

53 PRESTON

September 12th 1970 Vol. 24 No. 37

athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

★ The Runner's Enigma
—by Joe Henderson

★ Coca Cola Meeting
—Full Report

★ Vyacheslav Skomorokov
Feature

★ Latest News and
Results



2/-

MARGARET
BEACHAM en route
to her 2:08.0 win in
Southern Women's
800 metres.

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WORSLEY '10'

At Worsley, August 29th.

1. C. Leigh (Salford) 51.23
2. S. Clegg (Salford) 52.28
3. N. Carrington (Sale) 53.03
4. D. Farmer (Sale) 53.39; 5. S. Edmunds (Sale) 53.59; 6. J. Cockburn (Morpeth) 54.41; 7. G. Entwistle (Man & D) 54.51; 8. K. Hopkinson (Unatt) 55.03; 9. S. Curran (Salford) 57.00; 10. F. Mycock (Man. YMCA) 57.36; 11. R. Good-year (Man. YMCA) 57.46; 12. S. Ferris (Alt) 58.13; 13. R. Llewellyn (Rochdale) 58.31; 14. G. Garden (Cambridge-Mass. USA) 59.23; 15. K. Atkins (Tipton) 59.47; 16. K. Peers (Leigh) 60.02; 17. H. Smith (Man. YMCA) 60.07; 18. S. Sacks (Man. YMCA) 60.36; 19. M. Weston (Bury) 60.52; 20. D. O'Leary (Man. YMCA) 61.04; 21. J. Prescott (Leigh) 61.30; 22. B. Simms (Leigh) 61.46; 23. M. Kelly (E. Ches) 62.13; 24. D. Owen (Stret) 62.21; 25. B. Williams (Swin) 62.38.

Teams: 1, Sale (3,4,5) 12; 2, Salford (1,2,9) 12; 3, Manchester YMCA (10,11,17) 38; 4, Leigh 59.

BATTLE OF BRITAIN INTER-COUNTY TROPHY

At Leicester, August 29th

SEVERAL counties did not declare teams, and these are the few results Alan Lindop was able to glean. Results were just given out as Counties and times or distances, so that many worthy marks were lost.

Sonia Lannaman put up one of the afternoon's finest performances when she ran Jannette Roscoe (Née Champion) to a couple of feet over 200m, clocking a great 24.1. That time slices a half second off her previous UK 14-year-old age best, and is very close to the World Best (24.0) held by Claudie Van Straaten. Chris Monk scored two comfortable wins over Roger Walters in both sprints, whilst Joe Caines clipped his 400m best to 48.8. Rosemary Payne sent the discus 52.94/173'8".

(Men) 1, Gloucestershire 200; 2, Leicestershire/Rutland 198; 3, Staffordshire 189; 4, Warwickshire 176; 5, Notts. 159; 6, Derbyshire 149; 7, Northants. 147. 100m: 1, C. Monk (Leic-J) 10.7; 2, R. Walters (Staffs) 10.9. 200 (—0.8m) 1, Monk 21.7; 2, Walters 21.9. 400: J. Caines (Wks-J) 48.8. 110H: P. Kelly (Staffs-J) 14.9. HJ: K. Moore (Dby) 1.89/6'2½"; 2, M. Hill (Wks-J) 1.83/6'0"; 3, R. Danville (Staffs-J) 1.83. SP: A. Drzewiecki (Staffs) 15.30/50'24". DT: 1, D. Roscoe (Leics) 52.88/173'6"; 2, Drzewiecki (Staffs) 50.16/164'7".

(Women) 1, Warwickshire 86; 2, Cheshire 75; 3, Northants. 66; 4, Gloucestershire 65; 5, Leicestershire/Rutland 65; 6, Derbyshire 63; 7, Notts. 57. 100m/LJ: A. Neil (Northants) 11.6/6.27/20'7". 200: 1, J. Roscoe (Staffs) 24.0; 2, S. Lannaman (Wks-J) 24.1 (UK Best by 14-y-o). 400: P. Lowe (Wks) 55.3. 800: A. Lovell (Wks) 2:12.7. SP/DT: R. Payne (Wks) 12.62/41'5" & 52.94/173'8".

WARRINGTON ATHLETIC CLUB

10th Annual Under A.A.A. Laws

CHRIS VOSE ROAD RACE

7 MILES 385 YARDS

SAT., 26th SEPTEMBER, 1970, at 3 p.m.

From Orford Sec. Modern Boys' School,

Long Lane, Warrington, Lancs.

Prize values: First 4 Inds. £8, £5, £3, £2; 1st U/19, U/20 & O/40, £1 each; First 4 Teams, 3 at £3, 3 at £2, 3 at 30/-, 3 at £1; Most Improved Team 3 at £1; First 4 Unawarded Inds. £1 each.

Entries (All runners must enter as individuals 3/-), teams 6/- each, on AAA forms to Mr. L. J. Cornes, 11 Buttermere Avenue, Orford, Warrington, Lancs.

CLOSING DATE MON., 14th SEPTEMBER

EALING & SOUTHALL A.C.

20th Annual Open Team

CROSS-COUNTRY RELAY RACE

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

6x2½ Miles for the Horsenden Trophy

SATURDAY, 3rd OCTOBER, at 2.45 p.m.

Medals for first 3 teams and first unplaced "B" team. Plaques for three fastest laps.

Entrance Fee: 12/6 per team for first teams, 10/- per team for others.

Entries on AAA forms to C. A. Wroth, 67 Woodrow Avenue, Hayes, Middlesex, by Monday, 21st September.

MAIDENHEAD ATHLETIC CLUB

SATURDAY, 26th SEPTEMBER, 1970

26th Annual

OPEN ROAD RELAY

(Six legs of 4¼ Miles)

preceded by

3rd Annual

OPEN 2½M ROAD RACE FOR BOYS AND OPEN 2½M ROAD RACE FOR YOUTHS

(4 to run, 3 to score. All under AAA Laws)

Starting from Kidwells Park, Maidenhead

Youths 2.20 p.m., Boys 2.40 p.m., Relay 3 p.m.

Changing accom. Swimming Pool, Cookham Rd.

AWARDS FOR ALL RACES, IND. & TEAM

Entries with fees (Relay 10/- per team, Boys/

Youths 7/6, Ind. 2/6) to R. Stevenson, 8 Gage

Close, Maidenhead, Berks. SL6 2SQ (Tel:

24528), by Tuesday, 15th September.

RE CLIFFHANGERS

The answer to Cliff Temple's query in "Cliffhangers" on page 19 is Sheila Carey. Cliff inadvertently left this out of his copy and the answer was not discovered until after part of the magazine had been printed.

Cover photo by Ron Linstead

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 24. No. 37

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January 1st—December 31st, 1969

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THE WEEK AHEAD

Saturday, September 12th: Great Britain v. Poland (men and women) in Warsaw (first day); European Junior Championships in Paris (second day); Dartford Road Relay; Woodford to Southend Road Race; Ladies Day Trophy at Hayes; Middlesex League Finals at West London; New Towns Sports Festival at Welwyn Garden City; Lincs. Open & AAA Decathlon & Pentathlon at Cranwell; Annual Inter-Club at Keighley; Bromsgrove & Redditch Road Relays; Greenwich '11'; Solihull Young Athletes' Meeting; Penistone Show 10M Road Race; Slaithwaite Fell Race; Bingley Trophies Meeting; Eldridge Trophies at Southampton.

Sunday, September 13th: GB v. Poland (second day) in Warsaw; European Junior Championships in Paris (third day); Basildon '10'; Lincs. Decathlon (second day) at Cranwell; Northern Women's Pentathlon & 3000m Championship at Kirkby; Vaux Mountain Trial; Salisbury 'Round the Houses' Road Races.

Wednesday, September 16th: Melbourne Trophy at Tooting Bec; Midweek Trophy at Crystal Palace; Hillingdon Open Graded Meeting; TVH Open 10,000m at West London.

Friday, September 18th: GB v. Rumania (Women) in Bucharest (first day).

WORLD PENTATHLON RECORD

Burglinde Pollak (E. Germany), aged 19, broke Liesel Prokop's world pentathlon record with 5406 points at Erfurt last weekend. Her marks: 13.3 100mH, 15.57/51'1" SP, 1.75/5'8½" HJ, 6.20/20'4" LJ, 23.8 200m! Margit Herbst was 2nd with 5215.

Entries for the Rotherham Marathon on September 27th will be accepted until September 14th. The course has been measured with a surveyor's wheel and a bus, following the runners,

Three British Victories In Universiade

STANDARDS in the Universiade (World Student Games), held in Turin from September 2nd to 6th, were the highest yet for this meeting. Two world records were broken: Wolfgang Nordwig vaulted 5.46/17'11" and Heide Rosen-dahl long jumped 6.84/22'54".

The British men athletes acquitted themselves particularly well. Martin Reynolds (200m), Dave Hemery (110mH) and Alan Lerwill (LJ) won gold medals; silver awards went to Martin Winbolt Lewis (800m), John Kirkbride (1500m), Jack Lane (10,000m) and Andy Holden (3000mSC); bronzes were won by Mike Tagg (10,000m) and Geoff Hignett (LJ). Personal bests were achieved by Jim Aukett (400m), Lane, Hignett, Sheila Garnett (100mH) and Shirley Clelland (Pen) as well as a first rate effort by the 4x400m team. Fuller details next week.

100m: 1, Schenke (EG) 10.5; 2, J. Green (US) 10.5; 3, Ravelomanantsoa (Madag) 10.5; 4, Nowosz (Pol) 10.6; 5, Trinana (Cuba) 10.6; 6, Montes (Cuba) 10.6; 7, IAN GREEN 10.6 (10.5 ht & 10.4 sf); 8, Clerc (Swi) 10.8.

200m: 1, MARTIN REYNOLDS 21.0; 2, Schenke 21.0; 3, J. Green 21.1; 4, Werner (Pol) 21.2; 5, Kynos (Cz) 21.3; 6, Magarinos (Spa) 21.4; 7, Ducasse (Fra) 21.4; 8, RALPH BANTHORPE 21.6.

400m: 1, Ulan (US) 45.9; 2, Jellinghaus (WG) 46.2; 3, Carrette (Fra) 46.3; 4, T. Turner (US) 46.3. . . . JIM AUKETT 47.2 ht and 47.5 sf, MIKE HAUCK 47.2 sf, McSweeney (RoI) 47.5 ht and 47.6 sf.

800m: 1, Kemper (WG) 1:49.1; 2, MARTIN WINBOLT LEWIS 1:49.2; 3, Arza (Pan) 1:49.5; 4, Fernandes (Spa) 1:50.3; 5, Danic (Fra) 1:50.3; 6, Prysch (WG) 1:50.7; 7, ANDY CARTER 1:50.9 (1:49.2 sf); 8, Kiatowsky (Bul) 1:51.7.

1500m: 1, Arese (Ita) 3:52.7 (3:42.0 ht); 2, JOHN KIRKBRIDE 3:52.9 (3:50.9 ht); 3, Del Buono (Ita) 3:53.0; 4, Leborgne (Fra) 3:53.0; 5, Van Manshoven (Bel) 3:53.3; 6, LaBenz (US) 3:53.5; 7, Murphy (RoI) 3:54.5 (3:44.2 ht); 8, Sensburg (WG) 3:54.7; 9, Zhelobovskiy (SU) 3:54.9; 10, BRENDAN FOSTER 3:59.7 (3:45.0 ht).

5000m: 1, Puklakov (SU) 13:56.4; 2, Wollenberg (WG) 14:00.8; 3, Cindolo (Ita) 14:01.4. . . . 9, FRANK BRISCOE 14:26.0 (14:12.8 ht); Walsh (RoI) (14:09.8 ht).

10,000m: 1, Sharafutdinov (SU) 29:02.2; 2, JACK LANE 29:08.8; 3, MIKE TAGG 29:22.2; 4, Walsh 29:31.6; 5, Otsuki (Jap) 29:42.2; 6, Ardizzone (Ita) 29:52.0.

3000mSC: 1, Zhelev (Bul) 8:32.6; 2, ANDY HOLDEN 8:36.6; 3, Koyama (Jap) 8:38.0; 4, Tikhov (Bul) 8:38.4; 5, Rahoui (Alg) 8:42.0 (rec); 6, McLaren (Can) 8:46.2; 7, JOHN RIX 8:53.8 (fell).

110mH: 1, DAVE HEMERY 13.8; 2, Nickel (WG) 13.8; 3, Liani (Ita) 13.9; 4, Morales (Cuba) 14.0; 5, Draper (US) 14.1; 6, Baird (Aus) 14.1; 7, ALAN PASCOE 14.3.

400mH: 1, James (US) 50.2; 2, Reibert (WG)

50.4; 3, Stukalov (SU) 50.7. . . BOB ROBERTS 52.2 ht, Dillon (RoI) 52.3 ht.

4x100m: 1, Poland 39.2; 2, Cuba 39.2; 3, SU 39.4; 4, France 39.7; 5, W. Germany 39.7; 6, UK (IAN GREEN, REYNOLDS, JOHN WILLIAMS, BANTHORPE) 40.0; 7, Italy 40.0; 8, USA 40.2.

4x400m: 1, USA 3:03.3; 2, SU 3:04.2; 3, France 3:04.4; 4, UK 3:05.3 (AUKETT 46.5, REYNOLDS 46.8, HEMERY 46.0, WINBOLT LEWIS 46.0); 5, W. Germany 3:06.3; 6, Italy 3:08.3.

HJ: 1, Gavrilov (SU) 2.18/7'11"; 2, Azzaro (Ita) 2.15/7'03"; 3, Serban (Rum) 2.15; 4, Matzdorf (US) 2.15.

PV: 1, Nordwig (EG) 5.46/17'11" (world record); 2, Papanicolaou (Gre) 5.42/17'9 1/2" (rec); 3, Tracanelli (Fra) 5.30/17'4 1/2"; 4, Engel (WG) 5.20/17'03"; 5, Inoue (Jap) 5.00/16'5"; 6, MIKE BULL 5.00; 7, Isakov (SU) 4.80/15'9" 8, Dobrosz (Pol) 4.80.

LJ: 1, ALAN LERWILL 7.91/25'11 1/2"; 2, Robinson (US) 7.78/25'6 1/2"; 3, GEOFF HIGNETT 7.76/25'5 1/2"; 4, Stekic (Yug) 7.67/25'2"; 5, Beer (EG) 7.65/25'1 1/2"; 6, Rak (Yug) 7.62/25'0".

TJ: 1, Saneyev (SU) 17.22/56'6"; 2, Dudkin (SU) 17.00/55'9 1/2"; 3, Drehmel (EG) 16.93/55'6 1/2"; 4, Corbu (Rum) 16.69/54'9"; 5, Gentile (Ita) 16.45/53'11 1/2"; 6, Areta (Spa) 16.35/53'7 1/2".

SP: 1, Briesenick (EG) 19.97/65'6 1/2"; 2, Voikin (SU) 19.30/63'3 1/2"; 3, Grabe (EG) 19.06/62'6 1/2".

DT: 1, Muranyi (Hun) 60.16/197'4"; 2, Neu (WG) 58.62/192'4"; 3, Simeon (Ita) 58.22/191'0" 9, BILL TANCRED 50.60/166'0".

HT: 1, Sachse (EG) 72.34/237'4"; 2, Khmelevskiy (SU) 68.54/224'10"; 3, Ambrosyev (SU) 66.80/219'2". . . . 12, BARRY WILLIAMS 58.26/191'1".

JT: 1, Nemeth (Hun) 81.94/268'10"; 2, Csik (Hun) 80.32/263'6"; 3, Jalszynski (Pol) 79.84/261'11"; 4, Djurovic (Yug) 76.84/252'1"; 5, JOHN MCSORLEY 75.96/249'2"; 6, Schmidt (US) 75.56/247'11".

Dec: 1, Avilov (SU) 7803; 2, Hedmark (Swe) 7783; 3, Sherbatikh (SU) 7551.

Women's Events

100m: 1, Meissner (EG) 11.5; 2, v.d. Berg (Neth) 11.6; 3, Balogh (Hun) 11.7; 4, Cobian (Cuba) 11.7; 5, Szabo (Hun) 11.8; 6, DELLA PASCOE 11.9; 7, Kapfer (Austria) 11.9; 8, Nikiforova (SU) 12.0.

200m: 1, Meissner 22.7 (eq. rec); 2, Balogh 23.2 (rec); 3, v.d. Berg 23.5; 4, Cobian 23.7; 5, Szabo 23.7; 6, Kapfer 23.8; 7, PASCOE 24.0; 8, Straszynska (Pol) 24.3.

400m: 1, Sykora (Austria) 52.8 (rec); 2, Truste (Cuba) 53.5; 3, Pention (Cuba) 53.8.

800m: 1, Hoffmeister (EG) 2:01.8 (rec); 2, Sykora (Austria) 2:01.9 (rec); 3, Burneleit (EG) 2:02.2; 4, Silai (Rum) 2:02.6; 5, Nikolic (Yug) 2:04.1; 6, Ligetkuti (SU) 2:06.1; 7, JANE PERRY 2:07.8; 8, Hoffman (Can) 2:12.9 (2:05.3 sf).

100mH: 1, Sukniewicz (Pol) 13.0; 2, Podswa (EG) 13.4; 3, Bufanu (Rum) 13.5; 4, Straszynska

continued on page 38

EAST GERMANY COMPLETE CUP DOUBLE

Mel Watman reports from Stockholm on the European Cup Final

EAST Germany, winners of the women's tournament in Budapest the previous weekend, underlined their undisputed supremacy on the Continent by taking the European Cup for men also, in Stockholm's Olympic Stadium on August 29th and 30th.

It was the climax to five years of unremitting effort by the GDR to establish themselves as Europe's strongest athletics power. In the inaugural Bruno Zauli Competition in 1965, East Germany placed 4th in the men's and second in the women's. In 1967, both men and women finished second to the Soviet Union. Now both trophies are theirs . . . a remarkable achievement by a nation of fewer than 20 million people.

The Soviet Union, who battled neck-and-neck with West Germany from midway through the first day's proceedings, gained second place, while Poland atoned for a poor first day by overtaking early pace-setters France for fourth position. France, fifth as in 1965 and 1967, were undoubtedly the biggest disappointment of the competition . . . due mainly to indifferent sprinting. Sweden, with two individual winners also, excelled in sixth place but the less said about Italy the kinder.

Field events provided the individual highlights, with Jorg Drechsel's triple jumping, Wolfgang Nordwig's pole vaulting, Jack Pani's long jumping, Hartmut Briesenick's shot putting and Ricky Bruch's discus throwing outstanding. On the track, the gems were Yevgeniy Arzhanov's second lap in the 800m and the first two kilometres of Vladimir Dudin's steeplechase, but high quality performances in a match of this sort are always incidental: winning points is the object of the exercise.

SATURDAY, AUGUST 29th

110m Hurdles: First blood to France as Guy Drut skimmed to a three-metre victory. The next four runners finished practically in line and it was Bo Forssander, whose season's best of 13.9 ranked him only sixth of the seven competitors, who snatched second. Following wind: 0.5 m/sec. 1, G. Drut (F) 13.7; 2, B. Forssander (S) 14.0; 3, G. Nickel (WG) 14.0; 4, F. Siebeck (EG) 14.0; 5, S. Liani (I) 14.0; 6, V. Balikhin (SU) 14.3; 7, M. Jozwik (P) 14.4. **Points:** France 7, Sweden 6, W. Germany 5, E. Germany 4, Italy 3, SU 2, Poland 1.

1500m: The first two laps were of the usual European Cup standards of lethargy: 62.0 and 63.8. Jean Wadoux, who in recent weeks has shown little of the sparkle that enabled him to become European record holder at this distance, ran the third lap in 56.2 (29.1 and 27.1!) but he did not succeed in shaking off his most dangerous rivals. With 200m to go, Francesco Arese was a stride behind, with Harald Norpoth at a further three metres. The Italian took the lead early in the finishing straight and, as Norpoth faded, it

looked as though Wadoux would hold second place—until Henryk Szordykowski (the man Arese feared most, since the Pole has beaten him almost every time out) belatedly came to life and overtook three men in the closing stages. Klaus-Peter Justus, who ran Ian Stewart to a photo finish the previous month, was never in the race. Time for last 400m: 53.6. 1, F. Arese (I) 3:42.3; 2, H. Szordykowski (P) 3:42.5; 3, J. Wadoux (F) 3:42.6; 4, M. Zhelobovskiy (SU) 3:42.9; 5, H. Norpoth (WG) 3:43.1; 6, J.-I. Ohlsson (S) 3:47.0; 7, K.-P. Justus (EG) 3:47.7. **Points:** France 12, Italy 10, W. Germany and Sweden 8, Poland 7, SU 6, E. Germany 5.

100m: France remained ahead but it was a blow to their chances that European silver medalist Alain Sarteur could place no higher than fourth. Apparently he is so used to running on Tartan that he was unable to readjust to common old cinders! Clearly a new breed of athlete, the all-weather runner, is emerging. Soviet hopes of retaining the Cup, never too bright, were dimmed still more when Vladislav Sapeya (who made his name when winning this event at Kiev in 1967) finished only sixth. Valeriy Borzov, the European champion, was certainly missed. Following wind: 1.0m/sec. 1, Z. Nowosz (P) 10.4; 2, S. Schenke (EG) 10.5; 3, G. Wucherer (WG) 10.5; 4, A. Sarteur (F) 10.6; 5, A. Faager (S) 10.7; 6, V. Sapeya (SU) 10.7; 7, E. Preatoni (I) 10.7. **Points:** France 16, Poland 14, W. Germany 13, E. Germany, Sweden and Italy 11, SU 8.

Shot: Even Randy Matson would have needed a good day to have handled 21-year-old Hartmut Briesenick, who moved into second place on the 1970 world list (behind Matson, of course) with a personal best of 20.55/67'5". Only two Europeans have ever beaten that: his GDR colleagues Hans-Peter Gies (20.64/67'8½") and Dieter Hoffmann (20.60/67'7"). It was a notable competition right from the start when Pierre Colnard opened with 19.22/63'0½", Heinfried Birlenbach responded with 19.50/63'11½" and Briesenick lost a 20-metre effort by spilling out of the ring. In the second round Colnard improved to 19.44/63'9½" and Birlenbach to 19.54/64'1¼", with Briesenick preparing for the onslaught with 19.40/63'7¾". The East German connected in the third round—20.27/66'6"—and the 20.55 came in the final round. Birlenbach, with 20.35/66'9½" to his credit this year, fouled his last four puts straining for the really big one. Colnard once again demonstrated his progress: in the 1965 Cup Final, at the age of 36, he had reached 18.04/59'2¼" and last time 18.56/60'10¼". 1, H. Briesenick (EG) 20.55/67'5" (—, 19.40, 20.27, 19.87, 20.04, 20.55); 2, H. Birlenbach (WG) 19.54/64'1¼" (19.50, 19.54, —, —, —); 3, P. Colnard (F) 19.44/63'9½" (19.22, 19.44, 19.35, —, 18.99, 18.79); 4, N. Karasyov (SU) 19.17/62'10¼" (19.17, —, 18.95, —, —, 18.81);

5, T. Carlsson (S) 18.61/61'0 $\frac{1}{4}$ "; 6, E. Antczak (P) 18.21/59'9"; 7, R. Bergonzoni (I) 17.38/57'0 $\frac{1}{4}$ ". **Points:** France 21, W. Germany 19, E. Germany 18, Poland 16, Sweden 14, SU & Italy 12.

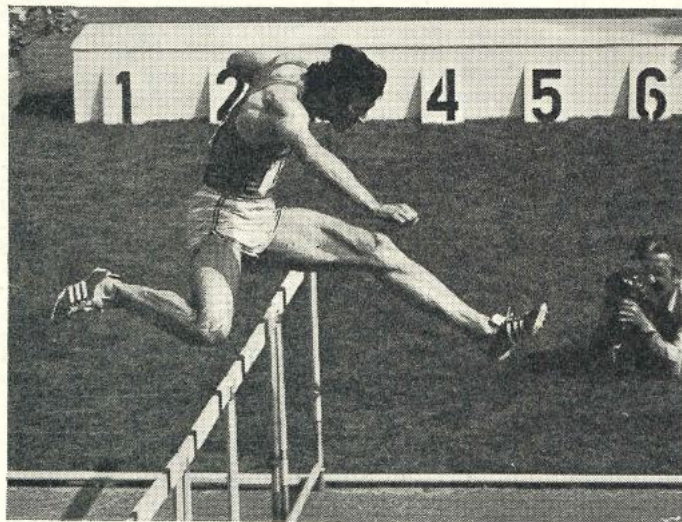
400m: Jean-Claude Nallet may have improved to 45.1 this year but, as in Athens, he had to bow to Jan Werner. Nallet's finishing power, so evident in the Zurich semi-final, was absent this time, and he offered no challenge when Werner went past 70m. out. Fastest finisher of all was Sweden's Michael Fredriksson, who equalled his personal best. 1, J. Werner (P) 45.9; 2, J-C Nallet (F) 46.3; 3, B. Savchuk (SU) 46.7; 4, M. Fredriksson (S) 47.0; 5, W. Muller (EG) 47.2; 6, H-R Schlosske (WG) 47.2; 7, F. Fusi (I) 47.6. **Points:** France 27, Poland 23, E. Germany and W. Germany 21, Sweden 18, SU 17, Italy 13.

High Jump. The crowd of over 10,000 had plenty of good Swedish performances over which to enthuse but excitement knew no bounds when their human skyscraper, Kenneth Lundmark, cleared 2.15/7'0 $\frac{1}{2}$ " at his first attempt. Lundmark was clearly in confident form, for he was last to enter the competition (at 2.05/6'8 $\frac{1}{4}$ ") and had no misses at that or successive heights until 2.19/7'2 $\frac{1}{4}$ ". Nevertheless, there were some anxious moments before victory was his. European champion Valentin Gavrilov gambled, after failing once at 2.15, by taking his remaining two tries at 2.17/7'1 $\frac{1}{2}$ ". It didn't come off but was worth the attempt, even though he had to share second place with the surprisingly good French reserve, Gerard Lamy. 1, K. Lundmark (S) 2.15/7'0 $\frac{1}{2}$ " (2.05, 1st; 2.09, 1st; 2.13, 1st; 2.15, 1st; 2.19, Fail); 2 eq, V. Gavrilov (SU) 2.13/6'11 $\frac{1}{4}$ " (2.02, 1st; 2.07, 1st; 2.11, 1st; 2.13, 1st; 2.15, 1, Failure; 2.17, 2 Failures) and G. Lamy (F) 2.13 (2.02, 1st; 2.07, 1st; 2.11, 1st; 2.13, 1st; 2.15, Fail); 4, G. Duhrkop (EG) 2.13 (1.99, 1st; 2.05, 1st; 2.09, 2nd; 2.11, 1st; 2.13, 2nd; 2.15, Fail); 5, E. Azzaro (I) 2.11/6'11" (2.02, 1st; 2.07, 1st; 2.11, 1st; 2.15,

Fail); 6, H. Magerl (WG) 2.09/6'10 $\frac{1}{4}$ "; 7, W. Klinger (P) 2.05/6'8 $\frac{1}{4}$ ". **Points:** France 32 $\frac{1}{2}$, Sweden & E. Germany 25, Poland 24, W. Germany 23, SU 22 $\frac{1}{2}$, Italy 16.

10,000m: Jurgen Haase may not be the most adventurous of athletes but his effectiveness is never in question. Blessed with the strongest kick in the 10,000m running business he is always perfectly happy to hold fire until the 25th lap. On this occasion, Nikolay Sviridov was the sacrificial lamb, leading until 220m from the tape. Nevertheless, Haase—whose last lap was 58.0—did not pull away as much as is often the case. Manfred Letzerich did well to stay with Sviridov and Haase until the final two laps; Noel Tijou was dropped before the 8000m mark. Bengt Najde, well known to British fans as a former Mitcham member, followed up his Swedish 10,000 m record of a fortnight earlier by winning the closest of finishing straight duels with Giuseppe Ardizzone for 5th place. Poor Edward Mleczo, up with the leaders at halfway (14:18.4), covered his second 5000m in over 15 $\frac{1}{2}$ minutes. 1, J. Haase (EG) 28:26.8; 2, N. Sviridov (SU) 28:29.2; 3, M. Letzerich (WG) 28:40.0; 4, N. Tijou (F) 29:02.4; 5, B. Najde (S) 29:43.6; 6, G. Ardizzone (I) 29:43.6; 7, E. Mleczo (P) 29:50.8. Kilometres: 2:50.6, 2:50.5, 2:49.1, 2:54.3, 2:53.9, 2:51.8, 2:54.1, 2:51.0, 2:50.8, 2:40.7. **Points:** France 36 $\frac{1}{2}$, E. Germany 32, SU 28 $\frac{1}{2}$, W. Germany and Sweden 28, Poland 25, Italy 18.

Long Jump: Co-holders of the European record, Igor Ter-Ovanesyan and Josef Schwarz, against Olympic silver medallist Klaus Beer and undefeated (in 1970) Jack Pani . . . this had to be one of the highlights of the meeting. In the first round Schwarz, very fast on the runway (he won the 200m at the Stuttgart Cup Final) and executor of an aesthetically pleasing hang, hit 7.89/25'10 $\frac{1}{4}$ ", Beer 7.87/25'9 $\frac{1}{4}$ "; Pani fouled an 8m-plus effort and "Ter" reached 7.74/25'4 $\frac{1}{4}$ " which was to



Jean-Claude Nallet (France) in action during the 400 metres hurdles in the European Cup Semi-Final in Zurich. Nallet won this event also in Stockholm.

Mike Campbell

prove his only valid jump. Schwarz improved to 7.99/26'2½" in the second, but German jubilation was short-lived when Pani, with his toe right on the edge of the board (the judge deliberated for some seconds before raising the white flag) and the wind gauge registering 2m/sec, outhung (outhanged?) Schwarz with 8.09/26'6½". Beer came into the act in round three, but fell two centimetres short of Pani—with the wind again at 2m. Ter-Ovanesyan (32) striving for the winner that would re-establish him as one of the world's greatest, found the task beyond him. His best jump was his last, his fifth consecutive foul, of around 8 metres. 1, J. Pani (F) 8.09/26'6½" (—, 8.09, 8.06, 7.90, —, 8.06); 2, K. Beer (EG) 8.07/26'5½" (7.87, —, 8.07, —, 7.12, —); 3, J. Schwarz (WG) 7.99/26'2½" (7.89, 7.99, 7.68, 7.87, 7.84, —); 4, I. Ter-Ovanesyan (SU) 7.74/25'4½"; 5, S. Cabaj (P) 7.58/24'10½"; 6, S. Fassberg (S) 7.43/24'4½"; 7, C. Arrighi (I) 7.29/23'11". **Points:** France 43½, E. Germany 38, W. Germany 33, SU 32½, Sweden 30, Poland 28, Italy 19.

Hammer: Anatoliy Bondarchuk suffered an off-day; why he only barely bettered 70 metres with three of his throws! That was still good enough to win, with Reinhard Theimer falling just inches short of Uwe Beyer with his final throw. 1, A. Bondarchuk (SU) 70.46/231'2" (70.46, 68.14, 70.30, 70.34, 68.16, 66.20); 2, U. Beyer (WG) 69.46/227'10" (69.46, 67.92, 69.40, —, 66.84, —); 3, R. Theimer (EG) 69.32/227'5" (—, —, 68.22, 65.90, 68.10, 69.32); 4, S. Lubiejewski (P) 65.50/214'11"; 5, M. Vecchiato (I) 64.50/211'7"; 6, S. Blomqvist (S) 63.32/207'9";

7, V. Prikhodko (F) 60.90/199'9". **Points:** France 44½, E. Germany 43, SU 39½, W. Germany 39, Poland and Sweden 32, Italy 22.

4x100m: Thanks to a good run by East Germany in their best time this year and an unusually poor one by France, the GDR secured an overnight lead. 1, E. Germany (Bombach, Walther, Burde, Eggers) 39.4; 2, Poland (Wagner, Cuch, Romanowski, Nowosz) 39.5; 3, W. Germany (Nickel, Eigherr, Wucherer, Schwarz) 39.6; 4, France (Sarteur, Bourbeillon, Fenouil, Metz) 39.8; 5, SU (Kornelyuk, Sapeya, Izmaystev, Maslakov) 40.1; 6, Sweden (Bergkvist, Sjöberg, Johansson, Faager) 40.2; 7, Italy (Preatoni, Zandano, Perbeuno, Abeti) 41.5. **Points:** E. Germany 50, France 48½, W. Germany 44, SU 42½, Poland 38, Sweden 34, Italy 23.

SUNDAY, AUGUST 30th

400m Hurdles: Jean-Claude Nallet redeemed himself with a smooth, seven-metre win over West Germany's 50.0 prodigy, Werner Reibert. That victory brought France back into the lead, since Christian Rudolph (E. Germany), 2nd at the last hurdle, lost two places on the run-in. 1, J-C Nallet (F) 50.1; 2, W. Reibert (WG) 51.0; 3, D. Stukalov (SU) 51.2; 4, C. Rudolph (EG) 51.3; 5, T. Torstensson (S) 51.3; 6, S. Bello (I) 54.2; 7, Z. Serafin (P) 57.5 (fell). **Points:** France 55½, E. Germany 54, W. Germany 50, SU 47½, Poland 39, Sweden 37, Italy 25.

800m: Yevgeniy Arzhanov must have clinched top spot in the world merit rankings for the season, the first Soviet runner to do so in this event. His was a brilliant performance. He took the lead soon after the break from lanes, eased past 400m in 56.2 and smoothly accelerated all the way through the second lap, leaving even Franz-Josef Kemper way behind on the finishing straight. The pace was exceptional: 51.6! Poland's Andrzej Kupczyk was at first disqualified for leaving his lane too early, but on appeal was reinstated in third position. With neither the East German nor French representative distinguishing himself, the scores reached an intriguing position, with only four points covering the first four teams. It was still anyone's Cup. 1, Y. Arzhanov (SU) 1:47.8; 2, F-J. Kemper (WG) 1:48.6; 3, A. Kupczyk (P) 1:48.7; 4, U. Schmidt (EG) 1:49.4; 5, G. Sibon (F) 1:49.7; 6, J-I. Ohlsson (S) 1:50.3; 7, G. Del Buono (I) 1:51.2. **Points:** France 58½, E. Germany 58, W. Germany 56, SU 54½, Poland 44, Sweden 39, Italy 26.

3000m Steeplechase: Vladimir Dudin set off with the intention of regaining the world record he lost this summer to Kerry O'Brien. At 1000m he was 10m clear of Jean-Pierre Villain in 2:46.6 (8:19.8 pace) and by 2000m he was 70m clear of the field in 5:35.8 (8:23.7 speed). He slowed considerably towards the finish but still had a safe 30m lead at the tape. Villain faded to 5th and Ulrich Holbeck, with a personal best, took East Germany into the lead. West Germany's hopes were practically ended when Rolf Burscheid, with 8:31.8 to his credit this year, finished last. 1, V. Dudin (SU) 8:31.6; 2, U. Holbeck (EG)

continued on page 34

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JIM ALDER RECLAIMS WORLD RECORD

Tim Johnston and Ron Hill also inside 30 kilometres figures

THE last time Jim Alder set a world record for 30 kilometres the feat went practically unnoticed since, while he was doing his stuff at Walton on October 17th 1964, the eyes of the athletics world were trained on the Tokyo Olympics. At Crystal Palace last Saturday, as a curtain raiser to the Coca-Cola Invitational, Alder—running at a speed that would have double-lapped his ghost of six years ago—reclaimed the record from Jim Hogan by a margin of 55 seconds in conditions that, Tartan track apart, were not ideal for this kind of event. The wind, though not violent, was still troublesome and the temperature and humidity were rather too high for comfort.

The field of ten, including no fewer than four world record breakers in Alder, Ron Hill, Tim Johnston and Gaston Roelants, was without question the classiest ever to be assembled for one of these ultra-long distance track races and Hogan's 1966 record of 1:32:25.4 was as good as doomed. Laps of just inside 74 sec were what was required.

Inroads were made into Hogan's schedule right from the start and at 5000m, with Mike Turner ahead, the time was 14:57.2 as against 15:03 during the previous record. Turner, Johnston, Roelants and Hill shared the pacemaking duties during the next 5km and the position at 10km (for which Hogan's time had been 30:10) was that Roelants led in 29:59.0 from Alder 29:59.2, Johnston 29:59.4 and Hill 29:59.6, with Turner some 10m back and Ron Grove a further 15m behind.

Mel Watman Reporting

Grove, and then Turner, became completely detached from the leading quartet during the next few laps which were dictated by Alder and Johnston but the real shock came at around the 13km mark when Hill started to fall back.

Alder ("I could see Ron was troubled") took the chance of disposing of his most dangerous rival by stepping up the pace at this crucial stage. He reeled off five consecutive laps of 71.6, 70.6, 71.2, 70.2 and 70.8—absolutely brilliant running. By the end of that onslaught Alder had rid himself of Roelants (who had been clutching his right side) as well as Hill, and now only Johnston—the man who had broken Alder's world record in 1965—remained. The situation at 15km: Alder 44:57.0, Johnston 44:57.2, Roelants 45:05.0, Hill 45:10.8, Turner 45:24.6—all inside Hogan's 45:26.4 at that stage.

Following a 73.6 "breather", Alder unleashed his second offensive and superbly though Johnston was running he was unable to cope with the Morpeth man's next 800m in 2:20.8. By 10 miles Alder (48:12.0) was out on his own. Johnston followed in 48:19.0 with Roelants at 48:28.6, Hill at 48:33.0 and Turner at 48:49.0. Hogan's time had been 48:46.6.

Roelants ran into serious trouble towards the 20km

mark, the distance at which he is world record holder with 58:06.2. Hill overtook him when he stopped to sponge his legs and a little later he sat down. After a while he resumed briefly and then dropped out, leaving six in the race. Earlier casualties had been Gerry North, Barry Watson and Frank Maguire.

Alder was over three-quarters of a minute inside Hogan's schedule of 60:49.6 at 20km. With a time of 60:03.6, he held a 170m lead over Johnston 60:34.4 with Hill showing 60:46.8, Turner 61:10.8, Roelants 62:01.0, Ron Grove 63:02.0 and Bob Richardson 63:46.0.

Much to his frustration later, Alder narrowly missed Ron Hill's world record of 1:12:48.2 for 15 miles. Unaware that he was so close he maintained a 74 sec tempo as he passed the mark in 1:12:51, whereas he could easily have slipped in a 70. Johnston clocked 1:13:37, Hill 1:13:45.8, Turner 1:14:39.6 and Grove 1:17:10e.

Alder also moved into second place on the world all-time list for 25km (behind Hill's 1:15:22.6) with 1:15:34.4 ahead of Johnston 1:16:20.6, Hill 1:16:28.4, Turner 1:17:27.8 and Grove approx 1:20:00. Hogan's corresponding time was 1:16:35.4.

Alder slowed to a 76/77 rhythm in the closing kilometres and both Johnston and Hill made up ground on him but he finished safely a good 150m ahead in the magnificent time of 1:31:30.4. Emil Zatopek, in his 1952 world record, would have been treble lapped! Johnston and Hill bettered Hogan's record, while Turner excelled also.

This new record can be improved considerably. Alder thought that in more favourable conditions he could have run half a minute faster and he agreed with Johnston and Hill that 1½ hours is a perfectly feasible target.

Alder, a 30-year-old freelance journalist (some of whose contributions have already appeared in "AW"), said he was not surprised that Hill was not at his best. "Ron's a better runner than me but I reckoned he might be due for a bad one. Since Athens this was my fourth long race, Hill's sixth, and no matter how good you are you just can't take six long distance races in a year. Look up the records and you'll see it's never been done".

Alder's performance was all the more remarkable in view of the troubles he has experienced this year. He had four bouts of bronchitis in January and since then his training and racing have been hindered by enteritis, anaemia (in June and July) and a chest infection incurred just after the Commonwealth marathon in which he finished second in his best ever time. Equally inspiring has been the momentous comeback by Tim Johnston after severe injury had seemed to compromise his future in athletics.

Cross-country now figures in Alder's short-term ambitions: he wants to win the inter-counties title and help Scotland to the international championship. He is not particularly concerned about next year's European marathon championship and may go for

the 10,000m instead; all is subservient to the ultimate goal of a gold medal in the Munich Olympic marathon.

Result: 1, J. Alder (Morpeth) 1:31:30.4; 2, T. Johnston (Portsmouth) 1:31:56.4; 3, R. Hill (Bolton Utd) 1:32:17.0; 4, M. Turner (Liverpool) 1:33:42.6; 5, R. Grove (Leicester Cor) 1:36:37.0; 6, R. Richardson (Blackheath) 1:37:42.0.

THE LAP TIMES

Km			Km		
0.4	1:12.4	(72.4)	15.6	46:42.8	(70.2)
0.8	2:21.8	(69.4)	16.0	47:54.6	(71.8)
1.2	3:32.0	(70.2)	16.4	49:06.6	(72.0)
1.6	4:43.0	(71.0)	16.8	50:19.0	(72.4)
2.0	5:53.8	(70.8)	17.2	51:31.2	(72.2)
2.4	7:05.6	(71.8)	17.6	52:43.4	(72.2)
2.8	8:17.8	(72.2)	18.0	53:56.6	(73.2)
3.2	9:29.4	(71.6)	18.4	55:09.2	(72.6)
3.6	10:41.8	(72.4)	18.8	56:22.4	(73.2)
4.0	11:55.0	(73.2)	19.2	57:35.6	(73.2)
4.4	13:08.4	(73.4)	19.6	58:49.4	(73.8)
4.8	14:21.4	(73.0)	20.0	60:03.6	(74.2)
5.2	15:32.0	(70.6)	20.4	61:17.8	(74.2)
5.6	16:44.2	(72.2)	20.8	62:31.8	(74.0)
6.0	17:56.0	(71.8)	21.2	63:45.4	(73.6)
6.4	19:07.8	(71.8)	21.6	64:59.4	(74.0)
6.8	20:20.0	(72.2)	22.0	66:13.2	(73.8)
7.2	21:32.0	(72.0)	22.4	67:27.2	(74.0)
7.6	22:44.8	(72.8)	22.8	68:42.0	(74.8)
8.0	23:58.8	(74.0)	23.2	69:56.2	(74.2)
8.4	25:10.0	(71.2)	23.6	71:10.8	(74.6)
8.8	26:22.4	(72.4)	24.0	72:25.8	(75.0)
9.2	27:34.4	(72.0)	24.4	73:39.8	(74.0)
9.6	28:46.0	(71.6)	24.8	74:56.8	(77.0)
10.0	29:59.0	(73.0)	25.2	76:13.2	(76.4)
10.4	31:12.4	(73.4)	25.6	77:29.6	(76.4)
10.8	32:24.0	(71.6)	26.0	78:45.8	(76.2)
11.2	33:36.6	(72.6)	26.4	80:02.2	(76.4)
11.6	34:49.6	(73.0)	26.8	81:19.2	(77.0)
12.0	36:01.8	(72.2)	27.2	82:35.4	(76.2)
12.4	37:14.0	(72.2)	27.6	83:52.6	(77.2)
12.8	38:25.6	(71.6)	28.0	85:09.2	(76.6)
13.2	39:36.2	(70.6)	28.4	86:26.0	(76.8)
13.6	40:47.4	(71.2)	28.8	87:42.8	(76.8)
14.0	41:57.6	(70.2)	29.2	88:59.6	(76.8)
14.4	43:08.4	(70.8)	29.6	90:16.8	(77.2)
14.8	44:22.0	(73.6)	30.0	91:30.4	(73.6)
15.2	45:32.6	(70.6)			

THE KILOMETRE TIMES

Km			Km		
1	2:56.6	(2:56.6)	16	47:54.6	(2:57.6)
2	5:53.8	(2:57.2)	17	50:54.6	(3:00.0)
3	8:53.0	(2:59.2)	18	53:56.6	(3:02.0)
4	11:55.0	(3:02.0)	19	56:58.8	(3:02.2)
5	14:57.2	(3:02.2)	20	60:03.6	(3:04.8)
6	17:56.0	(2:58.8)	21	63:09e	(3:05.4)
7	20:55.6	(2:59.6)	22	66:13.2	(3:04.2)
8	23:58.8	(3:03.2)	23	69:18.6	(3:05.4)
9	26:57.8	(2:59.0)	24	72:25.8	(3:07.2)
10	29:59.0	(3:01.2)	25	75:34.4	(3:08.6)
11	32:59.8	(3:00.8)	26	78:45.4	(3:11.0)
12	36:01.8	(3:02.0)	27	81:56.8	(3:11.4)
13	39:00.4	(2:58.6)	28	85:09.2	(3:12.4)
14	41:57.6	(2:57.2)	29	88:21.0	(3:11.8)
15	44:57.0	(2:59.4)	30	91:30.4	(3:09.4)

e - estimated time

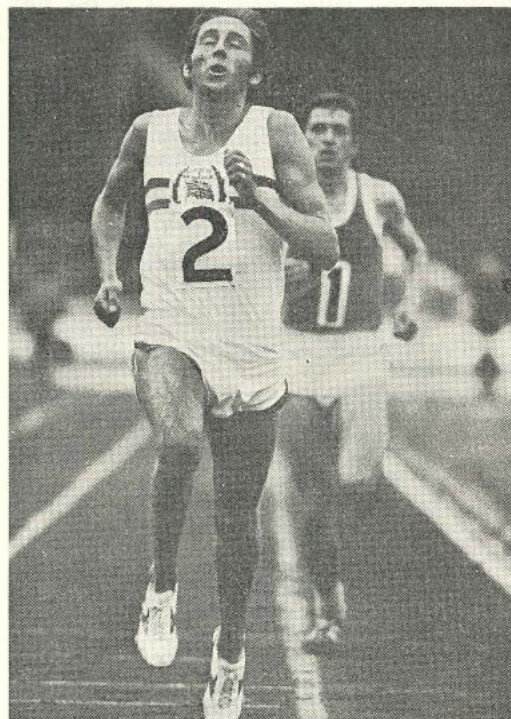
Distances at One Hour: Alder 19,986m, Johnston 19,823, Hill 19,760, Roelants 19,713, Turner 19,640, Grove 19,098, Richardson 18,834.

World record progression: The first man to better 1hr 40min was Feodosiy Vanin (SU) with 1:39:14.6 in 1949. World records since have been—1:38:54.0 Yakov Moskachenkov (SU) 1951; 1:35:23.8 Emil Zatopek (Cz) 1952; 1:35:03.6 Antti Viskari (Fin) 1956; 1:35:01.0 Albert Ivanov (SU) 1957; 1:34:41.2 Aurel Vandendriessche (Bel) 1962; 1:34:32.2 Viktor Baykov (SU) 1963; 1:34:01.8 Jim Alder (UK) 1964; 1:32:34.6 Tim Johnston (UK) 1965; 1:32:25.4 Jim Hogan (UK) 1966.

(Acknowledgments to Bob Sparks for his help with intermediate times, many of which he took himself where official times were not available.)

SOUTHERN ATHLETIC LEAGUE

All clubs that are not at present in the Southern Athletic League and wish to be included for 1971 are reminded that their applications for membership must be received by September 19th. Application forms have been circulated to all non-league clubs and should be returned to Roger Buzzard, Stoneways, 29 Chapman Lane, Flackwell Heath, High Wycombe, Bucks.



Ron Hill, here outsprung Joachim Krebs for 3rd in the GB v. East Germany 10,000m, broke the 30km record but had to be content with another third place.

Tony Duffy

Spotlight on Youth**By Dave Cocksedge****Berwyn Price, Paris Medal Prospect**

BRITAIN'S brightest young high hurdles prospect since Alan Pascoe hails from the Welsh Valleys. From Aberystwyth University and Cardiff AAC to be exact. Berwyn Price was born in Tredegar, Monmouthshire on August 15th, 1951; stands a rangy 1.88/6'2" and weighs 77k/171 lbs. He has sprinted 100m in 11.1, 200m in 22.5 and has high jumped 1.67/5'6" in addition to his 110mH best of 14.2 which is a UK Junior Record. Last month he attempted the 400mH event for the second time ever, and recorded a promising 54.8. "My favourite event is the high hurdles naturally"; says Berwyn, "But I am enjoying the 400mH as long as I am reasonably fit, as then it doesn't hurt too much. After running hurdle races flat sprints appear to be somewhat boring."

"I have always been interested in athletics, so you can imagine I really enjoyed running for the school team, especially as the sports master at my old school (The Lewis School, Pengam) encouraged me. My training and enthusiasm increased greatly after I tasted some success in the 1969 Junior season—especially with regards to winter work." Berwyn's training is now looked after by Gwyn Evans (Aberystwyth PE Instructor) and Cardiff AAC club coaches.

"Summer training involves hurdling and flat sessions on alternate days. I may run two or three 150m sprints, then I do a set of six strides over five hurdles or two to three sets over 3 flights. My flat running sessions consist of 3x150m (or 200), 4x110m, 2x80m. During the winter things depend to a large extent on the state of the track. I do two weight sessions per week, two sessions on interval work (on the flat) and two on resistance training. If possible, I have one session over hurdles. I always spend some time on mobility exercises with each session—I find this helps me a great deal."

The race that lingers most in Berwyn's memory was the 1969 AAA Junior high Hurdles title race. It was a hot, humid August evening at Crystal Palace: the field was away at the third time of asking and Berwyn was clearly ahead by the third flight. Over the last two hurdles, Colin Allabush and Dave Wilson were pressing close, but the Welsh boy resisted Allabush's strong run-in to dip through the tape fractionally in front. The time, aided by a breeze of 0.9 metres/per sec. was a modest 14.7. "But that was my first real breakthrough" says Berwyn. "Although nobody outside Wales seemed to know me, I knew I had a good chance for I'd had some good runs prior to the AAA Junior. Winning was a great thrill, though—I don't think I came down from the clouds that evening."

Berwyn's other performance that he has so far found most rewarding came in the 1970 AAA Senior Championships, when he came out of the

blocks level with the great Dave Hemery and stayed there for 60m. Hemery streaked away from that point, but Berwyn kept his form well to resist Graham Gower's challenge and was rewarded with second place in 14.2. The wind gauge registered exactly 2.0 metres per second, and his time reduced the AAA Under-19 record for the 3'6" obstacles. Not before time, too; for he turned 19 the following week. As a bonus, he also set a Welsh National record.

"I feel that I've gained tremendously from my experience both as a Junior International last year, and also from representing Wales at the Commonwealth Games in Edinburgh. Top class competition and the tensions one encounters there can make or break you. What is equally important to me is the feeling that I'm getting somewhere, which I find a great stimulation to further ambitions." For 1971 Berwyn aims to continue improving "with a view to breaking 14 seconds, and obtaining a full GB vest. I would also dearly like to qualify for the European Championships in Helsinki." Eventually, he hopes for nothing specific beyond "a desire for continued progress, and the ability to do well in major competitions against top class opposition."

His one disappointment has been: "Not making the World Student Games this year, after there had seemed a possibility of my inclusion. I've never seriously thought about my limits over the high hurdles; as I've started relatively recently. Obviously there is room for further improvement, especially with regard to my sprinting speed—we'll have to see how things turn out with hard work. I've thought about the 400mH as possibly being the event with greater promise for me, but

CAMBERLEY & DISTRICT A.C.**ANNUAL ROAD RELAYS**

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

On SUNDAY, 4th October, at 1.30 p.m.**At Watchetts Recreation Ground.**

Senior Men	4 x 3 Miles
Youths	4 x 1½ Miles
Boys	3 x 1½ Miles
Senior Ladies	3 x 1½ Miles
Inter. Ladies	3 x 1½ Miles
Junior Ladies	3 x 1½ Miles

Trophies for Senior Men, Senior and Inter. Ladies. Medals for first 3 in each event.

Entries (7/6 per team) to **(Men)** P. Hutchings, 27 Farm Road, Frimley, Camberley, Surrey, or **(Ladies)** Miss S. Sandford, 3 Moor Road, Frimley, Camberley, Surrey. Date of birth with entry for Junr. and Inter. Ladies, please.

Closing Date SATURDAY, 26th September

Berwyn Price, fastest ever Welsh high hurdler and one of Britain's greatest prospects in this event.

Colin Elsey



I don't feel that I'm ready for this yet. When I've more experience and have developed fully, then we'll see. Furthermore, as things are going well for me in the highs, there is no real point in switching to the 400, especially when there is such a depth of talent in this country. I'll be high hurdling for some time yet, but I intend to run a few more intermediate hurdle races to see how things are progressing."

A year ago, Berwyn Price finished a well beaten third in the Junior International match against West Germany, clocking 15.4. In Paris he will prove that he has come a long way since then. Eventually he may well exploit his undoubted potential at 400mH in much the same way that another young man who switched from the high hurdles did.

FINLAND

14-16.8. Kouvolaa. (Finnish Champs) 100m: Vilen 10.6, Tapola 10.8; 200m: Karttunen 21.5, Kukkoaho 21.7; 400m: Kukkoaho 46.9, Kotikoski 47.7; 800m: Vasala 1:49.1, Aalto 1:49.2, J. Tuominen 1:49.7; 1500m: Vasala 3:48.4, Tuura 3:48.9; 5000m: Ala-Leppilampi 14:01.2, S. Tuominen 14:04.2; 10,000m: Mattila 29:12.6, Tiihonen 29:22.4; Mar: Hakkarainen 2:29:16, Miettinen 2:29:17; 3000mSC: Ala-Leppilampi 8:42.0, Kantane 8:43.0, Kuha 8:47.6; 110mH: Olkkonen 15.0, Harri 15.1; 400mH: Salin 51.0, J. Tuominen 51.5; HJ: Vahala 2.12/6'11½", A. Alarotu 2.09/6'10¼", PV: Pehkoranta 4.90/16'1", Ivanoff & Kairento 4.75/15'7"; LJ: Palmén 7.62/25'0", Murtolahti 7.55/24'9¼", TJ: Salmi 16.08/52'9", Kuukasjärvi 15.78/51'9¼", SP: Simola 18.93/62'1¼", Ahnger 18.53/60'9¼", Yrjöla 18.42/60'5¼", DT: Kahma 59.78/196'1", Lampinen 57.58/188'11", Rinne 57.28/187'11", Myyra 57.04/187'11", Tuomola 56.46/185'3"; HT: Miettinen 65.52/214'11", Vuorela 64.04/210'11", JT: Siitonen 84.06/275'9", Avellan 78.74/258'4", Alander 77.38/253'10", Dec: Vesala 6985, Kyöstia 6884.

4:38 BY MARY STEWART

G. H. ALEXANDER CUP (Women)

At Perry Barr, August 8th

1, Birchfield 82; 2, Bury & Radcliffe 76; 3, Coventry Godiva 46.

100m: 1, R. Martin-Jones (Birch) 12.3; 2, G. Hamer (Bury) 12.4; 3, S. Green (Cov. G) 12.5; 4, S. Dyson (Bury) 12.7; 5, S. Scott (Birch) 12.7. 200: 1, Martin-Jones 25.3; 2, Hamer 25.4; 3, J. Farnorth (Bury) 25.8; 4, S. Carey (Cov. G) 26.5. 400: 1, S. Dyson (Bury) 57.0; 2, J. Honick (Birch-Int) 57.2; 3, Farnorth 57.8. 800: 1, P. Lewis (Bury) 2:15.9; 2, M. Cope (Birch-Int) 2:17.0; 3, M. Conway (Birch) 2:26.6. 1500: 1, A. Lovell (Solihull-Guest) 4:38.4; 2, P. Lewis 4:52.2; 3, J. Dalton (Birch) 5:00.2; 4, L. Wheeler (Birch) 5:04.8. 100H: 1, Scott 14.3; 2, B. Thompson (Birch) 15.1; 3, J. Rainford (Bury) 15.9. 2000mW: 1, B. Jenkins (Birch) 10:47.6; 2, M. Lewis (Birch) 10:58.0; 3, J. McPherson (Birch) 11:34.6; 4, M. Brown (Birch-Guest) 11:58.4. 4x100: 1, Birchfield 48.0; 2, Bury & Radcliffe 48.4; 3, Coventry Godiva 49.9. 200H: 1, Dyson 28.3; 2, Thompson 30.3; 3, Rainford 31.1. Intermediate 400: 1, M. Cope (Birch) 60.6; 2, M. Campbell (Leam) 61.3; 3, M. Conway (Birch) 62.7. (Juniors) 200: S. Dyer (Birch) 27.6. 75mH: Dyer 11.9. 1500: 1, M. Stewart (Birch) 4:38.0 (UK Best by 14-y-o); 2, G. Hassan (Birch) 5:04.4; 3, B. Healey (Birch) 5:11.0; 4, S. Healey (Birch) 5:21.7; 5, L. O'Connor (Birch) 5:21.9; 6, L. Hulford (Birch) 5:23.0; 7, C. Smith (Birch) 5:24.4; 8, M. Morgan (Birch) 5:25.0; 9, R. O'Neill (Birch) 5:34.0; 10, D. Part-ridge (Birch) 5:35.8; 11, M. Fox (Birch) 5:39.0; 12, F. Smith (Birch) 5:39.1.

Hon. Secretary of Sunderland H & AC, John Barber, has moved to 4 Elliott Close, Whitefield Est., Penshaw, Houghton-le-Spring, Co. Durham.

ENFIELD TROPHIES

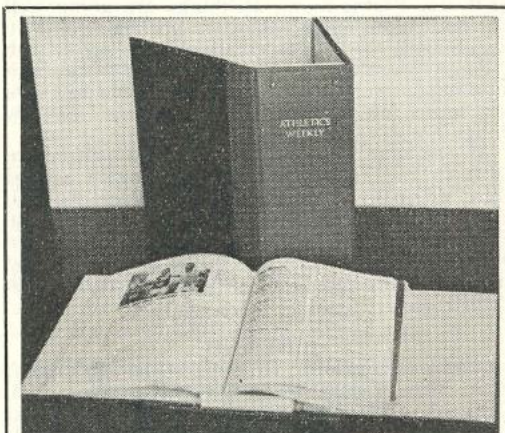
At Enfield, August 31st

(Jarvis Trophy-Senior Men) 1, Borough of Enfield 211; 2, Bracknell 146; 3, TVH 136; 4, Essex Beagles 108½; 5, Brighton & Hove 90; 6, Thurrock 76; 7, Southend 65. 200: D. Evans (S'end) 22.9. 400: S. Black (Ex.B) 49.9. (B) E. Coffey (Ex.B) 50.4. 800: R. Auckitt (TVH) 1:55.7. 1500: 1, B. Whiting (Brack) 3:59.8; 2, P. Cheate (Ex.B) 4:00.9. (B) I. Kilpatrick (Brack-J) 3:57.7. 3000mSC: D. Staines (Th) 9:49.6. HJ: R. Anthony (TVH) 1.78/5'10". LJ: D. Kidner (TVH) 6.90/22'7¼". TJ: 1, B. Hull (B & H) 14.45/47'5"; 2, R. Power (Ex.B) 13.78/45'2¼". SP: 1, F. Swindale (BoE) 13.60/44'7½"; 2, F. Franks (TVH) 13.41/44'0". DT: Franks 42.76/140'3"; 2, Swindale 39.38/129'2". JT: 1, R. Taylor (BoE) 68.72/225'5"; 2, R. Richards (Brack) 60.90/199'9"; 3, G. Jolly (BoE) 55.62/182'6". (B) A. Richards (Brack) 52.52/172'4". Open events: HT: 1, P. English (Craw-Yth) 54.00/177'2"; 2, K. Lasis (Craw) 45.66/149'9"; 3, M. Mason (BoE) 39.88/130'10". PV: 1, I. Johnson (Herc Wimb-Yth) 3.37/11'0¼"; 2, A. Williams (Camb-J) 3.37. (Rodney Trophy-Youths and Boys) 1, Enfield 206; 2, TVH 186; 3, Essex Beagles 146; 4, Thurrock 141; 5, Brighton & Hove 99; 6, Southend 76; 7, Bracknell 53. 100m: B. Laws (TVH) 11.7. (B) J. Mills (TVH) 11.7. 200: C. Castillo (TVH) 23.7. 400: B. Laws 52.9 (B) Castillo 53.0. 1500: B. Crispe (BoE) 4:12.2. 4 x 100: TVH 45.3. HJ: Watson (Ex.B) 1.60/5'3". JT: 1, D. Ottley (TVH) 53.54/175'8"; 2, R. Tomlin (BoE) 51.14/167'9". (Boys) 200: L. Hoyte (TVH) 24.6. 800: B. Walters (TVH) 2:09.5.

ENFIELD BOROUGH TROPHY (WOMEN)

1, Birchfield 358½; 2, Enfield 349; 3, Southend 298; 4, Cambridge 290; 5, Essex L. 252; 6, Brighton & Hove 213½; 7, Thurrock 97. 100m: 1, S. Scott (Bir) 12.2; 2, G. Taylor (Ex.) 12.2; 3, P. Boorman (Camb) 12.5; 4, B. Levy (Enf) 12.7; 5, A. Birch (B & H). 200: 1, Scott 24.9; 2, Taylor 25.1; 3, Boorman 25.6; 4, E. Butler (S'end) 26.3; 5, B. Levy (Enf) 26.3. 400: 1, D. Churchill (S'end) 56.8; 2, P. Stocking (Camb) 57.0; 3, B. Kay (Birch) 60.1 (B) 1, B. Kemp (Birch) 60.5; 2, L. Coshall (Camb) 61.0. 100H: 1, Scott 14.6; 2, S. Turpin (Enf) 15.4; 3, Butler 15.8. 4x100: 1, Southend 50.3; 2, Enfield 50.3; 3, Cambridge 50.5; 4, Birchfield 50.9. HJ: Taylor 1.53/5'0¼"; LJ: 1, Taylor 5.50/18'0¼"; 2, Turpin 5.26/17'3"; 3, C. Persighetti (S'end) 5.25/17'2¼". SP: 1, L. Haldane (Enf) 12.30/40'4¼"; 2, Scott 11.78/38'7¼". (B) S. Elliott (Enf) 10.43/34'2¼". DT: 1, Haldane 32.88/107'10"; 2, Persighetti 32.58/106'10". JT: 1, A. Williams (Birch) 43.08/141'4"; 2, Y. Fountain (S'end) 35.16/115'4"; 3, J. O'Kelly (B & H) 33.62/110'3". (Intermediates) 200: 1, S. King (Ex.L) 25.3; 2, D. Rayner (Enf) 26.1; 3, B. Watts (S'end) 27.6. (B) 1, J. Wicks (Ex. L) 26.0; 2, P. Biggs (Enf) 27.8. 400: 1, J. French (S'end) 59.9; 2, G. Lewis (Ex L) 60.9; 3, M. Conway (Birch) 61.6; 4, M. Crates (Thurr) 62.7. (B)

1, Watts 61.9; 2, J. McPherson (Birch) 62.8. 80mH: C. Walkinshaw (Camb) 12.7. 4 x 100: Essex L. 50.4. HJ: P. Ashcroft (Birch) 1.44/4'8¼". (B) D. Liston (S'end) 1.47/4'10". LJ: 1, King 5.58/18'3¼"; 2, D. Liston (E'end) 5.05/16'7"; 3, Rayner 4.92/16'1¼". SP: V. Radford (Camb) 10.28/33'8¼". JT: 1, J. Thorndyke (Thurr) 35.62/116'10"; 2, J. Pridmore (Enf) 30.46/99'11". (Juniors) 100m: 1, E. Cope (B & H) 13.2; 2, M. Harris (Camb) 13.3; 3, J. Bourne (Thurr) 13.3. (B) 1, A. Cosstick (B&H) 13.1; 2, K. Kilgallon (Camb) 13.2. 200: 1, J. Thompson (B&H) 27.0; 2, S. Dyer (Birch) 27.1; 3, Bourne 27.3; 4, H. Alderton (Ex.L) 27.3. 5, C. Cretten (Enf) 27.6; 6, D. Judge (S'end) 27.8. (B) S. Sully (Ex.L) 27.3. 75mH: 1, M. Neal (Birch) 11.9. Alderton 12.4; 3, S. Field (B&H) 12.5; 4, C. Matthews (Enf) 12.5. (B) Dyer 11.8. 4x100: 1, Birchfield 52.0; 2, Brighton & Hove 52.2; 3, Cambridge 52.5. HJ: A. Hull (B&H) 1.53/5'0¼". LJ: 1, D. Fitch (S'end) 5.00/16'5"; 2, J. George (Ex.L) 4.87/16'0"; 3, Harris 4.78/15'8¼". SP: Hull 11.91/39'1". (B) 1, J. Gray (Guest) 10.97/36'0"; 2, Field 10.11/33'2¼". DT: Gray 29.78/97'8".



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Results In Brief

July 8th

City Charities Meeting, Motpur Park (Courtesy of Bob Sparks). 100m: 1, P. Barrett (BH) 10.7; 2, D. Wallington (CS) 11.0. 200: 1, R. Kislbury (BH-Jnr) 22.3; 2, D. Fleetwood (B) 22.5. 400: D. Ives (B) 49.5. 800: I. Lymath (I) 1:57.3. 1500: 1, D. Huffer (CS) 3:54.0; 2, M. Fromant (B-Jnr) 3:58.6; 3, C. Reed (I) 3:59.8. 2M: 1, R. Holt (CS) 8:50.0; 2, D. Bailey (Ty) 9:02.4; 3, W. Kerr (CS) 9:09.4; 4, L. O'Hara (BH) 9:11.0; 5, I. Macmillan (B) 9:12.0; 6, J. Halliday (B) 9:13.0; 7, R. Hawtin (I) 9:15.0; 8, C. Haines (Ty) 9:15.8; 9, G. Ogden (Ty) 9:16.0. 110H: 1, G. Tymms (I) 15.3; 2, G. Davies (Ty) 15.5; 3, A. Mollett (B) 16.2. 400H: 1, D. Barrington (B) 56.3; 2, D. James (CS) 58.8. Medley R (800x200x200x400): 1, Police 3:29.2; 2, Banks 3:30.0; 3, Insurance 3:32.9. 2MW: 1, R. Mills (BH) 13:37.4; 2, K. Easlea (BH) 14:28.8; 3, R. Middleton (CS) 14:29.8. HJ: 1, R. Morris (Ty) 1.90/6'3"; 2, D. Tank (P) 1.85/6'1"; 3, D. Newman (I) 1.85; 4, D. Macbeth (B) 1.80/5'11"; 5, R. Roach (BH) 1.75/5'9". LJ: 1, A. Mollett (B) 6.96/22'10"; 2, P. Hudson (Shipp) 6.79/22'3½". TJ: 1, D. Smith (Ty) 14.06/46'1¼"; 2, A. O'Connor (Shipp) 13.66/44'10"; 3, Macbeth 13.64/44'9¼". SP: 1, M. Cushion (B) 14.38/47'2¼"; 2, J. Hillier (BH) 14.16/46'5¼"; 3, B. Tristram (Ty) 13.92/45'8¼"; 4, B.

Lynn (P) 13.22/43'4¼". DT: 1, Cushion 52.86/173'5"; 2, Hillier 51.18/167'11"; 3, Lynn 45.10/147'11"; 4, J. Weightman (CS) 41.88/137'5". HT: D. Lazarides (BH) 51.70/169'7". JT: 1, K. Quinn (B) 60.42/198'3"; 2, B. Fuller (Sh) 57.00/187'0"; 3, D. Heath (BH) 56.32/184'9". **Other placings in "Chubb" Mile:** 6, A. Weatherhead (Poly) 4:03.5; 7, R. Steele (Birch) 4:07.9; 8, D. Hogg (Sale) 4:10.2; 9, D. Bedford (Shaft) 4:11.6; 10, D. Wright (Jarrow) 4:19.8 (Pace: 58.4, 2:00.3, 3:03.5). Accurate times in B Race: 1, R. Newble (Med) 4:05.6; 2, J. Cadman (Cov. G) 4:05.7; 3, D. Wright (B'ht) 4:05.7; 4, D. Lem (Birch) 4:05.9; 5, C. Cusick (CUAC) 4:08.2; 6, P. Horwood (RN) 4:09.3 (59.3, 2:03.0, 3:05.7). **(Women)** 100m: D. Churchill (Sh) 12.8. 200: 1, Churchill 25.7; 2, M. Vinall (B) 26.0. 800: 1, M. Beacham (B) 2:09.7; 2, J. Clark (BH) 2:18.9; 3, E. Sissons (CS) 2:19.3. SP: 1, J. Quick (I) 13.51/44'4"; 2, M. Oliver (B) 10.62/34'10¼".

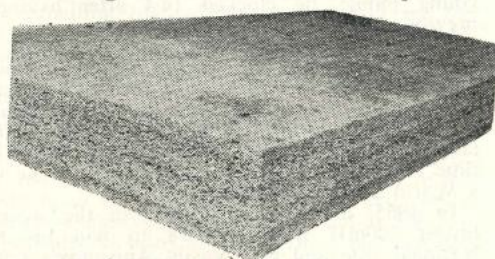
August 15th

Corrected results from Croydon Field Events Meeting (From Bob Sparks). 400mH: (Ht 1) 1, W. Groom 55.1; 2, W. Hartley 55.3; 3, R. Coles 55.6; 4, M. Strange 55.7; 5, G. Watson (Broms) 55.8; 6, J. Allen 57.4; 7, D. Barrington 57.7. (Ht 2) 1, S. Black 55.7; 2, A. Watson 57.0; 3, G. King 58.5. In Final Groom's time more accurately 56.4. SP: 4, N. Griffiths 13.15/43'1¼". HJ: Winning height was 6'9" (2.05). (Measured in Imperial). DT: Roscoe threw 52.06, Hillier 50.46,

continued on page 24

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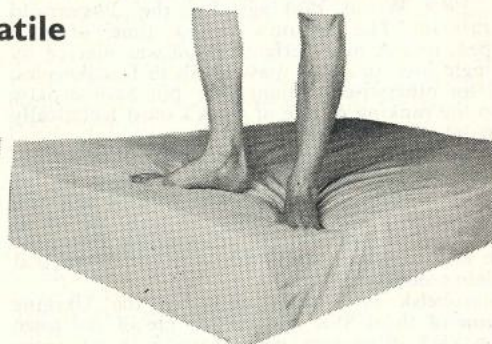


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SKOMOROKOV—The Silent Champion

By John
Hendershott

Vyacheslav Skomorokov on the rostrum in Athens flanked by silver medallist John Sherwood and bronze medal winner Andy Todd.



Ed Lacey

WHEN Vyacheslav Skomorokov breasted the tape at the finish of the European 400mH final in Athens last September, the gregarious Greeks cheered lustily for the Soviet athlete. But Skomorokov never heard the cheers—nor could he verbalise his joy at winning. He is a deaf-mute.

That 49.7 victory over Olympic bronze medallist John Sherwood and Andy Todd of Great Britain, served to nail down the number one position in the 1969 World rankings for the 29-year-old Ukrainian. The season's fastest time of 49.1 helped, too. A near-perfect season was marred by a single loss, in a fast mass finish in Los Angeles. But an otherwise brilliant year put Skomorokov atop the ranking of one of track's most technically demanding events.

It is a fact that a deaf person's physical co-ordination can often be greatly affected by his lack of hearing. Perception and balance can also be influenced. For an athlete, then, to hurdle at all, let alone well enough to win the European title and to lead the World, is a tribute to that athlete's determination.

Starobelsk is a small town in the Ukraine region of the USSR and the people of the town know each other very well. It was rather surprising then, when Physical Instructor Vsevolod Brovarenko noticed tall, 18-year-old Vyacheslav Skomorokov intently watching young athletes at training day after day in 1959. Brovarenko knew, after all, the young foundryman was deaf. Yet he seemed acutely interested in the athletic goings-on. Brovarenko asked the youth one day if he would like to try running and after considerable coaxing, young Skomorokov indicated that he would like to try the hurdles. There was one condition, though—that he would run after everyone else had left. That first run took 19.2 sec. over the 110mH distance, but the thing that amazed

Brovarenko was that the youth cleared every hurdle cleanly and didn't knock one over. Brovarenko took Skomorokov under his wing and taught him everything he knew about hurdling.

In 1960, Brovarenko asked former European high hurdles winner (1954) Yevgeniy Bulanchik to take over the youth's training and Bulanchik agreed. He worked with Skomorokov for two weeks and then the Youth returned to his hometown. He had a notebook full of "homework" from his new coach and the two exchanged letters constantly. They got back together after a year and Bulanchik was amazed at the progress of his young pupil: he clocked 14.4 after having a previous personal best of 16.9!

Skomorokov continued to work hard but his time stayed in the 14.4 bracket. Bulanchik finally realised that it was because of the hurdler's start—he couldn't hear the gun and thus started behind everyone else. Painstakingly, Skomorokov then taught himself to react with his opponents. His time dipped drastically to 13.9. Suddenly, he was a World Class high hurdler.

In 1965, Skomorokov turned in the season's fastest 200mH time of 22.8 to win his first National title and tied Vasily Anisimov's USSR record into the bargain. He also competed in the "big" meeting against the US, placing fourth in 13.9 just a tenth behind Anatoliy Mikhailov. Skomorokov tried the 400mH that year, too, getting down to 52.0. A non-track opponent got the better of him twice as he had two operations for appendicitis that year.

Skomorokov advanced to the final of the 1966 European Championships 110mH and finished seventh in 14.1, the same time as the fifth placer. National coach Gavriil Korobkov, however, felt Skomorokov's real forte was the 400mH. The next year, he ran the race only once but that perform-

Vyacheslav Skomorokov was born on October 4th, 1940. He stands 1.85/6' 0 $\frac{1}{2}$ ", and weighs 76k/168lbs. His progression: (1961) 14.4; (1962) 14.4; (1963) 14.3; (1964) 14.4; (1965) 13.9, 22.8, 52.0; (1966) 14.0, 51.6; (1967) 13.9, 50.1; (1968) 14.1, 23.0, 49.1; (1969) 49.1.

ance confirmed Korobkov's feelings: The Russian star turned in a 50.1, the year's third fastest metric clocking. They decided Skomorokov would shoot for the medium barrier race in the 1968 Olympics.

Although relatively inexperienced in a race which demands acute senses of timing and balance, Skomorokov showed the same determination as that day in 1959 when he first attacked a barrier. He won the 1968 Soviet title and got below 50 sec. for the first time in an Olympic warm-up at Mexico City, clocking 49.7. At the Games themselves, he hurdled 50.7 for third in his heat and then showed more of his grit in the semi, outrunning experienced Gary Knoke in the stretch to qualify for the final. His 49.6 was the slowest time of the finalists but Skomorokov's determination seemed to make up for his lack of speed—if 49.6 can be called slow.

In that record-shattering final, only one man kept up with David Hemery's suicidal pace from the gun—Vyacheslav Skomorokov. It wasn't until the seventh barrier that the Soviet began to drop back but he rallied strongly in the stretch and ran away from hurdlers the class of Ron Whitney, Rainer Schubert and Roberto Frinolli to place fifth in a National record of 49.1. Despite missing a medal in Mexico, he was rewarded with sixth in the World Rankings, the first year he had been ranked.

Established as one of the World's top one-lap hurdlers, Skomorokov started off 1969 with class, clocking 49.9 in early June. But at the Los Angeles international, he slipped to fifth behind Nick Lee, Sherwood, Knoke and Ralph Mann. A month later, though, he claimed his second USSR title in 49.1, equalling his national record and set the fastest time ever run at sea-level. He went to Athens at least an equal favourite with Sherwood and the West Germans Schubert and Gerhard Hennige.

Even if the Germans had been able to compete, they would have had a tough time against the determined Skomorokov. He clocked 50.9 in his heat and then repeated his Mexico strategy in the Athens final. He rocketed through the first 200 in much the same fashion as Hemery did at Mexico, rhythmically clicking off 15 strides between the barriers. The supposed disadvantage with leading with the right leg had no bad influence on Skomorokov as he overwhelmed the field for his 49.7 victory. Sherwood was four-tenths back at the tape.

After the race, Skomorokov indicated: "What gave me confidence was the Tartan track which favours fast starts. I always like to start fast in order to secure some margin at the beginning of the home stretch. I have always run this race with 15 strides between hurdles and controlling my rhythm. Thus I hope to force my opponents to break stride at the end. This time I succeeded. I often finish exhausted but that is my way of

running. I'm too old to change. I am very happy to bring the European Championship back to the Soviet Union more than 10 years after Yuriy Lituyev won in 1958—now I am looking forward to Munich." Vyacheslav Skomorokov has amply proved that he will have a lot to say about the finish of the next Olympics he runs in.

*Reprinted by courtesy of
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IT PAYS TO ADVERTISE

MR. A. G. BUNNER, Organising Secretary of the Frodsham Hill Races, near Warrington, writes: "We would like to mention how beneficial the advertisement in your magazine has been, as you will see from the amazing entries (370 runners), at our first attempt for 30 years to revive the old Frodsham Hill races".

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PENDLETON FELL RACE At Pendleton, August 29th

1. T. Proctor (Rochdale)	20.45
2. D. Cannon (Kendal)	20.47
3. C. Robinson (Rochdale)	20.51
4. M. Freary (Bolton) 21.09; 5. H. Walker (Blackburn) 21.34; 6. G. Norman (Alt) 22.03; 7. N. Ward (Bolton) 22.08; 8. R. Rawlinson (Clayton) 22.42; 9. T. Taylor (Rochdale) 22.49; 10. R. Heys (Clayton) 23.55; 11. A. Heaton (Clayton) 24.48; 12. E. Irvine (Durham) 24.51; 13. M. Meath (Clayton) 25.7; 14. C. Atkinson (Blackburn) 25.27; 15. J. Dawson (Clayton) 25.31; 16. T. Smith (Rochdale) 25.34; 17. G. Foster (Bury) 25.46; 18. K. Heaton (Clayton) 25.51; 19. F. Buckel (Clayton) 26.18; 20. G. Brass (Clayton) 26.34; 21. P. Stewart (Kendal) 27.03; 22. F. Field (Clayton) 27.18; 23. J. Osborn (Blackburn) 28.13; 24. A. Ladro (Kendal) 28.41; 25. H. Smith (Clayton) 28.58. (No Team Race).	

BEBINGTON '15' At Bebington, August 29th

1. M. Cranny (Wirral)	79.48
2. D. Jeffs (Wirral)	81.58
3. P. Owen (Stoke)	82.34
4. J. Watson (Wirral) 84.31; 5. B. Woolford (Sutton) 86.43; 6. J. Wright (Wallasey) 89.31; 7. K. Hall (Wirral-V) 89.53; 8. T. Prescott (Sutton) 90.09; 9. T. Hughes (Wallasey) 93.25; 10. L. Durkin (Wallasey) 94.04. (No Team Race).	

SCOTLAND

EXCELLENT CROWD AT HIGHLAND GAMES

August 22nd

APPROXIMATELY 16,000 spectators tried to cram into Meadowbank for the new stadium's first Highland Games, 1000 more than the official seating capacity. In addition many more turned away from a bottleneck which developed at the turnstiles because not enough were operating. (Some people took more than an hour to get in). And all this on a day more suitable for the ducks.

Unfortunately after the Commonwealth Games the capacity of the stadium was more than halved by the removal of the temporary tiered seating, presumably to prevent the vast empty stadium feeling. But now there is not enough room for those who want to attend. Has someone slipped up? It is a pity there is not another major international in Edinburgh THIS season to keep up this massive interest, for the fare here was solid but uninspired.

Big disappointment was the non-appearance of Kip Keino after he had phoned especially from Dublin for an invitation. The Games organisers are still waiting for an explanation. The clash with the National League also deprived the occasion of some top performers but there was some criticism that the British Board had not done enough to send big names. Edinburgh with the help of some rather loosely-affiliated athletes comfortably won the inter-city match against Munich, who are perhaps more strict in their interpretation.

The sodden track and a slightly adverse breeze in the straight did not help times and in the circumstances Sue Scott's personal best of 13.8 in the hurdles was outstanding. Legal best too by Moira Walls. Les Piggott gave Ed Roberts a close race in the 100 with third—placing Brian Green also given the same time. Melville Wong Shing actually beat his more famous compatriot in a slowish 200 and completed a good double in the 400 where Andy Wood had another fast run. Liz Sutherland served a timely reminder to the British selectors in the women's 100 despite a nagging leg injury.

The field events again caught the crowd. Howard Payne upped his Games record in the wire hammer by 4ft. and Dave Travis won a close duel with Wolfermann who was most annoyed to have a "winning" throw ruled flat. Jeff Teale, who now may not turn "pro" after all, showed why he considered it with an impressive treble in shot, weight for height and caber (!)

Dave Keddle

100m: 1, E. Roberts (Trinidad) 10.6; 2, L. Piggott (Edin) 10.6; 3, B. Green (AAA) 10.6; 4, D. Halliday (SAAA) 10.7; 5, Kleespieb (Munich) 10.8.

200: 1, M. Wong Shing (Trin) 21.7; 2, Roberts 21.8; 3, D. Halliday (Edin) 21.8; 4, P. Gabbett (AAA) 22.0; 5, G. Muir (VPAAC) 22.4.

400: 1, M. Wong Shing (Trin) 47.2; 2, A. Wood (Edin) 47.6; 3, R. Gordon (Edin) 48.3; 4, I. Walker (Edin. SH) 48.6; 5, H. Jager (Munich)

48.7; 6, D. Walker (ESH) 49.9; 7, Neubayer (Mun) 49.9.

800: 1, B. Dyce (Jamacia) 1:49.2; 2, M. McLean (Edin) 1:49.6; 3, J. Kirkbride (AAA) 1:51.2; 4, R. Billson (Ayr. S) 1:53.3; 5, B. Stubner (Munich) 1:53.5; 6, R. Roberts (AAA) 1:54.3; 7, J. Convery (Edin) 1:54.6; 8, G. Klausner (Mun) 1:56.0.

1500: 1, W. Wilkinson (AAA) 3:43.8; 2, C. Mason (AAA) 3:44.8; 3, N. Morrison (Edin) 3:45.2; 4, J. McCarthy (Gosforth) 3:45.3; 5, H. Thomann (Mun) 3:47.2; 6, R. Bell (MAC) 3:52.2; 7, D. McMeekin (Victoria Pk) 3:54.3; 8, G. Schmiedel (Mun) 3:54.5; 9, J. Lees (EAC) 3:55.2.

110H: 1, A. Murray (Edin) 14.9; 2, J. Weimar (Mun) 15.1; 3, W. Bienvogl (Mun) 15.5; 4, N. Winter (Edin) 15.6; 5, P. Gabbett (AAA) 15.7.

400H: 1, W. Bienvogl (Mun) 52.9; 2, R. Roberts (AAA) 53.2; 3, A. Webb (Edin) 53.5; 4, W. Hartley (W'loo) 53.5; 5, R. Taylor (Edin) 54.0; 6, M. Dlouhy (Mun) 54.1; 7, R. Williamson (Heriot-Watt Un) 56.2.

4x100: 1, Edinburgh (Bathgate, Piggott, Wood, Taylor) 41.3; 2, Munich 42.6; 3, Bellahouston 43.1. Garscube disqualified.

HJ: 1, I. Sieghart (Mun) 2.10/6'10 $\frac{1}{4}$ "; 2, C. Fairbrother (Edin) 1.98/6'6"; 3, Wildefort (Mun) 1.93/6'4"; 4, P. Taylor (AAA) 1.88/6'2"; 5, D. Flett (Edin) 1.68/5'6".

PV: 1, H. Waschler (Mun) 4.55/14'11 $\frac{1}{4}$ "; 2, E. Meyr (Mun) 4.40/14'5 $\frac{1}{4}$ "; 3, D. Stevenson (Edin) 4.30/14'1 $\frac{1}{4}$ ". G. Rule (Edin) failed at opening height.

SP: 1, J. Teale (AAA) 17.71/58'1 $\frac{1}{4}$ "; 2, B. Penny (Wales) 14.76/48'5 $\frac{1}{4}$ "; 3, H. Payne (AAA) 13.50/44'3 $\frac{1}{4}$ ".

Wire Hammer: 1, Payne 65.66/215'5"; 2, M. Geissler (Mun) 59.48/195'2"; 3, N. McDonald (Edin) 57.40/188'4"; 4, K. Breindel (Mun) 56.44/185'2"; 5, W. Robertson (Edin) 47.86/157'0".

JT: 1, D. Travis (AAA) 76.98/252'6"; 2, K. Wolfermann (Mun) 76.42/250'8"; 3, D. Birkmyre (Edin) 63.90/209'8"; 4, D. Flett (Edin) 61.60/202'1"; 5, R. Keller (Mun) 58.14/190'9".

Scots HT: 1, T. Robb (SAAA) 33.56/110'1"; 2, Payne 32.62/107'0"; 3, I. McPherson 32.48/106'7".

56lb weight: 1, Teale 4.65/15'3"; 2, Payne 4.11/13'6"; 3, Penny 3.96/13'0".

Women

100m: 1, E. Sutherland (Edin) 12.1; 2, D. Ramsden (WAAA) 12.1; 3, P. Pennycook (SWAAA) 12.3; 4, K. Jansen (Mun) 12.4; 5, C. Sprigg (SWAAA) ntt; 6, A. Wilson (Edin) ntt; 7, G. Knopfer (Mun) ntt; 8, S. Cooper (WAAA) ntt.

200: 1, Cooper 24.5; 2, Sutherland 25.0; 3, Ramsden 25.1; 4, M. McLeish (Edin) 25.1; 5, Pennycook 25.9; 6, C. Smith (SWAAA) 26.2; 7, Klopfer ntt; 8, G. Schwender (Mun) ntt.

400: 1, A. Beattie (Ed) 56.0; 2, D. Webster (WAAA-Int) 56.3; 3, G. Dourass (WAAA) 56.4; 4, P. Brown (Edin) 57.7; 5, E. Gschwendter (Mun) 58.2; 6, G. Knobloch (Mun) ntt.

100H: 1, S. Scott (WAAA) 13.8; 2, S. Garnett (WAAA) 14.3; 3, M. Walls (Edin) 14.3; 4, M. Niccol (Edin) 14.5; 5, H. Hindemith (Mun) 14.7; 6, B. Jansen (Mun) 151.

4x100: 1, WAAA (Cooper, Garnett, Scott, Ramsden) 46.5; 2, Edinburgh 47.7; 3, Maryhill 48.7; 4, Western 48.8; 5, Munich 49.6; 6, Grangemouth Olym. 49.6; 7, Edinburgh SH 49.7.

HJ: 1, A. Bajmgartner (Mun) 1.64/5'4½"; 2, Walls 1.61/5'3½"; 3, R. Watt (Edin) 1.58/5'2½"; 4, H. Hindemith (Mun) 1.53/5'0½".

LJ: 1, A. Stevenson (Edin) 5.97/19'7"; 2, J. Jamieson (Edin) 5.76/18'10½"; 3, L. Wolf (Mun) 5.65/18'6½"; 4, B. Jansen (Mun) 5.61/18'4½".

SP: 1, E. Huber (Mun) 14.09/46'2½"; 2, H. Stuart (Edin) 13.29/43'7½"; 3, L. Haldane (Edin) 12.90/42'4"; 4, J. Quick (WAAA) 12.65/41'6"; 5, S. Barrett (WAAA) 12.11/39'9"; 6, W. Blackwood (SWAAA) 11.86/38'11".

SCOTTISH PENTATHLON CHAMPIONSHIP (WOMEN)

At Scotstoun, August 29th

MOIRA WALLS easily retained her senior title, with an average score, 99 points less than her championship best of last year. There were five finishers only in the senior event, but 14 in the Intermediate and 16 in the Junior.

James Logan

1, M. Walls (Western) 4,353 (5.70/18'8½", 26.5, 14.8, 10.58/34'8½", 1.59/5'2½"); 2, M. Niccol (Maryhill) 4,095 (5.16/16'11½", 26.6, 14.7, 10.09/33'1½", 1.50/4'11½"); 3, E. Sutherland (Edinburgh SH) 4,094 (5.47/17'11½", 25.8, 14.4, 8.48/27'10",

1.45/4'9½"); 4, A. Bauermeister (Edinburgh SH) 3,226 (4.70/15'5½", 27.8, 16.4, 7.22/23'8½", 1.30/4'3½"); 5, E. Mulder (Maryhill) 3,190 (4.44/14'7", 28.8, 19.4, 10.79/35'5", 1.35/4'5½").

Intermediates

1, C. Black (Maryhill) 3,604 (4.64/15'2½", 29.1, 13.1 (80mH) 9.89/32'5½", 1.54/5'0½"); 2, B. Thompson (Grangemouth Oly) 3,413 (4.68/15'4½", 29.0, 12.9, 9.09/29'10", 1.39/4'6½"); 3, J. Allan (Grangemouth Oly) 3,320 (4.24/13'11", 26.9, 12.5, 6.92/22'8½", 1.39/4'6½"); 4, C. Smart (M'hill) 3,217; 5, Y. Knowles (Dundee Hawhill) 3,158; 6, N. Morrison (Western) 2,868.

Juniors

1 G. Freedman (Edinburgh SH) 2,939 (3.99/13'1½", 13.5, 12.0 (75mH) 6.95/22'9½", 1.26/4'1½"); 2, F. Mackenzie (Grangemouth Oly) 2,893 (4.43/14'6½", 13.4, 14.1, 7.13/23'4½", 1.29/4'3"); 3, J. Kean (Western) 2,848 (4.39/14'5", 13.0, 12.4, 6.28/20'7½", 1.22/4'0½"); 4, E. Ellis (Edin. SH) 2,812; 5, A. Robertson (Grangemouth Oly) 2,782; 6, S. Russam (Edin. SH) 2,712.

RUNNER KILLED

John Mwanika, the Ugandan marathon runner, was killed when struck by a car while taking part in the East African Championship.

For free illustrated brochure on the Breitling stopwatches and timers, write to H. Golay and Son, Ltd., 101 Bell Street, Reigate, Surrey, mentioning "Athletics Weekly."

REMEMBER! REMEMBER! REMEMBER! REMEMBER! REMEMBER!

CLOSING DATE : : MONDAY, OCTOBER 19th, 1970

ENTRY FEE : : 3/6

THE FAMOUS WATERLOO 8 MILES (13km.) ROAD RACE

(Under AAA Laws)

3.15 p.m. — SATURDAY, 7th NOVEMBER, 1970

AND

THE AMAZING WATERLOO SCHOOLS' ROAD RACES

(Under AAA Laws)

2.15 p.m. — SATURDAY, 14th NOVEMBER, 1970

(For School Teams under 14, Under 16 and Under 18)

CLOSING DATE : : OCTOBER 19th. Entry 10/- per team or 2/6 per individual.

Plus . . . 6 x 2 MILES ROAD RELAY — WEDNESDAY, NOVEMBER 11th — 8 p.m.

Entry Forms, etc.: B. P. CORY, 38 Waterloo Road, Liverpool L22 1RF (Tel: 051-928-1675)

WALKING

PAUL NIHILL MAKES A COMEBACK

NIHILL is back . . . and how! (Sotteville (Fr), August 28th). Roaring around ten 2kms circuits in close, humid weather in a World class time of 90.55, Paul Nihill showed both his home and foreign opposition that he is back to his very best form over his championship distance. Off from the start at 7 min. miles, he was through 10kms in 44.00 and only on the last 20kms circuit (9.52) did he slow at all. In second place came the very promising Francois Dreand, who had clocked 95.42 at Odense a week previously in the Lugano Cup Eliminator. He proved too strong for Colin Young, going away after 3kms and throwing in a fine final 4kms. 1, P. Nihill (GB) 90.55; 2, F. Dreand (Fr) 97.48 (47.46 at 10k); 3, C. Young (GB) 100.05 (49.12); 4, J. Castel (Fr) 116.37; 5, G. Ragot (Fr) 119.08; 6, G. Dangler (Fr) 119.42.

Great win for Bob Hughes in Enderby '10'. (August 2nd). Leading throughout this undulating, three lap course, Bob Hughes had a convincing victory in an excellent time. In the early stages the chasing group consisted of Lightman, Sutherland, Mills, Toone and Thorpe before Lightman broke away to chase the leader whilst Embleton joined the bunch and Toone dropped back. Around 6M Lightman tired and was passed by Sutherland and Embleton; the latter caught the Highgate man at 8M only to lose out near the finish. Hughes hung on well in the closing stages, while further back, Mills just failed to catch Lightman and Olly Caviglioli, having a lonely race, clocked a good time. Leicester won a very open and close team race.

1, R. Hughes (Royal Sutton C) 72.12; 2, W. Sutherland (Highgate) 72.38; 3, P. Embleton (Met. WC) 72.51; 4, S. Lightman (Met. WC) 74.21; 5, R. Mills (Iford) 74.29; 6, R. Thorpe (Unatt) 75.15; 7, O. Caviglioli (Basildon) 76.10; 8, E. Taylor (Broms) 79.16; 9, P. Markham (Leics. WC) 80.13; 10, D. Berry (RSC) 80.31; 11, G. Robinson (Enf) 80.40; 12, K. Cater (Sy. WC) 81.19; 13, B. Adams (Leics. WC) 82.06; 14, K. Read (Sy. WC) 82.15; 15, D. Pook (Hinckley C) 82.34; 16, J. Mullen (Cov. G) 82.47; 17, S. Lewis (Broms) 83.01; 18, R. Gardner (Broms) 83.06; 19, D. Trigg (Leics) 83.18; 20, F. Blake (Broms) 83.53. **Teams:** 1, Leicester 28; 2, Bromsgrove & Redditch 36; 3, Surrey WC 38. **Handicap:** Surrey WC. **Individual:** Embleton.

Kent League 3kms at Gillingham, August 22nd. 1, R. Clark (Camb) 14.19; 2, D. Hopkins (Medway) 14.25; 3, R. Parkins (Medway) 14.48; 4, J. Godbeer (Camb) 14.56; 5, S. Holiday (Medway) 15.19.

Isle of Man Results, 10M (June 28th) 1, R. Wallwork (Lancs. WC) 73.35; 2, A. Callow 80.13. **Manx 3kms Track Champ (Aug. 9th).** 1, A. Callow 14.05 (also ran 1500m in 4:32.0!); 2, J. Cannell 14.47 (ran 2.14 for 800m); 3, K. Madigan 14.53. As a diversion the Boundary H. walkers competed in a 10kms track run in which Allan Callow set a new Manx record with 33.30.

Selby has narrow win in Surrey WC '5' (August 25th). 1, P. Selby 39.34; 2, K. Carter 39.36; 3, K. Read 40.05; 4, D. Vale 40.34; 5, H. Timms 41.03; 6, P. Crane 43.28.

South West Inter-County 3kms, at Plymouth. 1, P. Thorn (Trowbridge) 13.03; 2, D. Smyth (Bristol) 13.15.

Excellent times from Lancs. boys in Leigh 5M. (August 22nd). Ideal weather and a flat course meant that Tony Taylor's course record of 38.08 set last year was sure to go. It did in no uncertain manner with Ron Wallwork, Taylor, and Julian Hopkins all recording pb's. The race, held as a yacht handicap, was won by the promising junior, Dave Ward. Fastest: 1, R. Wallwork 35.09; 2, A. Taylor 36.13; 3, J. Hopkins 37.15; 4, A. Malone 39.14; 5, D. Ward 39.18; 6, R. Marsden 40.16; (All Lancs. WC).

New Lancashire WC secretary: Succeeding Frank O'Neill, who has held the office for 21 years, is Tony Taylor of 84 Hillcot Road; Bolton, BL1 8RN. (Tel: Bolton '56926).

Times can be misleading! Ranked 42nd on the Russian 20kms list for 1969 is the reigning Olympic Champion, Vladimir Golubnichiy, with a 92.11 clocking achieved in Los Angeles when chasing Paul Nihill home and finishing in front of Laird and Smaga. This year Vladimir has

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Bob Dobson (Basildon) wins RWA National 50km title in 4:20.22.
J. R. Coomber

Moira Walls Injured All Season

Moira Walls, who faces a hectic time at the European Junior Championships in Paris this weekend, has been competing all season with an achilles tendon injury, and the first item on her list of things to do when she returns is to get the injury cured. "I don't know if an operation will be necessary", she says, "but it's been niggling all year, and I want to get it cleared up before I start winter training".

Although selected for Britain in four events in Paris, Moira has an order of priorities. "Long jump comes first, then the high jump. I'd like to do the hurdles and pentathlon too, but much depends on what the timetable allows, and I haven't seen it yet". Next month, Moira starts a three-year course at the University in her native Glasgow, studying French, German and History.

Back in training now is **Linda Peck**, the 19-year-old Borough of Enfield runner who made a big early season breakthrough at 400m. Linda, who was a member of England's Commonwealth Games team but had to go into an Edinburgh hospital to have her appendix out instead of running at Meadowbank, started easy work in late August, and a sprint relay leg for her club in

their trophy meeting on August 29th. Now she hopes to pick up next season where she was forced to leave off this year.

Sue Scott's foot injury has healed, but she won't be long jumping again this season, so that it has time to strengthen. "I'm looking forward to jumping indoors at Cosford though", she says. Meanwhile, Sue has been celebrating her first competitive shot putt over forty feet (at Enfield, August 29th), and successfully negotiating her first ever attempt at the 200m hurdles (28.4 at White City, August 31st). "I'd prefer it if the hurdles were higher and further apart", was her

Cliff Temple's CLIFFHANGERS

verdict after the latter. "I had to keep chopping and changing my stride. Still, I'm pleased with the time". Sue, incidentally, predicts a steeplechase event for women in the future. "Not straight away, but say in ten or twenty years' time. The distance would probably be less than the men's, and there could be a step in the water jump. Some nuts will do it". And will she be one of them? "Me? No, I'll be too old!". Shame, shame.

Alison Robb, the 19-year-old club captain of Edinburgh Southern Harriers who participated in four of the five National relay titles won by the club this year (three WAAA, two SWAAA) has married **Fraser MacRitchie**, former Scottish Junior quarter mile champion. They are now living in London, and Alison will be competing for LOAC.

The Southern Women's Cross Country and Race Walking Association held two more of its popular and successful Courses during August. The first was a week's residential Course at Barden Manor, Somerset, from August 1-8, when a 42-strong party made full use of the ideal training surroundings, and the second, on August 16th, was a one-day Course at Watford. Future Courses planned include a weekend on the Isle of Wight (Sept 25-27) and a one-day Course at Dorking (Sunday, October 11). Details of these, and other plans, can be obtained from organiser **Stan Belton**, 75 St. Philips Avenue, Worcester Park, Surrey.

Question: Which reigning WAAA track champion do you think amassed the following formidable set of field event marks at a Birchfield inter-club meeting? HJ—1.34/4'5"; LJ—4.54/14'11"; SP—7.69/25'3"; DT—19.61/64'4"; JT—14.63/48'0"

Some 1971 women's dates for your diary: January 9, Southern Inter-Counties CC (at Tonbridge); Jan 23, National Inter-Counties (Blackburn); Feb 6, Southern Senior and Intermediate CC champs (Brighton); Feb 27, National CC

continued on page 22



Moira Walls (Western AAC) has hectic schedule in Paris.
Peter Tempest

THE RUNNER'S ENIGMA

By Joe Henderson

PSYCHOLOGICALLY, there's a gaping—and possibly unbridgeable—gulf separating people who run long distances from people who only see them running. The external image of runners and running isn't often a pleasant one, and that's the image outsiders pick up. The joys and satisfactions are internal, therefore invisible. The pained expressions, struggling styles, impassive faces that appear bored are worn in full view. Even the most sympathetic viewers are compelled to ask, "Why would you want to put yourself through that type of torture?" They can't understand completely why runners run, and runners can't explain completely reasons which seem simple and basic to them. There's the gulf.

I'm putting together a book, "Road Racers and Their Training", which looks at the methods of 50 or so leading long distance personalities. They aren't necessarily the world's best runners but take in a wide range of ages and abilities, from a 9-year-old to a 72-year-old and from Derek Clayton to guys who haven't broken three hours for the marathon. As something of an afterthought, I tacked on the end of the questionnaire a question that read: "Try this big, open-ended question if you wish: Why do you run? (Or maybe it should be phrased, What do you get from running?)" I left it optional on the reasoning that it might be too personal and non-verbal a concept to explain. I sort of run marathons myself and don't know for sure if I could write down a totally satisfying reason why. Surprisingly, everyone who returned a form tackled the big question. Runners who read the answers can immediately identify with a good part of what's said. They apply to some extent to everyone who goes beyond a mile. For non-runners, the great understanding gulf might be filled in a bit.

Lovers and runners

Again, no one conveys his reasons and his feelings fully. Some do better than others, but ultimately running has to be experienced to be appreciated. Ken Moore, as literate a runner as there is, confessed that trying to explain his sport is "Like trying to explain pretty colours to someone blind from birth". Paul Reese, one of the USA's best over-50 marathoners, wrote: "Someone who asks, 'What is love?' has never been in love; someone who asks 'Why do you run?' has never run. Only lovers and runners know."

Still, it's a question every runner must answer to his own satisfaction, even if he can't compose it into a neat little paragraph. On some solid basis or other, he has to justify his investment of huge amounts of physical and emotional energy. Doug Wiebe was a minority of one when he answered: "I have no logical or reasonable explanation that provides adequate justification, even to myself. I just do it." Though their thoughts varied radically, everyone else dug deeper into their reasons. Few centre on the obvious, or seemingly obvious, areas of winning and recognition, or even on the physical benefits. Most get down to deeply per-

sonal, highly individual and often somewhat mystical feelings. Each gave his own touch to his answers, but several distinct patterns showed up.

Ideas take shape and change during a career. Reasons for beginning are rather standard, innocent and unexciting. It's most likely to be a matter of "not being able to do anything else"; being "influenced by my older brother"; "finding that I could run faster than most others at school"; "trying to lose weight and regain lost fitness"; or some such early motivation. The only really unique answer I found was Mike Ryan's. The New Zealand Olympic medallist wrote: "I liked running cross country, and we had a chance to have a shower. We did not have one at home." The reasons for continuing are more revealing.

Young runners' ideas are just solidifying. Nine-year-old David Hargus, a marathon man already, said he runs because he wants a "longer, better, happier life". Craig Sterling, a 17-year-old who ran 2:37.00 for the marathon in his first year of running, wrote: "I like it and it gives me something to do". Jim Everett, a 2:33 man at 16, explained: "After a year of running, it kind of grew on me, and if for some reason I don't run on a particular day, I feel guilty. So I guess I'll just keep running, because it sure can't hurt me any."

Avoiding combat duty

Early ideas change as the athlete matures. Browning Ross, who has been at it for 30 years, traced his motivational changes: "Today, release from everyday work and family tensions, and physical well-being. Yesterday, trips overseas; Olympics; Pan-American Games; Athletic Scholarship, friendships. Yesterday and today, it's a way of life." Ken Moore wrote: "My motivations have evolved over the years, from wanting to impress my peers, to making the varsity, to avoiding combat duty in the service. Were not running basically an enjoyable activity, however, I doubt I would have continued."

Older runners have yet another set of reasons. The patriarch of the growing grey haired—if any haired—athletes, Fred Grace, came out with this explanation: "I run because the guy my age who doesn't is half dead." (Fred is almost 72.) "But what do I get from it? Fatigue, pain, missing toenails, stitches and almost unbearable thirst. I also get wonderful solitude—the luxury of being alone with myself. Only hermits can afford that luxury. But they can't take a shower and I can."

That select group going for success on the highest levels, and getting it, requires a special method outlook. Derek Clayton has it, along with the two fastest marathons in history. He wrote: "I run for the tremendous challenge it offers, like aiming for a world record and a gold medal at the

Olympics or Commonwealth Games. I get from running mainly the satisfaction of achieving what I set out to do, and the opportunity of seeing the world. A gold medal is the ultimate." European and Commonwealth Champion Ron Hill said: "I run to prove I am the best in the world at doing something I have worked on for years." Tim Johnston stated: "One thing I am certain of. If I had no obvious ability at running, I would never have taken it up."

Others judge their success against a wider group of people, but success still is important. Hal Higdon said of his reasons for running: "I suppose it's a knowledge that even without training very hard I'm still better at this activity than 99 per cent of the rest of the world. If that were true of me at ping-pong or water skiing, I'd probably do these sports. I enjoy running. I like the feeling of being trim. I love feeling superior to the fat-bellied cigarette smokers."

A religion

Some speak simply. Jim McDonagh, a National 50 mile champion at the age of 46, used one word: "Enjoyment." Bill Clark, runner-up at the Boston classic in 1968, said: "It keeps me out of the rut." Others put down involved, detailed explanations. One of those was 20-year-old Jim Colvin, whose 18th place finish at Boston last spring came in his second marathon: "To run for me means to practice a religion that reflects life in a microcosm, that cleanses the entire man—mind and body, and that allows an almost mystical communication with nature and meditation on existence; the loneliness and simultaneous at-oneness with the world on a cold winter's night's run can be replaced by no experience known to me. Running throws one into an intense, meaningful life because it in fact is like life—one begins at some time for some unknown reason, struggles like hell against nature or human competition and finally comes to an end. Each day of training is just that way for me . . . I rarely become alienated

from this athletic endeavour as I occasionally do from my academic. For running allows me to communicate with an inner being and to return to relate better to the rest of the world."

Some runners claim that they run primarily from habit. These were the words used by Ted Corbitt, US World record-holder at 100M: "I run from habit and because I still strive to achieve certain goals in competition." Former Commonwealth Champion and Olympic medallist, Dave Power said: "Running has been my life since I started in 1948. If I stopped now, it would be like stopping breathing."

An adventure

Others look at it as an exploratory experience. American hour record-holder Mike Kimball claimed: "One gets to really know himself on a 30 mile run." Bob Carman expanded on that thought: "Each man's life is meant to be a great adventure, a testing of his most human qualities in a hostile world. Striving for ascendancy over one's self is a basic ingredient in this adventure. It is the attempt at a daring and difficult thing that makes us rise above our usual selves. Each man has the opportunity to sit through the challenges that present themselves, select a few that seem to sparkle and glitter more than the others; that seem most attractive, and build for himself a mosaic, a great adventure, a life. Running and striving to become a runner have a clear part in that mosaic for me. Fatigue is a remarkably good vehicle for the exploration of inner space."

Some runners indulge for the feeling of peace and euphoria it gives them. Both Ed. Winrow and Gar Williams say it's a healthy outlet for their tensions and aggressions. Others run to exhaust themselves. Ken Moore wrote: "Roger Bannister claims he was able to use all his energies, psychic and bodily, in the space of one mile. It takes a bit longer for me, but I have the same sensation after a 26 mile effort. I'm drained, and it takes



Pete Browne makes his drive for the tape in Clonliffe International Meeting in Dublin, August 10th. Following are Benedict Cayenne (Trinidad) and Noel Carroll (Ireland). They finished in that order.

Fionnbar Callanan

four or five days to completely recover. With the exhaustion, however, comes a satisfaction that I've done as deep into myself as I can. Only after a marathon can I enjoy the sense of having impressed myself."

Hooked on enjoyment

Expanded consciousness of individual feelings and powers is a motivating force. Peter Mundle, the USA's leading over-40 runner, is hooked on the "Pure enjoyment of the feeling of unrestricted freedom of movement and the power generated during training and racing". Consciousness is sharpened, too, in the world immediately surrounding the runner. Jim Freeman wrote, "Consider the average man sitting by his picture window contemplating his beautiful view. He uses only one sense—sight—to appreciate the view. He is not getting all he paid for. Now consider the runner coming across the same scene. He sees it, he smells it, he tastes it, he feels it, he hears it. All five senses make him aware of his environment. Yet this is not all, for he also communes with nature by fighting her, challenging her, resisting her, loving her, thinking about her, and, at the end of the session, conquering her."

Some long distance men sweep across the gamut of experience when explaining why they run. Tom Heinonen, for instance, said: "I run for fun, health, companionship, glory and material gain." That's getting close to the truth, for seldom is there just one force at work. It's usually a well-tangled combination, filled with conflicts and exceptions but producing an overall positive drive. Amby Burfoot may sum up the unspoken ideology of the marathon runner with his statement: "I run because I enjoy it. Not always, but most of the time. I run because I have always run. Not trained, but run. What do I get? (1) Joy and pain; (2) Good health and injuries; (3) Exhilaration and despair; (4) a feeling of accomplishment and a feeling of waste; (5) the sunrise and the sunset."

*Reprinted by courtesy of
"Track and Field News".*

AAA 25 MILE (6 STAGE) ROAD RELAY

As the AAA have already announced, this event (6 x 4 miles) will be staged at Southport on October 10th by Lancashire & County AAA in conjunction with Southport AC. Entries should be sent to the AAA Championships Secretary, 26 Park Crescent, W1N 4BQ, by September 21st.

200 Competition

Winners of the August draw are: (£25) Clive Shippen, Coudson; (£15) W. Parkinson, Banstead; (£15) Miss Mary Tupholme, London, S.W.19.

John Corbett (18) of Stretford threw the 16lb shot 15.50/50'10½" at Stretford on August 25th, and 15.76/51'8½" at Blackburn on August 26th, taking him to the top of the UK Junior rankings for 1970.

* * *

The new secretary of Northants. AAA is Wing Commander R. Munns, 51 Bridgewater Drive, Northampton. (Tel: 35498).

CLIFFHANGERS continued from page 19

champs (Midlands); March 6, English Schools CC champs (Keswick).

Borough of Enfield H. Ladies Secretary Isabel Armitage will be among those determinedly trying to walk the 30 miles from Chelmsford to the Enfield track on the night of October 3rd. The club is organising a sponsored walk, partly for charity and partly to help raise the £2000 needed, following a similar Ministry of Housing grant, to build a clubhouse.

National Junior cross country champion Mary Stewart (Birchfield) will still be a Junior over the country this winter, but an Intermediate next summer, and will then be coached by Mrs Nelson Neal. So far her training has been largely in the hands of Norma Blaine, who looks after the club's Junior in Birchfield's "graduation" system. "Despite Mary's recent fast 1500m time, I hope to keep her concentrating on 800 for the moment," says Nelson.

In brief: Pat Lowe's anchor 4 x 400m relay leg in Budapest was 53.8. . . Commonwealth 1500m silver medallist Joan Page was married at Woolwich on August 2nd, and is now Mrs Allison; Jannette Champion is now Mrs Roscoe; Della James is now Mrs Pascoe. . . Scottish pentathlon international Moira Niccol starts a three-year course at Birmingham University this term; Ruth Martin-Jones, Welsh international in the same event, is already there. . . Watching the Commonwealth Games on television from a hospital bed, Lillian Board's pulse rate went up from its normal 44 to 90! . . . Mary Sonner will be ineligible for ESAA competition next year as she has left school, and now works as a typist in Watford. . . Commonwealth 100m hurdles runner-up Maureen Caird (Olympic 80mH champion), and leading New Zealand sprinter Margaret Snow are both residing temporarily in this country, and have joined London Olympiads AC. . . Gabrielle Taplin (Coventry Godiva), a 4:55.0 miler in 1967, is training again after a two-year break and looking forward to the winter season. . . While the WAAA Junior high jump title was being won at 1.45/4'9" at Middlesbrough, English Schools' Junior champion Ann Hull was clearing 1.57/5'2" in an inter-club meeting at Brighton.

Lillian Board, who spent three weeks in an Acton hospital in July, and then a month at home under treatment for her stomach ailment, has unfortunately had to re-enter hospital in Islington for further observation. This is a particularly depressing time for one of the greatest champions and personalities in the history of British athletics, and if any of Lillian's many friends and fans would like to write to her, send the letters to me at 11 Cherry Garden Avenue, Folkestone, Kent, and I'll personally see that she gets them.

* * *

Brighton & Hove AC are putting on open 400m hurdles events for juniors and seniors at Withdean Stadium on Tuesday, September 2nd at 7 p.m. Entry on ground, no fees.

WALES

Small Entry For Welsh Marathon

THE Welsh marathon at Carmarthen on 29th August attracted only 11 starters, of whom 7 completed the course. It was unbearably hot and this must have tested the runners to the limit. Dr. Dai Davies, known in Wales by his second Christian name Hedydd, took it easy on his home course and cantered in an easy winner for the second year, in 2:35.42, almost 10 minutes ahead of Ron Franklin, also of TVH, the former champion, who also appeared to be taking it easy in the heat. The course was through the beautiful Towry Valley, an ideal course in cooler conditions, but it was the experienced marathon men who survived the heat—Keith Brown, Dave Morgan and Del Johnson, of Port Talbot, and Alun Jones of Neath. Newcomer Tom Jones of Bridgend, said wryly afterwards: "I think I'll go back to rugger after this!"

1. D. Davies (TVH) 2:35.42
2. R. Franklin (TVH) 2:45.32
3. K. Brown (Pt. Talbot) 2:51.12
4. D. Morgan (Pt. Tal) 3:09.55; 5. D. Johnson (Pt. Tal) 3:13.34; 6. A. Jones (Neath) 3:13.50; 7. T. Jones (Unatt) 3:47.17.

While the marathon was in progress Carmarthen Harriers entertained Cardiff AAC in a friendly match at Ystrad Tywi track. Both teams were depleted and no points were given in the events. Berwyn Price opted for the 100 metres in which he finished a close second to Nick Williams, of Carmarthen, clocking 11.1. He later won the 200 in 22.5. 17-year-old Mike Lewis, of Carmarthen, the Welsh junior and Welsh Schools' champion won the 400 in 50.0. In the Bracknell relays recently he was credited with a 48.8 anchor leg for Carmarthen.

100m: 1. N. Williams (Carm) 11.0; 2. B. Price (Card) 11.1; 3. B. Reynolds (Carm) 11.1; 4. G. Ashcroft (Card) 11.2e; 5. O. Howells (Carm) 11.2e; 6. R. Gyles (Card) 11.2e. 200: 1. Price 22.5; 2. W. Leyshon (Card) 22.3; 3. Reynolds 22.5. 400: 1. M. Lewis (Carm-J) 50.0; 2. J. Ingram (Card) 51.4. 800: 1. K. Jones (Card) 1:55.8; 2. F. Bell (Card) 1:58.6. 4 x 100: 1. Carmarthen 43.1; 2. Cardiff 43.2. (Juniors) 100m: 1. A. Thomas (Card) 11.0; 2. C. Rees (Carm) 11.1; 3. S. Larard (Card) 11.1. 200: 1. Rees 22.5; 2. Larard 22.6. 800: 1. M. Buckland (Card-Y) 2:00.5; 2. P. Williams (Card-Y) 2:00.8. 1500: S. Slocombe (—) 4:09.6. 4 x 100: 1. Carmarthen 43.9; 2. Cardiff 44.1. 4 x 400: 1. Carmarthen 3:33.8; 2. Cardiff 3:34.6.

Brian Williamson ran for Cardiff in the National League 200m at Crystal Palace and not John Williams, as was declared. Similarly, Jeff Kirby ran in the steeplechase, and not Dave Evans. Stephenson's time was 9:40.2 and not 9:42.2 as announced. Cardiff's 4 x 100m team was: Thomas, Vince, G. Williams, Williamson.

In the final match of the Welsh League Div. 2 (West) at Aberavon on Aug. 29th, Swansea Harriers won, and have thus won the League West. They now meet Gilwern Harriers who won the

League Div. II, East, in mid-September at a venue to be decided.

1. Swansea 253; 2. Barry 228; 3. Port Talbot 227; 4. Neath 209. Final Positions: 1. Swansea 16½; 2. Barry 14½; 3. Port Talbot 13; 4. Neath 10.

Inter Counties match at Seaway Parade Track, Aberavon, August 31st. 1. Monmouthshire 253; 2. West Glamorgan 212; 3. Brecon and Radnor 114. There was a sad lack of officials at this meeting, probably due to the Bank Holiday. The 1971 match will probably be held at Penlan Track, Brecon.

Entries close on Monday next, September 14th, for next Saturday's Two-man relay from Cardiff to Mountain Ash, organised by the Nos Galan Committee (see advert. elsewhere).

Paul Briggs of Morriston Electrics had a fine double in the 100 and 200 in the Welsh Industries champs. at Jenner Park, Barry on August 22nd, winning in 10.9 and 22.4. Dill. Robbins of SCOW took the 1500 in 4:16.3 and 5,000 in 15.33. Stephen Ware of BP Llanydarcy took the junior 100, 200 and 400 in 11.7, 23.2, and 54.8. June Hirst of BP took the senior women's 100 in 12.6, the 100m hurdles in 14.8, the long jump at 4.87/16'0", the Weight at 8.51/27'11", and the javelin at 21.28/69'10". David Francis of Westbury has won the open Bridgend 7½ miles road race for the past three years. Bridgend AC officials are convinced there is a Welshman capable of ending this run, and challenge all Welsh runners to enter their 1970 event on September 26th.

RRC (Wales) are producing a fixture-list from October '70 to December '71. They appeal to people who know of dates of events in Wales and the border counties of England to send details as soon as possible to Secretary, RRC (Wales), 13 Campbell Terrace, Mountain Ash, Glam.

Sue and Alan Marshall, well known administrators in Welsh athletics are now joint managers of the Angel Inn, Bridge Street, Troedyrhiw. Runners in this year's Valley League meetings, and in fact all athletes in the area will be particularly welcome at the Inn. Telephone Ynysowen 644.

The Nos Galan Committee have a copy of the film "A run called Nos Galan", which was shown on London Week-end Television a few days after last year's Nos Galan road races in Mountain Ash. Clubs who would like to borrow it this winter may do so on application to Nos Galan Organiser, 13 Campbell Terrace, Mountain Ash. It is a 16mm. sound film which lasts about 25 minutes.

Bernard Baldwin.

PROFESSIONAL SPEEDSTER

Sandy Sutherland reports that the Powderhall sprint winner, George McNeill, was accurately timed at 10.2 for 100m at Meadowbank on August 28th. He twice ran 120v in 11.17 from scratch in a professional sprint exhibition.

RESULTS IN BRIEF continued from page 13

Griffin 49.60/162'9"; A. Kerr (Hill) 44.62/146'5"; N. Kitchen (Herc Wimb) 41.72/136'11". (Units rounded off incorrectly). HT: 4, M. Cheater (NZ) Woodford Grn 50.54/165'10"; 5, M. Davies (WG) 47.98/157'5"; 6, T. Harry (Exeter) 45.88/150'6"; 7, S. George (Read) 45.52/149'4"; 8, B. Keeble (Hill) 43.98/144'3"; 9, K. Lasis (WG) 43.24/141'10"; 10, A. Woods (WG) 42.30/138'9" (Imperial measurements only). (Women) DT: 4, J. Quick (Mit) 39.26/128'9"; 5, Y. Starling (Had. O) 37.14/125'2"; 6, M. Fuller (E & E) 36.48/119'8". Elsmore's throw actually 39.98/131'2". JT: Clewlow actually threw 49.38/132'5"; 2, M. Cook (Croy-Int) 37.90/124'4".

August 22nd

Wall Heath Show Road Races. Senior 6½M: 1, D. Hope (Worcs YMCA) 31.55; 2, B. Cooke (Wolv. & Bils) 32.11; 3, P. Butcher (Dud) 32.16; 4, C. Hunt (W & B) 32.17; 5, B. Cole (Tip) 32.36; 6, J. Edwards (Tip) 32.49; 7, J. Lees (W & B) 33.41; 8, D. Everson (W & B) 33.50; 9, R. Griffin (Tip) 34.25; 10, J. Bygott (Tip) 34.53. (Youths and Boys 2½M) 1, K. Perry (Hal) 12.43; 2, P. Robinson (Hal) 12.43; 3, J. Brewer (Dud) 12.50; 4, G. Barker (West Brom) 12.55; 5, R. Mannison (Tip) 13.02; 6, P. Gowans (Dud) 13.13. (Intermediate Girls 1½M) 1, A. Holt (Broms) 7.42; 2, P. Slyde (Tip) 7.43; 3, J. Dalton (Birch) 7.44; 4, G. Morgan (Dud) 7.50; 5, M. Conway (Bir) 8.07; 6, L. Degg (Stoke) 8.29. (Junior Girls 1½M) 1, P. Davis (Tip) 7.52; 2, A. Davis (Tip) 7.53; 3, L. Shilcef (Broms) 8.15; 4, E. Charles (Dud) 8.16; 5, K. Sheldrick (Here) 8.17; 6, L. Crisp (Broms) 8.18.

August 26th

Joe Horn Memorial 2M at Gloucester. 1, S. McHale (Glos) 9:33.4; 2, J. Pope (Glos) 9:34.0; 3, R. Cytlau (Glos-J) 9:40.0.

August 29th

Gloucester AC Open Meeting. 220y: Saunders (Broms-J) 22.9. 1M: R. Edwards (Broms) 4:22.4. 2M: 1, D. Hopkins (Newport) 9:27.0; 2, P. Davies (Here) 9:41.6. 4x220y: 1, Gloucester 1:37.5; 2, Bromsgrove & Redditch 1:38.2 (Youths) 100y: G. Edwards (Abertillery Ach) 10.7. 4x220y: Gloucester 1:42.0; 2, Broms. & Redd. 1:43.5; 3, Abertillery Achilles 1:44.5. LJ: G. Philpotts (Here) 6.00/19'8½". (Women) 100y: D. Nasralla (Glos-Int) 11.7. 220y: K. Sambell (Glos-I) 26.3. 440y: J. Grimes

(Bris) 63.1. 880: J. Dunt (West-Int) 2:23.6. 4x220: 1, Gloucester 1:49.4; 2, Bristol/Westbury 1:55.5. LJ: Nasralla 5.31/17'5".

BMC Junior Championships, at Cambridge. 1, R. Smedley (J. Wilmott GS) 4:13.8; 2, D. Lowes (Gateshead) 4:14.0; 3, D. Gibbon (Elswick) 4:14.2; 3, M. Brameld (Medway) 4:19.2; 5, D. Coates (M & C) 4:20.6; 6, G. Steere (Norf. Oly) 4:29.8. (Youths) 1, G. Side (Southgate) 4:15.6 (World Best by 15-y-o); 2, P. Dunn (Billingham Sy) 4:17.7; 3, K. Steere (Norf. Oly) 4:22.0; 4, S. Lawrence (Pilkington) 4:22.7; 5, T. Butt (Stev & NH) 4:28.4; 6, D. Driver (N'ton) 4:33.0. (Boys) 1, R. Green (Harlow) 4:30.7; 2, P. Lee (Invicta) 4:36.2; 3, J. Davy (Ipswich) 4:39.0.

August 30th

Mitcham AC Open DT Competition at Carshalton. 1, A. Kerr (Hillingdon) 46.18/151'6"; 2, N. Kitchen (Herc Wimb) 41.00/134'6". (Women) 1, L. Irish (LOAC) 41.08/134'9"; 2, J. Quick (Mit) 38.84/127'5".

NICKEY NOOK FELL RACE**August 8th**

1, J. Norman (Altrincham) 37.51
2, D. Cannon (Kendal) 37.55
3, T. Proctor (Rochdale) 38.33
4, C. Robinson (Rochdale) 38.41; 5, R. Harrison (Airedale & SV) 38.53; 6, N. Carrington (Sale) 39.29; 7, W. Yale (M & D) 39.57; 8, H. Walker (Burn) 40.13; 9, C. O'Carroll (Notts) 40.18; 10, J. Barlow (Sale) 41.20; 11, C. Stainton (Barrow) 41.25; 12, A. Harmer (Lanc. & Morecambe) 41.27; 13, P. Pope (A & SV) 41.43; 14, K. Mayor (Bolton UH) 41.48; 15, S. James (Sutton) 41.52; 16, G. Entwistle (M & D) 41.52; 17, S. Towndrow (Pembroke) 41.53; 18, P. Lever (Bolton UH) 42.07; 19, R. Brown (Pem) 42.12; 20, H. Blenkinsop (Sale) 42.33.

Teams: 1, Rochdale (3, 4, 25) 32; 2, Sale (6, 10, 20) 36; 3, Airedale & SV 5, 13, 31) 49; 4, Barrow 56; 5, Pembroke 64; 6, Lancaster & Morecambe 80.

LOAKE TROPHY**At Wickstead Park, August 16th**

1, Kettering TH 329; 2, Peterborough 187; 3, Northampton 172; 4, Berry Hill 165; 5, Corby 154; 6, Daventry 141; 7, Wolverton 64. 100y: 1, James (N'ton Ph) 10.3; 2, Hemmings (Berry Hill) 10.3. Junior 100y: Burton (Kett) 10.3.

SOUTHERN COUNTIES AMATEUR ATHLETIC ASSOCIATION**Residential Young Athletes' Course****CRYSTAL PALACE NATIONAL SPORTS CENTRE****December 28th—30th, 1970**

Application Forms and full details from:—

W. Hindhaugh, Esq., Administrator, S.C.A.A.A., 26 Park Crescent, London, WIN 4BQ

BEDFORD AND BROWNE OUT IN FRONT

LONDON FIRE BRIGADE MEETING

At White City, August 29th

FORCEFUL running was the keynote at the London Fire Brigade Open meeting on August 29th. In the Invitation 3000m Dave Bedford sharpened up for his Great Britain debut against Poland this weekend with a 7:58.2 victory, running solo most of the way. The time puts him joint 8th on the UK all-time list. Pete Browne, too, in the Invitation 1000 yards was pushing from the front well before the bell and came within a couple of seconds of the world best, shared by John Boulter and Tom von Ruden.

Borough of Enfield sprinters proved the swiftest on view in the Southern 4 x 100m championship, but their comfortable victory was achieved only after they had already been ruled out by officials on the grounds that one of their members, Ron Jones, was not eligible to compete in a Southern championship event this year. Thus the title went to Queen's Park Harriers, runners-up also in the 4 x 400m, while in the longer race TVH—without Reynolds, Hauck or Walters—made amends for losing their short sprint title. Other highlights included another fine high jump by David Livesey, and the 800m running of Junior Ian Graham.

Margaret Beacham had a well-deserved Southern 800m win, breaking the field up with a 61.8 first lap. But the day's unluckiest competitor was surely Lindsey Cooke, who fell at the last hurdle when leading by six metres in the inaugural Southern 200m hurdles championship.

Interesting Fact Dept: The small crowd who actually attended the meeting (1,500 I would estimate) personified a very small proportion of the tickets sold. Due probably to its worthy nature, the London Fire Brigade has no trouble finding "takers," who then never actually use the tickets. Thus the meeting has made a profit

every year since it moved to the White City in 1948!

Cliff Temple.

SCAAA 4 x 100m: 1, Queen's Park H. 42.4; 2, Kent 42.8; 3, TVH 42.9; 4, Reading 41.5. (Borough of Enfield, running as guests, were first across line in 41.5).

SCAAA 4 x 400m: 1, Thames Valley H. 3:16.4; 2, QPH 3:20.4; 3, Southgate 3:21.7. (Reading AC, running as guests finished 3rd also in 3:21.7).

"Centenary" Invitation 1000 yards: 1, P. Browne (QPH) 2:08.8; 2, C. Mason (Hallam) 2:09.6; 3, D. Wright (Blackheath) 2:10.2; 4, J. Greatrex (SLH) 2:10.2; 5, J. Cadman (Cov. Godiva) 2:10.3; 6, K. Penny (Camb H) 2:13.1; 7, R. Davies (B'field) 2:14.1; 8, K. Falla (Croy) 2:19.0.

3000 team: 1, D. Bedford (Shaft) 7:58.2; 2, R. Newble (Med) 8:03.8; 3, M. Beevor (Herc-Wim) 8:04.2; 4, J. Drake (Bas) 8:05.0; 5, G. Biscoe (Mit) 8:05.4; 6, A. Ashton (Read) 8:08.2; 7, G. Stevens (Read) 8:09.6; 8, M. Absolom (Eton Manor) 8:10.4; 9, R. Holt (Herc-Wim) 8:10.8; 10, J. Brown (Hill) 8:14.8; 11, J. Bicourt (Bel) 8:17.0; 12, J. King (Alsager Coll) 8:18.0. Teams: 1, Reading 19 pts.; 2, Hercules-Wimbledon 23; 3, Hillingdon 33.

Inv. HJ: 1, D. Livesey (Newham) 2.03/6'8"; 2, M. Campbell (Hill) 1.94/6'4½"; 3, R. Morris (Walton) 1.94; 4, I. Champkins (London AC) 1.88/6'2"; Seq. P. Gates and D. Newman (Epsom) 1.83/6'0"; 7, R. Taylor (Erith) 1.83.

Inv. PV: (Handicap): 1, H. Pfenninger (Bel) 0.50m, 4.60m/15'1"; 2, S. Chappell (TVH) scratch, 4.20m/13'9½".

Junior 800m Scratch: 1, I. Graham (Bedford) 1:53.1; 2, B. Smith (Thur) 1:53.4; 3, R. Yarrow (Cardiff) 1:55.4; 4, Kev Field (Hayes) 1:55.4; 5, D. Wood (Eton Manor) 1:56.8; 6, J. Watts (Ald) 1:57.3.

Women

SCWAAA 800m: 1, M. Beacham (Barn) 2:08.0;



Dave Bedford forging along in front in the 3000m team race. In the pack are: Richard Newble (33) Bob Holt (3), Geoff Riscoe (42) and Malcolm Absolom (4). Bedford's winning time was a fine 7:58.2.

Ron Linstead

McANDREW GETS EUROPEAN QUALIFYING STANDARD

READING TROPHIES, August 31st

STARS of the meeting were Reading steeplechasers Ron McAndrew and Gerry Stevens, who from the outset ignored the rest of the field and worked together to shatter Stevens' ground record. Ron's time, besides being a personal best, is inside the European qualifying standard. Gerry tragically and uncharacteristically fell at the last water-jump when poised to fight out a grandstand finish.

These two spearheaded a first-ever match win for Reading, who fully exploited every gap in the teams of their distinguished visitors and thus served notice of their National League ambitions.

Dennis Roscoe produced the best effort in the field events with a last throw of 52.38/171'10" after twice reaching 51 metres. Niall McDonald set a good standard for the future in the newly-introduced hammer event.

Thames Valley juniors prevented a 5th successive win by Birchfield, despite Stuart Atkins' fine sprinting, but all the efforts of Middlesex and Aldershot could not stop London Olympiads taking the Waldron Trophy for the 9th time in a row.

1, Reading 362; 2, Birchfield 298; 3, Hillingdon 295; 4, Blackheath 256; 5, TVH 250; 6, Surrey AC 162; 7, Southampton 143.

100y: 1, I. Matthews (TVH) 10.1; 2, K. Snelgrove (Hill) 10.2; 3, J. Edwards (Read) 10.2. 200m: 1, Matthews 22.1; 2, Snelgrove 22.9. 400: 1, Edwards 49.2; 2, S. Huard (TVH) 50.4. (B) 1,

2, M. MacSherry (Camb H) 2:10.3; 3, M. Newton (So'ton) 2:11.7; 4, G. O'Leary (Barn) 2:14.4 (2:14.2 ht); 5, M. Townsend (Ports Ata) 2:16.3 (2:12.6ht); 6, C. Gould (Barn) 2:18.7 (2:14.8 ht); 7, M. Fribbence (LOAC) 2:22.0 (2:16.7 ht); 8, B. Franklin (Kt) 2:24.0 (2:14.8 ht). In heats: P. Moulton (Ver) 2:14.8; P. Winter (Ver) 2:16.7; J. Adams (Ald) 2:17.2; J. Green (Med) 2:17.2; B. Bush (B'ton) 2:18.0; L. Dixon (Ex) 2:18.0; G. Goodburn (Camb H) 2:18.4; J. Dicker (Ex) 2:18.6; M. Vinall (Wok) 2:20.0; B. Key (Ilf) 2:20.4; J. Tye (Wat) 2:21.6.

SCWAAA 200mH: 1, J. Philp (Chelm) 29.4; 2, C. Marsh (Croy) 30.4; 3, C. Hext (Bourn) 32.0; 4, L. Cooke (LOAC) 37.0 (fell).

SCWAAA 4 x 100m: 1, London Olympiads 48.2; 2, Mitcham 48.4; 3, Ilford 49.2; 4, Chelmsford 49.3; 5, Southampton 49.6; 6, Middx 50.2.

SCWAAA 200x100x200x100: 1, Mitcham 1:13.9; 2, LOAC 1:14.4; 3, LOAC 'B' 1:15.1; 4, Ilford 1:15.8; 5, Kent 1:17.1. Middx, 1:17.1, disq.

Handicap events: 100m: M. Strange (Bris) 8.5m. 400m: D. Hoare (B'field), 32m, 46.6. 1500m: I. Lymath (Eton Manor), 115m, 3:37.2. 3000m SC: (one lap short) P. Lovell (Staff), 220m, 7:49.8. 3200m Walk: R. Care (Harborne), 230m, 13:30.0. (Women) 100m: J. Prescott (LOAC), 8m, 11.8.

London Business Houses Medley Relay: Lloyds Bank 8:15.2.

P. Steyne (TVH) 49.9; 2, T. Allen (Read) 50.9. 800: 1, D. Wright (B'ht) 1:54.5; 2, J. Dagnam (Birch) 1:56.7; 3, C. Burden (S'ton) 1:57.5. (B) 1, P. Horwood (B'ht) 1:57.3; 2, R. Davies (Birch) 1:57.5. 1500: 1, Horwood 3:54.4; 2, A. Ashton (Read) 3:54.9; 3, R. Tilling (Birch-J) 3:57.6. 5000: 1, P. Stewart (Birch) 14:25.8; 2, J. Brown (Hill) 14:33.6; 3, K. Darlow (Read) 14:36.2. 110H: 1, R. Legge (Read) 15.1; 2, C. Swann (Birch) 15.5; 3, P. Thompson (Read) 16.0. 400H: 1, G. Hunt (S'ton) 55.4; 2, M. McFarnell (B'ht) 55.8; 3, J. Allen (Hill) 55.9. 3000mSC: 1, R. McAndrew (Read) 8:41.0 (Ground Rec); 2, G. Stevens (Read) 8:44.8; 3, J. Williams (Hill) 9:20.6. 4x100: 1, TVH 43.9; 2, Birchfield 43.9; 3, Reading 44.0. HJ: 1, G. Hill (Birch) 1.85/6'11"; 2, Thompson 1.73/5'8 1/2"; 3, R. Batterley (Hill) 1.73. PV: 1, C. Cumbers (Birch) 3.50/11'6"; 2, Thompson 3.35/11'0"; 3, J. Jebb (Read) 3.35. LJ: 1, L. Collins (Hill) 6.81/22'4"; 2, P. Davis (TVH) 6.81; 3, L. Brown (Read-J) 6.75/22'2". TJ: 1, D. Lawrence (Birch) 14.63/48'0"; 2, Davis 14.13/46'4 1/2"; 3, R. Philips (Hill-Y) 13.66/44'10". SP: 1, R. Gardner (Read) 14.68/48'2"; 2, P. Rees (S'ton) 14.12/46'4"; 3, D. Roscoe (TVH) 14.12. DT: 1, Roscoe 52.38/171'10"; 2, Gardner 47.34/155'4"; 3, J. Turton (Read-J) 44.04/144'6". HT: 1, N. MacDonald (Birch) 54.30/178'2"; 2, J. Skrybant (Birch) 50.48/165'7"; 3, W. Treharne (Sy. AC) 47.86/157'0". JT: 1, R. Harrison (S'ton) 63.42/208'1"; 2, M. Turner (B'ht) 61.60/202'1"; 3, D. Bamborough (Hill) 59.00/193'7".

(Juniors) 1, TVH 117; 2, Birchfield 94; 3, Surrey AC 86; 4, Southampton 85; 5, Hillingdon 83; 6, Reading 58.

100y: 1, S. Atkins (Birch) 10.3; 2, A. Davis (Hill) 10.7. 200: 1, Atkins 22.7; 2, Davis 23.3. 800: E. Andrew (Read) 2:00.3. 1500: 1, J. Oven-den (TVH) 4:04.1; 2, M. Pickering (Birch) 4:04.2; 3, A. Hutchinson (Sy. AC) 4:11.3.

Women

1, LOAC 230; 2, Midd. LAC 205; 3, Aldershot 186; 4, Reading 147; 5, Surrey AC 125; 6, Southampton 113.

100y: 1, D. Murray (S'ton-I) 11.5; 2, L. Cooke (LO) 11.5; 3, J. Franklin (Mx.L) 11.8. 200: 1, Murray 25.2; 2, M. Hunt (LO) 26.1; 3, Franklin 26.3. 400: 1, M. Fribbence (LO) 59.4; 2, J. Adams (AFD) 60.6. (B) J. Prescott (LO) 58.9. 800: A. Barrass (AFD) 2:19.6 (B) A. Rumbold (AFD) 2:21.8. 100H: 1, Cooke 14.8; 2, S. Hayward (Mx) 14.8; 3, K. Dodd (Read) 15.6. (B) P. Kelly (AFD) 16.7. 4x100: 1, LOAC 49.8; 2, Mx.LAC 50.7; 3, Southampton 50.8. HJ: G. Hurst (LO) 1.65/5'5"; 2, B. Lewis (Read) 1.52/5'0"; 3, S. Rampton (Mx.L) 1.47/4'10". LJ: 1, C. Thompson (Sy. AC) 5.41/17'9 1/2"; 2, T. Greisen (Mx. L-Int) 5.31/17'5"; 3, Hurst 5.31. SP: 1, M. Pulman (LOAC) 11.96/39'3"; 2, Hayward 11.50/37'9"; 3, S. Hayard (AFD) 10.15/33'3 1/2". DT: 1, L. Irish (LO) 38.64/127'9"; 2, Pulman 37.34/122'6"; 3, Dodd 32.18/105'7". JT: S. Brice (AFD) 32.60/106'11".

LETTERS

THE FRENCH SYSTEM

Dear Sir,

To those who are continually throwing the French athletics set-up, and Monsieur Bobin in particular, in our faces, may I recommend "L'Equipe" after the Europa Cup Final in Stockholm.

As so often in the past when it comes to the crunch, Olympics, European Champs and European Cup Finals, the French—or is it their system—cannot match the promise of their build up. And when it comes to excuses, we are, as in so much else, the real amateurs.

While I am not attempting to wholly defend our often inept and un-professional approach, we do seem to get results overall as good, sometimes better, than the much-vaunted French way. Let us not replace one faulty system with another. At least our way seems to instill personal initiative—if only as a necessity to exist in the sport. To put it another way, no matter what he may think (and I have heard him often on the subject) I do not believe that John Whetton would have achieved what he has if he had been French. And I for one would rather have a Whetton than a Wadoux any day.

Stan Greenberg

RON CLARKE

Dear Sir,

Athletics Weekly paid worthy tribute to Ron Clarke with their series of extracts from past issues and Ian Smith's statistical summary. But readers may be interested in a little further elaboration on the facts and figures quoted.

According to my records, covering more than 500 races which Clarke ran during his 17-year career, he achieved 13:15.0 or better for three miles on 53 separate occasions and 13:40.0 or better for 5,000 metres on 40 separate occasions. As these were the distances he ran most often in international competition, they illustrate particularly well his ascendancy over the rest of the world.

For example, only 40 other men in history have ever beaten 13:15.0 for three miles—and 23 of them did so in races in which Clarke also competed (usually winning and invariably setting the pace). The pattern is almost identical at 5,000 metres where 46 other men have broken 13:40.0—and 21 of them in races in which Clarke also took part.

His supreme competitiveness—despite those frustrating defeats at Championship level—is also indicated by the excellence of his win-loss record against other top class athletes of his generation. Only Bob Schul (U.S.A.) and Michael Jazy (France) have beaten him more times than they have lost to him.

The oft-misquoted facts concerning the Clarke-Keino confrontations can be put right, presumably for all time, by stating that of the 19 occasions on which they have faced each other since their

first race together (November, 1962) Clarke has finished ahead of Keino 10 times. In seven of the races neither of them was the winner.

A few additions can also be made to Ian Smith's listings of Clarke's best times, though perhaps they only serve to further underline the fact that the stature of the man can never be measured in minutes and seconds alone.

3,000 metres

7:56.0 (1) Prague 18.7.66

7:58.0 (1) Innsbruck 19.7.67

2 miles

8:37.0 (-) Melbourne 4.65

(solo time-trial)

8:37.8 (*) Kingston 8.8.66

8:39.8 (*) Berlin 26.6.66

5,000 metres

13:39.6 (1) Sochaux 17.6.67

6 miles

27:43.0 (*) Sydney 23.9.64

* intermediate times

Bob Phillips

Dear Sir,

It was with great pleasure that I read in the August 29th issue your "Farewell Tribute to Ron Clarke." I have collected a race-by-race survey of Clarke's career over the years. The following 3000m time should be added to Ian R. Smith review: 7:54.6 (1) Berlin, 22 June, 1967.

May I add his best performances at other distances? These are:

880y

1:53.8 (h) Melbourne 12 March, 1956

1500m (*During 1M Race)

3:44.1* (5) Stockholm 2 July, 1968

3:45.8 (4) Adelaide 25 February, 1967

3:46.1 (1) Stockholm 10 August, 1968

1 Mile

4:00.2 (5) Stockholm 2 July, 1968

4:02.0 (1) Melbourne 6 March, 1966

4:02.6 (2) Melbourne 19 February, 1966

4:03.1 (1) Frankston 27 December, 1967

4:03.2 (3) Melbourne 3 March, 1968

4:03.4 (3) Dunedin 28 January, 1963

4:03.8 (2) Melbourne 9 March, 1968

4:03.9 (1) Pasadena 2 June, 1968

4:04.0 (1) Melbourne 2 March, 1969

2000m

5:08.7 (2) Melbourne 22 November, 1966

5:09.2 (1) Melbourne 28 November, 1963

5:10.2 (2) Narrabeen 27 September, 1964

10 Miles (*During 1 Hour Race)

47:12.8 (1) Melbourne 3 March, 1965

47:38.0* (1) Geelong 27 October, 1965

47:45.8 (1) Melbourne 10 February, 1965

47:50.0 (1) 16 August, 1967

20,000m

59:22.8 (1) Geelong 27 October, 1965

1 Hour

12M 1006y (1) Geelong 27 October, 1965

12M 497y (1) Melbourne 12 October, 1963

Marathon

2:20:26.8 (9) Tokyo 21 October, 1964

2:24:38.0 (1) Melbourne 27 July, 1963

Ron Clarke has run an extraordinary number of races. Thus, rather than saving himself for the major events, he has run (and lost) many times against lesser men. Nonetheless his win-loss record against his major opponents is very good.

5000m/3 Miles

Kip Keino	4-9
Michel Jazy	1-2
Harald Norpeth	5-2
Ian Stewart	0-2
Mohammed Gammoudi	6-3
Jean Wadoux	1-2
Dick Taylor	7-0
Billy Mills	4-0
Bob Schul	4-1
Naftali Temu	8-1
Kerry O'Brien	5-5
Jurgen May	1-1

10,000m/6 Miles

Naftali Temu	2-1
Dick Taylor	1-1
Mohammed Gammoudi	1-2
Billy Mills	0-1
Mamo Wolde	1-1
Lachie Stewart	0-1
Jurgen Haase	2-0
Nikolay Sviridov	1-1
Ron Hill	2-0

Hope this may be useful.

Peter Matthews,
NUTS

THE ACHILLES TENDON

Dear Sir,

I agree on the whole with Leonard Hibbert and Michael Porter that running can continue during an attack of Achilles tendinitis. The word should be reserved for painful thickening of the tendon, that is to say the normally slender cord running up from its attachment to the heel bone for 4 or 5 inches to blend with the fleshy muscles of the calf. The following suggestions should help:—

1. Running within the limits of tolerable pain can continue provided:

- There is no creaking round the tendon.
- No sudden (such as jumping or sprint start) strains are put on it.
- The pain gets better while running continues.

d) It is not too severe afterwards.

This sort of training is unlikely to do harm and usually does good, but it is wise to cut down on heavy training schedules, and to take a few days rest when things seem to be going badly.

2. Physiotherapy and other local treatment help very little.

3. Injections into the tendon are useless and may be harmful. Injections round the tendon may help during the early "creaking" phase.

4. Running should be on smooth and if possible soft ground. Heel pads may help and it is best to run on the heels.

5. Recovery to normal may take six months or even more.

Trouble where the tendon is attached to the heelbone (about the level of the top of the shoe) is a different matter. It may clear up quickly, but may drag on for a long time, even needing surgery eventually. Injections of hydrocortisone in this situation may lead to complete rupture of the tendon, and should only be given with great caution.

Tears ("pulls") at the junction of the tendon with the fleshy part of the calf mean actual tearing for some of the muscle fibres from the tendon. They heal readily, and continuing pain after a few weeks is caused by adhesions, which may respond to stretching exercises, injections or just running!

Harold Lee,

(Hon. Medical Officer Road Runners' Club).

ADOLESCENT ATHLETICS

Dear Sir,

Mr. Horwill's letter attacks a man of straw. Those of us concerned about intensive athletics for youngsters are not worried about whether young athletes are 'burnt up' but by the effect it has on them when they become adults. Mr. Horwill concentrates mainly on the potential performance and success which youngsters are capable of. It is obvious to anyone who has read the research he refers to that the standards of age group athletics can be much higher than any so far achieved.

But this argument is irrelevant to consideration of whether or not it is good for youngsters to participate in intensive athletics. Youngsters

COUNTY BOROUGH OF SOLIHULL ATHLETIC CLUB

invite entries for their

ANNUAL CROSS COUNTRY RELAYS MEETING

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

At TUDOR GRANGE PARK, SOLIHULL, on SATURDAY, 24th OCTOBER, 1970

Intermediate Boys	(14/15 years)	4 x 1½ miles
Youths	(16/17 years)	4 x 1½ miles
Seniors	(18 + years)	6 x 1½ miles

Full details and entry forms from:

The Secretary, Solihull A.C. Athletics & Youth Centre, Tudor Grange Park, Solihull.

ENTRIES CLOSE OCTOBER 5th, 1970

should be given the opportunity to participate in many activities, athletics being one of them. But these activities should be undertaken for their own sake and as a means of introduction to worthwhile adult recreation. They should not be justified by quotations of precocious success or as an emulation of adult performance.

In athletics we should be concerned with getting as many senior participants in the sport as possible who have a love of the sport and its concomitants of physical fitness and effort. At present I am worried by the number of people in our sport who think that coaching and developing young athletes to the peak of performances is the be all and end all of athletics. Among these I include those responsible for the lunatic development of a cross country programme for ladies which subjects young girls to a travelling schedule unrivalled by even the most fanatical of our distance runners.

When proposals concerning young athletes are put forward may I suggest that these points be considered:

1. That the idea of athletics being an all the year activity with seven days a week training be abandoned for any aged under 16.

2. That the idea of National and Area Championships for the Under 15's, Under 13's and I expect in time, Under 11's, age groups be considered detrimental to the development of a young person's character.

3. That the example of swimming which is an almost wholly adolescent sport discourage us from intensive activity for young athletes.

There is the problem of the precocious young athlete who because of advanced maturation or exceptional physical gifts outstrips his fellows. These could surely be accommodated by allowing them to run in senior events unrestricted. Such cases are few and with the Ryuns, Bedfords and Stewarts of the World arguments which I have used tend not to apply.

Terry Haines,
Gloucester.

ATHLETICS v. FOOTBALL

Dear Sir,

I just thought I'd drop you a piece of 'Chit chat' which may or may not interest readers. At the recent Edinburgh Highland Games there was a crowd of 16,000 who watched in appalling conditions while, less than one mile down the road at a First Division Football match, Hibernian played St. Johnston before a crowd of only 10,000. One up to us!

David Wilson,
Edinburgh

FIELD EVENTS RESULTS FROM OAKE TROPHY

Women's LJ: R. Martin-Jones (Birch) 5.84/18'2". SP: 1, S. Scott (Birch) 12.20/40'0½"; 2, Y. Gill (Bury) 11.10/36'5". (B) Martin-Jones 10.68/35'0½". DT: B. Jones (Birch) 32.00/105'0". JT: A. Williams (Birch) 44.66/146'6".

Future of UK coaching

AT the last full meeting of the Specialist Clubs Committee in London, delegates heard Sqn. Ldr. Norman Cobb (RAF, Retd), Hon. Secretary of the AAA Coaching Committee, outline plans for a UK Coaching Scheme to include all the 'home' countries. On the whole, the delegates were well pleased with the plans, formulation of which began in October 1967 at the first AGM of the BAAB, when proposal for a UK Coaching scheme was officially accepted.

There is no doubt that great care is being taken to cover every aspect of coaching in the UK with every contingency likely to arise in this respect being adequately covered before any irrevocable steps are taken to finalise plans for the introduction of the scheme.

Norman Cobb reported to the SCC delegates that they had "reached a high degree of unanimity amongst the various separate bodies" that govern athletics in Britain.

SCC Chairman Ken Brookman, some years ago leader of the British Athletics Union—a movement devoted to the bringing together of all governing bodies into one efficient organisation—was "pleased to see that at last some of the aims of the BAU are being implemented" with the introduction of the UK Coaching Scheme.

Many coaches in England have for years refused to accept that the structure of coaching in the country has operated successfully under the so-called AAA Coaching Scheme, and for them the introduction of a UK Coaching Scheme will be the FIRST positive organisation of track and field coaching, at least since the departure from the scene of one-time Chief National Coach Geoffrey Dyson. Basically the plans are sound, and the SCC applauds its introduction. The only problem now will be . . . money enough to operate it.

Charles Elliott
Public Relations Officer, SCC

WOODFORD GREEN IN SWITZERLAND

International Bi-annual Club Contest, at Berne, July 25th: 1, Berne 60; 2, Woodford Green 53; 3, STB Stockholm 51; 4, OSC Berlin 42. Woodford placings included—200m: 2, M. Blackman 21.9. 400m: 3, E. Coffee 49.6. 3000mSC: 2, R. Fisher 9:28.8. 400mH: 1, S. Black (guest) 52.4. HJ: 2, J. Broughton 1.90/6'2½". PV: 2, G. Patel 3.70/12'1¼". SP: 1, S. Clark 15.80/51'10". HT: 1, P. Aston 53.76/176'4". JT: 1, R. Taylor 62.78/205'11". 4x100m: 3rd in 43.3. 4x400m: 1st in 3:19.2 (Black 48.5 anchor).

SOUTHERN COUNTIES MEETINGS

The Southern Counties AAA meetings advertised last week are all being held at Crystal Palace National Recreation Centre.

WALKING continued from page 18

already shown he is at least an equal no. 1 in Russia with Smaga over 20kms. So it can be clearly seen how times over greatly differing courses can be completely misleading. Interesting to note that no. 3 on the 1969 list with 89:21 is Victor Demanov, who like Gerhard Sperling, is a deaf mute. The Russian (91:01.6) finished second

to Sperling (88:17.4) in the Deaf World Games held in Belgrade last August.

Romansky wins US National 40kms at Long Branch, August 9th. Dave Romansky carried on his winning streak following the European tour, clocking 3.34 to win from American based Israeli, Shaul Ladany, Kulik, Kitchen (on a comeback) and Laird (3:44.58).

More Walking News From Colin Young

Fast Win By Ladany In London—Brighton

SHAUL LADANY (34), the much-travelled Israeli who competed in the Mexico Olympic 50 km, produced the finest performance of his career to win the London-Brighton last Saturday in the fast time of 7:46:37. The manner in which he achieved his victory was quite extraordinary. Blazing off from Westminster Bridge he led past the Croydon check (10½M) in 85.10 with South African Ed Michael, last year's runner-up, 92 sec. down and Middleton and Thompson together some way back. At 20M, the leader passed in an outstanding 2:48.30 from Middleton (2:53.23), Thompson (2:55.40), Michael (3:00.30), Young (3:04.17) and Moullin (3:05.48). Middleton then made a great effort to narrow the gap and by Crawley, just short of 50km, he was only 9 sec down on Ladany's 4:23.47. Then came Young (4:45.30).

Over the next tough 15M the two leaders battled, generally separated by a handful of metres, but Middleton could never gain an advantage. Then at the bottom of the last climb at Pyecombe with 7M left Ladany broke away and came on to win a very exciting race. Positions at Pyecombe Hill (46M) were Ladany (6:47.25), Middleton (6:48.10), Thompson (7:07.44) and Young (7:25.40). Considering neither Ladany nor Middleton had walked a "Brighton" previously and the fact that course record holder, Don Thompson, was 28 minutes down and that Michael and Moullin, second and fourth last year, were 37 and 14 minutes respectively behind their 1969 efforts, reflects what magnificent performances the two leaders put up. The day was a difficult one with sun, wind and high humidity all encountered. Only 11 beat the first class standard of 9½ hours compared with 19 last year and many regulars were 20min. down on their norm. Both Young and Moullin walked consistent races to finish well ahead of the rest, following the three placed men, whilst Trinidadians Thomas and Simmons did very well. Belgrave, with the first three men home, were untouchable in the team race with the promoting club equally clear in second place.

1. S. Ladany (Israel) 7.46.37
2. R. Middleton (Belgrave) 7.50.47

3. D. Thompson (Met. WC) 8:14.51
4. C. Young (Essex Bgls) 8:31.08
5. J. Moullin (Belgrave) 8:36.09
6. P. Duncan (Belgrave) 8:49.53
7. E. Michael (S. Africa) 8:55.12; 8. F. Thomas (Trin) 8:56.51; 9. N. Simmons (Sy. WC) 8:58.13; 10. G. Goodair (Wake) 9:04.43; 11. D. Boxall (B & H) 9:08.01; 12. C. Weston (H'gate) 9:15.12; 13. E. Lee (Wake) 9:19.25; 14. D. King (Bel) 9:22.17; 15. P. Maidment (Lon. Vid) 9:24.06; 16. P. Selby (Sy. WC) 9:25.39; 17. G. Dowling (Yks) 9:26.50; 18. R. Green (Sy. WC) 9:27.00; 19. C. Berwick (Leics. WC) 9:30.08; 20. J. Markon (SA) 9:33.30; 21. A. Buchanan (B & H) 9:33.43; 22. B. Saun-



Paul Nihill, here on the way to the AAA 3000 metres title, broke George Larnar's British mile walk record—dating back to 1904—at Crystal Palace last Saturday. Ed Lacey

ders (B & H) 9:36.05; 23, G. Zeitman (YMCA S. Africa) 9:36.22; 24, W. Fenlon (BoE) 9:36.43; 25, K. Read (Sy. WC) 9:42.20; 26, A. Gutteridge (Met. WC) 9:49.15; 27, P. Chapman (B & H) 9:51.44; 28, L. Miles (Trow) 9:57.11; 29, C. Megnin (H. Hth) 9:58.48; 30, C. Brooker (Sy. AC) 10:00.22. **Teams:** 1, Belgrave 15 (4th successive win); 2, Surrey WC 37; 3, Brighton and Hove 46. Veteran: Megnin.

Nihill breaks UK mile best at Crystal Palace, September 5th. Despite feeling sluggish following his extremely hard race at Enfield seven days earlier, Paul Nihill still found enough speed to clock a sizzling 6:17.0 for the mile with Roger Mills and young Olly Caviglioli also recording times that left them feeling very pleased indeed. In fact, apart from one or two exceptions, the nine competitors were more than happy with their efforts over the four laps. Roger Mills pushed ahead on the first lap (1.34) before Phil Embleton took command at the half (3.08). However, with 1½ laps remaining, the 'boss'—as Nihill's friends refer to him—zipped in front and took himself through 3 laps in 4:42.4. Never letting up to the finish, he streaked to the tape to shatter the 24-year-old All-Comers' record by Bermot of Latvia by 4.2sec. At last, too, George Larner's ancient 1904 UK record of 6:26.0 has been broken. No doubt now our top men will get back to the International distances and endeavour to get among the records there.

A win for Bryan Eley in Gloucester City "4", August 31st. 1, B. Eley (Bristol 32.20); 2, A. Smallwood (Harborne) 32.40; 3, M. Pope

(Newport) 34.00; 4, G. Robinson (Enfield) 34.31; 5, R. Gardiner (Broms & Redd) 34.47; 6, P. Dallow (Broms & Red) 34.59; 7, P. Dallow (Broms) 35.44; 8, D. Clay (RAF Innsworth) 37.35; 9, D. Beament (Bris) 37.40; 10, D. Ainsworth (RAF Innsworth) 36.43. **Teams:** 1, Bristol RWC 17; 2, Bromsgrove and Redditch 18; 3, RAF Innsworth 20. Veteran: T. Simons (Broms). Centurion: C. Shelley (Bristol).

To-day's events. In the North, the Morecambe 20 km should bring together the likes of Warhurst, Tony Taylor, Thorpe, and Eric Taylor for a close race, but all are likely to be well behind Ron Wallwork, who is in such superb form at present. The Woodford '5½' takes precedence down South with Phil Embleton, Roger Mills, Bill Sutherland and Shaun Lightman likely to fill the leading places. Tomorrow (Sunday) our Juniors, Chris Eyre and Peter Dallow, do battle in the European Junior 10km in Paris. The opposition is extremely strong with East European competitors and Olly Caviglioli likely to be fighting out the medal distribution. In Germany, Paul Nihill meets Abdon Pamich and some of the West German stars over 10km on the track; and the following Wednesday he competes over 16km at Tivoli, near Rome, against an international field.

Enfield 20km. This event, being held in conjunction with the Town show, will take place on September 19th over a flat six or seven lap circuit, starting and finishing on the track. Start is at 2.30 pm, and I understand that Abdon Pamich is a likely starter.

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Coca-Cola Invitation Meeting**At Crystal Palace, September 5th**

Fantastic Half Mile By Ouko

1:45.4 relay leg after 48.6 first quarter: World record for UK girls

HAS there ever been a more astounding half mile than that run by Robert Ouko on the anchor leg of the 4x880y relay at this action-packed Coca-Cola Invitational? As he took over from Kenyan team-mate Thomas Saisi, who had himself run a fine 1:46.6 for his stint, the Commonwealth 800m champion needed to clock 1:48.2 for a new world record.

Ouko began with a lead of nearly 15 metres over Pete Browne, who set about narrowing the margin by running his first furlong in 24.4. Imagine his surprise at finding that his opponent was still pulling away! Browne completed his first quarter in 50 sec flat according to the official splits and yet he was some 25m adrift at the bell. Explanation: Ouko had just covered his 440 in 48.6!!

That Ouko managed to run the second quarter in 56.8 for a total time of 1:45.4 suggests that the days of the world 800m record of 1:44.3 by Peter Snell and Ralph Doubell are numbered.

Kenya's overall time of 7:11.6 was three seconds inside West Germany's world record, while the British squad cut three seconds from the UK record thanks to solid efforts by all concerned. Martin Bilham ran 1:46.5 800m performer Naftali Bon to a stride in 1:50.0; Dave Cropper maintained his return to top form by overtaking Hezekiah Nyamau in the finishing straight for a 1:49.0 split; Mike Maclean ran sturdily for 1:49.0 also but could not be expected to hold a very much in-form Saisi; and Browne anchored in 1:49.4.

A little earlier, we had been treated to some equally remarkable running by the girls in the 4x800m relay. Unhappily, one's enjoyment and appreciation of this race was later marred by the disqualification of the victorious West German team for a take-over infringement. So, although the British girls were beaten by some 15 metres they will eventually receive world record plaques for their performance. A good performance, certainly, but no more deserving of world recognition than the Russians who benefitted from that even more controversial disqualification to the British men's 4x880y team on the same track four years ago. Must British officials be so unbending in their application of the rules?

It had been an excellent race. On the first leg, Rosemary Stirling struck around the final turn to leave Christa Merten over ten metres behind in 2:07.4. Scottish native record holder Georgina Craig over-reached herself in running a 60.0 first lap and was reduced to 70 sec for the second lap as Rosemarie Klute passed her with 130m to go. Pat Lowe, as always on relays, was at her brilliant best. Taking over a second down on Ellen Tittel (a 4:13.0 1500m performer), Dave Cropper's fiancée narrowed the gap thanks to a

spirited 58.2 first lap and took the lead along the back straight. Completing her stage in 2:04.2 she handed over to Sheila Carey a few metres to the good. Sheila ripped off a 60.0 lap but her opponent, European Cup final winner Hildegard Janze, followed easily and took the lead just after the bell. Strong running along the back straight carried the German girl into a seven metre lead at 600m and by the finish she was twice as far ahead. Sheila ran as fast as she ever has, with 2:03.4, but what a shame that Janze's superlative performance of 2:00.6 (59.6, 61.0) should go unrewarded.

The crowd of over 8,000 came close to witnessing their fourth world record of the afternoon when Kip Keino reached the bell in the 2 miles needing a 50.0 last lap to dispossess Ron Clarke. The early pace of 62.2, 2:06.0 and 3:10.0 had not been fast enough and Keino went away on the fourth lap to reach the mile mark in 4:11.8, some ten metres ahead of Ricky Wilde. Two more tremendously fast laps took him to 1½ miles in 6:15.4 some 50 metres clear—note the time of 3:05.4 for that second ½ mile! But Keino began to suffer on the penultimate lap (64.1) and he was really in distress during a 65.9 final circuit. Peter Stewart, who had passed the bell 8½ seconds down in second place, made up over seven seconds to finish in 8:26.8—3.4 sec inside Dick Taylor's UK record for 10th place on the world all-time list. "I felt a bit rough over the third quarter," he explained, "but I woke up on the last lap." Allan Rushmer had another good run, and Trevor Wright's 8:35.8 was a particularly commendable effort.

Kenyan athletes completed a highly successful day when Commonwealth silver medallist Ben Jipcho clocked 8:37.0 in the steeplechase, with Dave Camp of AAA Championships misfortune beating Gerry Stevens for second in personal best time. John Bicourt was only a second outside his fastest.

John Whetton, in his London farewell appearance, went out in a blaze of glory as he kicked to a highly characteristic victory in 3:59.9. Time for his last lap: 57.2. In a great duel for second place, Phil Banning edged Walter Wilkinson in 4:00.4—best ever by a 19-year-old Briton. This was a most stimulating performance by Banning, one of Borough Road College's star recruits. Following laps of 59.8 and 2:00.3, Banning went ahead on the third circuit to lead at the three-quarters in 3:02.4. Adrian Weatherhead turned in his best ever mile also.

Paul Dennis, second ranking European junior this season, had an offday but—with Paris in mind—there was an encouraging performance by Berwyn Price (14.4 into a 2.2m wind). David

Livesey scored another important high jump victory and Jon Wood set a personal best in the shot.

Marilyn Neufville, back from holiday in Jamaica, ran no faster than necessary to win the 400m in 54.1 with Avril Bowring moving from 6th to 2nd in the final 50m. Personal best by Christine Howell. Sandra Dyson followed up her recent UK 200m hurdles record time of 27.1 with a 27.3 victory over Chris Bell. Ann Wilson, who must have collected a record number of second places this season, added another couple to her collection. Good as her marks of 1.73/5'8" and 6.53/21'5" (+3m) were, she found Barbara Inkpen and Ingrid Mickler just that little better.

Altogether a memorable afternoon's athletics. This type of meeting, composed of hand-picked invitation events enthusiastically organised and backed by a helpful and enterprising sponsor, points the way to the future of top class athletics in this country. Well done, the IAC.

Mel Watman.

100m: (— 1.8m) 1, B. Kelly (Bury) 10.8; 2, D. Dear (S'ton) 10.9; 3, D. Halliday (RAF) 11.0; 4, J. Harrison (Warrington) 11.0; 5, R. Jones (Enf) 11.1; 6, I. Saunders (Mid-Cheshire) 11.1; 7, P. Cornes (Warr) 11.1; 8, S. Bell (Poly) 11.2.

200m: 1, Dear 21.5; 2, Saunders 21.5; 3, Kelly 21.7; 4, Bell 21.9; 5, Halliday 21.9; 6, R. Taylor (Ayr-Seaford) 22.0; 7, C. Monk (Leic) 22.4; 8, Cornes 22.5.

Mile: 1, J. Whetton (Sutton) 3:59.9; 2, P. Banning (Andover) 4:00.4 (UK 19-yr-old best); 3, W. Wilkinson (Long) 4:00.6; 4, A. Weatherhead (Poly) 4:01.3; 5, Dangeleit (W. Germany) 4:08.5; 6, C. Douglas (Edin. SH) 4:10.1; 7, P. Dennis (OUAC) 4:10.7; 8, J. Cadman (Cov) 4:13.0; 9, C. Thomas (TVH) 4:22.6; 10, A. Cowen (TVH).

2M: 1, K. Keino (Kenya) 8:25.4 (7:50.2 at 3000m); 2, P. Stewart (Birch) 8:26.8 (UK national record); 3, E. Puttemans (Belgium) 8:30.0 (rec); 4, A. Rushmer (Tip) 8:33.0; 5, T. Wright (Hallam) 8:35.8; 6, C. Stewart (B'mth) 8:37.0; 7, R. Newble (Medway) 8:43.8; 8, R. Wilde (M&D) 8:45.4; 9, D. Bedford (Shaft) 8:47.2; 10, R. Matthews (B'mth) 8:47.8.

3000mSC: 1, B. Jipcho (Kenya) 8:37.0; 2, D. Camp (Morpeth) 8:46.6; 3, G. Stevens (Reading) 8:47.2; 4, J. Bicourt (Bel) 8:47.8; 5, R. McAndrew (Read) 8:58.8; 6, B. Hayward (Cardiff) 9:06.8; 7, D. Lem (Birch) 9:14.6; 8, F. Stebbings (Croy) 9:23.2.

Mile Walk: 1, P. Nihill (Surrey WC) 6:17.0 (UK best); 2, R. Mills (Ilf) 6:23.0; 3, O. Caviglioli (Basil) 6:25.5; 4, P. Embleton (Met) 6:32.2; 5, S. Lightman (Met) 6:37.4; 6, W. Sutherland (H'gate) 6:38.4; 7, O. Flynn (Basil) 6:44.5; 8, R. Dobson (Basil) 6:45.8; 9, B. Adams (Leic) 7:06.8.

HJ: 1, D. Livesey (Newham) 1.98/6'6"; 2, R. Morris (Walton) 1.98; 3, C. Fairbrother (VPAAC) 1.98; 4, M. Campbell (Hill) 1.92/6'3½" (retired); 5, R. Taylor (Erith) 1.89/6'2¼"; 6, I. Champkins (LAC) 1.89.

LJ: 1, P. Gabbett 7.19/23'7"; 2, P. Scott (Bris) 7.00/22'11½"; 3, R. Gilfrin (Camberley) 6.94/22'

9¼"; 4, D. Walker (Edin SH) 6.76/22'2¼" (retired after 3 rounds); 5, A. Wadhams (B'hth) 6.74/22'1½".

JT: 1, D. Travis (Surrey) 76.32/250'5"; 2, R. Taylor (Enf) 71.08/233'2"; 3, N. Hart-Ives (Army) 69.86/229'2"; 4, D. Birkmyre (VPAAC) 68.36/224'3"; 5, M. Gavrilovic (QPH) 66.24/217'4"; 6, K. Holmes (Hereford) 62.50/205'0".

4x880y Relay: 1, Kenya 7:11.6 (world record) (N. Bon 55.1, 1:49.8; H. Nyamau 53.4, 1:49.8, T. Saisi 50.6, 1:46.6; R. Ouko 48.6, 1:45.4); 2, GB "A" 7:17.4 (UK national record) (M. Bilham 55.2, 1:50.0; D. Cropper 53.4, 1:49.0; M. Maclean 52.2, 1:49.0; P. Browne 50.0, 1:49.4); 3, W. Germany 7:23.6; 4, GB "B" 7:43.4 (D. Adams 1:54.2, R. Adams 1:56.4, D. Wright 1:55.4, K. Falla 1:57.4).

Juniors

100m: 1, C. Monk (Leic) 11.1; 2, R. Munns (Northampton) 11.1; 3, R. Griffiths (Stevenage) 11.1; 4, J. Chivers (B'mena) 11.2; 5, A. Thomas (Card) 11.2; 6, J. Gostelow (Herc W) 11.3; 7, T. Rodwell (Madeley C) 11.3.

110mH: (3'6") (— 2.2m) 1, B. Price (Cardiff) 14.4; 2, P. Kelly (W&B) 14.9; 3, R. Linter (Ports) 15.6; 4, R. Parker (S'ton) 15.9; 5, K. Fielding (Scun) 16.0; 6, M. Williams (Glos) 16.6.

SP: (16lb) 1, J. Wood (Exeter) 15.73/51'7¼"; 2, J. Corbett (Stret) 14.97/49'1½"; 3, J. Alderson (Middlesbro) 14.54/47'8½"; 4, R. Kennedy (S'ton) 14.28/46'10¼"; 5, D. Rough (Mit) 12.50/41'0¼".

Women

100m: (— 0.8m) 1, A. Neil (LOAC) 11.8; 2, H. Golden (Edin SH) 11.9; 3, A. Lynch (Sel) 12.0; 4, D. Ramsden (DHTC) 12.0; 5, L. Barratt (DHTC) 12.1; 6, C. Tackenberg (W. Germany) 12.2; 7, M. Cobb (Sel) 12.2; 8, E. Sutherland (Edin SH) 12.4.

200m: 1, Cobb 24.4; 2, Barratt 24.5; 3, Lynch 24.5; 4, Sutherland 24.6; 5, Tackenberg 24.6; 6, S. Cooper (DHTC) 24.6.

400m: 1, M. Neufville (Camb H) 54.1; 2, A. Bowring (Kent) 54.5; 3, J. Roscoe, née Champion (Stret) 54.8; 4, H. Gerhard (W. Germany) 54.9; 5, C. Howell (Hull Ach.) 55.0; 6, M. Tranter (W&B) 55.7; 7, A. Beattie (M'hill) 57.2; 8, M. Huggins (Sel) 57.8.

200mH: 1, S. Dyson (Bury) 27.3; 2, C. Bell (Stret) 27.6; 3, L. Carruthers (M'hill) 28.5; 4, L. Robinson (Birch) 29.0; 5, J. Philp (Chelm); 6, L. Cooke (LOAC); 7, S. Scott (Birch); 8, M. Kyle (B'mena).

HJ: 1, B. Inkpen (AFD) 1.75/5'8½"; 2, A. Wilson (S'end) 1.73/5'8"; 3, J. Oldall (Woking) 1.69/5'6½"; 4, S. Wright (Essex) 1.64/5'4½"; 5, G. Hurst (Birch) 1.64; 6, C. Craig (Stret) 1.58/5'2¼".

LJ: 1, I. Mickler (W. Germany) 6.54/21'5½"; 2, Wilson 6.53/21'5" w; 3, Inkpen 5.98/19'7¼"; 4, B.-A. Barrett (Mit) 5.91/19'4½"; 5, Oldall 5.75/18'10¼".

4x800m Relay: 1, GB "A" 8:25.0 (world record) (R. Stirling 65.8, 2:07.4; G. Craig 60.0, 2:10.0; P. Lowe 58.2, 2:04.2; S. Carey 60.0, 2:03.4); 2, GB "B" 8:42.8 (G. Dourass 2:11.8, R. Ridley 2:09.2, M. Newton 2:12.8, M. MacSherry 2:09.0); 3, ASV Cologne 8:51.2. West Germany (8:22.6) disq (C. Merten 66.6, 2:09.0; R. Klute 60.4, 2:07.4; E. Tittel 59.0; 2:05.6; H. Janze 59.6, 2:00.6).

EUROPEAN CUP FINAL continued from page 7

8:36.0; 3. K. Maranda (P) 8:38.0; 4. U. Risi (I) 8:41.0; 5. J-P Villain (F) 8:44.0; 6. S. Bergquist (S) 8:46.0; 7. R. Burscheid (WG) 8:56.6. **Points:** E. Germany 64, France and SU 61½, W. Germany 57, Poland 49, Sweden 41, Italy 30.

200m: Gerard Fenouil was nowhere near his 20.5 form and France's sprinting malaise proved costlier still as he placed only 5th—beaten even by Anders Faager, a man half a second slower than himself on best times. Siegfried Schenke, who dead-heated with Martin Reynolds at White City, won in a personal best (but the wind was well over the limit at 5.8m) and suddenly East Germany were away into a big lead. 1. S. Schenke (EG) 20.7; 2. J. Eigenherr (WG) 20.9; 3. Z. Nowosz (P) 21.0; 4. A. Faager (S) 21.0; 5. G. Fenouil (F) 21.0; 6. S. Korovin (SU) 21.1; 7. G. Puosi (I) 21.4. **Points:** E. Germany 71, France 64½, SU 63½, W. Germany 63, Poland 54, Sweden 45, Italy 31.

Javelin: Janis Lusiš, still operating at only 90 per cent of his former capacity, held the lead for two rounds with marks close to his season's best, but Wladyslaw Nikiciuk produced the winner in the third round. East Germany suffered a reverse when Manfred Stolle was unable to get within twelve metres of his best throw. 1. W. Nikiciuk (P) 82.46/270'6" (75.06, 79.68, 82.46, 80.42, —, —); 2. J. Lusiš (SU) 81.74/268'2" (81.50, 81.74, 77.94, —, 78.50, 76.68); 3. K. Wolfermann (WG) 80.90/265'5" (68.38, 78.78, 77.60, 80.90, 76.02, 80.24); 4. R. Pihl (S) 79.52/260'10"; 5. M. Stolle (EG) 78.62/257'11"; 6. L. Tuita (F) 70.34/230'9"; 7. R. Cramerotto (I) 68.94/226'2". **Points:** E. Germany 74, SU 69½, W. Germany 68, France 66½, Poland 61, Sweden 49, Italy 32.

5000m: This was the sort of race that reflects little credit on any of the runners. They ambled around and around and at the bell four of them were abreast with the other three close behind. Their 13½ minute warm-up concluded, the athletes set off on their 400m race, and it was Harald Norpoth who emerged the fastest, in 53.7. Those who remember the way Rashid Sharafutdinov raced against Dick Taylor in Zurich will rejoice in the fact that he was outkicked himself this time by Gert Eisenberg as well as Norpoth. The bitter bit. Rene Jourdan's disastrous run ended any ideas of France placing even in the first three. Kilometre splits: 2:54.2, 3:04.2, 2:55.8, 2:56.2, 2:35.0. 1. H. Norpoth (WG) 14:25.4; 2. G. Eisenberg (EG) 14:25.6; 3. R. Sharafutdinov (SU) 14:25.8; 4. A. Garderud (S) 14:27.0; 5. G. Cindolo (I) 14:27.2; 6. K. Podolak (P) 14:29.0; 7. R. Jourdan (F) 14:35.6. **Points:** E. Germany 80, W. Germany 75, SU 74½, France 67½, Poland 63, Sweden 53, Italy 35.

Triple Jump: A superb competition, with a surprising result. In spite of jumping 17.01/55'9½" into an 0.2m wind, Viktor Saneyev suffered defeat at the hands of Jorg Dreihmel who cleared 17.07/56'0" (+0.3m) in the first round and 17.13/56'2½" (+1.4m) in the fifth! This wonderful display by Dreihmel suggests that he could be a challenger for the world record; re-

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member he was jumping off cinders and at sea level. An heroic performance, too, by Jozef Szmidi. The 35-year-old pioneer of 17m triple jumping finished in great style but was seen to be limping badly at the banquet that evening. How his legs continue to stand up to such punishment is a mystery. 1, J. Drehmel (EG) 17.13/56'23" (rec) (17.07, 16.80, 16.53, —, 17.13, —); 2, V. Saneyev (SU) 17.01/55'94" (16.89, 16.48, 17.01, 16.70, 16.85, 16.48); 3, J. Szmidi (P) 16.65/54'73" (15.82, —, 16.14, —, 16.59, 16.65); 4, M. Sauer (WG) 16.39/53'94" (—, 16.27, 15.77, 16.39, 14.12, —); 5, G. Gentile (I) 16.36/53'8" (—, —, 15.55, —, 16.36, —); 6, B. Blomqvist (S) 15.80/51'10"; 7, R. Prive (F) 15.57/51'1". **Points:** E. Germany 87, SU 80½, W. Germany 79, France 68½, Poland 68, Sweden 55, Italy 38.

Discus: Ricky Bruch, who is to discuss throwing what Cassius Clay was to heavyweight boxing, received a hero's welcome from an adoring crowd of over 15,000 as he raised his arms above his head in salute. And no sooner was he in the ring than he had the k.o. blow—a first round uppercut that sent the discus spinning out to 64.88/212'10". Bruch, who is convinced he will be the greatest discus thrower the world has known, and is never reluctant to say so, has a huge following in Sweden and one can see why. He is larger than life in almost every sense. 1, R. Bruch (S) 64.88/212'10" (64.88, 62.38, —, 62.36, 62.28, —); 2, H-D Neu (WG) 61.40/201'5" (53.40, 60.04, 61.40, 60.82, 60.92, —); 3, V. Lyakhov (SU) 59.26/194'5" (55.86, —, 56.54, 55.86, 56.18, 59.26; was 6th until final throw); 4, L. Gajdzinski (P) 59.22/194'3" (58.28, 56.56, 58.74, 59.22, 58.66, 58.98); 5, D. Thorith (EG) 59.02/193'7" (55.54, —, —, 57.26, 59.02, —); 6, S. Simeon (I) 58.14/190'9"; 7, J. Nys (F) 52.30/171'7". **Points:** E. Germany 90, SU 85½, W. Germany 85, Poland 72, France 69½, Sweden 62, Italy 40.

Pole Vault: Wolfgang Nordwig joined Harald Norpoth in winning three out of three European Cup finals. Nordwig, whose White City mishap was merely an aberration in what has been an absolutely outstanding season of vaulting, carefully rationed his attempts, coming in at 4.90/16'1" and then taking 5.10/16'84" and 5.25/17'24". By this time only Renato Dionisi was still involved. The Italian, having cleared 5.20/17'04", elected to pass 5.25, but after failing once at 5.30/17'44" (a height Nordwig cleared first time) he decided to stake all on 5.35/17'64". It did him no good, as he failed both times whereas Nordwig succeeded, but it did no harm either as his second place was secure. Nordwig then had the bar raised to 5.48/17'114" and went decently close with his second and third attempts. Both Francois Tracanelli (at 5.00/16'5") and Gennadiy Bliznyetsov (4.80/15'9") needed three tries to master their opening heights, but whereas the Frenchman went on to place third the Soviet vaulter got no higher—which is unlikely to endear him to the USSR authorities who dropped him last season for "not trying sufficiently hard." 1, W. Nordwig (EG) 5.35/17'64" (4.90, 1st; 5.10, 1st; 5.25, 1st; 5.30, 1st; 5.35, 1st; 5.48, fail); 2, R. Dionisi (I) 5.20/17'04" (5.00, 2nd; 5.20, 1st; 5.30,

1 failure; 5.35, 2 failures); 3, F. Tracanelli (F) 5.15/16'104" (5.00, 3rd; 5.15, 1st; 5.25, fail); 4, K. Isaksson (S) 5.10/16'84" (4.90, 2nd; 5.10, 2nd; 5.20, fail); 5, W. Buciariski (P) 5.10 (4.60, 1st; 4.80, 1st; 5.00, 1st; 5.10, 3rd; 5.15, fail); 6, E. Ziegler (WG) 5.00/16'5"; 7, G. Bliznyetsov (SU) 4.80/15'9". **Points:** E. Germany 97, W. Germany 87, SU 86½, Poland 75, France 74½, Sweden 66, Italy 46.

4x400m: Jan Werner gave Poland a good lead that was never in danger of being lost. The Soviet Union easily got the better of West Germany, which meant that the deposed cup holders scraped into second place. A thoroughly dispirited Jean-Claude Nallet took over in 4th place with the possibility of moving up to 2nd or 3rd but he ran only 47.7 and dropped a position. 1, Poland (Werner, Borowski, Balachowski, Badenski) 3:05.1; 2, SU (Borisenko, Zorin, Savchuk, Bratchikov) 3:06.3; 3, E. Germany (Friedrich, Scheibe, Zerbes, Muller) 3:07.1; 4, W. Germany (Hubner, Kohler, Moser, Schlosske) 3:08.0; 5, France (Paoli, Carrette, Bertoulet, Nallet) 3:08.6; 6, Sweden (Johansson, Nilsson, Faager, Fredriksson) 3:10.1; 7, Italy (Puosi, Bello, Fusi, Gallati) 3:12.2.

Final Scores: 1, E. Germany 102; 2, SU 92½; 3, W. Germany 91; 4, Poland 82; 5, France 77½; 6, Sweden 68; 7, Italy 47.

3rd in the London v. Southern Area Junior match 110mH was in fact J. Lewis (London) in 15.4 and not as printed.



Akio Usami comes in to win the Maxol Marathon in 2:13:45.

Jack Hickey

European Junior Preview

by Dave Cocksedge

BRTAIN'S main hopes for medals in the European Junior Championships in Paris this weekend would seem to lie among five of our athletes.

Cardiff's Berwyn Price (19) currently ranks equal 4th in the 110mH (3'6") and could pull off a top class performance should everything click. He now has the experience with the Commonwealth Games and a Junior International under his belt, and several races against top class men to benefit from this past summer. All he can ask for is a little luck. Midlander John Boggis of Birchfield (though he lives in Leicester) is a strong tip for the 3000m, provided he does not lead too early. If John can hold back in the early stages, he should have as good a chance as any with his sustained finishing speed over the final 600m. Again, he has Junior International experience to look back on.

Moir Walls (Western) heads the challenge of our girls, and is indeed our best bet for gold out of the whole team. She will have a tough time tackling the high jump, long jump, hurdles and pentathlon, but of course it remains to be seen just which of these events she will be able to fit into her schedule. Currently heading the long jump list (and also owning a windy 6.48/21'3½") Moira has classy opposition in Kerner of Poland (6.37/20'10½") and Peikert of East Germany (6.32/20'8½"), but she also has the reputation for coming through on the big occasion. Remember her win over Viscopoleanu last October? In the pentathlon, she ranks second to Peikert with 4,704 points, and could grab metal here if all goes well for her.

In Helen Golden (Edinburgh Southern) and Christine Haskett (Dundee Hawkhill) Scotland has two young misses who are both real tigresses on the track, and both will undoubtedly give good accounts of themselves whatever the outcome. Helen has run a windy 11.3 100m, but perhaps her best chance of a medal should be in the 200m in which she has chalked up 23.4w. An Edinburgh finalist, she is unafraid of the reputations of those ranged against her. She ran a legal 23.7 in Budapest last month. Christine, a demure young lady off the track who says she is not interested in publicity, ran a UK age-17 record of 4:23.8 for 1500m in Edinburgh, and makes up for her lack of inches with tremendous fighting spirit. She currently ranks third among the likely runners in Paris and can well improve to under 4:20.0 if the pace is right.

There is very little between our two steeplechasers, John Wheway (19) and Martin Jones (18) who are both members of Coventry Godiva. John has been a Junior International since 1968, and his recent UK Junior record of 5:41.4 ranks him 4th. Martin's best of 5:43.8, set in winning



HELEN GOLDEN

Bruce Edwards

the AAA Junior title, occupies 7th place in the 1970 rankings.

Other team members: Christopher Monk of Leicester Coritanean, who runs both the 100 and 200. He has clocked 10.6w and 21.7 this year, and has shaken up quite a few of our top seniors by placing second in the Inter-Counties and reaching the AAA final. Trevor Rodwell (Wolverhampton & Bilston) runs the 200 and possibly the 400m, owning personal bests of 21.5 and 48.1. Injury constantly seems to dog Trevor, but he has been enjoying reasonably trouble-free months of fast racing just recently. Peter Beaven (17) of Blackburn AC, is the leading European youth this year with 47.9 to his credit. He will have done very well if he reaches the final at the end of a long tiring season in which he has won every major title open to him in the Junior department.

Both Erwin Hartel (Hadeleigh Olympiads) and Mike Fromant (Mitcham) are strong 800m men, and stand fairly even chances in the rough and tumble of European type heats, though Hartel's

best of 1:51.0 is rather a long way off the fastest man, Ohlert (E. Germany) on 1:48.8. Paul Dennis should get into the 1500m final and on paper his chances are good, though his 4:02.2 mile was in early July and he looked decidedly jaded in running 4:10.7 at Crystal Palace last Saturday. Klaus-Peter Justus (E. Germany) looks unbeatable for the gold.

In the high jump the consistent David Livesey (Newham) might become the first UK athlete over 2.09/6'10½" should he rise to the occasion, and Steve Chappell (TVH) will be shooting for 4.80 (15'9") or higher. Christopher Colman (Cambridge H) will be out to repeat his 50ft—plus triple jump in the face of some pretty formidable opposition. Jon Wood (Exeter) upped his shot best to 15.73/51'7¼" last Saturday and looks ready to get close to 16.00m (52'6"). He partners John Alderson (Middlesbrough & Cleveland) who has thrown 15.58/51'1½". Hammer merchant Ian Chipchase (North Shields Poly) may surprise many by getting into the final eight—he never gives of less than his best, and could improve on his UK Junior best of 58.32/191'4". Young Peter Dallow (Bromsgrove & Redditch) tackles the 10km walk, having clocked a fine 48.03 at the tender age of 15, together with Chris Eyre. They will have done very well should they place anywhere near such Junior aces as Olly Caviglioli (France) and Stadtmüller (E. Germany).

Andrea Lynch (Selsonia) runs in the 100 and 200m. Coached by Tom McNab, Andrea has improved greatly this summer, winning the ESAA title in July. She will be really up against it in Paris, but should not disgrace herself. Dawn Webster (Hull Spartan) lines up for the 400m and could improve considerably on her best of 55.9. No easy task here, though, as the fastest girl in the field, East Germany's Monika Zehrt, has run 52.9! In the 800m we field Mary Sonner (Watford) and Sandra Sutherland (Edinburgh Southern). Mary will be facing real class opponents for the first time, and it will be highly interesting to see how she fares. She has never been fully extended yet, but it would be wrong to expect too much from her just now . . . though I don't think she'll do badly at all. Angela Lovell (Solihull) joins Christine Haskett in the 1500, and her 4:26.0 best rates her 4th. We might have two highly placed finalists here with a bit of luck.

In the 100mH Barbara Corbett (Epsom & Ewell) will be seeking to gain some consolation for her nightmarish Edinburgh experience when she fell in her heat whilst set to qualify for the final. Her best is 14.2, but that will be due for revision. Jackie Elsmore (Bracknell) our leading Intermediate discus thrower, has an impressive field to challenge, but could be ready to improve on her UK record of 44.06/144'6" if the conditions are good. Deputising for the still injured Julian Goater in the 3000m is Small Heath's David Black; a quiet, modest 17-year-old who won the AAA Junior title last month. David has the strength to survive the heats, as he has proved by running 5000m in 14:26.8. A consistent competitor, he should be in the first eight.

PARIS FORM GUIDE

Compiled by Mel Watman

HERE are the best 1970 performances by athletes known to be selected for, or otherwise likely to be competing at, the European Junior Champs. More than 500 athletes from 26 countries have been entered for the Championships, which will be staged on Tartan at Stade Colombes from Friday to Sunday.

100m: 10.2 Pusterla (Swi); 10.3 Izmaystev (SU); 10.4 Korovine (SU), Chauvelot (Fra), Pfeiffer (EG), Hoffmeister (WG), Rossi (Ita), van Wickeren (WG) . . . 10.6w MONK (UK).

200m: 20.9 Hofmeister (WG); 21.0 Zenk (EG), Shidkikh (SU); 21.2 Lovecky (SU), Pfeiffer (EG); 21.3 Dubuisson (Fra); 21.4 Pusterla (Swi), Werner (WG); 21.5 RODWELL (UK) and 5 others . . . 21.7 MONK (UK).

400m: 46.7 Scheibe (EG), 46.8 Reich (WG), 47.1 Schulze (EG), Malingre (Fra); 47.3 Kocer (SU), 47.6 Yanev (Bul) 47.7 Gedeon (Rum), 47.8 Blazejak (Pol), 47.9 BEAVEN (UK), Merinis (Gre) . . . 48.1 RODWELL (UK).

800m: 1:48.8 Ohlert (EG), 1:49.2 Kaufner (EG), 1:49.7 Mamede (Port), 1:50.0 Caron (Fra), 1:50.3 Meinecke (WG), Gonzales (Fra); 1:51.0 HARTEL (UK), 1:51.3 Ebertzheim (Bel), Schmidt (WG) . . . 1:52.2 FROMANT (UK).

1500m: 3:41.5 Justus (EG), 3:44.2 (4:02.2 mile) DENNIS (UK), 3:47.2 Morera (Spa), 3:47.5 Arcones (Spa), 3:47.6 Wellmann (WG), 3:47.8 Dima (Rum), 3:48.6 Wessinghage (WG), Van Laer (Bel); 3:49.0 Janczuk (Pol), 3:50.5 MACDONALD (UK).

3000m: 8:09.6 Kivinen (Fin), 8:09.8 Brunsch (EG), 8:10.2 BOGGIS (UK), 8:12.4 Riesinger (WG), 8:16.6 Jackisch (WG), 8:17.0 BLACK (UK), 8:17.2 Malinowski (Pol), 8:21.6 Kotev (Bul), 8:21.8 Thomaz (Fra), 8:23.2 Sanchez (Spa).

2000mSC: 5:39.8 Straub (EG), Sari (Hun); 5:41.0 Hofmann (EG), 5:41.4 WHEWAY (UK), 5:42.6 Malinowski (Pol), 5:43.4 Papp (Hun), 5:43.8 JONES (UK), 5:45.4 Kotev (Bul), 5:45.8 Stefanov (Bul), 5:48.0 Glod (Pol).

110mH: 14.0 Fiedler (EG), Woddzinski (Pol); 14.1 Schumann (WG); 14.2 PRICE (UK), Poszak (Pol); 14.3 Anikhine (SU); 14.4 Prokopenko (SU), Raybois (Fra); 14.5 Marty (Fra); 14.6 Buttari (Ita).

400mH: 50.5 Stukalov (SU), 50.9 Gavrilenco (SU), 51.6 Perrot (Fra); 51.7 Amiel (Fra), 51.8 Ziegler (WG), 52.4 Jonas (EG), 52.7 Dietrichs (WG), 52.8 Giovardini (Ita) . . . 53.6 YOUNG (UK).

HJ: 2.15/7'0½" Palkovsky (Cz); 2.12/6'11½" Doczi (Hun), Frost (WG); 2.11/6'11" Almen (Swe); 2.09/6'10½" Maby (Cz), Larysz (Pol), Shurepov (SU), Dosa (Rum); 2.08/6'9½" Goch (SU), Negomireanu (Rum); 2.05/6'9" LIVESEY (UK); 2.05/6'8½" Detchenique (Fra).

PV: 5.40/17'8½" Tracanelli (Fra), 5.20/17'0½" Ziegler (WG), 5.00/16'5" Lefevre (Fra), Kishkun (SU); 4.90/16'1" Bottcher (EG), Damainov (SU),

Togas (Gre); 4.81/15'9½" Murawski (Pol) . . . 4.71/15'5½" CHAPPELL (UK).

LJ: 7.96/26'1½" Cybulski (Pol), 7.82/25'8" Klock (WG), 7.73/25'4½" Rousseau (Fra), 7.72/25'4" Podlusny (SU), 7.65/25'1½" Lauterbach (EG).

TJ: 15.68/51'5½" Le Goupil (Fra), 15.66/51'4½" Spasojevic (Yug), 15.53/50'11½" Castrillo (Spa), 15.48/50'9½" Katona (Hun), 15.47/50'9" Golubkov (SU), Miedzalek (Pol); 15.45/50'8½" Puzelli (Ita), 15.40/50'6½" Kathinotis (Gre), Rota (Fra) . . . 15.30/50'2½" COLMAN (UK).

SP: 17.92/58'9½" Barthels (WG), 17.12/56'2" Skoupy (Cz), 17.02/55'10" Stojev (Bul), 16.84/55'3" Kaiser (EG), 16.74/54'11" Kiochev (Bul), 16.68/54'8½" Klose (WG), 16.61/54'6" Jukka (Fin), 16.42/53'10½" Hamar (Cz), 16.35/53'7½" Nosenko (SU), 16.34/53'7½" Hoglund (Swe) . . . 15.73/51'7½" WOOD (UK), 15.58/51'1½" ALDERSON (UK).

DT: 54.42/178'6" Schlage (EG), 52.84/173'4" Szauer (Hun), 52.08/170'10" Novimov (SU), 51.20/168'0" Vladimirov (Bul), 51.08/167'7" Warth (WG).

HT: 66.96/219'8" Korobov (SU), 65.58/215'2" Manolov (Bul), 64.26/210'10" Riehm (WG), 62.84/206'2" Spiridinov (SU), 61.06/200'4" Wendt (EG), 59.48/195'2" Mikolaczuk (Fra), 58.48/191'10" Guerin (Fra), 58.32/191'4" CHIPCHASE (UK), 57.76/189'6" Tomczyk (Pol).

JT: 77.00/252'7" Puska (Fin), 75.48/247'7" Makarov (SU), 74.30/243'9" Damgren (Swe), 73.76/242'0" Balster (EG), 72.50/237'10" Rytov (SU).

Dec: 7602 Stroot (WG), 7503 Grebenyuk (SU), 7458 Blinyayev (SU), 7293 Hoffmann (WG) 7084 Germeshausen (EG).

10km Walk: 44:33.6 Stadtmuller (EG), 45:05.8 Lipowski (EG), 45:12 Hemmingson (Swe), 45:24 Caviglioli (Fra), 45:42.4 Solomin (SU) . . . 48:03 DALLOW (UK), EYRE (UK).

Girls

100m: 11.4 Kerner (Pol); 11.5 Wagner (EG); 11.6 Strophal (EG), GOLDEN (UK) (11.3w), Zharkova (SU), Kroniger (WG); 11.7 4 girls . . . 11.8 LYNCH (UK).

200m: 23.7 GOLDEN (UK) (23.4w), Zehrt (EG); 23.8 Strophal (EG); 23.9 Nowak (Pol), Kroniger (WG), Grandrieux (Fra), Todorova (Bul); 24.0 Wagner (EG), Muratova (SU); 24.1 Soszka (Poi) . . . 24.5 LYNCH (UK).

400m: 52.9 Zehrt (EG), 53.7 Rohde (EG), 54.6 Jennes (Den), Basic (Yug); 54.9 Zlateva (Bul), 55.0 Zientarska (Pol), 55.1 Leclerc (Fra), 55.6 Gaska (Pol) . . . 55.9 WEBSTER (UK).

800m: 2:04.4 Pohland (EG), 2:06.2 Schenk (WG), 2:06.8 Jennes (Den), 2:07.3 Andersen (Nor), 2:08.2 R. Skoog (Swe), 2:08.8 SONNER (UK), 2:08.9 Jouvhomme (Fra), 2:09.0 Dvirina (SU), 2:09.1 Zlateva (Bul) . . . 2:10.5 SUTHERLAND (UK).

1500m: 4:22.5 Clausnitzer (EG), 4:23.5 Andrei (Rum), 4:23.8 HASKETT (UK), 4:26.0 LOVELL (UK), 4:30.0 Schenk (WG), 4:33.0 Knutsson (Swe), 4:34.6 Haralanova (Bul), 4:35.0 Vaingarden (SU), 4:35.1 Malmstrom (Swe), 4:36.3 Tynnela (Fin).

100mH: 13.6 Rabsztyl (Pol); 13.8 Hyss (EG),

Schnicke (EG), Szatmari (Rum); 13.9 Leidel (WG); 14.0 WALLS (UK), Picaut (Fra); 14.2 CORBETT (UK) and 6 others.

HJ: 1.80/5'10½" Gartner (WG), 1.77/5'9½" Kandziorra (EG), 1.74/5'8½" Gontchovskaya (SU), 1.73/5'8" Simeoni (Ita), Yllman (Swe); 1.72/5'7½" Rudolf (Hun), Zypkevich (SU); 1.70 WALLS (UK), Barbier (Swi).

LJ: 6.39/20'11½" WALLS (UK) (6.48/21'3½" w), 6.37/20'10½" Kerner (Pol), 6.32/20'8½" Peikert (EG), 6.31/20'8½" Stropnaya (SU), 6.21/20'4½" Nygrynova (Cz), 6.16/20'2½" Popescu (Rum), 6.13/20'1½" Todorova (Bul), 6.06/19'10½" Buca (Rum) Augustinavichus (SU).

SP: 16.36/53'8" Moritz (EG), 16.01/52'6½" Ludewig (EG), 15.85/52'0" Palzkill (WG), 15.51/50'10½" Yerochka (SU).

DT: 52.30/171'7" Briantseva (SU) 50.80/166'8" Saprionova (SU), 49.96/163'11" Wauters (Bel), 48.78/160'0" Ludewig (EG), 48.28/158'5" Nowakowska (Pol), 47.44/155'7" Pogyor (Hun), 47.32/155'3" Zdzulka (Pol), 47.10/154'6" Pfister (Swi) . . . 44.06/144'6" ELSMORE (UK).

JT: 53.90/176'10" Schmidt (EG), 53.62/175'11" Todten (EG), 49.90/163'8" Dolgova (SU), 49.88/163'8" Zorgo (Rum).

Pen: 4772 Peikert (EG), 4704 WALLS (UK), 4673 Schaller (EG), 4552 Wilms (WG), 4513 Jaxt (WG), 4460 Picaut (Fra), 4403 Mirza (Rum), 4402 Arvidsson (Swe), 4396 Todorova (Bul), 4294 Wasniewska (Pol).

Late additions to list: 100m: 10.4 Lendjel (Yug); 200m: 21.4 Lendjel; 400m: 47.7 Tullis (Cz); 3000m: 8:19.2 Molovic (Yug) & Zwiefelhofer (Cz); LJ: 7.70/25'3½" Stekic (Yug).

UNIVERSIADE continued from page 4

(Pol) 13.6; 5, Schuller (WG) 13.7; 6, SHEILA GARNETT 13.9 (13.8 ht).

4x100m: 1, SU 44.7; 2, Hungary 45.1; 3, W. Germany 45.4; 4, Netherlands 45.6; 5, USA 45.8; 6, UK (SHIRLEY CLELAND, GARNETT, JEAN O'NEILL, PASCOE) 45.9.

HJ: 1, Hrepevnik (Yug) 1.86/6'1½" (rec); 2, Popescu (Rum) 1.83/6'0"; 3, Gusenbauer (Austria) 1.83; 4, Lazareva (SU) 1.83.

LJ: 1, Rosendahl (WG) 6.84/22'5½" (world record; —, 6.79, —, 6.70, 6.69, 6.84); 2, Vintila (Rum) 6.35/20'10"; 3, Yamashita (Jap) 6.17/20'3"; 4, Garbey (Cuba) 6.17; 5, Samuel (Cuba) 6.13/20'1½"; 6, Eisler (Can) 6.11/20'0½"; 7, JEAN JAMIESON 6.07/19'11".

SP: 1, Chizhova (SU) 19.51/64'0½"; 2, Friedel (EG) 17.84/58'6½"; 3, Friedrich (EG) 17.03/55'10½".

DT: 1, Illgen (EG) 62.04/203'6"; 2, Berendonk (WG) 56.78/186'3"; 3, Westermann (WG) 56.46/185'3" . . . 9, GAY PORTER 47.60/156'2".

JT: 1, Jaworska (Pol) 56.16/184'3"; 2, Vidos (Hun) 50.60/166'0"; 3, Evert (SU) 50.00/164'0".

Pen: 1, Kondrashova (SU) 4884; 2, Angelova (Bul) 4859; 3, Sterk (Neth) 4828; 4, Skolobanova (SU) 4793; 5, Jacob (WG) 4573; 6, Zingg (Swi) 4539; 7, CLELAND 4451; 8, Jones (Can) 4428; 9, RUTH MARTIN-JONES 4418.

ERITH & DISTRICT A.C.**6 MILES OPEN ROAD RACE**

SAT., OCTOBER 3rd, 1970, at 3.30 p.m.

TEAM AND INDIVIDUAL AWARDS

Entries (3/- per individual) to Mrs. M. C. Winter, 43 Denver Road, Dartford, Kent.

CLOSING DATE: WED., 23rd SEPTEMBER**HEREFORD ROAD RELAY (4 x 2½M)
& 2½M. YOUTHS RACE (4 run, 3 score)**
(Under A.A.A. Laws)

will be held Sat., 26th September, 1970

Teams 7/6, Ind. Youths 2/-. Details from and entries to H. L. Samuels, The Barton, Abbey-dore, Hereford, by Wed., 16th September.

HERCULES WIMBLEDON ATHLETIC CLUB**"WIMBLEDON 10"**

(Under A.A.A. Laws)

SATURDAY, 10th OCTOBER, 1970

From Wimbledon Park Track, 3.0 p.m.

Prizes for first 25. Team Trophy. Holders: Mike Tagg; Team—Hercules Wimbledon.

YOUTHS 3½ MILES

2.15 p.m. start. Prizes for first 6.

Entries to Geoff Moulden, 59 Lambton Road, London, S.W.20. Fee: 3/6 per ind.

Closing date: Tuesday, October 6th.**THE NUNEATON "10"****SATURDAY, SEPTEMBER 19th, at 3 p.m.**
Incorporating the Warwickshire 10 Mile Road Championship

Prizes for first 20 in Open Race. Medals first 3 in Works. Champ. Race. No team race.

Entry Fees: 3/- for Open Race. 1/- extra for Championship event.**Entries to R. Woolaston, 17 Hillside Drive, Nuneaton, Warwickshire.**Please state whether County qualification by birth/residence/or service with H.M. Forces.
Entries close September 16th.**ANDOVER & DISTRICT A.A.C.**

hold their 5th Annual

**CROSS-COUNTRY RELAYS
FOR BOYS & YOUTHS****4x1½ Miles** Under AAA Laws
SATURDAY, 17th OCTOBER, 1970, at 2 p.m.

Also

**1½ MILES C.C. RACE FOR COLTS
1½ MILES C.C. RACE FOR JNR. GIRLS**
(any number to run, 3 to count)**Entry Fees:** First Team 7/6, others 2/6.
Trophies to winning teams, medals to first 3 teams all races, and fastest lap.**ENTRIES CLOSE 3rd OCTOBER**

To W. Barnett, 21 Cherry Tree Road, Andover, Hants.

WALTON ATHLETIC CLUB**HEWITT-JONES OPEN ROAD
RELAY****6 x 3¼ Miles** Under A.A.A. Laws**SATURDAY, OCTOBER 3rd, at 3 p.m.****Awards—**Prizes to first 3 teams and first "B" team, also 3 fastest individuals.**Entries:** 15/- first, 10/- second and succeeding teams on A.A.A. forms to B. Judd, 10 Orchard Gardens, Cranleigh, Surrey. **Entries close Saturday, 26th September.****VAUXHALL MOTORS R.C.****LUTON TO BEDFORD
20M. ROAD RELAY**

(5 Stages)

**SUNDAY, 4th OCTOBER, 1970,
2 p.m.****Trophy:** Winning Team (Holders—Liverpool H. & A.C.)**Prizes:** First 3 Teams, First "B" Team.**Fees:** 10/- first team, 5/- additional teams.**Entries:** and further details, **P. Coleman, 9 Stuart Road, Barton, Beds.****CLOSING DATE 26th SEPTEMBER****CLASSIFIED ADVERTISEMENTS**

6d. per word.

Trade 1s. per word.

ENGRAVING can be expensive. Why not save money by sending your medals, trophies, etc., to G. R. Russell (Engraver), 12 Roundstone Street, Trowbridge, Wiltshire. Speedy Service, competitive prices, good quality work.

3 STRIPE International nylon tracksuits. Discount priced from 75/-. Leaflet Free. Yardley-sport, Padiham, Lancs.**WOMEN ATHLETES!** You must have a copy of the ATFS Women's Track and Field Handbook (1970 edition), 16/8 post free from A. Huxtable, 78 Toynbee Road, London, S.W.20.**URGENTLY REQUIRED,** 15/150 Sky Pole or Catapole. Write, stating price, condition. John Jebb, Rosset, The Avenue, Crowthorne, Berks.

ATHLETIC EVENTS

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

GATESHEAD HARRIERS & A.C. "DIAMOND JUBILEE" TROPHY

SATURDAY, 31st OCTOBER, 1970

Seniors 5½ Miles. Fees: Team 7/6, Ind. 2/-
Boys 1½ Miles. Fees: Team 5/-, Ind. 1/-
Colts 1½ Miles. Fees: Team 4/-, Ind. 1/-
Youths Relay 3x2½ Miles. Fee: Teams 5/-

Medallion Trophies to 1st and 2nd Team in each event. First 3 Individuals. Ind. with fastest time in each lap in Youths' Relay.

Entries close 17th October to Mr. M. Robson, 8 Charnwood Gardens, Gateshead, Co. Durham, NE9 5SB.

BERNIE HAMES MEMORIAL TROPHY HALF-MARATHON RACE

(13M. 96y.)

(Under A.A.A. Laws)

SATURDAY, 19th SEPTEMBER, at 3.30 p.m.
FROM ESSEX BEAGLES H.Q.

(Near "The Retreat," Chigwell Row, Essex)
Awards — Perpetual Trophies: Ind. winner (Holder: B. Watson, Bournemouth AC); Team winners (Holders: Havering AC). Medals first 3 Individuals, first 3 Teams, and first Veteran to finish.

Entry Fee: 2/6 per person (teams declared before race, 6 run, 3 score) on AAA forms (indicating if Veteran), to E. C. Branch, 6 The Dell, Basildon, Essex.

CLOSING DATE WED., 16th SEPTEMBER

NORTHERN COUNTIES ATHLETIC ASSOCIATION

25 MILES ROAD RELAY CHAMPIONSHIP

(Under A.A.A. Laws)

To be held

AT BLACKPOOL

SATURDAY, 3rd OCTOBER, 1970

Commencing at 2.0 p.m.

Competitors must be at least 18 years of age on the day of the Competition and possess the Area qualification. The event will be run in 6 stages each of 4 miles 140 yards.

Championship Awards for the first three teams.

Entry fees: 30s. 0d. per team

CLOSING DATE: SATURDAY, 19th SEPT.

Entries to G. A. Wright, 30, St. John's Road, Humberston, Nr. Grimsby, Lincs.

Late Entries not accepted

CARDIFF AMATEUR ATHLETIC CLUB

present the first

LAKE 15 MILE ROAD RACE

From Maindy Stadium on Saturday, Oct. 3rd
3.00 p.m. start

Prizes: 1st, 2nd, 3rd Ind., 1st, 2nd, 3rd teams,
1st Newcomer, 1st N/C Welshman, 1st Vet.

Entry Fees: 3/- Ind. (all enter), 7/6 teams.
Entries to M. F. Beames, 12 Pen-y-bryn Road,
Gabalra, Cardiff, by September 29th.

FREE overnight accommodation

is offered to competitors in these R.R.C. (Wales) events, organised by the Nos Galan Committee:

Sat., Sept. 19th. Two-Man Relay, Cardiff to Mountain Ash (18 Miles), 10.30 a.m.

Sat., Oct. 31st. 40 Miles Track Race, Maindy Stadium, Cardiff, 10.30 a.m.

Entry Fees: 10/- per team of two in Relay,
10/- per ind. in the 40M Race.

EXTENSIVE PRIZE LIST IN BOTH EVENTS

Entries close on the Monday prior to each event, to Bernard Baldwin, 13 Campbell Terrace, Mountain Ash, Glam.

NOS GALAN is on Thursday, 31st December. See advertisement in "A.W." later.

MEDWAY ATHLETIC CLUB

MAIDSTONE ROAD RACES

(Under A.A.A. Laws)

SATURDAY, 26th SEPTEMBER, 1970

AT SOUTH PK., LOOSE RD., MAIDSTONE

3.15—6 Miles Senior (6 run, 4 score) Race for "Vine" Trophy (Holders: Medway A.C.).

3.00—3 Miles Youth (6 run, 4 score) Race for "Loaland" Trophy (Holders: Hornsey AC).

PRIZES & MEDALS BOTH EVENTS

Entries on A.A.A. forms (Teams 10/-, Ind. 2/6), close 18th September to J. Simmons, 29 Landrail Road, Lower Halstow, Sittingbourne, Kent.

TORBAY ATHLETIC CLUB

Senior (6 x 5 Mile) Annual Road Relay

Under AAA Laws Race starts 2.30 p.m.

EXETER — PAIGNTON

For the "Palmer Budd" Perpetual Trophy

SATURDAY, OCTOBER 3rd, 1970

Awards—Medals first 3 teams, Medals first unplaced Service, College or University team.

Entries (fees: 10/- per team, 5/- "B" team) close 26th September. Details from and entries to T. Honeychurch, "Edgehill," 24 Church Road, St. Marychurch, Torquay, Devon (Torquay 38347).