 17 years of age on the day of competition. For a race or section 9½ miles but not exceeding 15½ miles (25km) 18 years of age; for a race or section exceeding 15½ miles

but not exceeding 21½ miles (35km) 19 years of age; for a race or section exceeding 21½ miles 20 years of age; all on the day of competition."

This merely ensures that previous decisions on distances, etc, are now confirmed in the Rules. The distances for Senior and open races now coincide with the AAA Rules applicable to road running.

The meeting elected Mr George Woodham (Luton United AC) as President for the 1974/75 season—a year in which the 'National' is to be held in Luton for the first time, on March 1st.

Mr E. H. Sutters was elected Honorary Secretary. He explained that in addition to the co-ordination of the Union's general business he would also be entirely responsible for the 'National', including clubs entries. Purely local matters would continue to be the responsibility of the yearly appointed Local Honorary Championships Secretary. In this connection, clubs should note that entry forms will be despatched to all clubs early in December; additionally, advertisements will appear in 'AW'. Any clubs which have changed their cross-country Secretary since last year should notify their Area Association and Mr Sutters, whose address is 14 Windmill Hill, Ruislip, Middx.

Mr George Dunn, Honorary Secretary since 1956, was sincerely thanked for his services to the ECCU. He is remaining as an Assistant Honorary Secretary with responsibility for organising with the Team Selection Committee, the ECCU teams which travel abroad—a task which has been capably performed by George in the past.

E. H. Sutters

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YOUNG ATHLETES LEAGUE FINAL

At Haringey, September 7th

Bristol 192; Haringey & Southgate 187; Essex Beagles 174; Enfield 169; Leicester 155; Brighton & Hove 148; HHH 136; Epsom & Ewell 117.

(Youths) 100: 1, F. Thompson (Ex) 11.1; 2, S. Mynard (Leic) 11.2; 3, R. Rhodes (HHH) 11.4. 200: 1, Mynard 22.7; 2, J. Tassell (HHH) 22.8; 3, A. Neves (B&H) 23.1. 400: 1, J. Lay (Ex) 50.3; 2, R. Bishop (B&H) 50.4; 3, P. Gray (Enf) 52.2. 800: 1, Lay 1:57.9; 2, S. Gilbey (HHH) 1:58.1. 1500: 1, P. Gower (Leic) 4:03.8; 2, Tracey (HHH) 4:07.4. 3000: M. Tomkins (HHH) 8:48.0. 100H: 1, C. Hayes (Bris) 13.8; 2, S. Adams (Enf) 14.4; 3, G. Oakes (H&S) 14.8. 1500SC: 1, G. Fell (Ex) 4:34.8; 2, M. Sholl (Leic) 4:38.6; 3, R. Button (Enf) 4:40.6. HJ: 1, P. Redmonds (Enf) 1.90/6'2"; 2, Thompson 1.85/6'0"; 3, C. Mitchell (H&S) 1.85. PV: 1, Eyles (Bris) 3.20/10'6"; 2, Dellon (Enf) 3.20. LJ: G. Oakes (H&S) 6.39/20'11"; TJ: 1, P. Cartwright (E&E) 13.30/43'7"; 2, J. McManus (Ex) 13.09/42'11"; 3, S. Brown (Bris) 13.07/42'10". SP: G. Loizou (H&S) 13.96/45'9". DT: 1, A. Wise (B&H) 40.02/131'3"; 2, B. Collins (Ex) 39.48/129'6". HT: 1, Sage (E&E) 45.26/148'6"; 2, P. Czajkowski (H&S) 42.58/139'8"; JT: 1, T. Phillips (H&S) 50.56/165'10"; 2, C. Smith (B&H) 49.78/163'4"; 4 x 100: 1, Bristol 45.2; 2, Epsom & Ewell 46.1; 3, Enfield 46.1. 4 x 400: 1, Brighton & Hove 3:32.0; 2, Leicester 3:33.2; 3, Bristol 3:35.3.

(Boys) 100: 1, P. Sharples (Bris) 11.7; 2, B. Ford (Leic) 11.7; 3, R. Webley (H&S) 11.8. 200: 1, Ford 23.5; 2, Mitchell (Enf) 24.0; 3, Webley 24.1. 400: 1, G. James (Ex) 53.5; 2, Sharples 54.4; 3, R. Wilson (Leic) 54.6. 1500/1000SC: R. Slater (Leic) 4:14.7/2:57.6. 3000: 1, R. Chapman (Ex) 9:36.0; 2, D. Tallon (H&S) 9:42.2; 3, M. Bradbury (Leic) 9:45.0. 80H: 1, N. Augustine (H&S) 11.5; 2, C. Amos (Bris) 11.6; 3, A. Goulding (HHH) 12.0. HJ: A. Layfield (E&E) 1.75/5'8". PV: N. Barnes (Bris) 3.10/10'2". LJ: 1, Augustine 6.30/20'8"; 2, G. Weslon (Bris) 6.04/19'9". SP: 1, C. Watts (Bris) 14.44/47'4"; 2, G. Webb (Ex) 13.83/45'4"; 3, J. Blake (H&S) 12.57/41'3". JT: 1, J. Briden (E&E) 49.78/163'4"; 2, F. Udeozor (H&S) 46.26/151'9"; 3, S. Harvey (Enf) 45.16/148'2". 4 x 100: 1, Bristol 46.9; 2, Haringey & Southgate 47.2; 3, HHH 48.1. 4 x 400: 1, Enfield 3:47.9; 2, Epsom & Ewell 3:49.5; 3, Haringey & Southgate 3:50.5.

AUXILIARY FINAL

(Region runners-up)

At West London, September 7th

Plymouth 202; Stoke 188; Hercules Wimbledon 180; Shaftesbury 165; Southend 144; Reading 141; Hillingdon 137; Medway 115.

(Youths) 400: Conisbee (Med) 51.8. 800: Austin (Ply) 2:00.6. 3000: Benjamin (Hill) 9:08.0. 1500SC: 1, Lewis (Hill) 4:47.6; 2, Tonner (Read) 4:48.8. 100H: 1, Ratcliffe (Stoke) 14.1; 2, Duffy

(HW) 14.6; 3, Tighe (Shaft) 14.9. HJ: 1, Powell (Shaft) 1.83/6'0"; 2, Spicer (Read) 1.79/5'10"; 3, Dutteridge (Ply) 1.73/5'8". PV: Goodall (Stoke) 3.70/12'1"; SP: Patten (Ply) 13.02/42'8". DT: 1, Ridings (Read) 39.38/129'2"; 2, Brown (Ply) 38.78/127'3"; 3, Drzewiecki (Stoke) 38.66/126'10". HT: 1, Brodie (Med) 42.26/138'8"; 2, Bailey (Stoke) 40.42/132'7"; 3, Evans (Shaft) 39.38/129'2". JT: 1, Seldon (Hill) 50.54/165'10"; 2, Ward (Med) 50.34/165'2". 4 x 100: 1, Reading 46.2; 2, Hercules Wimbledon 46.2; 3, Hillingdon 46.3. 4 x 400: 1, Reading 3:42.6; 2, Plymouth 3:42.8; 3, Hercules Wimbledon 3:44.4.

(Boys) 100: 1, Thompson (Ply) 11.9; 2, Johnson (HW) 12.0; 3, Parris (Hill) 12.1. 200: 1, Thompson 23.7; 2, Johnson 24.3. 1500: Martens (Ply) 4:20.7. 3000: 1, C. White (Med) 9:24.8; 2, Boross (HW) 9:39.6. 1000SC: Hargreaves (Stoke) 3:00.0. 80H: 1, Eflong (HW) 11.9; 2, Fenn-Tye (South) 12.2; 3, Cohen (Shaft) 12.2. HJ: 1, Byrne (Stoke) 1.70/5'7"; 2, Udo (Shaft) 1.70; 3, Summerliaves (South) 1.65/5'5". PV: Sherwin (South) 3.00/9'10". LJ: Udo 5.89/19'4". TJ: Effiong (HW) 12.25/40'2". SP: 1, Husk (South) 15.40/50'6"; 2, Garner (Stoke) 13.74/45'1"; 3, Bristonas (Med) 13.44/44'1". DT: Hutchings (Ply) 41.02/134'7". HT: Husk 49.46/162'3". 4 x 100: 1, Plymouth 48.2; 2, Shaftesbury 48.2; 3, Hercules Wimbledon 49.3. 4 x 400: Plymouth 3:54.8.

SCAAA OPEN MEETING

At Crystal Palace, August 31st/September 1st

200: 1, C. Prevett (Worth) 22.4; 2, S. Payne (VPH) 22.6. 400: J. Harvey (Army) 49.7. 800: 1, P. Lawther (Annadale) 1:52.6; 2, A. Gibson (Hill) 1:53.2; 3, P. Lewis (Wall) 1:54.0; 4, A. Reekes (B'mouth) 1:54.4. 1500: 1, B. Smith (Thurr) 3:49.0; 2, P. Shaw (MAC) 3:49.9; 3, P. Browne (TVH) 3:50.8; 4, S. Lawrence (Pilk) 3:51.1; 5, V. Smith (Med) 3:52.1; 6, Gibson 3:52.8. (C): 1, W. Ewers (Sol) 3:56.3; 2, P. Williams (HHH) 3:58.2. 5000: 1, W. Mullett (B&H) 14:06.2; 2, B. Cole (Tip) 14:14.6; 3, R. Holt (HW) 14:14.8; 4, Lawrence 14:26.2. 3000SC: 1, R. Samuel (Shaft) 9:05.8; 2, R. Pitt (Aus) 9:06.6; 3, M. East (Twick-J) 9:10.2; 4, C. Taylor (HHH) 9:19.8. 400H: 1, P. Mills (NZ-J) 55.3; 2, D. Barrington (Poly) 55.9; 3, N. Chislett (Yeo-J) 56.5. (B): S. May (Sheff) 56.0. (Juniors) 1500: 1, S. Joynes (Canada) 4:00.6; 2, P. Winton (RNAC) 4:01.4; 3, E. Brown (Bas) 4:02.1; 4, P. Dover (Yeo) 4:02.7. 1500SC: M. Lomax (Canada) 4:27.7. (Youths) 100/200: D. Hill (QPH) 11.3/22.6. 400: 1, I. Cooper (B'mouth) 50.8; 2, R. Ridley (Brack) 52.3. 1500: M. Brooks (B'heath) 4:06.0. (Boys) 800: R. Slater (Leic) 2:03.3. 1500: J. Powell (TVH) 4:23.0.

Third in the National Vets Championships 3000SC at Hendon on August 11th was R. Curtis (Ton) in a time of 10:22.0 and not 11:22.0 as printed.

UK v FINLAND continued from page 6

5.80, 5.88, 5.78, 5.69); 4, ANN WILSON (UK) 5.80/19'04" (5.80, —, 5.76, 5.59, —, —).

SP: 1, C. Barck (F) 15.84/51'11½" (—, 14.74, —, 15.84, 15.38, 15.36); 2, R. Metso (F) 15.71/51'6½" (14.65, —, 14.62, 15.71, —, 14.74); 3, BRENDA BEDFORD (UK) 15.09/49'6½" (15.09, —, 14.67, 15.01, 14.61, —); 4, JANIS KERR (UK) 14.07/46'2" (13.92, 14.07, 14.00, 13.51, 14.02, 13.73).

4 x 100: 1, UK (S. COLYEAR, L. BARRATT, GOLDEN, LANNAMAN) 45.0; 2, Finland (Rautanen, Lax, Eklund, Pursiainen) 46.1.

Points: Finland 35; UK 27.

SECOND DAY, SEPTEMBER 26th

A cold but dry evening welcomed a small, enthusiastic crowd, liberally peppered with schoolchildren who gave their particular heroes vociferous support. The points situation began to swing back onto an even keel with first the Finns in the lead and then the British. After 17 events the men's score stood at 90-90, while our women had overhauled the Finns and gone into a 67-61 lead after 12 events. Both teams' fortunes rose and fell with each event, and the women's match ended in a draw. An intense edge of competition was honed into the final minutes of the men's match with the scores at 99-99 and just Mike Bull and Rome fourth placer, Antti Kal-

liomaki left in the pole vault. The last track event had long since finished and yet the crowd remained riveted to their seats as Bull, who had already surpassed even his own expectations on such a cold evening, tried for 5.30/17'4½", a new UK record. If Bull failed then the event and the match would go to the Finns by one point on countback. Both vaulters jumped quickly through their first two attempts, neither getting close. Silence descended as Bull prepared for his last try to save the match. He waited a long time, allowing the energy of the crowd to pour over him. He gave the vault all he had, but the combined will-power of the assembled supporters could not get him clear and the match was lost. It should be noted, though, that the British team fielded numerous reserves.

The second day started with the hammer, the lead changing hands regularly. Howard Payne, making his 61st and last appearance for the British team was the early leader, but Heikki Kangas, 7th in Rome, was too powerful once into his stride although Ian Chipchase did well to snatch the lead briefly with a fine 5th round throw. As in the men's event the women's high jump proved a quick affair, but this time it was the Finns who were in trouble. Ruth Watt and Barbara Lawton looked very comfortable on home territory, with Barbara maintaining her supremacy, but no more.

Alan Pascoe stepped down to his old event, the



Tessa Sanderson moved into second place on the UK all-time list with her new Junior record.

Ed Lacey



Tony Settle, 800 winner v Finland, here beats Clive Thomas at 1500 in Pye Gold Cup Final.

Ed Lacey

high hurdles, and showed no lack of snap and speed as he flew away over the first 60m. Berwyn Price gradually caught up and pulled away from Pascoe who seemed quite happy just to take the maximum points, admitting his run was rather through a sense of duty than desire as he was mentally very tired and had only trained once in the last fortnight. With consideration to the cold, both the 200 races were fast. In the women's event, Helen Golden got the best start but Donna Murray, Mona-Lisa Pursiainen and Riitta Salin flew around the bend to leave Helen trailing and it was Salin who led down the finish. Donna fought every inch of the way with equally new found strength and hauled back Pursiainen but there was nothing she could do about Salin who always finishes with a strong display of powerful running. As in the 400, it was Ossi Karttunen who gave David Jenkins problems in the 200. The Finn runs the bends tightly and with Jenkins on the awkward inside lane, Karttunen made all the running for the first 75m. Jenkins pulled level as they straightened out of the bend and 50m from home prised open a precious gap. Steve Green did well to take third spot after a season-long injury continued to make him cautious in his running.

Rosemary Payne made her 50th and final appearance for the UK a grand finale by winning valuable points, backed up by Margaret Ritchie. Mike Winch appeared to enjoy being out of Capes' shadow, but there was nothing he could do about Reijo Stahlberg, whose poor showing

in Rome was no indication of his talent.

Jim Brown and late replacement (for Dave Bedford) Grenville Tuck gave the 10,000 everything they had and the rewards went to all four runners in the shape of personal bests. Knowing the vast range of Pekka Paivarinta's talent they had no choice but to make the pace as hard as they could and hope he would drop. Brown led through 3000 in 8:23.8 and 5000 in 14:11.2, with all four runners together. Tuck took over the work and lapped in a steady 69 which dropped Rune Holmen by 7000m but Paivarinta always looked easy with his long relaxed stride. In the closing laps Tuck and Brown could only manage to quicken the pace by a second or two and it was not enough. Paivarinta hit the front finally with 500 to go, but still the two Britons refused to give in and surprisingly Paivarinta had not burst as expected. Brown and Tuck chased until 250 to go when finally the Finn exploded and rocketed around the last 200 to open a 5sec gap with a 57.6 last lap.

Lorna Drysdale scored a good 100 hurdles win; clear from gun to tape. Another Midlands youngster to show good form was Tessa Sanderson. She already seems such a permanent member of the British senior team that one is amazed on hearing she has just broken her UK junior record again! Her style is good with a low sink and a long pull in the delivery arm. She held the lead until round 4 when Arja Mustakallio added 50cm to which she couldn't respond. Tessa's 55.04/180'7" moves her ahead of Rosemary Morgan into 2nd place on the UK all-time list behind Sue Platt's 55.60/182'5".

Rosemary Wright turned out for her second race in two days (and her fifth in six days) and front-ran a most determined 800. Margaret Coomber set the initial pace and Rosemary powered into the lead at 200. At the break from lanes she took a 10m lead over Margaret who in turn had 10m on the trailing Finns, and passed the bell in 60.7. Rosemary continued with the positive front running and came home with her lead slightly reduced only in the last 100m. Heikki Vakkuri took off in the men's 800 and Tony Settle was slightly left which created some extra work in the first 100m. The Finn led at the bell in 53.6 with Pete Browne and Settle on his shoulder. At 600 Jaakko Honkanen attacked from the back of the pack and led into the final straight where Browne and Settle swept by in formation 50m from the tape to record a valuable double. Another win came from Alan Lerwill who snatched victory by a centimetre with the last jump of the competition.

After Rome the women's 3000 here between the European champion Nina Holmen and bronze medallist Joyce Smith seemed a fine opportunity for a world record attempt but both were below par in the gathering cold. Ann Yeoman led with a first lap of 73.0, the second lap took 74.1 and Joyce moved into the lead with Holmen in her slip-stream. A 71.1 followed and Joyce put in

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several bursts which Holmen slowly pulled back. The pace slowly deteriorated from here on and Joyce looked anxiously back; her rhythm had gone and she had dropped her arms. The Finn took over with 600 to go and a final lap of 72.6 carried her well clear of Joyce Smith (who has been suffering a stomach upset since Rome), who appeared only out of a sense of loyalty. Pekka Vasala whisked away into the lead of the 1500 and was soon gliding over the track in his relaxed but immensely powerful style. At 400 the Finns led in 59.0 with Ray Smedley and Phil Banning tucked in. Kauko Lumiaho took the next lap in 61.5 (2:00.5) and Vasala again moved to the front with Smedley following closely. Vasala reached the bell in 2:45.8 and began his run for home with Smedley in tow. At 300 we were treated to our first glimpse of the Vasala of Munich form as he began a kick to which Smedley had no answer.

For the women's 4 x 400 the Finns put out their strongest team. Eklund got the Finns away to a fast start but Wendy Hill attacked on the run-in and got past to send Liz Barnes away in front of Mona-Lisa Pursiainen. The latter, with a best of 51.3, shot past Liz after 100m and took a 5m lead which she couldn't increase. Ruth Kennedy threw caution to the winds and pulled to within a stride of Wilmi by 150m and drew alongside at the run-in where both girls raced neck and neck, baton arm outstretched in those agonising last strides. Donna Murray v Riitta Salin; Salin took the initiative and as an the individual race blasted the first 200 to take what was going to be all the advantage she would capture. Donna hung on for dear life but couldn't prevent Salin taking 5m. She attacked with all her ability on the final 100 but to no avail. Salin is fast and strong and just will not tie up under pressure. The individual split for Salin justified one's enthusiasm—50.9.

Roger Jenkins blasted out of the blocks in the men's event and almost seemed to check himself as Lonnqvist appeared to shuffle out of the blocks. Jenkins swept past at 200 and opened a gap which the Finn closed at the hand-over. Bill Hartley took a useful lead over Koivu, handing over to Alan Pascoe who stormed the first 200. But Markku Taskinen (3rd in Rome 800) finished well and closed to within a few strides as Pascoe struggled to hand over to David Jenkins. The Finns made a poor change-over, Jenkins was clear and all seemed over. Ossi Karttunen, however, chased hard and crept right up to Jenkins by the 200 mark—but Jenkins, one of the finest relay runners in the world, held on from the middle of the bend all the way to the finish.

Men

200: 1, DAVID JENKINS (UK) 21.2; 2, O. Karttunen (F) 21.3; 3, STEVE GREEN (UK) 21.6; 4, M. Juhola (F) 22.0.

800: 1, TONY SETTLE (UK) 1:49.3; 2, PETER BROWNE (UK) 1:49.5; 3, J. Honkanen (F) 1:49.8; 4, H. Vakkuri (F) 1:52.5.

1500: 1, P. Vasala (F) 3:43.1; 2, RAY SMEDLEY (UK) 3:46.2; 3, K. Lumiaho (F) 3:50.2; 4, PHIL BANNING (UK) 3:58.1.

10,000: 1, P. Paivarinta (F) 28:18.4; 2, JIM BROWN (UK) 28:23.8; 3, GRENVILLE TUCK (UK) 28:25.8; 4, R. Holmen (F) 28:48.2.

110H: 1, BERWYN PRICE (UK) 14.1; 2, ALAN PASCOE (UK) 14.3; 3, R. Alanen (F) 14.9; 4, P. Pursiainen (F) 14.9.

PV: 1, A. Kalliomaki (F) 5.20/17'0 $\frac{1}{2}$ " (4.90 1st, 5.10 2nd, 5.20 1st, 5.30 fail); 2, MIKE BULL (UK) 5.20 (4.60 1st, 5.00 2nd, 5.20 3rd, 5.30 fail); 3, BRIAN HOOPER (UK) 5.10/16'8 $\frac{1}{2}$ " (4.80 2nd, 5.00 1st, 5.10 2nd, 5.20 fail); 4, V. Aartolahti (F) 5.00/16'4 $\frac{1}{2}$ " (4.70 2nd, 4.90 2nd, 5.00 1st, 5.10 fail).

LJ: 1, ALAN LERWILL (UK) 7.61/24'11 $\frac{1}{2}$ " (7.23, —, 7.41, 7.38, 7.42, 7.61); 2, H. Mattila (F) 7.60/24'11 $\frac{1}{2}$ " (7.51, —, —, 7.47, —, 7.60); 3, T. Taavitsainen (F) 7.39/24'3" (7.35, 7.28, 7.27, 7.35, 7.35, 7.39); 4, GEOFF HIGNETT (UK) 7.26/23'10" (7.26, 7.23, —, —, 7.12, —).

SP: 1, R. Stahlberg (F) 19.96/65'6" (19.91, 19.29, 19.96, 19.73, —, —); 2, MIKE WINCH (UK) 18.98/62'3 $\frac{1}{2}$ " (18.49, 18.25, 18.79, 18.84, 18.75, 18.98); 3, M. Yrjola (F) 18.66/61'2 $\frac{1}{2}$ " (18.48, 18.59, 18.66, —, —, —); 4, BILL TANCRED (UK) 18.46/60'6 $\frac{1}{2}$ " (18.33, 18.46, 17.74, 17.79, 17.43, 17.15).

HT: 1, H. Kangas (F) 69.70/228'8" (67.50, 69.26, 69.08, 69.18, 69.22, 69.70); 2, IAN CHIPCHASE (UK) 69.46/227'11" (64.28, 68.52, 65.64, 67.04, 69.46, 69.14); 3, R. Miettinen (F) 69.34/227'6" (—, —, 69.34, —, 68.02, 69.06); 4, HOWARD PAYNE (UK) 68.78/225'8" (67.64, 67.66, 68.46, 68.98, 66.12, 68.22).

4 x 400: 1, UK (ROGER JENKINS 47.6, BILL HARTLEY 46.8, ALAN PASCOE 46.2 DAVID JENKINS 46.0) 3:06.6; 2, Finland (Lonnqvist

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J. Nottingham Cup

Boys (U/14) 2 $\frac{1}{2}$ M.

Bedford County

Press Cup

Colts (U/12) 1 $\frac{1}{2}$ M.

BAC Colts Trophy

LADIES' EVENTS

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Texas Ladies' Cup

Inters (U/17) 2 $\frac{1}{2}$ M.

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47.7, Koivu 47.4, Taskinen 46.1, Karttunen 45.7) 3:07.0.

Final points: Finland 105; UK 104.

Women

200: 1, R. Salin (F) 23.5; 2, DONNA MURRAY (UK) 23.6; 3, M-L. Pursiainen (F) 23.7; 4, HELEN GOLDEN (UK) 24.0.

800: 1, ROSEMARY WRIGHT (UK) 2:06.1; 2, MARGARET COOMBER (UK) 2:07.1; 3, S. Haapakoski (F) 2:11.4; 4, P. Vihonen (F) 2:11.8.

3000: 1, N. Holmen (F) 9:12.4; 2, JOYCE SMITH (UK) 9:18.0; 3, ANN YEOMAN (UK) 9:23.8; 4, S. Tyynela (F) 9:36.8.

100H: 1, LORNA DRYSDALE (UK) 13.9; 2, U. Lempiäinen (F) 14.2; 3, MYRA NIMMO (UK) 14.6; 4, P. Taimisto (F) 15.0.

HJ: 1, BARBARA LAWTON (UK) 1.80/5'10½" (1.65 1st, 1.70 1st, 1.75 1st, 1.80 1st, 1.83 fail); 2, RUTH WATT (UK) 1.75/5'8½" (1.60 1st, 1.65 1st, 1.70 1st, 1.75 2nd, 1.80 fail); 3 eq, E. Kelo (F) & S. Sundqvist (F) 1.70/5'7" (1.65 1st, 1.70 2nd, 1.75 fail).

AINSLEY BENNETT IN FORM AT BIRMINGHAM GAMES

The re-organised Birmingham Games failed to gain any support at Salford Park on September 15th, with only a handful of athletes turning out, and these tried new events. The only highlight was a superb run by Ainsley Bennett in the 300m, pushing Alan Pascoe into 3rd place, with a good time of 33.4 on the wet track. Junior International Ian Lindley was only 1cm from his best in the shot.

300: 1, A. Bennett (B'field) 33.4; 2, I. Saunders (Sale) 33.9; 3, A. Pascoe (Poly) 34.2; 4, C. Van Rees (Ox) 35.9. **800:** 1, P. Browne (TVH) 1:54.4; 2, A. Mottershead (MAC) 1:54.5. **3000** (Over-distance, closer to 2M): 1, B. Cole (Tip) 8:59.6; 2, Browne 9:09.0; 3, Mottershead 9:12.2; 4, A. Rushmer (Tip) 9:12.2. **SP:** 1, Lindley (Brad GS) 14.76/48'5¼". **(Women)** 60: 1, E. Eddy (B'field) 7.7; 2, S. Thomas (B'field) 7.9. **Mile:** C. Readdy (Stoke) 5:04.9. **4 x 100:** Birchfield 49.0.

Alan Lindop

BEDS, HUNTS & NORTHANTS SUNDAY LEAGUE

At Bedford, September 8th

(Senior men): Bedford 383; Peterborough 284; Huntingdon 274; Northampton 120; Daventry 98; Kettering 71. **(Senior Women):** Bedford 223; Peterborough 220; Huntingdon 189; Daventry 95; Northampton 34; Kettering 19. **(Juniors)** HJ: A. Devally (Bed-age 14) 1.65/5'5". **SP:** J. Palmer (Pet) 9.29/30'5¼".

Final League positions (Senior Men): Bedford 1378; Huntingdon 1146½; Peterborough 788. **(Senior Women):** Peterborough 1117; Huntingdon 920; Bedford 892. **(U15's Boys & Girls):** Bedford 1168; Peterborough 1109; Huntingdon 728.

Beds & Hunts Junior Women's 1500 Championship: H. Laws (Pet) 5:14.8.

DT: 1, ROSEMARY PAYNE (UK) 52.56/172'5" (48.80, 47.46, 45.90, 52.56, 49.14, —); 2, MARGARET RITCHIE (UK) 51.36/168'6" (44.30, —, 46.62, 51.36, 44.22); 3, R. Metso (F) 50.98/167'3" (—, 45.98, 47.16, 45.56, 48.16, 50.98); 4, S. Riihela (F) 50.80/166'8" (50.80, 45.38, 47.34, 48.10, —, 40.10).

JT: 1, A. Mustakallio (F) 55.54/182'3" (49.90, 50.78, 52.88, 55.54, —, 51.94); 2, TESSA SANDERSON (UK) 55.04/180'7" (UK Junior rec) (51.22, 55.04, 47.82, —, 52.08, 48.50); 3, P. Kumpulainen (F) 54.60/179'1" (52.66, 53.04, —, —, 53.30, 54.60); 4, ANN GOODLAD (UK) 46.58/152'10" (42.80, 44.36, 44.36, 45.38, 46.58, 43.84).

4 x 400: 1, Finland (Eklund 55.1, Pursiainen 52.4, Wilmi 53.9, Salin 50.9) 3:32.3; 2, UK (WENDY HILL 55.0, LIZ BARNES 53.6, RUTH KENNEDY 52.8, DONNA MURRAY 51.9) 3:33.3.

Total points: UK 73; Finland 73.

GREENWICH '11'

September 14th

1, M. Hurd (RAF Abingdon) 53:56
2, D. Faircloth (Croydon) 53:57
3, J. Bryant (Thames Hare & Hounds) ... 55:34
4, J. Avis (Kt) 57:02; 5, A. Jones (Camb H) 57:57; 6, J. Brotherhood (TH&H) 58:07; 7, S. Browne (TH&H) 58:43; 8, A. Pankhurst (Croy) 60:09; 9, T. Lane (Read) 61:09; 10, R. Knutzen (TH&H) 61:44. **Teams:** 1, Thames Hare & Hounds 14; 2, Croydon 18; 3, Thames H&H 'B' 33. **Vets:** D. Maynard (Camb H) 65:49.

NCAA 97 v MCAA 69 v RAF 66

At Derby, September 17th

100: T. Bonsor (M) 11.1. **200:** 1, R. Kennedy (M) 22.3; 2, D. Artley (N) 22.6. **800:** 1, A. Gibson (N) 1:52.6; 2, P. Bygate (N) 1:52.9; 3, M. Downes (M) 1:53.7. **1500:** 1, D. Nicholl (N) 3:53.5; 2, P. Shaw (N) 3:54.4; 3, T. Colton (M) 3:55.3; 4, W. Nichols (RAF) 3:57.2; 5, R. Harris (M) 3:58.6. **5000:** 1, D. Slater (N) 14:08.2; 2, J. Goater (RAF) 14:16.8; 3, M. Dell (N) 14:27.0; 4, K. Vooght (RAF) 14:36.6; 5, J. Eley (M) 14:37.8. **SP:** 1, R. Dale (M) 15.63/51'3¼"; 2, J. Watts (N) 15.60/51'2¼"; 3, N. Parry (N) 15.23/49'11¼". **HT:** 1, E. Johnson (RAF) 54.84/179'11"; 2, Watts 51.84/170'1"; 3, C. Davison (RAF) 51.66/169'6"; 4, C. Preston (N) 45.46/149'2". **JT:** 1, P. Ostapowycz 67.18/220'5"; 2, P. Stewart (RAF) 66.30/217'6"; 3, T. Aspey (N) 58.98/193'6". **4 x 100:** 1, RAF 42.6; 2, North 43.5; 3, Midlands 43.6.

Victoria Park AAC (Glasgow) officers: General secretary, J. Wallace Crawford, 24 Belsyde Avenue, Glasgow W5; women's secretary, Mrs M. Brough, 3 Danes Drive, Glasgow W 4; treasurer, A. Johnston; men's captain, H. Barrow; women's captain, M. O'Boyle.

RESULTS IN BRIEF

August 19th

Tyneside Track League at Gateshead. 200: R. Lambert (Hough) 22.9. (Boys) 1600 Medley: Houghton 4:08.2. (Senior Women) 800: M. Chambers (Blay) 2:16.0. **Final positions:** Gateshead 155; Houghton 86; Gosforth 66; Sunderland 47; Jarrow and Hebburn 42; Blyth 35. (Senior Women): South Shields 52; Jarrow and Hebburn 47; Gosforth 40.

August 21st

Longwood 120 v Bingley 88 at Huddersfield. DT: M. Mellors (L) 41.36/135'8". HT: F. McKenzie (B) 44.86/147'2".

August 28th

City of London Poly Handicap at Tower Hill (23M). 1, P. Hamilton (B'heath) 12:39; 2, M. Beavor (Lut) 12:54; 3, M. Burgess (Bas) 13:48. Handicap: R. Connor (Lon P) 17:31.

Joe Horn Memorial 2M at Black Bridge. S. McHale (Glos) 9:18.2.

August 29th

Pole Vault Competition at Crystal Palace. 1, A. Williams (Camb H) 4.57/15'0" (4.72/15'6" extra trial); 2, Jeff Fenge (Herc W) 4.57.

August 31st

British Milers Club Championships at Cambridge. (Very windy conditions) (Juniors): 1, P. Lawther (Belf) 4:15.4; 2, A. Amos (New) 4:20.0; 3, M. Prince (Hull) 4:21.0; 4, M. Wilson (Dev) 4:22.9; 5, A. Langdon (Corn) 4:23.5. (Youths & Boys): 1, J. Lothian (Dev) 4:24.9; 2, G. Jackson (Sx) 4:25.4; 3, N. Martin (Hants) 4:27.1; 4, T. Young (Scot-B) 4:30; 5, N. Holliday (Ches) 4:33.4; 6, R. Wood (Herts-B) 4:38.0.

Open Pentathlons at Redhill. (Men): 1, G. Page (E&E) 2434; 2, D. Clay (Sy B) 2395. (Youths): A. Dungate (R&R) 2180. (Inter women): 1, G. Gray (Thurr) 3292 (5.13, 27.8, 12.7, 8.88, 1.51); 2, J. Buss (Craw) 3023; 3, M. Robin (E&E) 2903; 4, L. Lynch (Thurr) 2842; 5, W. Palmer (Dart) 2812; 6, L. New (E&E) 2774. (Juniors): 1, C. Harding (E&E) 2565 (4.08, 29.1, 12.5, 8.39, 1.30); 2, K. Sims (G&G) 2561; 3, J. Howie (Dart) 2548; 4, D. Matthews (E&E) 2540; 5, V. Atkins (Hast) 2497; 6, J. Andrews (E&E) 2470; 7, A. Brown (E&E) 2443.

Westbury H Handicap Road Races at Whitchurch. (Senior 3M): 1, A. Ettle-Isles 14:04; 2, B. Popel 13:58 (rec); 3, R. Cornish 14:19. (Youths 2M): S. Evans & J. Pickford 10:53. (Boys): R. Naish 11:20.

September 3rd

Wolverhampton & Bilston 256; West Midland League Select 230, at Aldersley. 100/200: R. Walters (W&B) 10.7/22.1. 1500/3000: B. Cole

(Tip) 3:53.3/8:23.8. (Boys) 800: P. Powell (W&B) 2:04.9. (Women) 200: G. Spurgin (W&B) 25.7. 800: E. Spurgin (W&B) 2:13.9. (Juniors) 200: K. Shaw (W&B) 27.1. 800: J. Braznell (WML) 2:27.2.

September 4th

TVH Open Meeting at West London. 3000: 1, R. Pitt (Aus) 8:28.4; 2, P. Cheatle (Ex B) 8:30.6. TVH 10,000 Champs: D. Patterson 31:19.4. JT: 1, P. Hable (Barn) 57.18/187'7"; 2, P. Bramford (C&C) 56.82/186'5"; 3, J. Webster (HW) 56.36/184'11".

September 7th

North Staffs Road Runners Assn One Hour Track Race. 1, E. Johnson 16,910m; 2, S. Hope 16,910m.

September 8th

Havering v AV 55' Heerenveen (Holland) at Hornchurch. LJ: McClean (Hav) 7.00/22'11". (Women) HJ: McCormick (Hav) 1.55/5'1". (Inters) 100: Collier (Hav) 12.7. LJ: Rippe (Hav) 5.22/17'1". 4 x 100: Havering 52.2.

Woodford Green Vets 5000m Paarlauf (2 vets, combined age of 100 years) at Woodford Bridge. 1, G. Harrison & L. Batt (High-103) 15:30.8; 2, K. Bray & E. Flowers (Vets-101) 15:37.0; 3, R. Johnson & R. Bott (Vets-102) 15:45.0.

Pole Vault Competition at Crystal Palace. (CP Vault Squad) 1, A. Williams (Camb H) 15'4" (4.67m); 2, K. Stock (Croy) 15'4" (4.67-UK age-17 best); 3, J. Gutteridge (WS&E-J) 14'9" (4.49); 4, J. Fenge (Herc W) 14'0" (4.26). All heights measured in Imperial only.

Copperfields 800m held in conjunction with Farnworth & Dist Junior Trophy: 1, A. Gibson (Hill) 1:53.6; 2, R. Weatherburn (ESH) 1:54.0; 3, J. McCarthy (Gos) 1:54.0; 4, J. Gerrard (Sale) 1:56.0. **Blightys 3000:** 1, D. Nicholl (Leeds) 8:23.0; 2, S. Lawrence (Pilk) 8:26.0.

September 9th

Northern Vets AC 10,000m Championships (road/cinder path) at Bolton: (40/45) 1, A. Walsham (Salf) 32:22; 2, K. Hodgkinson (Salf) 32:39; 3, A. Hughes (Roch) 33:04. (45/50): 1, S. Smith (Pem) 34:44; 2, F. Wrigley (Mit) 35:26; 3, J. Lawton (Leeds) 36:25. (50/60): 1, K. Hall (Wall) 35:24; 2, J. Caddy (M&C) 36:33; 3, N. Ashcroft (Sutt) 38:31. (O/60): 1, S. Lee (Hor) 40:22; 2, E. Wallace (Wall) 41:28; 3, A. Locke (E Ches) 42:31.

September 14th

Shot Competition at Eltham. P. Tancred (BRC) 17.94/58'10".

Shropshire 10,000m Championship at Shrewsbury. J. Edwards (B'north) 31:50.6.

Grugier Trophy at Woking. PV: 1, J. Fenge (Herc W) 4.71/15'5.1" (pb); 2, A. Williams (Camb H) 4.50/14'9"; 3, P. Goulding (TVH) 4.20/13'9.4"; 4, W. Best (Enf) 4.20; 5, H. Davis (N Lon) 4.00/13'1.4".

SCAAA INFORMATION SUMMARY

New Affiliations: Royal Aircraft Estab AC—Secretary, G. Budden, Q 120 Building, Aerodynamics Dept, RAE Farnborough, Hants. Thetford, AC—E. Meardom, 36 Fir Road, Thetford, Norfolk. Tracksters AC—G. Gerstein, 6 Hall Farm Close, Stanmore, Middx.

Championships: Provisional dates for 1975 are Senior Championships June 27th/28th, Junior & Youth Championships July 19th/20th.

Hon Treasurer: Major G. H. Shaw has succeeded Mr C. F. Havercroft as Hon Treasurer of the Association.

Affiliation Fees: Fees are subject to VAT so that clubs who have still to pay the 1974 fee must add 8 per cent to the standard fee.

1975 Fixtures: Clubs wishing to have dates of 1975 events included in the Diary should supply details to the Hon Secretary, 70 Brompton Road, London SW3 1EE, as soon as possible.

First Claim Qualifications: M. Beevor, Hercules W to Luton Utd; N. Proudman, Bedford & C to Luton Utd; D. Willacy, Norfolk O to Gt Yarmouth & D; D. Brown, Luton Utd to Essex B; W. Stone, Havering to Southend L. Jones, Belgrave to Eton Manor; A. Thompson, Boro Road Coll to TVH; R. McStocker, Ilford to Poly; B. Tillotson, Belgrave to Windsor S&E; G. Gower, Blackheath to Hillingdon; R. Legge, Reading to C of Plymouth; D. Knight, Achilles to Oxford C; M. Scott, Edinburgh S to Belgrave; A. Robertson, Morpeth to Stevenage & NH; C. Van Rees, Colchester to Oxford C; A. Shoebridge, Achilles to Oxford C; E. Gaskin, Leeds AC to Walthamstow; O. Reed, Cambridge H to Chelmsford; A. Pankhurst, Medway to Croydon; Treyaut, Oxford C to Vale of Aylesbury;

G. Cobden, Chelmsford to Verlea; J. Zapple, Exmouth to Exeter; J. Watt, Lincoln C & C to Ipswich; P. Leitch, Aldershot F & D to Basingstoke; M. Sale, Horsham to Cambridge H; D. Clark, Oxford C to Verlea; J. Barwick, Norfolk O to Gt Yarmouth; J. Burtle, Woodford Gn to Ipswich; B. Fraser, N Shields Poly to Oxford C; P. Davey, Portsmouth to Windsor S & E; I. Powell, Hadleigh O to Feltham; N. Gates, Westbury to Feltham; R. Hill, Wycombe to Luton Utd; B. Day, Wycombe to Portsmouth; P. Davies, Shaftesbury to Met Police; A. Harris, HHH to Sutton & C; W. Watson, TVH to Feltham; J. Thompson, Haywards Heath to Brighton & H; R. Lock, Plymouth to Southampton & B; R. Boyd, London AC to Oxford.

A. J. C. Kendall
Hon Secretary

Janet Phillips, Hon Sec for Exeter H & Hon Treasurer of the Southern Women's League has moved to 7 Jesmond Road, Exeter (Tel: 0392 59040).

Ilford AC (Ladies Section) officers: Track sec, Mrs M. Gilham, 13 Tillotson Road, Ilford; CC sec, Mrs P. Jones, 34 Freshwell Avenue, Chadwell Heath, Romford.

Good Jumping By Cole In London Championships

At West London, September 7th

FOUR championship records tumbled and four 'doubles' were achieved on a day when the severe gale-forces wind won, the rain came second and the sun was a distant third for this GLC promotion. Derek Cole recorded a 100m/Long Jump double, the latter improving John Howell's 12-year-old record. Proving the strongest up the home straight, Pete Browne powered to victories over 400 and 800 whilst Frank Thompson, the Essex youth, won his two sprints easily and could be a great asset to Essex Beagles, whom he hopes to join. In the field, Andy Drzewiecki won both shot, deleting Mike Lindsay's 1958 record, and the discus. The outstanding performance came from Chris Melliush in the hammer. Relegated to an outer field for safety reasons, he had a battle royal with Peter Aston and ended up with a lifetime best of 62.10/203'9".

Pat Brian

100/LJ: D. Cole (TVH) 11.1 & 7.57/24'10"w. 200: 1, I. Matthews (TVH) 22.2; 2, J. Wilson (TVH) 22.4; 3, B. Laws (TVH) 22.6. 400: 1, P. Browne (TVH) 49.2; 2, I. Emmanuel (Ilf) 49.7; 3, P. White (Poly) 50.5. 800: Browne 1:55.8. 2000SC: N. Saunders (H&S/BRC) 6:05.2. HJ: 1, C. Jousiffe (High) 1.88/6'2"; 2, S. Faint (Ilf) 1.88; 3, C. Harris (TVH) 1.88. TJ: J. Vernon (S&C) 15.12/49'7½"w. SP: 1, A. Drzewiecki (Stoke) 16.27/53'4½"; 2, S. Clark (W Gn) 16.23/53'3"; 3, G. Tyler (Sale) 14.91/48'11". DT: 1, Drzewiecki 50.26/164'11"; 2, Tyler 48.48/159'1"; 3, R. Manger (Barn) 40.70/133'6". HT: 1, C. Melliush (Camb H) 62.10/203'9"; 2, P. Aston (W Gn) 60.40/198'2"; 3, M. Mason (Enf) 49.70/163'1". JT: 1, R. Silvester (H&S) 64.28/210'11"; 2, N. Thompson (Shaft) 61.48/201'8"; 3, E. Devido (N Lon) 59.62/195'7". 3000 Walk: A. Buchanan (B&H) 13:44.4. (Juniors) 400: R. Benn (Croy) 50.0. LJ: H. McClean (Hav) 7.13/23'4½"w. TJ: Ashdown 13.96/45'9½"w. W. J. Pepper Memorial Trophy: 1, TVH 26; 2, Cambridge H 14; 3, Ilford 11.

BURY ATHLETIC CLUB THREE TOWERS RACE

(Under A.A.A. Laws)

Horwich to Holcombe (20 Miles)

SUNDAY, OCTOBER 20th, 12 NOON

Course altered to include more moorland and less road. Checkpoints: Rivington Pike, Great Hill, Darwen Tower, Cadshaw, Edgworth, Pilgrim's Cross and Holcombe Tower. Prizes: First 15 Ind., Vets. O/40 and O/50. No Team prizes. Entries: 25p (S.A.E.) to W. Boland, 28 Kensington Ave., Radcliffe, near Manchester, by October 12th.

VANCOUVER TROPHY MEETING

At Woodford, September 1st

Ilford 92; Woodford Green 77; Coventry Godiva 49; Polytechnic 43; Haringey & Southgate 36; Brighton & Hove 34; Blackheath 31; Luton 18; TVH 12.

100: 1, I. Matthews (TVH) 10.7; 2, T. Bonsor (Cov) 10.8; 3, R. McStocker (Poly) 11.0; 4, J. Smith (Ilf) 11.1; 5, J. Elliott (Ilf) 11.1. 200: 1, Elliott 22.5; 2, McStocker 22.5. 3000SC: 1, N. Saunders (H&S) 9:31.2; 2, P. Rockwood (B&H) 9:33.8; 3, D. Chapman (W Gn) 9:38.2. 110H: 1, W. Greaves (Ilf) 15.3; 2, J. Mallot (Ilf) 15.4; 3, J. Margree (H&S) 15.5. 400H: 1, M. Carroll (B'heath) 56.9; 2, Greaves 57.9. PV: 1, K. Latham (Lut) 3.60/11'9½"; 2, C. Nimmo (Cov) 3.40/11'1¼". LJ/TJ: Edwards (H&S) 6.97/22'10½" & 15.10/49'6¼". SP: 1, S. Clark (W Gn) 15.88/52'1¼"; 2, Biddle (Poly) 14.02/46'0"; 3, Walker (B'heath) 13.65/44'9½". DT: Bullock (W Gn) 41.36/135'8". HT: 1, P. Aston (W Gn) 57.82/189'8"; 2, M. Mileham (W Gn) 48.02/157'6". JT: 1, Harrison (Lut) 66.46/218'0"; 2, Heath (W Gn) 65.98/216'6"; 3, Brown (Poly) 60.92/199'10". 4 x 100: Coventry 44.6. 3000W: 1, G. Chaplain (Cov) 13:32.8; 2, D. Johnson (B&H) 13:37.8; 3, R. Michell (B'heath) 13:47.0.

VICEROY & PAULDING TROPHIES

At Bournemouth, August 31st

Gloucester 212; Bristol 176; Bournemouth 142; Portsmouth 141; Reading 137. (Senior men) 2000SC: R. Stevens (Read) 5:59.0. HJ/LJ: P. Templeton (Bris) 1.85/6'0½" & 6.99/22'11¼". TJ: L. Gibson (Bris) 14.42/47'3¼". SP: J. Turton (Read) 15.28/50'1¼". DT: 1, Turton 43.50/142'8"; 2, Ott (B'mouth) 42.64/139'11". JT: Ott 63.98/209'11".

(Senior Women): Reading 164; Bournemouth 145; Portsmouth 143; Gloucester 82. 1500: Fielon (Port) 4:49.7. HJ: 1, Gilson (B'mouth) 1.68/5'6"; 2, Bird (Read) 1.68; 3, Walden (Glos) 1.60/5'3". SP: 1, Newton (Read) 11.55/37'10¼"; 2, Wrath (Port) 11.34/37'2½". DT: 1, Smith (Bris) 39.82/130'8"; 2, Carter (Port) 33.98/111'6". (Juniors) 200: Smallwood (Read) 26.3. 1500: Ludlam (Port) 5:00.4. HJ: 1, Boreham (B'mouth) 1.60/5'3"; 2, Parry (Glos) 1.50/4'11". LJ: Andrews (Read) 4.94/16'2¼". SP: Woodley (B'mouth) 10.11/33'2". 4 x 200: 1, Reading 1:50.4; 2, Portsmouth 1:52.0.

SENIOR ILLUMINATION TROPHY

At Blackpool, September 14th

Birchfield 167; Blackpool 148; Stoke 59; ESH 42; Blackburn 19; Bolton 18.

100: 1, A. Hadley (B'field) 11.0; 2, D. Hislop (ESH) 11.1. 200: Hadley 22.6. HJ: C. Williams (B'field) 1.87/6'1¼". LJ: A. Wells (ESH) 7.03/23'0¼". SP/DT: R. Dale (Stoke) 15.78/51'9¼" & 41.54/136'3". (Youths) DT: N. Beard (B'field) 40.62/133'3". (Women) ESH 124; Stoke 83; Blackpool 60; Lancaster & Morecambe 59. 400: M. Munro (ESH) 59.8. 1500: C. Readdy (Stoke) 4:43.5. HJ: V. Kelly (Stoke) 1.55/5'1". LJ: K. Evans (L&M) 5.46/17'11". DT: L. Robertson (ESH) 35.76/117'4". 4 x 100: ESH 50.3.

WINTER GEAR

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THE SPORTS CENTRE

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

'FLIP' IS BANNED

THE 'flop' may be universally accepted as a legitimate form of high jumping but the 'flip' is out so far as long jumpers are concerned—at least at international level for the next couple of years. The IAAF Congress, meeting in Rome, agreed unanimously with the Technical Committee's conclusions that the somersault style was (a) dangerous and (b) not within the 'spirit' of long jumping.

Jumpers will still be able to compete using the new style in domestic competition, unless their governing body follows the IAAF line and introduces a specific rule banning the 'flip'. The IAAF's Technical Committee will continue their investigations and it is up to national governing bodies—if convinced by the arguments of their coaches and athletes that this is a legitimate innovation—to seek the removal of the ban. The IAAF Congress will meet next in Montreal at the time of the Olympics.

The 'flip' was devised by the American coach, Tom Ecker, who says "the new somersault long jump technique offers a number of advantages over conventional long jump styles, yet the

somersault technique is uncomplicated in its execution. The jumper hits the board with his take-off foot, takes advantage of the natural forward rotation created at the take-off by doing a forward somersault in the air, and lands in much the same way as in conventional long jumping".

Only a handful of athletes have so far achieved worthwhile results but these are early days yet and as Ecker points out, "it took the Fosbury flop five years from the first time Dick Fosbury tried it until it became completely accepted as a superior high jump style. It took another five years for the world record to be broken by a jumper using the flop style".

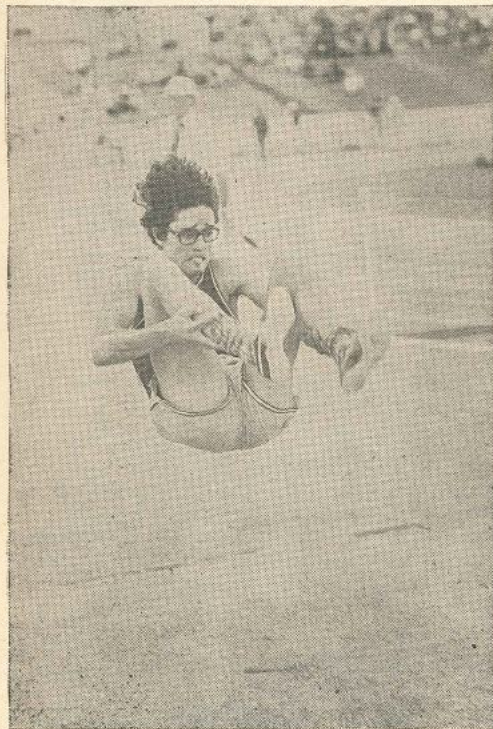
The best distance on record for the 'flip' in competition is 7.79/25'6½" by John Delamere, a New Zealander studying in the USA. "The thing about this way of jumping", he says, "is that I never know how far I'm going. Usually, when you jump the normal way, you can tell because when you come down you see where you are in relation to the pit. But this way, I'm turned upside down most of the time. I'm just turning over in mid-air, and all of a sudden, thud, I'm down".

The man who will suffer most from the international ban is the world's number one decathlete this year, Bruce Jenner (USA). This year, using the 'flip', he has improved by 17½" to 7.32/24'0¼"—and that's worth 69 points.

Olympic champion Randy Williams was impressed watching Delamere. "I like it. He is relaxing at the top of the jump. We're working for every little extra bit while he is just worried about landing". Comments Igor Ter-Ovanesyan, now head coach to the USSR team: "They shouldn't have banned it. That was stupid of them. All jumping events are going to be more acrobatic. It's kind of dangerous, but, if you're afraid, don't do it. We've got several young jumpers who are doing the 'flip'. I'm not going to have them stop. I'm sure the rule will be changed: The 'flip' is a better way to jump".

It's now up to coaches and athletes to make strong representation if the 'flip' is to win its case for survival. One has to agree with Tom Ecker's reply to charges that the 'flip' is too great a change from traditional techniques: "If that same argument had been used in the past, we would still have scissors high jumping, sail long jumping, stiff-pole vaulting, sideways shot putting, no-turn discus throwing, non-aerodynamic javelin throwing, etc."

Mel Watman



John Delamere in mid-flip

Chip Gane

SPRINTS TRAINING DAY

An Advanced Sprints Training Day will be held at Crystal Palace on November 2nd. Course Director: John Bailey, National Event Coach, Sprints. Time will be 9.45 prompt until 4.30, athletes to meet in the undercover area. Male and female athletes over 15 wishing to train hard will be welcome, as will any coaches. Fee 40p; lunch not provided. More information from Dave Patey, 5 High Street, Stanstead Abbots, Herts SG12 8AA, but please enclose SAE.

LETTERS

SELECTORS WERE RIGHT

Dear Sir,

Three months ago I wrote a long letter condemning the two National Coaches—and the British Board—for selecting Luton's Ian Thompson for Rome without a trial. I said at the time that Thompson had not answered all of the questions asked of a marathon runner with regards to humidity. Well, his crushing victory in humid conditions—making it four wins out of four races—proves that the selectors were right. I feared that he would come unstuck; I was wrong, and I take my hat off to the lad.

Should he and Brendan Foster gain selection in 1976 for Montreal without a trial then I for one would back the decision although I am against the principle in general of pre-selection.

Yours (humbled),
Jim Alder,
Morpeth

Dear Sir,

He who laughs last laughs longest, they say. So it must be with Ian Thompson, whose superb marathon win in Rome was the perfect retort to all those detractors who criticised very heavily in your columns the fact that he was selected to run without the necessity of a trial. Those critics must now be eating their words, and rightly so in my opinion.

If Ian Thompson, like Ron Hill before him, felt that his effectiveness would be reduced by having to run the extra race, fair enough. He obviously knew the sort of preparation he required to give of his best in Rome and as Commonwealth champion had surely proved his capabilities at championship level. Why have to prove it again? Thank goodness that on this occasion the selectors were enlightened enough to understand the situation; all credit to them. Events have certainly proved them, Ian Thompson and, above all, Ron Hill absolutely right. It was of course the latter who first campaigned loud and long for just the concession that Ian Thompson got. And why not? He too had nothing else to prove beforehand at the time of asking. He can now afford himself a rueful smile. Had he been accorded the privilege of not having to qualify, might not his already outstanding marathon record have been even better? In view of what has happened it seems to me to be more than likely!

Let's just hope that our selectors, having now finally seen the light, will continue to show such good judgment in the future.

J. R. Bremer,
Coulson

SELECTORS WERE WRONG

Dear Sir,

I cannot understand why an otherwise intelligent team selection for Rome was marred by

the unfortunate decision that Andy Carter prove his fitness in the triangular match in Oslo, thus preventing his appearance in the **important** European Championships. To my mind he had already, on the evidence of two races (AAA Championships and the match against Czechoslovakia), done enough to qualify for the team, not to mention his past record in the big races. It seems that history has repeated itself with another 800 man. Remember Brian Hewson in the 1960 Olympics, ironically enough at the same venue, Rome? Goodness only knows we have few potential medallists as it is without jeopardising their chances.

As a footnote I would like to congratulate our walkers, in particular the courageous Roger Mills, for their high placings. If ever there was a case of injustice it would be their exclusion from the Olympic Games.

Geoff Biscoe,
Reading

SELL-OUT AT CRYSTAL PALACE

Dear Sir,

I was one of many regular supporters who arrived two hours before the start of the Coca Cola meeting, only to be told by a harassed official that there was 'no way' that they could admit us to the ground, since all tickets were sold.

While it was most pleasing to find such a revival of public interest in athletics (as a result of the extensive coverage from Rome, no doubt), we were not impressed with the authorities' failure to allow us (for say a fee of 30p) the use of the tarmac terrace above the warm-up area or the extensive grassy bank parallel with the back-straight. The net result was that a number of us (rumour gives the number as 3000) enjoyed a brief stroll in the adjoining Crystal Palace Park before ending up on the said tarmac and grass areas. We would gladly have paid our 30p for this privilege.

If full use of the arena and surroundings had been made then considerable goodwill would have been engendered, and the organisers would have been richer by the tune of 3000 x 30p, plus the proceeds from the refreshments that we on the grass bank were denied. This money could have helped lay a few bricks for this new backstraight stand for which we wait and wait and wait . . . (This is scheduled for the 1977 season—Ed).

Let's hope that next season the promoters make maximum use of the public's money and enthusiasm. We would all be the 'richer' for it.

Jim Forrest,
Ranelagh H

COMPETITION FOR BOYS

Dear Sir,

May I begin by saying that Cliff Temple's article about the English Schools Championships investigation was extremely interesting and I saw, in print, the views which I have held for some time. With this in mind then I was interested

to read, in the same issue, a small paragraph regarding the Boys 1500m race to be held at the Coca Cola meeting. It stated: "An inspiring opportunity to compete in the context of an International meeting for some of the promising youngsters WHO HAVE SUPPORTED THE SCAAA OPEN MEETINGS AT THIS TRACK".

My hopes were high and I thought at long last that my prayers were going to be answered. So I made my way to Crystal Palace and what did I find? SEVEN of the boys competing were among the EIGHT finalists in the English Schools Junior 1500 final! Another was the 800m winner in the same meeting! Unfortunately I have no information concerning the ability of the other runners but I think the above is enough to go on. Furthermore I attended the next SCAAA open meeting on September 18th and not one of the said athletes was running.

Now I have no wish, and indeed no right, to criticise the boys for not running at this meeting. They must choose which races suit them. Nor have I any desire to criticise the organisers of one of the best athletics meetings I have ever attended. I just feel that a wonderful chance to start something big in athletics was lost. Richard Slater will run in many big meetings in the next few years. Fred Bloggs, however, who goes to these meetings (the SCAAA meetings that is) and trains as much as he wants with very little recognition, will not, and here was a chance to give 16 Fred Bloggses a taste of the big time. These are the lads who will become the internationals one day and some interest should be shown in them. Here was a chance—and it went amiss!

As for Richard Slater—if you are reading this, Richard, may I add that I wish you the best of success in the coming years. You have a heavy burden on your shoulders. English Schools winner AND Coca Cola meeting winner. A fine achievement and I for one in all sincerity hope that this spurs you on to greater things.

Robert O'Hara

Dear Sir,

Your report of the Boys 1500 in the Coca Cola meeting did the race less than justice, although in fairness information was most probably not to hand. I can supply information only for the Leicester lads but I feel similar details could well be true of most of the other competitors.

Slater, the winner, ran a pb and the fastest boys 1500 of the year. Behind him I wonder just how many best performances there were. Wilson improved by 14sec, Burdett by 11sec and the last finisher, Eugene Francis, ran a 12-year-old world best to add to the 400m age record he set in May. Congratulations must go to the IAC for their foresight in staging this race. The lads really justified their invitation and showed that boys can provide as much excitement as girls who have received regular competition in this age group for several years.

The first spark of life for under 15 boys, the

Young Athletes League, has had an excellent first year. The thanks of all participants are due to Ron Sales, who got the venture off the ground. The boys of my club have enjoyed the League enormously and look forward to next year. I wouldn't be surprised to see many other clubs clamouring for a place in this League, so successful has it been. Incidentally Francis ran a UK age record for 800m in the Final at Haringey. All that is needed now is a National Championships for these boys comparable to those already staged for the girls. How about it, AAA? The talent is there.

David Couling,
Leicester

Dear Sir,

We are writing to say how much we have all enjoyed taking part in the Young Athletes' League which was formed this year. League athletics have encouraged our boys enormously, team spirit has never been better, and the boys have had an increased incentive to train hard and perform well.

At each meeting a boy and a youth scored in each of 18 events, and we have found several promising pole vaulters, steeplechasers and hammer throwers whose talents would otherwise have remained hidden. To prove how worthwhile the whole concept was, 16 of our boys recorded personal bests in the final at Haringey and no doubt other clubs found the same determination amongst their own teams.

Our congratulations go to the winners, Bristol, and our thanks to Mr Sales and Thurrock Harriers, who have shouldered the burden of organisation. Finally, a very special thank you to all the boys themselves, who have put in so much effort and given so much pleasure and encouragement to us all.

Ray and Audrey Spinks,
Junior Team Managers.
Brighton and Hove AC

Dear Sir,

The Young Athletes' League was formed to provide competition for Youths and Boys and covers the full range of events. There are two vacant places for the 1975 season, or should there be sufficient clubs interested an extended system that would allow 128 clubs to participate. This would allow 80 new clubs to join.

Any interested clubs should contact me as soon as possible and in any case not later than October 23rd. A meeting of existing members and representatives of these clubs will take place in room G55 at the National Recreation Centre, Crystal Palace, at 11 am on Saturday, October 26th.

R. A. Sales,
78 Orchard Road,
South Ockendon.
Essex RM15 6HH

Sixth in the discus in the SCAAA v AAA Juniors match on August 26th was C. Sutherland (AAA), not N. Thompson.

UK Athletes Abroad

FINE RUN BY KENYON

MAKING his debut at the distance, Steve Kenyon finished an excellent 4th in 1:02:29 in a half-marathon at Geraardsbergen (Belgium) on August 24th. Belgians filled first three places: Roelants 1:00:27, Reveyn 1:01:11 and Schoofs 1:01:34. Despite a very sore back, Ron Hill finished 10th in 1:05:09 and Vince Regan placed 15th of the 62 finishers. Belgium 'A' won the team race (14 pts) ahead of Belgium 'B' (24), Spain (29) and Bolton United Harriers, representing Britain (29).

Harry Walker was Britain's highest placed runner in the 28km fell race from Sierre (alt: 585m) to Zinal (alt: 1680m) in Switzerland on August 11th. He was 3rd in 2:52:51 behind Switzerland's Hauser (2:38:14) and Belgium's Roelants (2:45:21). Other positions: 4, Barbier (Fra) 2:55:08; 5, J. Norman 2:55:57; 6, Wehren (Swi) 2:56:57; 7, D. Evans 3:02:29; 8, J. Naylor 3:02:50 . . . 23, P. Walkington 3:12:24; 25, G. Newton 3:13:35; 45, L. Hughes 3:23:12 . . . Chantal Langlace (Fra) 3:51:58 (her marathon time of 2:46:18 turned out to be on a short course); Annick Loir (b 1958) 3:52:00. There were 350 classified finishers. The highest point in the course was 2425m (8000ft) just after the 20km mark.

Three Lincolnshire based RAF athletes—Terry Lewins, Alan Lamb and Roy Bulley—together with Brian Jeffs (serving with the RAF in Nebraska) competed in the annual Pikes Peak Mountain Marathon in Colorado on August 11th. The starting point is 6500ft above sea level and the race involves a 13.4 miles climb over varied and difficult terrain to the summit of Pikes Peak at 14,100ft, then a return by the same route to the start. The winner, Richard Trujillo, took 3:36; Lewins finished 19th in 4:40 (he went off course 3M from the finish when 10th), Bulley 21st in 4:43, Lamb 38th in 5:00 and Jeffs 39th in 5:01. The temperature was 33°F at the summit, 87°F at the finish. Seven days earlier Bulley had placed 7th (2:40) in the Midwestern AAU Marathon at Omaha, with Lewis 10th in 2:46 and Jeffs 13th in 3:01.

John Berry of Wakefield, three times winner of the Isle of Man '40', became the first foreigner to win the annual 100km road race at Unna, West Germany, on the night of September 7th/8th. There were 1565 starters! Berry, clubmate Fred Howell (serving with the 15th/19th The King's Royal Hussars in Germany) and Franz Schuler shared the lead through the marathon point in 2:55:07. The German opened up a 1½min lead but was caught by Berry at 68km, and the Briton went on to win in 7:23:50—15 minutes faster than last year when he was 3rd and remarkable in the gale force winds. Schuler was 2nd in 7:24:54. Howell retired at 62km, feeling the effects of two races (1 hour and 15M) the previous weekend.

TRIP TO ROME BEST EVER

MOST of the regular travellers with 'AW' parties agreed that the one to Rome was just about the best so far . . . particularly those who were fortunate enough to go on to Sorrento for a few days. The Capodimonte Hotel, where the majority stayed in Sorrento, was the best I have come across and our stay there really made the trip.

We were all indebted to David Dryer, whose foresight and management enabled us to enjoy the Championships when many thought their holiday had been lost with the collapse of Court Line.

David will be looking after all our future trips including Nice (European Cup Finals) next year and Montreal (Olympic Games) in 1976. Details will be announced as soon as available. David Dryer and his former staff have joined Camkin Travel Ltd (a member of the Thomson Holiday Holdings Group) at 5 Marble Arch, London W1H 8DR.

'Jimmy' Green

NORTHERN LEAGUE

Div 4 at Whiteley Bay, July 27th. 3000SC: 1, R. Dunn (Mor) 9:31.0; 2, A. Parkinson (ASV) 9:32.2; (B): R. May (ASV) 9:39.4. Result: Airedale 246, Wirral 227, Liverpool 'B' 211, Morpeth 201½, Gateshead 152½. Final table: Airedale 17 pts, Wirral 16, Liverpool 'B' 11, Morpeth 10, Gateshead 5, Hallamshire 1.

Div 5 at Bolton, July 27th. 5000: M. Freary (Bolt) 14:39.0. 3000SC: 1, — (SU) 9:20.6; 2, D. Blakeley (M&D) 9:33.8; 3, M. Lambert (Bing) 9:46.8. SP: 1, Fenn (SU) 14.26/46'9½"; 2, Durica (Old) 14.04/46'1". HT: McKenzie (Bing) 45.82/150'4". JT: Frobisher (Bing) 61.20/200'9". Result: Oldham & R 239, Bingley 237, E Cheshire 230, Sheffield Utd 221, Bolton Utd 183, Manchester & D 110. Final table: Bingley 17, Oldham 13, Bolton 11, Sheffield 10½, E Cheshire 7, M&D 4½.

Div 6 at St Helens, July 27th. 400: M. Findlater (Pilk) 50.6. 3000SC: K. Newton (Sheff) 9:46.6. 110H: L. Spencer (Sheff) 16.1. 400H: 1, Findlater 56.6; 2, S. May (Sheff) 56.8. JT: J. Brooks (S'port) 62.22/204'1" . . . John Sherwood (Sheff) won 200 'B' (23.6), 800 (2:02.0), HJ 'B' (1.75), PV 'B' (2.46), SP (12.38), DT (34.40), and 2nd in HT (28.33)! Result: Sheffield City 302, Southport 263, Pilkingtons 209½, Sutton 179½, Blackburn 159½, Border 98½. Final table: Sheffield 18, Southport 14, Pilkingtons 12, Wigan 11, Sutton 9 (53½), Blackburn 'B' 9 (53½), Border 6, Rossendale 5.

(Results not received until September 30th)

Firm acceptances to compete in the Walton '10' on October 12th have been received from Ian Thompson, Dave Bedford and Tony Simmons.

* * *
Southern Pentathlon Staff Coach, Roy Snow has moved to 24 Orchard Close, Great Oakley, Essex CO12 5AX.

Walking News

Another sizzler by Roger Mills. On the crest of a wave following his world's best mile, Roger Mills came out less than 39 hours later to set a 3000m pb and 1974 British best in his club championships at Ilford on September 15th. Mills chopped 8.6sec off his previous best, set in the AAA last year, and placed himself in a clear No 3 spot on the UK all-time list behind Paul Nihill (11:51.2) and the late Phil Embleton (11:55.0). After a blitzing first kilometre, Roger maintained a superb even pace. Lap times:—1:32, 3:07, (1:35), 4:46 (1:39), 6:23 (1:37), 8:02 (1:39), 9:41 (1:39), 11:19 (1:38). 1, R. Mills 12:08.2; 2, S. Gower 13:45.0; 3, G. Hunwicks 14:08.0; 4, L. Ruddock 14:31.4; 5, M. Scammell (New) 14:48.0.

Brian Adams beats Peter Marlow in British Race Walkers Club 10km at Victoria park, September 14th. A race put on at short notice to give Gerard Lelievre an extra competition after the Coca Cola mile produced a small but high class field. Adams and Marlow took the lead from the outset, the former breaking away before half-way, withstanding a counter attack and finishing an easy winner. Lelievre, not at his best, moved past Gower and Buchanan and close up on Marlow by 3M but then retired due to sickness. 1, B. Adams (Leic) 44:58; 2, P. Marlow (S'end) 45:39; 3, S. Gower (Ilf) 47:16; 4, A. Buchanan (B&H) 47:45; 5, R. Middleton (Bel) 48:17.

RWA Officers. Idris Williams takes over as President from Frank Jarvis, Peter Marlow remains as Hon Gen Secretary, while Alec Banyard takes over from Frank James, who did not seek re-election as treasurer.

Roman tummy strikes again! Many will be suprised at Bob Dobson's lowly position and slow time at the European; however it must be appreciated that Bob was struck low on the morning of the race and after an excellent first 20km had to make several enforced stops amongst other disturbing effects.

Two powerful English teams in Airolo-Chiasso Relay. The Swiss five men relay due to be held on October 13th is likely to be just as international as last year when the Lugano Cup finalists took part. I understand the East Germans are likely to defend their title with Italy and West Germany their strongest rivals. Representing the Met Police will be Lou Mockett, Peter Hodgkinson, Amos Seddon, Colin Fisher and Charley Fogg with Amos having a real crack at the Monte Ceneri climb on the third stage. The Southend squad consisting of Alec Banyard, Bob Dobson, Dave Rosser, Peter Marlow and Ken Carter will surely be favourites to take the award for the first non-national team.

Colin Young

SCAAA 200 Competition winners for August:
C. S. P. Dale £25, E. Shirley £15, A. R. Twinn £5.

GREATER LONDON WOMEN'S CC LEAGUE

Dates and venues of the League races are November 16th at Brighton, November 30th at Malden Park, December 14th at High Wycombe. The registration fee for all athletes intending to compete in the League is now 20p per athlete. Clubs wishing to take part must register their athletes with the League's secretary/treasurer, Mr J. Horsburgh, 56 Kingsway, Aldershot, Hants. League Rule 1—"All League races to be held whenever possible within 15 miles radius of the City of London"—has been deleted.

CLASSIFIED ADVERTISEMENTS

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

SPECIAL OFFER! A POUND IN YOUR POCKET, post free. £1 off Adidas Country £8, normally £9.05, and Rom £5.35, normally £6.35. Another good buy—Adidas Leader £4.10. Why not phone your order: **Buxton 5824. Jo Royle, High Peak Outdoor Centre, 22 High Street, Buxton, Derbys.**

SL 72 £9.95, Gazelle £8.95, Reebok Tendotectors £5.99, Patrick spikes, light nylon £6.90. Full stocks, return service. Adidas rain suits £4.95 tops and bottoms. Freedom shorts £1.25. Lightweight training pants 'S' £2.30, 'M' £2.50, 'L' £2.70. Socks, wool, cushion sole 74p. Rain suits, hood, no trim £6.50. Post free or 20p off shoes to callers. **Holme Valley Sports, 76 Huddersfield Road, Holmfirth, Yorks.**

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

ATTRACTIVE POSTAGE STAMPS . . . Depicting Sport. 100 Different £1.05, 200 £2.10, **PFSI, 47 Hill Road, Barrow-in-Furness.**

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

ATHLETE requires accommodation within reasonable distance Crystal Palace from 1.1.75. Replies to Box No 345.

REEBOK TENDOTECTOR ripple shoe, 3-5½ £5.45, 6-12 £5.99, this low price until Christmas only. Adidas: Achill £12.10, SL72 £9.90, Gazelle £8.99, Jonah Barrington £5.99, Cross £4.90, Saturn blue suede spike £7.95. Freedom Shorts, all colours £1.30, Union Jack £1.70. **Ron Hill Sports, 24 Highcroft, Hyde, Cheshire.**

ATHLETIC EVENTS

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

GUILDFORD & GODALMING A.C. 17th HOG'S BACK ROAD RACE

10 Miles Under A.A.A. Laws
SATURDAY, DECEMBER 21st, 2.45 p.m.
Prizes: First 6 Ind., first 4 Teams, 1st Vet.
Good facilities. Entries: 25p Inds., 30p teams
(3 score) to A. W. Blatchford, 11 Thorn Bank,
Guildford, by December 11th.

WALTON ATHLETIC CLUB 29th Annual

10 MILE ROAD RACE Sponsored by CREST HOMES

(Under A.A.A. Laws)
SATURDAY, OCTOBER 12th, 3 p.m.
Stompond Lane, Walton-on-Thames
Prizes: 1st, 2nd, 3rd teams, 1st Vet. team (4
score). First 3 Indiv., first 3 Vets., first 30
finishers gaining no other award.
Entries to B. Judd, 10 Orchard Gardens, Cran-
leigh, Surrey.

CLOSING DATE OCTOBER 5th

THE UNIGATE MARATHON

The Tenth Marathon at Harlow

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

Sponsored by Unigate

FROM HARLOW SPORTCENTRE

SATURDAY, OCTOBER 26th

1.30 p.m.

Prizes: First 20 Individuals, first local man,
first Vet. over 40, over 50. First 3 Teams
(3 scorers). Time Certificates to all finishers.
Entries: Individuals 25p (all runners must
enter as Individuals), Teams 30p (6 run, 3
score). No additional fee for Essex Cham-
pionship.

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

CLOSING DATE OCT. 14th—CERTAIN!

SHEFFIELD UNITED HARRIERS

ask you to book this date—

DECEMBER 7th 7.12.74 DECEMBER 7th

usual place, unusual course

**GRAVES PARK for the
WHITEHURST RACE**

ESSEX LADIES A.C.

DAVE McJANNET RELAYS

Ashton Playing Fields, Woodford

All Weather Track

SATURDAY, JULY 5th, 1975

Reserve this date

Further details later

Red Rose Cross-Country League (4th Season)

Fixtures for new season: Oct. 26th (Bury),
Nov. 9th (Rochdale), Nov. 23rd (Bolton), Dec.
14th (Rossendale). Races for Colts, Boys,
Youths, Seniors. Senior team race assessed on
h'cap basis. New teams and inds. welcomed.
Details: J. W. Foster, 472 Hough Fold Way,
Harwood, Bolton (Tel.: Bolton 27758).

ROAD RUNNERS CLUB (CORNWALL)

CAMBORNE FESTIVAL

15 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, NOVEMBER 2nd

Start at 2.30 p.m. at Camborne Fountain.

Awards: Plaques to first three, plus awards
and new Special Vests to first ten places. Plus
first three Teams and first Vets Team. (4 run,
3 score).

Entry Fees: 25p

Full Details and Entries—Mr E. Phillips, 7
Mount Pleasant, Camborne, Cornwall.

BRISTOL ATHLETIC CLUB

MIKE SULLY

CROSS-COUNTRY RACES

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

Fry's Sports Ground, Keynsham, Bristol

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

5M Senior Men 2½M Senior Ladies

3 Mile Youth 2½M Inter. Ladies

2½ Mile Boys 1½M Jnr. Ladies

1½ Mile Colts 1½M Minor Ladies

1½ Mile Junior Colts

PRIZES VALUE OVER £200

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

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

ENTRIES CLOSE OCTOBER 30th, 1974