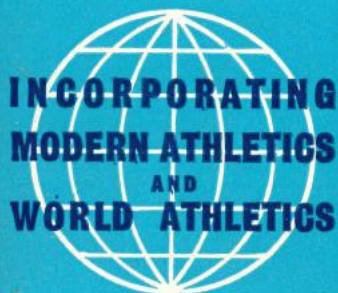


September 23rd, 1967
Vol. 21 No. 38

ATHLETICS WEEKLY

THE ATHLETE'S MAGAZINE



INSIDE

The Coach and the
Athlete—An
Examination
—By *Brian Mitchell*



Jim Ryun's High
School Running
—By *Bob Timmons*

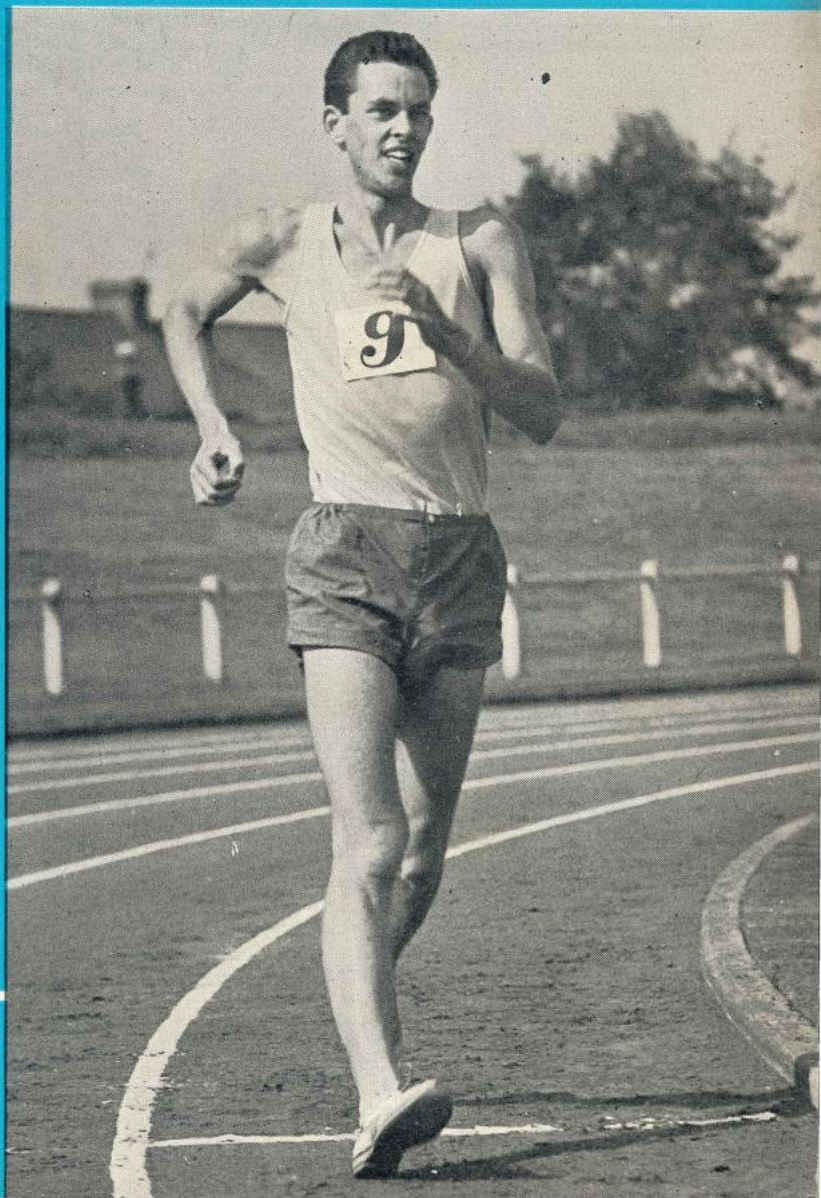


European Cup
Finals

—*Melvyn Watman reports*

Cover photo by G. L. Pike:

MALCOLM TOLLEY (Sheffield Utd. H.)
winning the Enfield Invitation 7 Miles
Walk.



1/6

BRITAIN'S WOMEN DO AS EXPECTED

IT was a curious result for the British women's team. Fifth position was more or less as expected, so it cannot be classified as a disappointment—yet disappointing it was in the sense that we were so very nearly third, which would have been an absolutely magnificent achievement. That's how close it was.

The USSR side, which had fallen on hard times earlier in the season, struck peak form just when it counted and romped home in successful defence of the trophy won in Kassel two years ago. The host team scored 51 points, East Germany were second with 43; then followed West Germany with 36, Poland with 35, Britain with 34 and finally Hungary with 32.

It was regrettable that, as in Budapest last year, the meeting was preceded by a "sex test" sensation. One can feel nothing but sympathy for Ewa Klobukowska—and contempt for the Polish authorities who landed her in such a situation. Ewa, who had been a borderline case at the European Championships, failed the chromosome test this time and the Technical Committee, acting upon the medical evidence, ruled her ineligible to compete. And so now the European 100m champion and co-world record holder has had her unfortunate plight exposed to the world. Agreed she had to be debarred from competition in the circumstances, but surely a more discreet method could have been found.

Back to the meeting itself, staged under floodlights at Kiev's Central Stadium and attended by a crowd of over 25,000. The weather was chilly and blustery, making the extremely high standard of performance all the more creditable. The opening ceremony, as on most of these occasions, went on much too long and one felt for the shivering athletes lined up in the arena as seemingly interminable speeches droned on. To cap it all, the national anthems of the seven participating nations were played in full, one after the other . . . with the Ukrainian anthem thrown in for good measure!

Britain started well in the first event, the 80m hurdles. The field got away at the fourth attempt and Pat Jones, who had been warned for almost the first time in her career, was prominent throughout. She was unable to contain the magnificent finish of Karin Balzer but did well enough to beat two fellow 10.6 performers in Inge Schell and Lyudmila Iyevlyeva in 10.9. Although the official wind reading was only 0.8m/sec there was quite a cross wind blowing, which accounts for the relatively slow times.

In the second event, the 100m, Anita Neil—slowest in the field with a best of 11.6—did all that could reasonably have been expected

in placing 5th. Fully six yards ahead, Irena Kirszenstein was timed in 11.2, one tenth outside the world record. She has never looked better.

Britain's moment of triumph came 15 minutes later when Lillian Board confirmed her standing as Europe's number one quarter-miler. Drawn in lane 2, she went out fast and was soon yards ahead of her most dangerous opponent, Lyudmila Samotysova (lane 1). Lillian's pace slackened into the wind along the back straight but at 200m (25.7) she was still comfortably ahead and was never in

Melvyn Watman reports

danger as she covered the second half in 28.0 for the second fastest time of her career: 53.7. Antonia Munkacsi, always one for the big occasion, overtook Samotysova for 2nd place, while in 4th position Czeslava Novak tied her Polish record of 54.8. So, after three events, Britain was in the lead!

It was too good to last for—as expected—we could muster only four points from the three throwing events. Sue Platt, who was not feeling too well, held 5th place until the final round when Angela Nemeth (no relation to Imre and Miklos), who threw over 180ft. recently, came through with 160'1"/48.80. Both Brenda Bedford and Rosemary Payne performed adequately by their standards, but the results prove how inadequate those standards are when measured against the world's best. Nadyezhda Chizhova had two puts of just under 60ft.; while Karin Illgen was over 190ft. in the discus, where the big surprise was the downfall of the usually so consistent Liesel Westermann.

Daniela Jaworska had four throws better than the closest opposition in the javelin, the disappointment on this occasion being the modest form displayed by world record holder Yelena Gorchakova, now 34 and in her 18th season of competition. The home supporters made known their disapproval of her below-par performance in their usual manner—by derisive whistling.

The jumps resulted in a third place apiece by Dorothy Shirley and Mary Rand. Dorothy went over 5'5½"/1.67 first time but 5'7"/1.70 eluded her. History's third highest female jumper, 5'9¼" tall Antonina Okorokova (26), recovered from a shaky start to win at 5'10½"/1.79 with Rita Schmidt (16) second. An equally brilliant result was achieved in the long jump by Ingrid Becker, who after years of being

continued on page 31

ATHLETICS WEEKLY

INCORPORATING MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 21 No. 38

OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

September 23rd, 1967

National Press Athletics Coverage Uneven

THE duty of filling this all-important page falls to my slender shoulders this week, both the Editor and his deputy being away at the time of writing, in the USSR for the European Cup Finals. In their absence an inordinately large amount of time has been spent in increasingly more desperate attempts to gain the results of the second English Schools Canadian International. As mentioned in last week's issue (page 26), Andy Todd had agreed to obtain the results for us but this proved impossible as he required hospital treatment after the completion of his event. Immediately he arrived back in England Andy let us know he was unable to help us and since then pleas to various ESAA team members have proved fruitless. Would any athlete or official who accompanied the English Schools party to Canada and has the complete results of the Toronto International please be so kind as to drop them in the post to us? Their return is promised together with the cost of postage, etc.

The coverage (or rather lack of it) of the ESAA Canadian trip brings up another point more than usually evident this summer—the inconsistency of the National Press in reporting various athletic events. Surely the most inward-looking sub-editor must realise that a Schools International in September is of more interest and importance than an AAA v. Oxbridge early-season fixture. But which gains more space? Anyone who works for "A.W." soon realises that space is often less readily available when you most need it but attempts are made to be consistent in our coverage of the sport. Pages are allocated to various events according to their importance, and Olympic and European results issues are often planned months ahead. Obviously there is more opportunity for planning in the publishing of a

weekly magazine than a daily newspaper but it sometimes appears that no effort at all is made to gain coverage of certain fixtures. The most recent example is clearly the ESAA tour. Before that there was the Great Britain v. France match at La Baule, which clashed with the European Cup semi-final at Stuttgart. Who, seeing the National Press coverage after La Baule, could possibly have guessed that this was an "A" International. Makes one grateful that the Mexico organisers at least had the foresight not to let the Olympics clash with Wimbledon fortnight!

Lack of space has meant that a number of notable performances have had to be held over until next week. These include a 252'7" javelin by Dave Travis, a 5'6½" high jump by Barbara Inkpen, and a 3:59.4 mile by Walter Wilkinson (second man 8.1 seconds behind!). Wilkinson's performance was, it is interesting to note, put up directly after his return from the IAC Altitude Training Camp at Font Romeu. Next week's issue contains a complete report on Font Romeu by IAC Secretary John Herring. A number of athletes performed better than ever before, Bill Tancred (188'10") and Brenda Bedford (162'7") amongst them and it is noteworthy that some distance runners adapted particularly well to the high altitude conditions. In a time trial John Whetton recorded 3:03.8 for ¼M., while Graham Taylor lost less than five minutes in a track test over twenty miles.

John Lusardi

CORRECTION

Contrary to what was printed in last week's UK "Top Ten", Philip (and not Robert) Taylor has high jumped 6'6" this year.

CONTENTS

Young Athletes' Results	...	...	...	5
Readers Write	...	...	...	6
Other Results	...	...	...	9
Irish Notes	...	...	...	10
"I'm coaching him, of course"	...	...	...	
	by Brian Mitchell			11
Welsh Notes	...	...	...	15

Jim Ryun's High School Career				
	by Bob Timmons			16
Road Races	...	...	...	21
Today's Events	...	...	...	23
With the Ladies	...	...	...	25
Scottish News	...	...	...	26
Race Walking	...	...	...	30

BURNSALL FEAST SPORTS

10 Miles Road Race

BOB Ellis completed the hilly 10 mile 150 yard course in three minutes less than last year's winner, when the race was run in the opposite direction.

1, B. Ellis (TVH)	49.46
2, C. Leigh (Saltford)	50.07
3, J. Newsome (Wakefield)	50.11
4, D. Anderson (Bing) 50.21; 5, K. Stewart (A'dale & SV) 50.34; 6, J. Adlington (Notts AC) 50.49; 7, D. Atkin (ASV) 52.03; 8, C. Leggett (Sale) 52.24; 9, C. Betts (M/r DLC) 52.44; 10, B. Fletcher (Wake) 52.56; 11, D. Makin (Bing) 52.59; 12, R. Moore (Long) 53.01; 13, R. Holiday (Wake) 53.07; 14, G. McBride (Bing) 53.54; 15, A. Child (Wake) 54.05; 16, A. White (Long) 54.06; 17, B. Goulden (Sale) 54.21; 18, S. Edmunds (Sale) 54.48; 19, A. Corker (SUH) 55.39; 20, M. Frost (Roth) 55.50.	
60 finished.	

Teams: 1, Wakefield 26; 2, Bingley 29; 3, Airedale & Spen V. 36; 4, Sale 43; 5, Longwood 61; 6, Manchester & DLC 73.

Fell Race to 1,350 feet

Peter Watson recorded his fifth win in this event, possibly the stiffest amateur fell race in the country made even tougher on this occasion by saturated countryside.

1, P. Watson (Bramley)	14.46
2, M. Davies (Reading)	14.59
3, D. Hodgson (Leeds St. M)	15.12
4, P. Longfield (Bram) 15.14; 5, D. Blakeley (M/r & DLC) 15.36; 6, G. Garnett (Bing) 15.40; 7, J. Temperton (ASV) 15.46; 8, G. Armstrong (Bing) 16.03; 9, A. Cocking (Bram) 16.20; 10, K. McDermott (Bram) 16.28; 11, D. Holmes (Bing) 16.40; 12, S. Edmunds (Sale) 16.44; 13, J. Smith (Bury) 16.45; 14, D. Mitchell (Bing) 16.55; 15, D. Payne (Bury) 17.16.	

Teams: 1, Bramley 14; 2, Bury & Radcliffe 39; 3, Airedale & SV 45; 4, Bingley 45; 5, Sale 69; 6, RAF Leconfield 73.

Junior Fell Race to 1,000 feet

1, T. Litherland (North Staffs)	6.49
2, W. Reid (Kendal)	7.26
3, S. Grimes (Airedale & SV)	7.41
4, P. Muff (NS) 7.48; 5, K. Litherland (NS) 7.49; 6, P. Loker (Bram) 7.50; 7, M. Greenwood (Ken) 7.52; 8, D. Pyrah (ASV) 8.11; 9, M. Parkinson (ASV) 8.26; 10, D. Grimshaw (Ken) 8.27.	

Teams: 1, North Staffs 10; 2, Kendal 19; 3, Airedale & Spen Valley 20.

Michael Earp, junior quarter-miler, belongs to LAC and not as published on page 22 of the September 9th issue.

Peter Pozzoli would like to apologise to all who have not received their copy of the "Women's Track & Field World Yearbook 1967". This has been delayed in transit from the U.S. and should arrive shortly.

Editor: P. W. GREEN

Assistant Editor: MELVYN WATMAN

Editorial Assistant: JOHN LUSARDI

Subscription Dept. & Distribution:
Miss J. A. GREEN

Advertisement Director: P. W. GREEN

MAIN U.K. CORRESPONDENTS:

Scotland—Willie Diverty
Wales—Bernard Baldwin and
Clive Williams
Ireland—Brendan Deary

LEADING OVERSEAS

CORRESPONDENTS:

Australia—Bernie Ceelins
India—Ranjit Bhatia
Italy—Luigi Mengoni
Jamaica—Richard Ashenbaum
Japan—Atsushi Hoshino
Kenya—Cliff Roffey
New Zealand—Graham Sheath
Rhodesia—Philip Kennedy
South Africa—Peter de Villiers
U.S.A.—Dick Bank, Dick Drake,
Elliott Denman, Vince Reel,
Stan Eales and Jim Dunaway
East Europe—Jan Popper
Nigeria—Bode Akinbiyi
Canada—Lloyd Swindells

Published by—

WORLD ATHLETICS AND
SPORTING PUBLICATIONS LTD.

At their Editorial Offices—

344 HIGH STREET,
ROCHESTER, KENT.
(Medway 44644).

Advertisement Department—

All communications to
The Advertisement Director,
World Athletics & Sporting Publications
Ltd.,
344 High Street, Rochester, Kent.

Printed by—

KENT ART PRINTERS LTD.,
NEW ROAD, ROCHESTER, KENT.

SUBSCRIPTION RATES

Direct subscribers in U.K. and H.M.
Forces abroad:—

12 MONTHS (52 issues) 75s.
6 MONTHS (26 issues) 40s.
3 MONTHS (13 issues) 20s.

All other subscriptions:

12 MONTHS (U.K.) 91s.
12 MONTHS (Overseas) 95s. 4d.

Subscribers automatically become members
of the "A.W." Club.

CERTIFIED CIRCULATION

10,379

January 1st—December 31st, 1966

Young Athletes' Results

KANGAROO CLUB POSTAL SCHOOLS COMPETITION

July Results

(U/20) LJ: 1, R. Payne (D. of Yorks) 21' 10½"; 2, R. Sampson (Bexley GS) 21' 6¼". Teams: 1, Marlborough C. 60'3"; 2, Duke of Yorks 59'4¼"; 3, King Edwards, Retford 58' 2¼". TJ: G. Davies (DoY) 45'0½". Teams: 1, D. of Yorks 126'10¼"; 2, Marl. C. 117'6"; 3, Retford 117'0½".

(Youths) LJ: P. Johnson (Chigwell) 20'4". Teams: 1, Chigwell S. 57'1½"; 2, St. Cuthberts GS, Newcastle 57'0½"; 3, Morley GS 56'2". TJ: 1, M. Smith (Mor) 44'4¼"; 2, Johnson 42'6¼"; 3, J. Blythe (St. C) 41'1½". Teams: 1, St. Cuth. 119'6¼"; 2, Morley GS 118'7¼"; 3, Chigwell 118'2½".

(Boys) LJ: W. Curley (St. C) 18'9". Teams: 1, Workington GS 53'6"; 2, St. C 53'1"; 3, D. of Yorks 52'3½". TJ: Curley 39'4". Teams: 1, St. C 113'9"; 2, Workington GS 109'0½"; 3, St. Margarets HS 108'6¼".

WARRINGTON JUNIOR INVITATION RACES

August 19th

The Junior Invitation Mile may have lost some of its lustre through the late withdrawal of Dave Wright (illness) and Dave Williams (holidays) but a classy field was still left in the race. After Chris Mason and Chris Moreton had led the first three laps Bob Steele made a decisive effort running the last quarter in 58.8. Mason, who finished third, was still suffering the after-effects of injections for his trip to Villanova where he will take a business studies course. 440: 1, J. Harrison (Warr) 49.7; 2, J. Kirwan (Stret) 50.1; 3, M. Cliff (Don) 50.4; 4, W. Hartley (W'loo) 50.6; 5, B. Lomax (Rochdale) 50.8. Mile: 1, R. Steele (B'field) 4:12.0; 2, J. Davies (MAC) 4:16.9; 3, C. Mason (Hallam) 4:18.1; 4, C. Moreton (N. Staffs) 4:19.0; 5, P. Duffy (Sale) 4:19.5; 6, J. Adshead (Roch) 4:22.5; 7, M. Wood (W'loo) 4:25.1.

BARNET BOROUGH YOUTH v. KREIS SIEGEN

August 19th

(Under 21s) 100m: 1, M. Reynolds (B) 10.8; 2, L. Keen (B) 10.9. 400: Reynolds 50.0. 1500m: 2, D. Bedford (B) 4:04.7. 4x100: Barnet (all

Shaftesbury H.) 43.7. LJ: 1, Keen 22'3¼"; 2, P. Ibbetson (B) 20'11¼". (Yths) 1000m: 1, J. Pugh (B) 2:47.7; 2, T. Durrant (B) 2:47.7. (Girls U/21) 100m/LJ: H. Hodges (B) 12.3/18'11½". 800: P. Thacker (B) 2:15.6. DT: S. Butler (B) 118'7".

August 26th

100/200: Reynolds 10.8/21.6. 3000m: Bedford 8:35.7. (Yths) 100m: J. Smith (B) 11.6. 1000m: 1, Durrant 2:46.7; 2, Pugh 2:46.7. 4x100: Barnet 44.4. (Girls U/20) 100m: Hodges 12.2. 200: 1, Hodges 26.1; 2, Thacker 26.9. 440: Thacker 59.0.

HAFNIADEN 1967

August 20th-September 2nd

"Hafniad" was the name given to Copenhagen when the city was founded in 1167. Now, 800 years later, the City Corporation decided to hold a "Junior Olympics" and to call it by this name. 47 towns representing 30 nations were gathered in Denmark to celebrate the City's anniversary. The 550 competitors, girls and boys all under 17 years of age, contested athletics, soccer, gymnastics, swimming, basketball, handball and wrestling events. London were invited to send six girls

continued on page 8



Dave Williams (Woodford Green) leading the Junior Mile field in the Greater London Championships at Hurlingham. Williams won in 4min. 20.5sec.
Colin Elsey

KOMPASSROSEN SHOES

Swedish nylon 'studs'—lightest—toughest cross country shoe ever. Greatest value at 60/- per pair + 2/9 p & p. From—

GORDON PIRIE

Coach House, Nutfield, Surrey

Readers Write . . .

Views expressed in readers' letters are not necessarily those of the Editor or the publishers

PRESENTATION

Dear Sir,

The subject of "presentation" of meetings, about which you have received many letters recently, is one which was raised at the Press Conference which took place four days before the A.A.A. Championships this year. After that conference I drew up and sent to 40 athletics correspondents a questionnaire which asked their opinions on all the aids provided to help them follow and report on the Championships — press releases, printed programmes, announcing, indicator boards, etc. It may be of interest to know that after the Championships I received from them nine completed forms plus one letter, a disappointing number, and that these showed as wide a divergence of opinions as you are now finding in letters from readers.

All this argument and counter-argument in your correspondence columns is of great interest and value. On the other hand some letters are printed there from time to time which I think would have been better directed elsewhere. Mr. M. D. Green, I was sorry to read, could not hear the loudspeakers well from where he sat at the Championships. Surely it is to the promoters, the A.A.A., that he should have written to complain, not to "A.W." which (as you, Mr. Editor, will be the first to insist) is not linked in any way with the Association. However we did also receive two or three similar complaints direct, and this is now one of several matters which we are taking up with the White City authorities.

I have, I hope, been around long enough now not to be over-sensitive about criticism, even if I sometimes consider it unwarranted. But I must say I take great exception to the sarcastic final paragraph of Tony Saunders' recent letter because (1) it is aimed at the A.A.A. office staff who are not free to answer back in the same vein, and (2) because I believe his insinuations to be unjustified.

Firstly the facts, as far as I have been able to establish them, are as follows. Wolverhampton and Bilston A.C. sent in an entry for the

4x110 yards Relay Championship which not only did not arrive in time but has in fact yet to reach us. They complained shortly before the date of the race that they had received no notification of acceptance and details of times. It was confirmed to them that under the circumstances the club would be allowed to compete and times of heats and final were passed on to them by telephone via the Midland C.A.A.A. office. Somewhere along the line there was a misunderstanding and the club were given the times of the other relay championship (4x400 yards) taking place at the same meeting. My guess, for what it is worth, is that the misunderstanding may have arisen because the ambiguous phrase "the 440 relay" was used. It was in any case a mistake which should not have happened but did, just as the club entry form should not have gone astray in the post but did. We have apologised to the club's team manager and team and offered to refund their travel costs. May I add that we received one other complaint from another Club Secretary that we had not acknowledged his entry form. A few days later he wrote to apologise—he had just found the form which he had completed but never posted.

I resent Mr. Saunders' sneer "it is nice to see how the A.A.A. encourage our club athletes" because I know how fortunate we are in having such loyal and hard-working staff members. He has not seen, as I have, Leslie Higdon and Carol Burge working at our office evening after evening prior to the Championships until 9.30 p.m. or even later, with a journey home of $\frac{1}{4}$ hour or so still ahead of them. He has not seen Margaret Gould working overtime on urgent A.A.A. team correspondence, and he can have no idea of Mary Tupholme's devotion to her work for the B.A.A.B. I am glad to pay a tribute to them and their colleagues in your columns. Anybody can make a mistake, especially when working under pressure. But Mr. Saunders' letter suggests a couldn't-care-less attitude amongst our staff towards their work which simply does not exist. I hope that he will reconsider what he wrote, and make

SOUTHERN COUNTIES A.A.A. POTENTIAL CLUB COACHES COURSE At Crystal Palace Recreation Centre

Every Tuesday between October 10-November 28, 1967 (inclusive)

Ideal for those intending to coach at a wide level at Club Standard. Staffed by National, Staff and Senior Coaches.

Fee: £1.10.0 for eight sessions or 5/- per single session.

Full details from: A. P. Ward, Administrator, SCAAA, 26 Park Cresc., London, W.1.

NEW CZECH ROAD SHOE

A new colourful road/training shoe which is exceptionally good value for money. White supple uppers with red trim, blue toeguard and flexible, hard wearing gristle sole. Free duffle type bag with every pair. 59/11.

Part postage 2/3d.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent

the apology which I at any rate consider to be due.

Yours faithfully,
Barry Willis,
Hon. Secretary, A.A.A.

Dear Sir,

As one of those who was in at the start of this correspondence may I say how much I agree with nearly all that has been expressed by various writers. I am sorry at the lack of programmes at the USA match but I did not say the announcer should give nothing that was in the programme: when giving the draw or competitors he must use programme information. He should not have to keep on repeating it.

Having read the correspondence I will agree with the Editorial comment that, at 44, I'm middle-aged but I hope I'm not staid (would I have raised the matter if I were?). I do claim, however, to be practical. The normal meeting runs for about three hours and covers track events up to three miles and all field events. If there are women's events too then there is even more to be fitted in. Examine the timetable of a meeting and remember this:

(i) The announcer **must** keep quiet for long periods i.e. at the start of each race, during races up to 440 and, if it is a championship, during other races (apart from lap times) although results can be given during the early stages of the longer track events.

(ii) The announcer **should not** start to talk as a field event competitor is about to start a trial (although I would like the views of the various jumpers and throwers on this).

With this in mind there is remarkably little time left for other than (a) competitors and draw—with personal statistics if time permits, and (b) results of events as they come in. If there are six competitors in each event each announcement will take at least 1½ minutes and, if there are records or personal bests involved, another 30 seconds. It all adds up.

The great art of commentating is not to tell the viewer what he can already see. There is a vast difference between a TV and sound commentary (or should be) and what is acceptable in our own homes on the small screen could soon prove irritating in the stadium. Giving race positions is governed by AAA laws. I have always given positions when the race is not a championship event but in a small field, once identified, the spectator does not need constant reiteration.

Because of the tight timetable of most meetings it is nearly impossible to give field events the promotion they deserve without talking through track events. The solution is to cut down the number of both track and field events. Before I draw down a barrage of protest on my head let us again be practical. When championships start in the morning, how many spectators come in before 2 p.m. or stay after 5.30? Few people seem ready to accept a meet-

ing lasting longer than three hours—except perhaps the readers of "A.W." and they're enthusiasts.

Yours sincerely,
Michael W. Long

Dear Sir,

May I, through your columns, express my appreciation to the Bracknell Relays Organisers, especially David McJannet, who made the meeting enjoyable even though the weather was atrocious. Not only the meeting but the dance afterwards was well organised and the younger athletes must certainly have enjoyed it. I know I did. This, for a small club like Bracknell, shows what can be done and puts some of the larger and more well known clubs to shame. Congratulations and my personal thanks to Bracknell AC. Let us hope more clubs follow their example.

Yours faithfully,
John Fowles,
Borough of Enfield H.

VAUXHALL MOTORS

6th Annual

LUTON TO BEDFORD OPEN ROAD RELAY

(Five Stages)

SUNDAY, 1st OCTOBER, at 2.0 p.m.
CHALLENGE TROPHY 1st TEAM
MEDALS FIRST FOUR TEAMS

Entries: 10/- first team, 5/- for additional,
to P. Stelling, Vauxhall Motors R.C.,
Luton, Beds.
Closing date, Friday, 22nd Sept., 1967.

SUBSCRIPTION FORM

The best way to obtain your regular copy of *Athletics Weekly* is by subscription. Home subscribers should receive their copy at the latest by first post Saturday. Particularly to encourage club members to obtain their copy in this way, there is a special low subscription rate for direct home subscribers (or H.M. Forces abroad) of 75s. for 12 months, 40s. for 6 months or 20s. for 3 months. All other subscriptions are 91s. (home), 95s. 4d. (overseas).

Please send me a copy of *Athletics Weekly* each week for 13/26/52 weeks commencing with the issued dated

.....
Name

Address

.....
Send to Athletics Weekly, 344 High
Street, Rochester, Kent.

Subscribers automatically become members
of the "A.W." Club.

YOUNG ATHLETES' RESULTS contd. from page 5

athletes and a boy's soccer team. In a preliminary meeting at Sonderborg on August 28th Liz Barnes clocked 12.4 and 25.2 for a good metric sprint double.

Phyl Perkins

(Yths) 200: 5, J. Patterson (Edinburgh) 23.6 (23.4 sf). (Inter) 100: 2, Barnes 12.3. 200: 2, Barnes 25.2. 800: 3, S. North 2:22.2. 4x100: 3, London (Barnes, North, B. Heslop, I. Samuel) 51.6. DT: 2, Y. Starling 106'2½". JT: 6, M. Milbank 98'5½".

REDDITCH ROAD RELAYS

September 9th

Considering the ambitious racing programme the standard of performances in the three races was excellent and some of the finest young athletes in the country were on view. Youngsters travelled from as far as Bolton, Manchester and London to participate and the results left no doubt that this event will soon carve a niche in the athletics calendar. In the Boys race two Coventry teams went off course, a mistake which cost the "A" team second place.

J.D.R.

Youths 4x1½M.

1, Small Heath (King 8.59, Mills 8.46, Dallow 9.07, Lafferty 8.56) 35.48.

2, Corby Town (Gilsenan 8.32, Wolan 9.17, Clark 9.20, Irvine 9.13) 36.22.

3, Coventry Godiva (Wheway 8.52, Trett 9.19, Cadman 9.06, Barnes 9.18) 36.35.

4, MAC 37.29; 5, Bromsgrove & Redd. 37.36; 6, Allestree Woodlands 39.54; 7, Worksop 39.56; 8, MAC "B" 40.01; 9, S. Hth. "B" 41.23; 10, Worcs 42.24. Fastest times: Gilsenan 8.32, Mills 8.46, Wheway 8.52, Lafferty 8.56, R. Edwards (BR) 8.59, A. Shutt (BR) 9.03.

Boys 4x1½M.

1, Small Heath (Rollason 9.20, Kendrick

8.56, Dyson 10.03, Burke 9.43) 38.02.

2, Bolton United (Rigby 10.03, Davies 9.31, Ward 10.36, Kenyon 8.47) 38.57.

3, Allestree Wood. (Fairhurst 9.16, Yeomans 9.37, Harrington 11.14, Walters 9.21) 39.28.

4, S. Hth. "B" 39.37; 5, Coventry 39.43; 6, Broms. & R. 40.45; 7, Cov. "B" 41.04; 8, Worksop 41.16; 9, Corby 41.44; 10, Crown & Manor 41.52. Fastest times: Kenyon 8.47, Kendrick 8.56, T. Colton (Work) 9.04, Fairhurst 9.16, Hopkins (Haywards Hth) 9.17, Rollason 9.20.

Colts 3x1½M.

1, Small Heath (Daley 7.40, Rollason 7.57, Morris 7.09) 22.46.

2, Coventry Godiva (Glassborough 7.38, Singh 7.55, Maule 7.37) 23.10.

3, Worksop (Bingham 7.45, Platford 8.12, Fisher 8.04) 24.01.

4, Broms & R. 24.30; 5, All. Wood. 24.33; 6, Cov. "B" 24.44; 7, S. Hth. "B" 24.44.6; 8, Witney & Dist. 26.58; 9, Broms "B" 27.28; 10, All. Wood. "B" 27.40. Fastest times: Morris 7.09, Maule 7.37, Glassborough 7.38, Daley 7.40, Bingham 7.45, R. Nikkol (BR) 7.47.

JUNIOR INTER-COUNTY

At Hornchurch, September 10th

ON a dull, heavy afternoon Steve Black's British Junior best of 39.2 for the 330 yards hurdles was announced as being unlikely to be ratified as an AAA under 19's record because no Grade 1 timekeepers were present . . . if indeed the AAA consider this event for record purposes. Nevertheless it was a fine performance, he led all the way from the gun and left specialist George Hilsdon eight yards down at the tape. Earlier in the afternoon Black had jackknifed to a windfree 14.5 in the highs.

Dave Cocksedge

John Luxford (Horsham) leads John Hazelden (Brighton) the eventual winner of the Sussex track "6". Bill Mullett (326) was third.



Other Results

(Juniors) 1, Essex 189; 2, Surrey 156; 3, Herts 68. 100: D. Thomas (E) 10.3. 220: 1, Thomas 22.8; 2, T. Collins (S) 23.0. 440: 1, J. Sam (S) 50.5; 2, A. Brooks (S) 51.2; 3, K. McKay (E) 51.8; 4, J. Fenn (H) 51.8. 880: (61.8 bell) 1, G. Vandelinde (S) 1:58.9; 2, N. Wilson (E) 1:59.0. Mile: 1, D. Williams (E) 4:21.8; 2, I. Angus (H) 4:22.5. 2M: 1, Williams 9:30.0; 2, L. Morrish (S) 9:30.2; 3, J. Spooner (S) 9:35.6. 2000mSC: 1, J. Dobson (E) 6:09.8; 2, J. Hicks (S) 6:13.0; 3, R. Thurston (E) 6:14.8. 120H: 1, S. Black (E) 14.5; 2, — (H) 15.8; 3, G. Hilsdon (E) 15.9. 330H: 1, Black 39.2; 2, Hilsdon 40.2. 4x110: 1, Surrey 44.8; 2, Essex 45.6. 4x440: 1, Essex 3:25.8 (Thomas 49.3 anchor); 2, Surrey 3:30.5. HJ: M. Vale (S) 5'10". PV: 1, M. Bryant (E) 13'0"; 2, S. Gough (E) 12'0". LJ: 1, M. Gray (H) 21'8"; 2, R. Gilfrin (S) 21'0"; 3, J. Chappell (S) 20'9". TJ: 1, T. Rush (E) 44'6"; 2, R. Wood (S) 44'3"; 3, Camp (E) 43'0"; 4, Vale 42'11". SP: J. Edgecombe (E) 44'10". DT: 1, Tyler (E) 150'5"; 2, D. Buckingham (S) 138'5". JT: R. Hancock (S) 196'3". Pen: 1, Pepperell (E) 2,978; 2, Harbone (E) 2,919; 3, Bowley (H) 2,912. 1MW: 1, P. Embleton (E) 7:16.8; 2, Cromwell (E) 7:40.5; 3, D. Holly (E-Yth) 7:47.2; 4, P. Hitchens (E-Yth) 7:49.6.

(Youth) 1, Essex 160; 2, Surrey 117; 3, Herts 87. 100: 1, P. Pinnington (H) 10.4; 2, S. White (S) 10.5. 220: 1, Pinnington 23.2; 2, Dale (E) 23.4. 440: M. Boxall (E) 53.1. 880: 1, Gatrell (H) 2:01.2; 2, Wiseman (E) 2:01.4. Mile: 1, C. Reed (E) 4:26.4; 2, C. Tilley (E) 4:28.2. 1000mSC: 1, S. Mitchell (S) 2:58.8; 2, Webber (E) 3:01.0; 3, Mead (E) 3:03.1; 4, J. Capanda (S) 3:07.5. 110H: 1, C. Allabush (E) 14.1; 2, R. Jolley (E) 14.5. 4x110: 1, Herts 46.2; 2, Surrey 46.8; 3, Essex 47.0. 4x440: 1, Essex 3:39.8; 2, Surrey 3:44.8. HJ: 1, A. Bent (S) 5'8"; 2, J. Broughton (E) 5'6". PV: 1, S. Tufton (E) 12'0"; 2, R. Reeves (E) 10'0"; 3, A. Reeve (H) 10'0". LJ: 1, J. Griffiths (H) 21'13"; 2, Broughton 20'4"; 3, Roland (E) 20'3"; 4, White 20'2". TJ: 1, P. Cubitt (H) 44'4"; 2, M. Johnson (H) 43'10"; 3, P. Johnson (E) 41'4". SP: 1, D. Rough (S) 49'0"; 2, Francis (E) 47'13". DT: 1, S. Rimmer (S) 154'9"; 2, Francis 154'7"; 3, Stevenson (S) 149'10". JT: 1, J. Hare (E) 176'4"; 2, Evans (E) 168'9". Pen: 1, N. Phipps (S) 2,567; 2, Smith (E) 2,555; 3, Mahy (E) 2,552.

Ilford Athletic Club's new track secretary is Roy Gill, 3 Thorogood Way, Rainham Road, South Hornchurch, Essex.

August 2nd

Manchester & DLC 98, Oldham 77, East Cheshire 69, Leigh 31, Bury & Radcliffe 16, at Oldham. 100/220: D. Herman (MDLC) 10.0/22.4. 880: F. Briscoe (L) 1:53.4. 2M: P. Ravald (MDLC) 9:07.7. (Yths) Mile: Lesley (O) 4:34.5. (Boys) Mile: 1, Findon (O) 4:46.7; 2, Firth (Longwood) 4:48.0.

August 9th

Blackheath 143, HHH 104, LAC 84, Hercules 31, at Crystal Palace. 100/220: E. Leitch (H) 10.2/22.0. 440: 1, J. Sam (HHH-Jnr) 49.7; 2, R. Tibbott (HHH) 50.2; 3, K. McArdle (B) 50.9. 2M: 1, R. Richardson (B) 9:04.6; 2, J. Baldwin (B) 9:08.8; 3, R. Hawtin (B) 9:20.2; 4, D. Adams (HHH) 9:21.8. . . . 6, J. Boggis (HHH-Yth) 9:26.6. HJ: 1, R. Harker (B) 5'10 1/2"; 2, A. Blackhurst (HHH-Yth) 5'8 3/4". PV: 1, L. Jones (B) 13'0"; 2, J. Faircloth (B-Jnr) 12'0". LJ: 1, P. Hudson (B) 23'0"; 2, G. Donaldson (L) 21'9 1/2". DT: G. Davies (L) 134'8". JT: 1, V. Mitchell (L) 205'0"; 2, R. Miller (L) 171'9". (Jnrs) 330: 1, M. Earp (L) 37.5; 2, P. Taylor (HHH) 37.8. 880: 1, G. Vandelinde (HHH) 1:55.4 (58.8 bell); 2, N. Bailey (B) 2:00.0.

Veterans AC Events. 100 H'cap: L. Batt (3 1/2) 11.7. Mile H'cap: A. Welling (575) 4:35.7.

At Ruislip. Pen: 1, T. Homes (Watford) 2,999 (19'4", 124'1", 23.5, 109'10", 4:12.0) (first season as a decathlete; previously 4:12.6 miler, 1:59.59 for Finchley "20"); 2, R. Burton (Hill) 2,620; 3, R. Charnock (Wat) 2,547.

August 12th

Oldham 73, East Cheshire 44, Warrington 41, Salford 19, MAC 17, Sale 14, at Oldham. 100/220: Massey (W) 10.2/22.7. (Yths) 100: Riley (O) 10.4.

August 14th

At Hurlingham. SP: 1, B. Tristram (Sutton & C) 48'5"; 2, A. Kerr (Hill) 47'9 1/2". DT: Kerr 149'5".

August 16th

East Cheshire 97, Oldham 69, Manchester & DLC 52, Wakefield 48, Salford 26, Stretford 24, Leeds AC 20, at Oldham. 100/220: D. Herman (MDLC) 10.0/22.3. 2M: D. Hogg (Sale) 9:18.0. SP: Durica (O) 44'11 1/2". (Jnrs) 100: Bagley (W) 10.3. 220: J. Kirwan (St) 22.5. (Yths) 100: Riley (O) 10.5.

LET YOGHOURT HELP TO IMPROVE YOUR PERFORMANCE!

Yoghourt is recognised as one of the best and most nutritious foods for athletes. But the special beneficial qualities are present only when it is made from *live culture*. "Fordhall" live culture can be posted to you regularly. Sufficient to make up to 3 pints of delicious Yoghourt daily for 1-2 weeks costs only 4s. 6d., post free (cash with order).

We can also send a full range of health foods in small bulk quantities.

HOME AND COOKERY CENTRE, (Dept. A), 60 New Oxford St., London, W.C.1.

Irish Notes

By BRENDAN DEARY

KANGAROO Club reaches Ireland: An Irish branch of the Kangaroo Club was formed at Gormanstown last Easter. The Irish General Secretary is R. O'Dwyer of Cork. Ulster's General Secretary, Gerry Lynch of 4 Eastway Gardens, Greggan, Londonderry, Northern Ireland, is anxious to hear from would-be members. The men's standards are: LJ—22'6", TJ—46'0"; Juniors, LJ—21'6", TJ—43'0"; Youths, LJ—20'0", TJ—41'0". The women's standards are 17'0", 16'3" (Intermediates) and 16'0" (Juniors).

Newtownabbey council, on August 29th, appointed a sports council to advise on the provision and administration of the town's playing fields. The new sports council later issued the following statement "In these days of the shorter working week one of the main consequences is the increase of leisure time. The responsibility of providing facilities for recre-

ation remains with the local authority". Quite a refreshing change to hear this from a local council.

At Santry, August 30th. Noel Carroll made attempt on his Irish Native 880 record of 1:47.4 but a first lap in 55 put this out of reach. 100/300: W. Toomey (USA) —/—, 880: 1, N. Carroll (CS) 1:49.4; 2, D. Byrne (Donore) 1:53.4. 3M: 1, J. McNamara (Don) 14:17.2; 2, E. Spillane (Don) 14:22.0. HT: 1, L. Jordan (Crus) 144'11"; 2, J. Doherty (Inchicore) 131'11". (Women) 100: 1, J. Spence (Crus) 11.0; 2, M. Dunne (Crus) 11.5. Mile: A. O'Brien (Clon) 5:03.0.

At East Antrim, August 30th. (293½y track) 5M: 1, W. Bryans (Nomads) 25:41.2; 2, R. Kernaghan (Nom) 25:42.0. SP: D. Davidson (RUC) 52'0".

Simon Pearson, ex-compiler of the Scottish Athletics booklets, now may be contacted at 35 Rosen Street, Hyland Park, Kingston, Ontario, Canada. All correspondence concerning the "SA" booklets should now be sent to: Ian Steedman, 2 James Street, Portobello, Edinburgh 15.

U
n
d
e
r

A
A
A

L
a
w
s

**The
midnight race**



**NOS
GALAN**

THROUGH THE STREETS
OF MOUNTAIN ASH

THIS YEAR ON
SATURDAY,
30th DECEMBER

NEW YEAR'S EVE

U
n
d
e
r

A
A
A

L
a
w
s

OPEN EVENTS: Men's Mile (4 p.m.), Women's Mile (8 p.m.), Men's 100 yards (9 p.m.), Men's 4 miles (11.46 p.m.). **Entries,** on A.A.A. forms, fee 2/- per event, to Bernard Baldwin, Picton Villa, Mountain Ash, Glam., by 18th December. Fuller particulars will be sent on request.

PLEASE NOTE: The Men's 100 yards is this year an open event.

Free overnight accommodation can be arranged if requested by 18th December.

In addition to the usual team and individual awards, NOS GALAN vests will be awarded to the first 100 in the midnight race, and first 20 in Men's Mile. Nos Galan is a R.R.C. (Wales) event.

"I'M COACHING HIM, OF COURSE"

WHILST the somewhat arrogant remarks about coaches which Dick Taylor is supposed to have made cannot be fully supported, there is too much truth in the statement that coaches are "bums". If we translate that word into English, with a sly sociological glance at the fact that even "meetings" are now "meets", we are left with a "sponger" or one who "sponges" on others, who is "meanly dependent on" them, and who in a sense "cadges" from them. It is pretty well-known that several men have made their names in recent years in our sport as coaches, and I, for one, have always been a little bit suspicious of them; not that they aren't men of integrity, or that they aren't genuinely seeking to help their athletes, but just that they are accorded far too much credit for what, after all, they did not do. Therefore, it is interesting and instructive to think about coaches, to consider their nature, their motives, their relationship with their athletes, and the effectiveness of a coach in the

highly specialised sport of athletics.

I can speak from experience. Despite my devotion to athletics, particularly to running (which I really do love), I am about as ineffective a coach as could be found anywhere amongst the hundreds of sponges meta-

By Brian Mitchell

phorically mopping their pupils' brows up and down the country. I have also, in my secret and underhand way, been studying coaches for years now, ever since I went to the Loughborough Summer School in 1951 and saw the difference between Geoffrey Dyson ("come home, Geoff") and Jim Alford, and much preferred the latter, who was clearly far less effective than his overlord. At Oxford, I used to watch a very useless runner who is now quite a name in the senior ranks of English coaching; he clearly had no more competitive spark than I had, and it is fascinating to see how we both then spent many years, and will probably spend more, "compensating" ourselves for our weaknesses. The list of people who do so is a long one. I am not suggesting that their (our) contribution to athletics is unimportant; on the contrary, they (we) have given a good deal to athletes and athletics. What I do say is, that there is a certain kind of bluff going on, and dishonesty, however trivial, never did anyone any good.

In examining coaches, it is first wise to remember that no generalisations can possibly be made which will embrace all the people who advise other people what to do. There is no more important principle in the noble art of thinking and understanding than this principle that generalisations are very dangerous. It is only in the popular press that the Chinese are all frantic for the thoughts of chairman Mao, and it is only messrs. Coleman and Brasher (amongst others) who can get away with making wild and dramatic generalisations about the character of "British middle-distance runners"—some sort of a bag of them, no doubt, rather like a bag of identical sweets, which you either happen to like or dislike, according to what mood you are in. As my training in literature has been more effective than my training in athletics, so I have learned to stick to the particular and to avoid the general, to learn about one person



Dick Steane winning the Gtr. London 100 yards Championship to equal the Championship best performance of 9.8sec. Colin Elsey

at a time, not a whole glut of them. That is a political technique ("the people"—"the middle-class"—"the teenagers"), or one from which commercialisers profit; and the man looking in from the outside of a situation is particularly ill-placed to try for generalisations. For example, to read Gordon Pirie's book, "Running Wild", is to learn that commentators often made sweeping and very wrong statements about the supposed reasons for a bad performance; and to get to know a flashy, long-haired youth almost always teaches you that the surface just does not mean a thing, and that people ought not to generalise. *BUT*, there are types of people, in so far as, for example again, in our time, flower-pot people have been created by crafty business-men, or thousands of youths must carry a guitar around, or glue a transistor to their fingers. These people do share characteristics, albeit ones which have been given to them in much the same way as Mao's thoughts are given; and coaches do share motives and qualities without completely losing their individuality. I shall try to avoid two things: first, a too superficial judgment, and second, a too sweeping generalisation.

Why do people take up coaching?

People coach because they are very interested in the sport, because it gives them great pleasure to be associated with athletes, because they genuinely feel that they have knowledge which will be of use to others, perhaps even because they feel a particular obligation to try and influence youth in a period when the influences in that direction are pretty dubious but very profitable. All of these motives can, I think, be accepted as admirable, valuable and to be encouraged. They are, indeed, the motives apparent in the whole official coaching scheme in British athletics. That they are only motives, and not always the only motives, is obvious; they do not necessarily produce the goods, and they are not always alone in the heart of the coach. For example, a coach may attach himself to a club or an athlete with the best intentions, but may fail to achieve anything on the track, or a man wishing to be a teacher may take his A.A.A. qualification because it looks good on his application for a job. Thus, in a faulty world, motives may be faulty. The most interesting of all is the "fame-by-association" approach, where a coach gets close to successful athletes and gets his name alongside theirs. This technique, if it were not so obvious and so childish, would be despicable; it has the

nasty taste that goes with any sort of parasitism in nature. But it is laughable. Unfortunately, laws of libel prevent me from detailing the cases I have observed. Luckily, very few men want to try this one on, and most of us are clear-headed and honest enough to avoid claiming too strongly, "I'm coaching him, of course." Though I have done that many times and heard many others doing it. You could always bite your tongue off later, though.

So, it can be fairly truthfully stated, as a hesitant generalisation, that coaches are, *to an extent*, working off their weaknesses on other people and getting from others the satisfaction which they could not get from their own inadequate performances as competitors. With this amusing aspect set aside, there remain the several admirable motives which I have listed.

Incidentally, there is the particular case of the formidable athlete, probably an international, who later coaches. He has no weaknesses of performance to atone for, is often more genuine, but is also sometimes not much of a coach. This is partly because more than physical ability is needed to teach others what you could do yourself so well, especially where your ability was almost entirely a physical one. What he has got, usually, is the spirit and will which made him a good athlete; what he may not have is an understanding of how he did what he did, or the intelligence to articulate it and to pass it on to others. Hence the often ludicrous situation where a top-class athlete is given a lectureship without being required to prove that he can lecture or that he has got anything to lecture about. As an inspiration to younger athletes, the talented performer is unrivalled, however, and if his name is well-known, he will, for a while at least, be very effective. Yet, the fact is that a good athlete may become a poor coach (witness professional footballers) and a poor athlete may become a good coach.

The coach—friend or teacher?

What is—or what should be—the relationship between coach and athlete? In the book which Garth Gilmour wrote for Peter Snell, Snell says that his relationship with Arthur Lydiard became shaky after a few years, and suggests among other reasons that this was due to his own maturity, which could not any longer acknowledge so easily the domination of the other man, and to Lydiard's making claims on behalf of Snell which Snell would rather have made for himself or not

made at all. Nevertheless, Snell calls the association with Lydiard "a fairly successful partnership" and often refers directly or obliquely to the importance of having the coach with him—"Athletes know Arthur; that his love of athletics is genuine, that he can talk with them on common ground and be trusted not to use them." It is clear that lesser athletes than Snell valued Lydiard's presence greatly. Lydiard was active, he ran and he thought. Therefore, his coaching is respected and sought after. But the Snell book does cast light on what most of us feel, that the relationship between coach and athlete, or teacher and pupil, is a very difficult one to operate successfully. For my part, I am not impressed by the "watch-and-whistle" school of coaching, though much of it is very effective, at least for a while. As a professional teacher, very much interested in my job, I am aware that the great thing is to respect the dignity and character of the other person, not to trample on them or even to want to—even to be a bit in awe of another person's "persona". Thus, in coaching, it is, in the long-term, very unwise to try and control your athlete, to exhibit your own dynamic qualities at his expense, or even to present yourself as a dynamic character. I am always very suspicious of dynamic characters, remembering the old adage about empty vessels making the most noise. Of course, cold fishes and old ladies do not make good coaches, but that is merely the other extreme. Noel Annan, in his book on Roxburgh, the headmaster of Stowe, refers to "the tremendous communication of energy which is inseparable from great teaching", and a coach must have this energy in some form and must breathe it into his pupil—hence the sometimes success of Percy Cerutti, with his fire, though for my money old Arthur Newton, to whom I apprenticed myself in his last years, was the man, quietly eating his fruit-cake and gently talking sense with a controlled passion for running that is rarely equalled. The passion came over. What never came over from Newton, and what I think he was absolutely incapable of, was any attempt to ride roughshod over his listener.

Therefore, the coach should surely be an adviser, preferably a personal friend with a fair amount of humility about his own lack of the quality he is trying to conjure up in his athlete; just as we, in sixth-forms at least, often teach boys whom we know to be better brains than ourselves. I do not like to go onto the track with my athletes. I always feel

superfluous, because if the athlete is worth his name, he does not need me to "push" him. If he cannot push himself, he will never be a good athlete. Naturally, I like to watch him, particularly when he is performing, and of course I am immensely interested in what he is doing (though he often does not seem to know this); but I only want to *advise* him, to talk with him afterwards, to suggest the plan of his training, to convert what knowledge I have into terms of his action. In this way, the coach can play a vital part, and to the extent

CITY OF ROCHESTER A.C.
3 MILES CROSS-COUNTRY
RACE FOR YOUTHS

For the "Chatham News" Trophy
SATURDAY, NOVEMBER 25th
 at 2.30 p.m.

Fort Luton Secondary School, Chatham

AWARDS—1st team "Chatham News" Cup and 3 medals. 2nd & 3rd teams, medals. First 3 individuals, medals.

Entries (6 run, 3 score) 2/6 per team, 1/- per individual, to D. Foxley, 40 Bramble-tree Crescent, Borstal, Rochester, Kent, by **November 18th.**

BINGLEY HARRIERS & A.C.
SCHOOLBOYS 4 x 2 MILES
CROSS COUNTRY RELAYS

(Under E.C.C.U. Laws)

On SATURDAY, OCTOBER 7th

AGE GROUPS:

UNDER 15's RACE, at 2.00 p.m.

UNDER 17's RACE at 2.50 p.m.

Also

OVER 17's SCHOOLS INDIVIDUAL
3 MILES CROSS COUNTRY RACE
 at 3.40 p.m.

Awards will take the form of Trophies with Plaques for the fastest laps.

Entry Fees: 2/6 per relay team (eight may be entered) 1/- per person in the Individual race. Ages for all events as on September 1st, 1967.

CLOSING DATE: SEPTEMBER 30th

Entries to: R. Smith, 16 Charles Street, Bingley (Tel.: 4078)

that he does, the words attributed to Taylor are arrant nonsense. Masters often know more about their craft than do apprentices and I have learned from others in twenty years and would like to pass this learning on. Beyond this "passing on", I have no wish to go. That may be the reason for my ineffectiveness, though I think the answer is easier than that.

It is, incidentally, necessary, but fairly evident, that there is a difference between the running coach and the field events coach when it comes to practical coaching, because the technique is so vital to the field events man and he needs to be watched if he is to be instructed. The coach who is helping a jumper must be on the track regularly; though I think it is a mistake too often made to rate the technical finesse as more important than the strength and speed. Nevertheless, there is this distinction between the two types of coaching. I still suspect whether, at the exact moment when the javelin is being thrown or the board being hit, anyone except the athlete knows much about what is going on—but that is another argument.

So, finally, what does the coach do? How does he justify himself? He helps, consoles,

instructs, observes, encourages, to the best of his ability or desire. Men who have coached in Britain since the second world war have made a considerable contribution to whatever growth the sport has experienced. The part played by coaches can too easily be over-rated; their absence would not do anyone any good. Their knowledge is needed, and their interest is essential if continuing new generations of athletes are to be created. I think, though, that those of us who do try and coach should be aware of ourselves and our motives and the extent of our knowledge. Most important, we should understand exactly how we intend to attach ourselves to an athlete. I have suggested that the secret lies in influence without control, advice without evangelism; and I really believe this is the answer. An athlete will not succeed if he needs a nursemaid. In the final analysis, will-power and character cannot be injected. They can only be floated in, onto the top of a person's brain. So there is little point in a coach trying to infiltrate permanent competitive stubbornness into a man who cannot achieve it for himself. Lay the truth before a man, and let him pick it up if he can or if he wants to. Then—"I coached him, of course."



CANTABRIAN

TRADE MARK

ATHLETICS EQUIPMENT

CHOSEN IN 1967 FOR THE

AMERICA v. EUROPE MEETING, EXPO '67, MONTREAL

THE EXPERTS' CHOICE

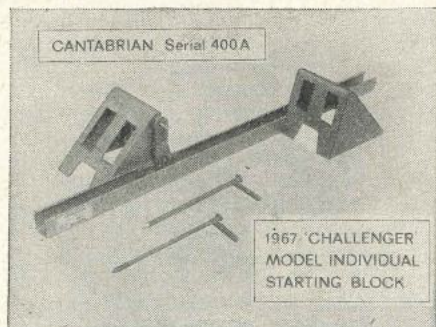
**ILLUSTRATED—THE NEW 1967
"CHALLENGER" STARTING BLOCK
PRICE (including Purchase Tax) 63/8d**

Send for Price List and details from

THE LONDON INSTRUMENT Co., Ltd.

CANTABRIAN WORKS, NEWNHAM MILL, CAMBRIDGE, ENGLAND

Telephone: Cambridge 52213



Welsh Notes

NATIONAL Conditioning Clinic: A National Conditioning Clinic is being organised to commence on October 1st at Port Talbot's Afan Lido. A unique presentation is being used, including a trip to the AAA Indoor Championships at Cosford, use of the Sales Department and of the Clinic's own Advice Bureau. A versatile, ambitious, interest-packed programme has been arranged and in addition the world's greatest athletics films will be screened. The facilities of the Afan Lido will also be at the disposal of the athletes. For further details write to Peter Lay, AAA National Coach, 47 Cathedral Road, Cardiff CF1 9UH.

Barry Trophy Meeting, August 12th. The day's top performance came from John Elias who bettered his own mark of 23'8½" which is awaiting ratification as an AAA under 19's record in taking the long jump with 23'9". This latter mark will not be forwarded for ratification as insufficient graded officials were present for record purposes. Other top performances came from Gwynne Griffiths and Alan Bergiers both of whom set personal bests, in the 440 and high jump respectively. **1, Carmarthen 142; 2, Swansea 126; 3, Newport 91; 4, Roath 89; 5, Barry 68; 6, Bargoed 58.** 100: T. Davies (C) 10.0. 220: N. Williams (C) 22.7. 440: G. Griffiths (C) 48.2. 880/3m: F. Bell (C) 1:56.5/14:30.0. 3000mSC: R. Jones (N-Jnr) 10:08.6. HJ: 1, A. Bergiers (C) 6'1"; 2, P. Lance (N-Jnr) 6'1". LJ: 1, J. Elias (S) 23'9"; 2, Davies 22'11"; 3, K. Lowe (R-Jnr) 21'5½"; 4, Lance 21'2". TJ: G. Webb (N) 45'0¼". SP: B. Penny (S) 42'3". (Yths) TJ: K. Bracewell (S) 40'11¼".

Gilwern "7" at Gilwern, September 2nd. 1, D. Francis (West) 34.43; 2, P. Lonnen (Bris) 35.04; 3, A. Reid (West) 35.34; 4, R. Mack (Birchf) 36.02; 5, P. Crowe (Worc. "B") 36.22; 6, D. Walker (Worc) 36.40; 7, A. Aylett (Gil) 36.51; 8, M. Chandler (West) 37.00; 9, D. Cooper (Worc) 37.05; 10, K. Dunsford (West) 37.07; 11, W. Bradley (Gil) 37.25; 12, P. Chivers (West) 37.26; 13, A. Jenkins (Worc) 37.29; 14, K. Flowers (Gil) 37.41; 15, G. Morgan (Gil) 37.44. 53 finished. Teams: 1, Westbury 18; 2, Worcester 25; 3, Gilwern 29; 4, Bristol 36; 5, Birchfield 38; 6, Westbury "B" 63; 7, Newport 76; 8, Neath 83. (Youths 3½M) 1, D. Burborough (West) 17.39; 2, M. Rideout (Bris) 17.52; 3, J. Boulter (B'ton) 18.11; 4, C. Mattock (Bris. "B") 18.23; 5, A. Lewis (Worc) 18.30; 6, D. Pulawski (West) 18.30; 7, A. Carlick (Troed. BC) 18.31; 8, R. Sercombe (Newp) 18.35; 9, A. Shutt (Broms) 18.40; 10, R. Edwards (Broms) 18.52. Teams: 1, Westbury 20; 2, Bromsgrove 28; 3, Bristol 32; 4, Swansea 47; 5, Troedyrhiw BC 50; 6, Bristol "B" 54; 7, Worcester 65; 8, Gilwern 70. (Boys 1½M) 1, C. Williams (B'end) 9.28; 2, P. Gardner (B'end) 9.40; 3, R. Davies (TBC) 9.48; 4, P. Ford (West) 9.49; 5, P. Griffiths (B'end) 9.50.

At Maindy, September 4th. 3M: 1, B. Hayward (Birchg-Jnr) 14:26.2; 2, P. Darney (Birchg) 14:26.6.

At Maindy, September 9th. Women's Pen: 1, B. Gill (Swindon) 3897 (12.4, 16'5", 41'3¼", 4'9", 28.9); 2, B. Farah (Roath) 3320; 3, P. Galpin (Birchg-Int) 3085; 4, A. Jenkins (Ro-Jnr) 2176.

Roath "16½", September 9th. John Tarrant recorded his sixth win in eight outings (being second and third on the other occasions). Dai Davies said afterwards that he and Paul Darney dropped John at eleven miles and thought they had seen the last of him. "However, by 12 John was with us again and at thirteen, on a downhill stretch, he completely shattered us with the most fantastic burst I've seen for quite a while". 1, J. Tarrant (Salford) 1:31.37; 2, P. Darney (Birchg) 1:32.31; 3, D. Davies (TVH) 1:33.15; 4, J. Bisgrove (Birchg) 1:36.50; 5, J. O'Brien (Pt. Talb) 1:39.23; 6, D. Davies (Chelt) 1:39.40; 7, B. Adamson (Bridgend) 1:45.30; 8, J. Walsh (Ro) 1:45.40; 9, W. Pryce (Ro) 1:49.05; 10, D. Reynolds (Ro) 1:54.49. Teams: 1, Roath 27; 2, Port Talbot 30; 3, Newport 41.

(Contributors include Clive Williams and M. Beames)



Dai Francis winning the Gilwern 7 Miles Road Race.
Gordon Roberts

Jim Ryun's High School Career

IN 1959 Archie San Romani, Jr. ran the Compton Mile in 4:08.9 to finish fourth. The place wasn't significant; the time was. It made Archie the first American schoolboy to break 4:10.0. Five years later, in the same race, Archie, now a nationally renowned miler, toed the mark against a crack field that included another prodigy from his *alma mater* (Wichita East H. S.)—a 17-year-old named Jim Ryun. Again the race made history. Every one of the eight entries broke the 4-minute mark, with Ryun becoming the first schoolboy in history to achieve this feat; his time—3:59.0.

I've been invited to detail the training techniques that led to Jim Ryun's remarkable achievement. Before expounding them, however, it might be appropriate to explain our basic philosophy, since this directly influences the training methods.

At East High, we spend a lot of time on the psychological aspects of competition. The establishment of goals is considered basic to achievement. We feel that goals give all activities and projects, let alone sports, purpose and direction.

For years, coaches placed limits on human achievement in track and field: the 4-minute mile, the 7-foot high jump, the 60-foot shot put, etc. These were barriers. But once Roger Bannister broke the mile barrier, all the others came tumbling down after it. Today, we no longer wonder if a certain time, height, or distance will be achieved, we merely wonder when.

Every East H. S. athlete is required to select his own practice, meet, season, and career goals. The goals are based on his ability level

—difficult to achieve, but within reach. Upon achieving one goal, he establishes a new one, and thus moves up the performance ladder. Each meet has its own goal. At a squad meeting the day before competition, every athlete is asked to commit himself to a goal. We feel they're inspired by hearing each other state his objective. We strive to have the individual accomplish his season goal in the state meet. This means that we don't permit any "pointing" until the state meet. At the same time, we never ease up on our workouts before any of the regular meets.

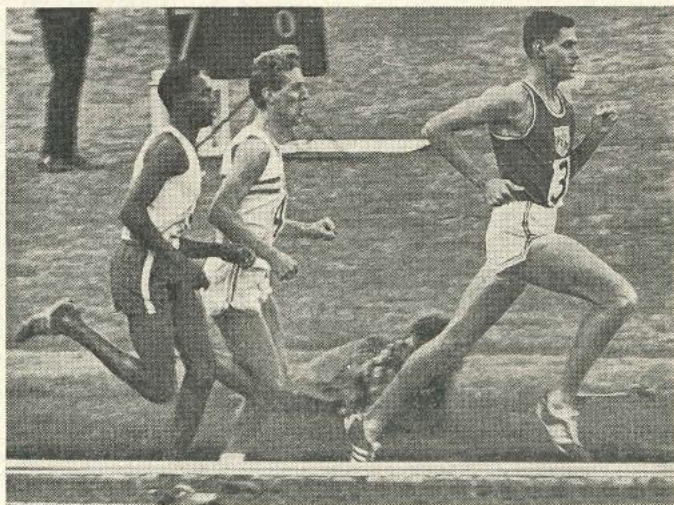
By BOB TIMMONS

Our boys work just as hard the day before a meet as any other time. Nothing is permitted to hinder their progress toward their goals. To us, an early season loss isn't of great concern so long as the effort is good. Neither is winning good enough unless the performance is the best possible under the circumstances.

This is a difficult philosophy to sell, as every boy likes to achieve his best performance each time out. Though "pointing" will generally permit a boy to post his best marks from week to week, we feel that if he works straight through in order to achieve his goal, he'll be much better by state-meet time.

If a boy has to lose, it's better to do it during the season, as this gives him a chance to establish the background needed for winning the state championship. The possibility of immediate and temporary glory is sacrificed for the fulfillment of the distant future. Please

Jim Ryun leads John Whetton and Kip Keino in the recent "Emsley Carr" mile.



understand we aren't justifying losing, but it's sometimes better to take a few losses along the way than to forfeit the end accomplishment.

Anyone can start a quarter, half, mile, or two mile; but it takes a competitor to finish a race with courage and determination. What difference does it make if a boy loses, as long as he continues working and improving and finally reaching a higher level of performance than his opponents? By the same token, what difference does it make if he wins early-season races on mediocre performances? He's merely settling for the insignificant rather than striving for something really worthwhile in the future. It took several years to sell this approach, and we feel that our boys finally "bought" it.

Jim Ryun started running at the age of 15 at Curtis Junior H. S. Since he didn't have sprint speed, he attempted to run the 440. But he wasn't able to run fast enough to qualify for the team, his best time being only 58.5. As this is the longest race anyone is permitted to run in Wichita junior high schools, there was no opportunity to introduce Jim to distance running.

Since Jim hadn't achieved success in junior high school, he decided to forego track in high school. This was his feeling when he enrolled at East. Fortunately, East has a sophomore orientation assembly at the beginning of the school year. During this assembly, our school rules, academic expectations, and extra-curricular activities are discussed in detail, and the youngsters are told a little about the ten interscholastic sports available to them. The boys are encouraged to stay after dismissal to hear more about the two autumn sports—football and cross-country. Out of curiosity, 16-year-old, 6'1", 150lb Jim Ryun stayed on. The upshot was that he decided to give cross-country a try.

Since East has more than 100 boys participating in cross-country every year, it's sometimes difficult to become acquainted with each of them during the early weeks. This was the case with Jim Ryun. He performed well for a sophomore, but no more so than many other sophs had done in years past. So we really didn't take any special notice of him in the beginning.

On Sept. 7, 1962, we ran a postal mile against Southwest High of Minneapolis, Minn., and in that race Jim, running his first mile, tied for 14th on our squad with a 5:38.0.

On Sept. 12 in our inter-class two-mile cross-country meet, Jim placed 12th with a time of 12:21. Two days later we had "A", "B" and "C" competition in our initial meet, a large invitational affair. Jim, a member of our "B" team, placed 4th in our group with a 12:11 on a flat cross-country course. Three days later, we ran a postal two-mile race on our track, with Jim placing 10th with 11:51 for his first two-mile clocking.

The first indication that Jim had potential

was his performance in the Shawnee-Mission Invitational on Oct. 5, 1962. Jim finished first in a 90-man "B" field, even though his time of 11:29.1 was more than a minute slower than the winner of the "A" race.

On Oct. 13, our cross-country squad ran a 13-mile race from Augusta to Wichita. Jim ran only two miles, running the least amount of anyone on our squad. Six days later in the City League Meet, Ryun placed 5th. In the Regional Meet, Jim ran 5th with a time of 10:17.0; and a week later in the State Meet he finished 6th to help Wichita East win the state championship.

On occasion (generally on Monday) during the autumn and late spring, we would run two-mile races on the track. Jim had a best clocking of 10:20.6 in the autumn of 1962 and in his first spring race on April 29 ran 9:44.3. A week later, he ran 9:20.7. He didn't run another two-mile until Aug. 2 when he did 9:28.6 in an invitational two-mile. Five days later he ran 9:13.8 in the Wichita Track Club's Invitational Two-Mile—a national all-time best for a schoolboy.

"Average ambitions and no strong goals"

During the winter of his soph year, Jim did very little running. We always try to encourage our boys to run, but Jim wasn't interested enough to devote much time to training that first winter. He had no more than average ambition and no strong goals. This was due partly to a state rule which confines each sport to a specific period. Though youngsters may train on their own, it's illegal for a coach to work directly with them during the off-season.

We held our first inter-squad clocking for the mile on Feb. 28, with Jim doing 4:48.0. On Mar. 21, Jim ran his first mile in competition (South Invitational), placing 2nd in 4:32.4 to the state champion, Charles Harper of Wichita North.

The following week, in the East Invitational, Jim gained his first victory, running 4:26.4 and defeating Harper. This time was significant to us, as it set a new soph record. In 1957, Archie San Romani, Jr. had run a 4:26.5 to establish a national high school record for sophomores. Since Archie had run his 4:26.5 at the end of his soph year and had always received marvellous inspiration from his father, a 1936 Olympian, I now felt that Jim—who, despite the lack of any outside influence or any unusual success to inspire him, had come so fast after only six months of training—might have the potential to become a 4-minute miler.

After Jim's performance in his second mile race, I called him aside and told him that I felt he could become the first 4-minute miler in high school history. The following week, he ran 4:21.7. That was the clincher, I now felt that it was important to lay out this great project not only for Jim but to the entire squad as well. From that time on, we openly

talked about Jim breaking the 4-minute mile.

On May 3, Jim ran 4:16.2 in our City League Meet; and two weeks later he duplicated this time in the Kansas State Meet for a new state record. The following week, Jim went up against college competition for the first time in the Missouri Valley AAU. He ran second to Cal Elmore of Wichita U., his 4:08.2 breaking Archie San Romani's school record of 4:08.9. An hour and 45 minutes later, Jim came back to run the fastest half-mile in state high school history—1:54.5. Two weeks later, Jim ran a 4:07.8 mile in the National Federation Meet in Houston, Tex.

First half-mile—2:22.0

It's interesting to study Jim's argosy in the half-mile. He ran his first 880 in a physical efficiency testing programme in September, 1962. It has always been our policy to encourage boys who run 2:40 or faster to come out for cross-country. Jim's time was 2:22.

His first half-mile in a meet was as anchor man on our two-mile team in the Kansas Relays. He ran 1:55.7. On May 1, 1963 Jim ran a 1:57.0 under very adverse wind conditions in the Wichita Heights Sophomore Meet. This was the only half-mile Jim was to run against high school competition as a sophomore. The week following the Missouri Valley AAU meet that summer (in which Jim doubled back with a 1:54.5), he ran a single 880 in 1:53.6 in the Area Federation Meet.

We're now ready to delve into Ryun's training programme during his big junior year (1963-64). As in many schools, most of our training sessions are based on repeat interval drills. Practice goals are developed not on the basis of a single time trial but by averaging the times of a specific number of repetitions. This, we believe, offers a more realistic approach, as many athletes will exert a good effort on a single trial but have a tendency to

loaf or merely go through the motions in their workouts.

Since no two boys have the same physical, psychological, and ability characteristics, I feel that no coach can predetermine his athletes' potential. For this reason we don't indicate the rate of speed at which we want a runner to practise; the individual establishes this himself by averaging his times for a specified number of drills. The athlete is encouraged to do his best to improve on that average. Every time he attempts to better his previous best average for that drill. We've developed a scoring system for our repeat interval training that encourages every boy to do his best.

Ryun's warm-up drill is the same for both practice and meets. He strides an easy mile, does 20 minutes of calisthenics, and follows with wind sprints on the grass (4 x 120 and 4 x 60).

The warm-down drill at the end of practice depends on the preceding drills. We have a policy that if the shortest distance run is a 440 or more, wind sprints will be included at the end. Under those conditions, a typical warm down would be one mile of easy striding, 4 to 8 x 120, plus 4 to 8 x 60, followed by one to two miles of easy striding.

Our Weight-Training programme is performed with home-made weights. The barbells weigh either 33 or 50 lbs., while the dumbbells weigh 30 lbs. Our runners have the following drills:

Barbells (33 or 50 lbs.), 2 sets of 20 repetitions: tricep curls, military press, upright rowing, bent rowing, bicep curls, half squats, toe raises and, pullovers.

Dumbbells (30 lbs.), 3 to 4 sets of repetitions: squat jumps, cable drills (shock cord), simulated running drills (arms and legs).

Almost every night during the autumn, we end practice in the swimming pool with three or four flutter-kick drills on a two-minute

CROSS COUNTRY SHOES :: all those listed below are available from stock

SEND NOW!! to—

STAN ELDON SPORTS LIMITED

RIPPLES—NEW "Reversed" leather with a NEW sole with "V" shape for better grip.
Blue with White trim - - - - - 67/6d.

STUDS—NEW "Reversed" leather with multi-studded sole, lightweight. Blue with
White trim - - - - - 67/6d.

LAWRENCE RIPPLES—New!! Lightweight ripples. White with Blue trim 69/11d.

LAWRENCE STUDS—Black with White trim, multi-studded sole - 55/0d.

WALSH RIPPLES—Kangaroo uppers with new sole. Super lightweight - 79/6d.

Also Cross Country vests with short or long sleeves, all colours from 15/0d. (34")

Tiger "CUB" shoes—29/6d., Tiger "TOKYO" . . . OFFER . . . NOW—67/0d.

Send for all the above and for our NEW full list of TRACKSUITS to

STAN ELDON SPORTS LIMITED

(Mail Order Department),

25 PROSPECT STREET, CAVERSHAM, BERKS. Telephone: READING 73588

interval. These drills have greatly helped to prevent or eliminate shin splints. We've had as many as 100 boys in this massive "whirl-pool drill" at one time.

A typical week's Winter training

Here is a typical week of mid-cross country season training undertaken by Jim Ryun in October 1963:—

Sat., Oct. 5: (am) 16 miles over hills and rough terrain in 98 min; kicking in pool.

Sun., Oct. 6: (pm) 5 miles in park.

Mon., Oct. 7: (am) 3 miles stride; (pm) track session—warm up; jog mile; calisthenics; wind sprints, 4x120 & 4x60; mile in 4:23; calisthenics; 3x880 (2:45) with 5 min. interval; cables; 4x440 (69) with 3 min. interval; warm down; weights; kicking in pool.

Tues., Oct. 8: (am) 4 miles stride; (pm) park session—warm up; 6x1500 up and down hill (3 at 4:59, 3 at 5:04) with 8 min. interval; 6x880 (3 at 2:53, 3 at 2:45); warm down; kicking in pool.

Wed., Oct. 9: (am) 4 miles stride; (pm) track session—warm up; 8x440 (71) with 3 min. interval; jog mile; 8x440 (70) with 3 min. interval; jog mile; 8x440 (70) with 3 min. interval; jog mile; 8x440 (68) with 3 min. interval; jog mile; weights; kicking in pool.

Thurs., Oct. 10: (am) 3 miles stride; (pm) track session—warm up; 10x220 (30) with 2½ min. interval; calisthenics; 10x220 (30) with 2½ min. interval; cables; 10x220 (33) with 2½ min. interval; warm down; kicking in pool.

Fri., Oct. 11: (pm) 2 miles cross-country race in 9:55.7 (hilly course).

After Jim's performance in open competition during the spring of his soph year, he began to realize that he had talent and that he should do everything possible to develop it.

As stated earlier, Kansas high schools aren't permitted to have any organized training between the state cross-country meet and the start of spring track in the third week of February. No coach is permitted to be with his boys at a workout. This discourages many of them from training, as a boy needs the direct encouragement of a coach. Adding to Jim's problems was the weather. Wherever there are extremes in weather conditions, winter training is difficult even for the most experienced veteran. Jim got along well except for periodic discouragement and depression, and occasional colds. From the beginning of cross-country in his junior year until after the Olympics in Tokyo, he trained twice a day.

Following is a typical training week that Ryun observed during February of 1964:

Mon., Feb. 20: (am) 5 miles stride; (pm) track session—20x440 with 3½ min. interval; 4½ miles stride on golf course.

Tues., Feb. 21: (am) 5 miles stride; (pm) hill work.

Weds., Feb. 22: (am) 5 miles stride; (pm) 5x2 miles on golf course.

Thurs., Feb. 23: (am) 5 miles stride; (pm) track session—10x880 with 440 jog between; jog on golf course.

Fri., Feb. 24: (am) 5 miles; (pm) "running golf", 36 holes.

Sat., Feb. 25: (am) 6 miles; (pm) 10 miles on golf course.

Sun., Feb. 26: (pm) 16 miles on road.

Because of his diligent efforts during the winter, Jim reported to spring track in excellent condition. Unfortunately, he caught a cold and developed an inflamed throat which grew worse as the competitive season approached. When polyps developed in his throat he had to quit training for two weeks and missed the first meet. It was most disappointing for Jim. And to make matters worse, he was told that he might need surgery which would prevent him from training for a month. Fortunately, his throat cleared up and he ran in the second meet.

A typical week's Summer training

Following is one of Ryun's typical workout schedules for a mid-season week during the spring of 1964:—

Sun., March 29: (pm) 10 miles on road in 65 min.

Mon., March 30: (am) 5 miles in 32 min; (pm) calisthenics; 2 miles in 9:55; calisthenics; 2x1 mile (5:19, 5:10) with 8 min. interval; weights; 3x880 (2:35, 2:28, 2:24) with 6 min. interval; weights; 6x440 (65) with 3 min. interval; weights; 4 miles.

Tues., March 31: (am) 6 miles; (pm) calisthenics; 6x440 (64) with 3 min. interval; ¼ mile stride; 10x140 (18.0) with 2 min. interval; weights; 5x3 min. drill with 6 min. interval; 5x220 (31) with 2½ min. interval; warm down.

Weds., Apr. 1: (am) 3 miles stride; (pm) calisthenics; 20x440 (71) with 3 min. interval; weights; 10x440 (69) with 3 min. interval; weights; 10x440 (67) with 3 min. interval.

Thurs., Apr. 2: (am) 4 miles stride; (pm) calisthenics; mile; 6x880 (2:52) with 6 min. interval; calisthenics; 6x880 (2:53) with 6 min. interval; calisthenics; 6x880 (2:44) with 6 min. interval; warm down.

Fri., Apr. 3: (am) 4 miles stride; (pm) calisthenics; mile—10 min.—¾ mile—10 min.—880—10 min.—660—10 min.—440—10 min.—3 miles; warm down; weights.

Sat., Apr. 4: (pm) mile race in 4:33.2 (60.2 last lap) on flooded track and in downpour—the slowest competitive mile of his career.

Here are details of Jim Ryun's training during the two weeks culminating in his first four-minute mile in 1964:—

Fri., May 22: rest.

Sat., May 23: mile race in 4:01.7, a national high school record. Goal was 4:04.0.

Sun., May 24: 6 miles hill run.

Mon., May 25: (am) 5 miles in park; (pm) jog 880; calisthenics; jog mile; wind sprints (4x120, 4x60); 2 miles in 9:30.

Tues., May 26: (am) 2 miles stride; mile fartlek; 2 miles stride; (pm) jog 880; calisthenics; jog mile; wind sprints (4x120, 4x160); 880 in 2:01; mile stride; 8x140 on grass; 880 in 1:59; 10x100; mile stride.

Weds., May 27: (am) 4 miles stride; (pm) 11 miles on road and in park (had planned 24x440 but track flooded).

Thurs., May 28: (am) 5 miles; (pm) jog 880; calisthenics; jog mile; wind sprints (4x120, 4x60); 8x440 (56.7) with 3 min. interval; warm down.

Fri., May 29: (am) 6 miles in park; (pm) jog 880; calisthenics; jog mile; wind sprints (4x120, 4x60); 1x220, 2x330, 1x880, 3x440, 2x330, 1x220; warm down.

Sat., May 30: (pm) had planned 4 miles fartlek & 3 miles stride but was sick (cold).

Sun., May 31: Sick.

Mon., June 1: (am) 6 miles in 40 min; (pm) jog 880; calisthenics; jog mile; wind sprints (4x120, 4x60); 3x880 (2:02.0, 1:58.5, 1:58.0) with 660 jog (6 min) interval; warm down.

Tues., June 2: (am) 6 miles; (pm) jog 880; calisthenics; jog mile; wind sprints (4x120, 4x60); 4x440 (55) with 3 min. interval; warm down.

Weds., June 3: (pm) easy mile in park.

Thurs., June 4: rest.

Fri., June 5: mile race in 3:59.0; goal was 3:59.

It has been a genuine pleasure to have been Jim's coach, because he has many wonderful qualities besides running talent. He is quiet, unassuming, extremely humble, and devoutly religious. He has some weaknesses, of course. Like many tall teen-agers, he's awkward and lacks strength. But this will be overcome with agility drills, weight training, and maturity. He has run the two mile rather well, but his mental approach to distance beyond the mile isn't what it should be; he lacks confidence.

In most of his high school races, Jim has been a front runner, running split goals for every 110 yards. In competition against outstanding collegians and post-graduates, Jim has been content to be a follower—trying to maintain contact with likely winner. While this tactic cannot be criticised at this stage in his career, he must, if he's ever to become No. 1 in the world, be willing to take over and control the race.

Jim is just on the threshold of greatness. He should become a monumentally great middle-distance runner. He has the attributes of a champion—ability, willingness to work, competitive spirit, and pride. As long as he has reasonable and inspirational goals, and retains his eagerness for achievement, he should become one of the world's all-time greats.

(This account of Jim Ryun and his training while in high school has been adapted from two articles by Bob Timmons which appeared in "Scholastic Coach" in March/April, 1965.)

JIM RYUN'S RACES AS A SCHOOLBOY (Born Wichita, 29.4.47)

Jim Ryun's original targets for 1963 were 52.0 for 440, 2:00 for 880, 4:20 for the mile and 10:00 for 2M, but these were later revised to 49.0, 1:54, 4:10 and 9:15. Here is a complete record of his track races as a sophomore (1962/3) during which year he was 6'1" tall and weighed 150lb. * indicates time trial or postal meet.

1962

September: 7th—5:38.0* mile (intermediate times of 1:26, 2:55, 4:04). 11th—2:22.0* 880. 17th—11:51.0* 2M (2:52, 5:58, 9:05).

October: 1st—11:05.0* 2M. 8th—10:36.0* 2M (2:34, 5:15, 8:00). 15th—10:28.0* 2M (2:26, 5:05, 7:48). 19th—10:25.0* 2M. 22nd—10:20.6* 2M (2:29, 5:05, 7:45). 31st—2:03.1* 880 & 4:59.0* mile.

1963

February: 28th—4:48.0* mile.

March: 11th—4:49.5* mile. 12th—2:17.0* 880. 18th—4:45.0* mile. 19th—2:12.0* 880. 21st—4:32.4 mile (62.1, 2:16.1, 3:27.2). 29th—4:26.4 mile (64.8, 2:13.5, 3:23.1).

April: 6th—4:21.7 mile (63.7, 2:12.0, 3:21.0). 8th—2:03.0* 880. 12th—4:22.1 mile (63.7, 2:10.9, 3:19.5). 14th—2:00.5* 880 (30.0, 61.0, 1:32.0). 19th—4:21.3 mile (63.8, 2:10.4, 3:19.7). 20th—1:55.7 880 relay (26.0, 55.6, 1:29.9). 24th—4:19.7 mile (60.9, 2:08.8, 3:14.9). 29th—9:44.3* 2M.

May: 1st—1:57.0 880 (28.1, 57.1, 1:27.3). 3rd—4:16.2 mile (60.7, 2:05.9, 3:12.7). 6th—9:20.7* 2M (2:23.5, 4:44.3, 7:06.1). 10th—4:20.0 mile (62.5, 2:10.2, 3:18.0). 18th—4:16.2 mile (62.5, 2:10.7, 3:16.5). 25th—1:54.5 880 (27.0, 55.2, 1:24.0), followed 1½ hours later by 4:08.2 mile (60.4, 2:04.3, 3:07.7) (world best by 16-year-old).

June: 1st—1:53.6 880 (27.5, 56.0, 1:24.7) (world best by 16-year-old). 8th—4:07.8 mile (60.8, 2:04.3, 3:07.5) (world best by 16-year-old).

July: 21st—14:53.2 3M (5:01.0, 10:07.0; 61.2 last lap).

August: 2nd—9:28.6 2M (2:23.6, 4:46.5, 7:14.1). 7th—9:13.8 2M (2:16.8, 4:34.8, 6:56.2).

During his junior year in high school (1963/4) Jim Ryun was 6'2" and 150lb. His targets were 49.0 for 440, 1:50 for 880, 4:02 for the mile and 9:00 for 2M. Here is a complete list of his track races:

1963

September: 3rd—2:05.0* 880. 6th—4:37.6* mile (68.0, 2:21.0, 3:31.0). 30th—9:41.7* 2M (2:24.5, 4:53.0, 7:22.0).

October: 14th—9:38.0* 2M (2:23.0, 4:53.0, 7:24.0). 21st—9:43.7* 2M (2:18.7, 4:37.5, 6:58.2). 25th—9:22.1* 2M. 28th—9:24.5* 2M (2:18.6, 4:42.0, 7:09.5).

November: 4th—9:11.5* 2M (2:18.0, 4:39.0, 7:01.0).

continued on page 24

ROAD RACES

WOODFORD-SOUTHEND "36½"

September 9th

TWENTY-SEVEN starters lined up at Woodford at 9.30 in usual September morning conditions, very misty, foggy and fairly chilly. The pacesetters established themselves early on and at five miles Brandon, Johnson, Bentley and Funnell were ahead in a bunch. By "10" miles the hills and the increasing heat, coming after the fog and mist, began to sort things out, the leaders having established a 1½ minute lead over the field.

At 15 miles the group of four were still in front although the actual group leader constantly changed. Just after this point, however, one potential winner, Russell Brandon, was forced to retire through blisters incurred the previous week in the SLH "30". His two very young twin daughters were glad to get their dad to join them in a friendly supporter's car.

All this time John Offley had been gradually forcing his way forward but ominously hovering in the background was that seasoned campaigner Eddie Elderfield. At 20 miles the three leaders were being closed on by Offley, Nolan and Matson. By "25", just before the dreaded Rayleigh Cutting climb, Offley had moved up to third, Elderfield to fourth with Johnson leading the field but feeling rather tired. Offley then forced the pace up the Cutting and went into the lead at 30 miles, for which stratagem he paid as did John Tarrant last year. Elderfield was only about 400 yards behind Offley at this point and by "35" he was five minutes ahead, running in a clear winner from a rejuvenated Johnson.

1, E. Elderfield (TVH)	4:01.32
2, G. Johnson (Tipton)	4:06.49
3, D. Funnell (Sutton & C)	4:10.04

4, J. Offley (TVH) 4:11.29; 5, F. Byrne (Camb. H) 4:13.15; 6, C. Hunt (W'ton) 4:14.36; 7, A. Matson (Edinburgh) 4:18.54; 8, R. Meadowcroft (Bury) 4:24.02; 9, J. Lees (W'ton) 4:29.29; 10, D. Smith (Kett) 4:29.41; 11, G. Bentley (Tip) 4:29.51; 12, A. Fern (Tip) 4:31.35; 13, R. Reynolds (TVH) 4:33.32; 14, D. Cooper (H'church) 4:44.56; 15, R. Johnston (TVH) 4:54.13.

Teams: 1, TVH 18; 2, Tipton 25.

First Veteran: (unplaced) 15, Johnston.

LANCS RED ROSE "20"

At Morecambe, September 9th

After five miles (25.30) Walsam, Hardicker (M/r DLC), Leigh and Hopkinson led their nearest rivals by 52 seconds. By the time the halfway stage had been reached (52.19) Hardicker had fallen some thirty seconds behind and he was forced to drop out soon after 15 miles at which point Cyril Leigh had opened an 18 second advantage over Hopkinson. Over the final "5" Hopkinson closed up this gap and he finally ran out the winner by 72 seconds.

1. D. Hopkinson (Clayton)	1:46.50
2. C. Leigh (Salford)	1:48.02
3. A. Walsham (Salford)	1:48.39
4. R. Lewney (Barrow) 1:49.25; 5. R. Halliday (Wake) 1:49.29; 6. E. Haslam (Bolt) 1:51.12; 7. F. Howson (Barr) 1:51.24; 8. S. Quennell (Warr) 1:52.26; 9. P. Kilbey (MAC) 1:53.59; 10. B. Woolford (Wallasey) 1:54.21; 11. J. Balmer (Sefton) 1:54.29; 12. G. Wyatt (Bolt) 1:54.36; 13. M. Stam (W'loo) 1:57.00; 14. J. Rowe (S. Hth) 1:57.11; 15. P. Smith (S. Hth) 1:57.11; 16. W. Boland (Bury) 1:58.40; 17. W. Ratcliffe (Warr) 2:00.00; 18. N. Jones (Warr) 2:01.29; 19. H. Quigley (S. Hth) 2:01.36; 20. M. Johnston (Pemb) 2:02.01. 36 finished.	

Teams: 1, Barrow 38; 2, Warrington 43; 3, Bolton United 44; 4, Small Heath 48; 5, Sefton 56; 6, MAC 77.



Dave Adams (Herne Hill) No. 1, the eventual winner of the Gtr. London 2000m. Steeplechase Championship in a new Championship best of 5min. 51.2sec., leads M. Coleman (Harlow) and J. Dear (Belgrave) at the first water jump.

Ron Linstead

LEICESTER SPORTS CENTRE 5x4 MILES

At Saffron Lane, September 9th

1, Coventry Godiva (P. Lancaster 18.33, A. Dowall 19.26, R. Godfrey 19.05, J. Taylor 18.39, R. Taylor 18.00) 93.43.

2, Derby & County (P. Calladine 18.52, D. Eccles 19.07, E. Guilford 19.32, J. Eley 19.26, M. Bullivant 19.00) 95.57.

3, AEI Rugby (T. Smith 19.28, P. Lynch 19.08, B. Forey 20.26, S. Lynch 19.43, T. Thomas 19.21) 98.06.

4, Notts AC 98.49; 5, LCAT 98.55; 6, Derby "B" 101.47; 7, Coventry "B" 102.42; 8, Kettering 103.03; 9, LCAT "B" 105.07; 10, Derby "C" 105.43. 17 teams finished.

Fastest times: R. Taylor 18.00, Lancaster 18.33, J. Taylor 18.39, K. Lee (Notts AC) 18.52, Calladine 18.52, Bullivant 19.00.

SALISBURY "ROUND THE HOUSES"

ROAD RACE

At Salisbury, September 9th

1. L. Presland (Surrey AC) (rec) 23.17
2. J. Cooke (Portsmouth) 23.29
3. D. Francis (Westbury) 23.42
4. R. Ingleton (Ports) 23.53; 5, P. Lonnen (Bris) 23.56; 6, A. Benn (Bris) 24.05; 7, P. Wood (Cheshire Regt) 24.09; 8, R. Matthews (B'mth) 24.11; 9, G. Gough (Ports) 24.18; 10, B. Watson (B'mth) 24.20; 11, G. Hebburn (Weymouth) 24.21; 12, R. Meadows (Ports) 24.25; 13, B. Bacon (Read) 24.28; 14, K. Darlow (Read) 24.36; 15, G. Blackburn (West) 24.38.

16, D. Dipper (Read) 24.42; 17, M. Chandler (West) 24.44; 18, D. Stevens (Read) 24.46; 19, R. Proffitt (Dev) 24.50; 20, J. Edwards (Bris) 24.53; 21, J. Townsend (Swin) 25.01; 22, A. Weatherill (Ports) 25.09; 23, R. Holman (B'mth) 25.13; 24, J. Smith (Dev) 25.15; 25, A. Williams (Bris) 25.18; 26, K. Dunsford (West) 25.20; 27, R. Fulford (So'ton) 25.22; 28, R. Bates (Bris) 25.25; 29, R. Churcher (E'leigh) 25.27; 30, B. Popel (West) 25.29.

Teams: 1, Portsmouth 18; 2, Bristol 46; 3, Reading 49; 4, Bournemouth 59; 5, Westbury 75; 6, Devonport 113; 7, Weymouth St. Pauls 132; 8, Bristol "B" 153; 9, Salisbury 190; 10, Portsmouth "B" 198; 11, Eastleigh 228; 12, Swindon 230.

Young Athletes 3½M.

1. M. Rideout (Bristol) 19.02
2. D. Burborough (Westbury) 19.06
3. P. Banning (Andover) 19.21
4. P. Standing (B'ton) 19.27; 5, S. McHale (Glos) 19.37; 6, P. Richards (B'mth) 19.40; 7, C. Mattock (Bris) 19.43; 8, R. Brown (B'mth) 19.48; 9, P. Hart (And) 20.16; 10, P. Haugh (Salis) 20.22; 11, I. Oldacre (And) 20.26; 12, P. Mulreid (West) 20.28; 13, C. Malone (West) 20.31; 14, P. Craig (Bris) 20.36; 15, K. Harrington (Ports) 20.41.

Teams: 1, Andover 19; 2, Bristol 19; 3, Westbury 23; 4, Brighton & Hove 43; 5, Gloucester 46; 6, Glos "B" 60; 7, Reading 76; 8, Eastleigh 97.

Great Reductions in End of Season Sale

To make way for our Winter Stocks we offer £1 off the following:—

Adidas "Tokyo"—the finest and lightest of all track shoes. Blue suede finish kangaroo, white trim, four granite hard interchangeable steel spikes, £7.8.3. Sizes 6, 7½, 8 only.
Adidas "Meteor" Another high class shoe, white kangaroo, black trim, four interchangeable spikes £6.8.9. Sizes 4½, 5, 7, 7½, 8½, 10½ only.

15/- off these shoes:—

Kingswell "Lightning". Blue suede kangaroo with white trim. Nylon soles, screw-in spikes. Super light shoe 99/6. Sizes 4 to 10½ except 5, 5½ or 8.

Gola "244". White kangaroo with black trim. Nylon sole with four slim screw-in spikes. 69/6. Sizes 6½, 8½, 9, 9½, 10, 10½ only.

OTHER BROKEN RANGES

Sprinta, super track shoe in white kangaroo, superseded by "Lightning." Sizes 7 7½, 8, 8½, 9 only. Were 95/-, to clear 59/6.

Gola "242", 6½ only (57/6) 47/6.

Kingswell "Hi-flit" jumping shoe, one size 8 only. To clear 59/11.

Reebok spikes, 3, were 42/6, 27/6.

Pocock spikes, 3½, 9½, were 32/6, 20/-.

Reebok c.c. studs, 11, were 69/11, 49/11.

Lawrence ripples, 11, were 65/-, 45/-.

SPECIAL ROAD SHOES

The best road shoes obtainable anywhere. Lightweight racing shoe in white kangaroo with the finest 10mm. hard-wearing micro. sole, 65/-. Racing/training shoe in good black crome uppers and now fitted with similar superb micro. sole, but 12mm., 59/6.

TRAINING SHOES

Adidas "Rom" with arch support and toe protection. 79/9.

Gola "367" White hide with green trim. Cushion wedge heel. Padded tongue and insole. Durable and flexible non-slip soles. 4-5½ 49/6, 6-11 57/6.

Adidas "Gym" White with black trim. Wedge heel. White micro, sole, 45/-.

And a new road or training shoe made in Czechoslovakia, which is wonderful value for money. White with red trim, wedge heel, cushion insole, toe guard, hard wearing gristle sole, very comfortable and supple. Free duffle type bag with every pair. 59/11

Most parcels now cost 4s. 6d. to send. Please include part postage: Track Suits 2/3, Road Ripple & C.C. Shoes 2/3, Track Shoes 1/6, Bags & Holdalls 1/6, Stop-watches 9d., Shorts, Vests, Tights 6d.

THE SPORTS CENTRE

8 MEDWAY ST., CHATHAM, KENT
Telephone: Medway 47055

TIPTON "12"

September 9th

1, K. Angus (Sheff. Utd H) 61.06
2, E. Austin (Worcester YMCA) 61.11
3, J. Edwards (Tipton) 61.21
4, H. Leeming (Dby) 61.35; 5, A. Richards (Tip) 62.09; 6, J. Wright (Tip) 62.48; 7, C. Kirkham (Unat) 62.58; 8, R. Mack (Birchf) 63.07; 9, L. Cook (Wolv) 63.12; 10, A. Jenkins (Worc) 63.52; 11, J. Orton (Birchf) 63.57; 12, R. Cooper (Worc) 64.07; 13, P. Crowe (Worc) 64.39; 14, A. Bradley (Halesowen) 65.02; 15, R. Griffin (Tip) 65.10.

16, M. Hewer (Chelt) 66.54; 17, A. Burkitt (Tip) 66.58; 18, R. Bentley (Tip) 67.09; 19, R. Williams (Tip) 67.41; 20, C. Jackson (Birchf) 67.53; 21, A. Hodges (Tip) 68.03; 22, D. Dickinson (Dby) 68.54; 23, D. Fownes (Tip) 69.08; 24, B. Newman (Halesowen) 70.09; 25, K. Northard (Dby) 70.21; 26, T. Philpott (Warley) 71.53; 27, C. Brooks (Worc) 72.31; 28, I. Titterton (Dby) 73.33; 29, C. Beeston (Dby) 73.33; 30, B. Clifton (Warley) 75.16.

Teams: 1, Tipton (3,5,6) 14; 2, Worcester (2,10,12) 24; 3, Birchfield (8,11,20) 39; 4, Derby 51; 5, Tipton 'B' 57.

First Veteran: Beeston, 73.33.



Keith Angus wins the Brecon 5 Mile Road Race in record time.

Gordon Roberts

GREENWICH "10"

At Eltham, September 9th

Catford bus conductor Alan Jones led virtually from the gun to win the Greenwich Open '10' comfortably by over a quarter of a mile from his team-mate John Oliver.

1, A. Jones (Kent AC) 54.23
2, J. Oliver (Kent AC) 55.55
3, P. Millard (Cambridge H) 56.41
4, P. Allen (—) 58.32; 5, D. Dellar (CH) 58.40; 6, J. Atkinson (Barnet) 59.57; 7, B. Goodfellow (CH) 60.08; 8, T. Boylan (Grafton) 60.16; 9, A. Sandom (CH) 60.19; 10, P. Moore (—) 60.20; 11, D. Maynard (CH) 60.23; 12, M. Anderson (CH) 60.42; 13, W. Cheeseman (SLH) 60.58; 14, J. Ryan (Graft) 61.26; 15, P. Hart (No'ton) 61.55. 48 finished.

Teams: 1, Cambridge H. 11; 2, Grafton 28.

First Veteran: 36, J. Whitbourne (CH) 67.56.

HOLLINGWORTH LAKE ROAD RELAY

September 9th

1, Bolton United (E. Haslam 20.47, M. Freary 20.11, D. Vickers 22.09, R. Hill 20.28) 83.35 (rec).

2, Rochdale (R. Williams 21.23, J. Freeman 21.03, G. Fisher 21.11, C. Robinson 21.40) 85.17.

3, Manchester & Dist. LC (A. Ward 21.37, B. Gregory 21.03, C. Betts 21.24, G. Entwistle 21.21) 85.25.

4, North Staffs 86.20; 5, Sutton 86.45; 6, Sale 88.17; 7, M/r & DLC "B" 88.17; 8, Longwood 89.18; 9, Salford 89.41; 10, Pembroke 89.55; 11, M/r & DLC "C" 90.21; 12, Oldham & Royton 90.24; 13, Bolton "B" 91.09; 14, Michelin 91.58; 15, Bolton "C" 92.20; 16, Rochdale "B" 92.51; 17, East Cheshire 95.00; 18, Sale "B" 95.14; 19, Longwood "B" 95.16; 20, Blackburn 95.19. 39 teams closed in.

Fastest times: Freary 20.11 (rec), Hill 20.28, R. Fowler (NS) 20.36, Haslam 20.47, Freeman 21.03, Gregory 21.03, Fisher 21.11, P. Roberts (Sutt) 21.19.

TODAY'S EVENTS

Great Britain v. West Germany at the White City (Friday 6.30 start: Saturday 2.00); Thurrock "End of Season" Meeting at Grays (inc. BMC Miles); City of Stoke AC Floodlit Meeting (6.30); Surrey v. Warks. v. Yorks. (Women) at Crystal Palace; Short Trophy (W) at Southend; Surrey Beagles Road Relay at Caterham; Maidstone Road Races; Bridgend YMCA 7½ M. Road Race; "Telegraph & Argus" C.C. Relay at Bradford; Michelin C.C. Relay at Stoke; Newbury Young Athletes C.C. Relay. Tomorrow (Sunday) Hornchurch hold their massive Johnston Road Relay which has some 360 runners taking part, including nearly 40 past and present Internationals. The race has a total length of 44 miles over two laps of a circular course and comprises 10 different stages of between three and six miles. The event starts at 12 noon.

JIM RYUN continued from page 20

December: 27th—9:22.6 indoor 2M (2:19.0, 4:41.4, 7:07.3).

1964

February: 25th—4:56.0* mile. 26th—2:00.0* 880.

March: 9th—4:27.3* mile. 10th—1:59.4* 880. 26th—4:21.2 mile (62.0, 2:12.0, 3:20.8).

April: 4th—4:33.2 mile (65.5, 2:18.5, 3:33.0). 9th—2:00.0* 880. 10th—4:18.2 mile (62.5, 2:10.5, 3:17.8). 17th—4:11.0 mile (60.0, 2:07.3, 3:12.3). 18th—1:51.9 880 relay (26.5, 53.0, 1:22.4). 24th—1:51.2 880 relay (26.3, 54.3, 1:23.4). 28th—1:53.5 880 (28.3, 57.8, 1:28.7) (world best by 16-year-old).

May: 1st—4:09.6 mile (60.3, 2:05.8, 3:10.3). 9th—4:17.6 (62.2, 2:08.8, 3:15.2). 15th—1:51.0 880 relay (26.6, 55.2, 1:23.7). 16th—4:06.4 mile (59.6, 2:01.0, 3:05.9). 23rd—4:01.7 mile (63.0, 2:04.8, 3:05.9) (world best by 17-year-old).

June: 6th—3:59.0 mile (59.2, 2:01.5, 3:02.8) (world best by 17-year-old). 13th—1:50.3 880 (26.3, 53.4, 1:20.8). 20th—9:06.5 2M (2:18.3, 4:36.5, 6:57.2). 26th—3:46.3 1500m heat (62.3, 2:06.4, 3:07.8) (world best by 17-year-old). 27th—3:39.0 1500m (59.3, 2:00.0, 2:59.5) (world best by 17-year-old).

July: 3rd—3:49.6 1500m heat (64.8, 2:08.3, 3:10.2). 4th—3:46.1 1500m (61.7, 2:08.0, 3:07.7).

September: 13th—3:41.9 1500m (60.5, 2:04.7, 3:04.1).

October: 17th—3:44.4 1500m (Olympic heat). 19th—3:55.0 1500m (58.0, 1:58.0, 3:03.0) (Olympic semi).

**"NEW ZEALAND NAMESAKE" TROPHY
At Hastings, August 26th**

1, Eastbourne 303; 2, Canterbury 122; 3, Bexhill 102; 4, Hastings 78; 5, Tonbridge 22; 6, Ashford 21. 880/mile: P. Standen (B'ton-ns) 1:55.3/4:18.0. 2M: 1, J. Hazelden (B'ton-ns)

Tony Fairclough (Belgrave) leading Ken Harland (Cambridge H.) and Laurie O'Hara (Belgrave) at half-way in the Greater London 3 Miles Championship. The 34-year-old Harland won in 13min. 53.6sec., a personal best.

9:19.0; 2, I. Macmillan (C) 9:19.4. LJ: J. Novak (E) 21'7". TJ: J. Barker (E) 44'0½". (Jnrs) 100: D. Hammond-Williams (E) 10.4. 440: 1, J. Aukett (E) 51.1; 2, M. Davies (C) 51.5. (Yths) DT: S. McCaffrey (E) 148'1".

STRETTFORD TROPHY MEETING

September 2nd

1, City of Stoke 198; 2, Liverpool 197; 3, Stretford 196; 4, Edinburgh Southern H. 123; 5, Warrington 120; 6, Wigan 25. 100: 1, J. Speake (L) 10.0; 2, M. Massey (Wa) 10.2. 220: Speake 22.2. 880: 1, P. Kelly (Sale) 1:52.9; 2, A. Gerrard (Leigh) 1:53.4; 3, M. Jefferson (Sa) 1:54.4. Invit. 2000m: 1, M. Benn (Heaton) 5:13.2; 2, M. Rothwell (Sale) 5:13.7; 3, S. Taylor (MAC) 5:19.3. 4x440: 1, Sale 3:22.0; 2, Liverpool 3:22.6; 3, Stretford 3:29.3. SP: J. Jamieson (ESH-Jnr) 43'4". (Jnrs) 100: 1, J. Kirwan (St) 10.4; 2, B. Bennett (St) 10.4. 440: 1, Kirwan 49.3; 2, C. Howlett (L) 49.9; 3, D. Quayle (L) 52.5. 1000mSC: N. Tarry (Wa) 2:48.0. (Yths) 220: R. Blaney (CS) 23.5. 880: 1, S. Dodwell (St) 2:01.1; 2, M. Lynch (Wa) 2:02.7; 1000mSC: 1, L. Reid (L) 2:52.7; 2, P. McDonald (L) 2:55.8; 3, D. Hazell (St) 3:12.2. 4x110: City of Stoke 46.4.

REMINDER

Athletes are reminded of the Distance Running Camp at Merthyr Mawr, October 6/8th, in South Wales. The Staff includes Peter Lay, National Coach; Harry Wilson; Geoff Surtees; Harry Harvey; Derek Ibbotson; Alec Thompson; Andy Green; Tim Johnston; Tony Clemo. An attractive programme has been planned and athletes are ensured of a memorable week-end. The cost is £3 inclusive. Full details from A. P. Ward, S.C.A.A.A., 26 Park Crescent, London, W.1.



With The Ladies

INTERNATIONAL PENTATHLON

At Liege, September 2nd/3rd

1, Netherlands 9,045; 2, Great Britain 8,664; 3, Belgium 8,289. 1, C. Bakker (N) 4,539 (11.3, 32'7½", 5'1¼", 19'7", 24.9); 2, M. Sterk (N) 4,506 (11.3, 35'1", 4'10¼", 19'5½", 24.8); 3, S. Scott (GB) 4,419 (world best by 15-y-o) (11.6, 31'7½", 5'2¼", 19'7", 25.7); 4, Emonts-Gast (B) 4,264 (11.4, 37'11¼", 4'10", 18'3", 26.9); 5, S. Hayward (GB) 4,245 (11.5, 36'5¼", 4'10", 17'7", 27.2); 6, D. Shirley (GB) 4,091 (12.0, 26'9¼", 5'5¼", 17'2¼", 25.7); 7, Mommens (B) 4,025; 8, Van Alstein (B) 3,089.

PARENTS TROPHY MEETING

LONDON OLYMPIADES easily retained the Parents Trophy at Norbiton, on September 9th, winning eight of the eleven senior events and placing second in the others. Probably the most pleasing performance, however, came from Aldershot's Barbara Inkpen, who high jumped a seasonal best of 5'5" and narrowly missed a personal best of 5'6". Little has gone right for Barbara since she won the WAAA Indoor long jump title this year, and only now has she succeeded in shaking off a series of injuries. Good also to see Angela Littlewood (17) breaking 40 feet in the shot for the first time, though the amount of information about the field events announced during the competition left me completely underwhelmed.

Highlight of the intermediate events was the come-from-behind victory of Jane Summerhayes in the long jump over her more fancied rivals, Vivien Knowles and Susan Turpin, while all performances during the afternoon were devalued as the sand was considerably higher than the take-off board.

Among the juniors, Lynda Nelson (Derby) impressed, breaking Barbara Parish's meeting records in the heats of the 100 and 150, then improving both again in the finals.

Cliff Temple

1, London Olympiades 147½; 2, Notts 91½; 3, Bristol 83; 4, Enfield 80; 5, Middlesex 79; 6, Aldershot 58; 7, Derby 56; 8, Essex 46; 9, Surrey 33; 10, Southampton 20. (Seniors) 100: A. Neil (LO) 11.2 (11.0 ht). 220: 1, B. Jones (LO) 25.4; 2, C. Moore (Mx) 26.1. (E. Board (So) 26.3 ht). 440: 1, M. Friebence (LO) 57.5; 2, S. Wills (Bris) 59.1; 3, J. Dicker (Ex) 59.2; 4, S. Ball (Notts) 59.2; 5, J. Carter (Dby) 61.0; 6, P. Arger (Enf) 61.4. 880: 1, C. Ward (LO) 2:17.9; 2, P. Card (Ald) 2:19.1. 80mH: L. Cooke (Bris) 11.9. 4x110: 1, LOAC (E. Wheeler, Jones, Friebence, Neil) 48.5; 2, Bristol 50.4. HJ: B. Inkpen (Ald) 5'5". LJ: 1, Neil 19'2"; 2, P. Wilson (Mx) 17'11¼"; 3, Inkpen 17'4"; 4, C. Clarke (Bris) 17'0¼"; 5, S. Mallord (Enf) 16'11". SP: 1, A. Littlewood (Notts) 40'7½"; 2, M. Pulman (LO) 40'0"; 3,

S. Hubbard (Ald) 33'8¼"; 4, J. Farley (Ex) 33'2½". DT: 1, Pulman 117'11"; 2, D. Keable (Enf) 108'2". JT: S. Dimmer (LO) 115'9". (Inters) 100: B. Hitchin (Dby) 12.0 (11.9 ht). 220: 1, M. Hunt (LO) 27.0; 2, J. Cummings (So) 27.0; (Hitchin, 27.3 ht, disq). 880: 1, L. Porter (Notts) 2:27.1; 2, A. Barrass (Ald) 2:28.9; 3, C. Emerson (LO) 2:30.1; 4, J. Wilkins (Bris) 2:30.2. 80mH: 1, S. Turpin (Enf) 12.2; 2, V. Knowles (Notts) 12.7; 3, J. Howard (Sy) 12.8. 4x110: Enfield 51.1. HJ: L. Coy (Notts) 4'10". LJ: 1, J. Summerhayes (Mx) 17'5¼"; 2, Knowles 16'10¼"; 3, Turpin 16'7¼". SP: 1, Knowles 34'2"; 2, F. Fleming (Enf) 31'2½". (Jnrs) 100: 1, L. Nelson (Dby) 11.8; 2, S. Denman (Notts) 11.9; 3, A. Broad (Bris) 11.9. 150: 1, Nelson 17.7; 2, M. Dowsett (Notts) 17.8; 3, J. Wicks (Mx) 18.0. 880: 1, E. Hawkins (Mx) 2:32.0; 2, Y. Mould (LO) 2:34.2; 3, K. Milne (So) 2:35.7; 4, M. Collinson (Ald) 2:35.7; 5, S. Russell (Notts) 2:36.2. 80yH: 1, J. Evans (LO) 12.1; 2, F. Brown (Enf) 12.2; 3, J. Eastman (Bris) 12.2; 4, L. Grant (Sy) 12.6. 4x110: 1, Bristol 51.8; 2, Middlesex 52.3; 3, LOAC 52.5; 4, Derby 53.8 (53.6 ht); 5, Essex 53.8 (53.4 ht). (In heats: Surrey 53.7). HJ: 1, S. Rampton (Mx) 4'9"; 2, B. Rowe (LO) 4'8". LJ: 1, C. Timms (Sy) 16'9"; 2, V. Kirkham 16'4"; 3, S. King (Ex) 16'1¼". SP: Kirkham 31'8¼". DT: 1, R. Flynn (Ald) 97'0"; 2, E. Mills (Dby) 91'7"; 3, L. Davis (Notts) 88'9"; 4, V. Sims (LO) 88'9". JT: 1, D. Smith (Mx) 85'9".

"BEN CHASE" TROPHY

At Eltham, September 9th

1, Cambridge H. 410; 2, Mitcham 351; 3, Brighton & Hove 342; 4, Barnet 85; 5, eq. Ilford & Thurrock 72. 100: M. Hadler (C) 11.4. 220: (A) Hadler 25.6. (B) P. Stocking (C) 25.9. 440: 1, Stocking 58.5; 2, B. Mason (I) 59.0. HJ: R. Bray (BH) 4'11". SP: 1, B. Railton (M) 42'8"; 2, J. Lucas (C) 42'0"; 3, M. Burtenshaw (BH) 33'2¼". DT: (A) 1, Railton 134'11"; 2, Lucas 121'3"; 3, Burtenshaw 120'10". (B) P. Webster (BH) 121'6". JT: 1, P. Parkin (M) 127'2"; 2, Webster 112'6". (Inter) 100: (A) 1, E. Barnes (C) 11.5; 2, S. Smyth (M) 11.6. (B) G. Pettit (I) 11.8. 220: 1, Barnes 25.8; 2, Smyth 26.3; 3, Pettit 27.0. 880: B. Key (I) 2:21.5. 4x110: 1, Mitcham 51.7; 2, Cambridge 51.8. (Jnrs) 100: 1, M. Neufville (C) 11.7; 2, G. Rogers (BH) 11.9. 150: (A) 1, Neufville (C) 17.5; 2, J. Kidd (M) 18.1; 3, G. Rogers (B) 18.2. (B) S. Mackay (C) 18.3. 880: 1, G. Coleman (T) 2:29.0; 2, Mackay 2:34.0. 4x110: 1, Cambridge 52.8; 2, Mitcham 52.9; 3, Thurrock 53.0. DT: P. Smith (T) 86'10". JT: D. Kelly (BH) 81'4".

"MARGARET LEIGHTON" TROPHY

At Keighley, September 9th

1, Hull Achilles 55; 2, Darlington 20; 3, Spenborough 14; 4, Rowntrees 13; 5, Halifax 10; 6, Airedale & Spen Valley 7. 100: 1, S.

continued on page 28 25

Scottish News

By WILLIE DIVERTY

CLAUDE Graham-White Trophy at Grangemouth, September 9th. Highlights of the Claude Graham-White Trophy meeting, sponsored by Grangemouth Town Council, included Scottish records by the 4 x 110 yds relay team and Sylvia Clark in the javelin. Adrienne Lynch, a protégée of Maeve Kyle in Ballymena, also set a Northern Ireland best in the quarter.

In the long jump Anne M. Wilson got the better of her more famous namesake, Ann S. Wilson, but both had to bow to their junior, Susan Scott, who cleared 19'9½" for a personal best.

1, Southern Counties 203; 2, Scotland 189; 3, Midland Counties 181; 4, Northern Counties 175; 5, Northern Ireland 94; 6, Wales 44. 100: (A) 1, S. Willshire (So) 10.9; 2, D. Ramsden (N) 10.9; 3, L. Ryan (M) 11.0; 4, M. McLeish (Sc) 11.1. (B) 1, P. Pennycook (Sc) 11.0; 2, M. Critchley (M) 11.1; 3, L. Barratt (N) 11.4. 220: (A) 1, Willshire 24.7; 2, Ramsden 25.0; 3, McLeish 25.1; 4, Critchley 25.3. (B) 1, Ryan 24.6; 2, A. Robb (Sc) 25.3; 3, W. Kavanagh (N) 25.8. 440: (A) 1, B. Lyall (Sc) 56.0; 2, A. Lynch (NI) 57.2 (NI Nat. Rec); 3, E. Parncutt (So) 58.6; 4, L. Hodgetts (N) 59.5. (B) 1, R. Godsalve (So) 57.2; 2, L. Carruthers (Sc) 57.2; 3, T. Bateman (M) 58.9. 880: (A) 1, J. Page (So) 2:13.2; 2, C. Jefferson (N) 2:18.1; 3, G. Dourass (M) 2:18.5; (B) 1, Parncutt 2:13.6; 2, N. Braithwaite (N) 2:13.8; 3, Bateman 2:14.8. Mile: (A) 1, P. Lewis (N) 5:10.8; 2, G. Carpenter (M) 5:11.0; 3, M. MacSherry (So) 5:14.7. (B) 1, D. Elliott (So) 5:06.7; 2, L. Watson (Sc) 5:36.4. 80mH: (A) 1, A. S. Wilson (So) 11.0; 2, S. Garnett (M) 11.4; 3, C. Perera (N) 11.4; 4, E. Toulalou (Sc) 11.5. (B) 1, P. Whitehead (M) 11.3; 2, L. Griffith (So) 11.5; 3, S. Dyson (N) 12.1. 100mH: (A) 1, I. Powder (So) 14.1; 2, Perera 14.2; 3, Toulalou 14.7; 4, Garnett 14.9. (B) 1, C. Taylor (M) 14.8; 2, L. Carruthers (Sc) 15.0; 3, L. Griffith (So) 15.3. 4 x 110: 1, Scotland (R. Rintoul, Pennycook, Robb, McLeish) 47.2 (Scot a-c, Scot Nat rec); 2, Midland Counties 48.0; 3, Southern Counties 48.9. HJ: (A) 1, D. Shirley (N) 5'5"; 2, S. Dennler (So) 5'4"; 3, M. Walls (Sc) 5'4". (B) 1, Y. Saunders (N) 5'3"; 2, R. Watt (Sc) 5'2". LJ: (A) 1, S. Scott (M) 19'9½"; 2, A. M. Wilson (Sc) 19'7¼"; 3, A. S. Wilson (So) 19'4¼"; 4, C. Thompson (W) 18'9½". SP: (A) 1, M. Kerr (Sc) 40'4¼"; 2, J. Bloss (So) 39'6"; 3, G. Porter (NI) 38'0". (B) 1, J. Quick (So) 40'1¼"; 2, H. Stuart (Sc) 37'9"; 3, J. Attack (NI) 36'1". DT: (A) 1, J. Frampton (M) 139'8"; 2, G. Smith (S) 138'0"; 3, J. Fielding (N) 135'7"; 4, Porter 133'2". (B) 1, S. Campbell (W) 138'10"; 2, O. Foster (N) 122'8"; 3, L. Dykes (Sc) 107'8". JT: (A) 1, R. Morgan (So) 147'0" (Scot a-c rec); 2, S. Clark (Sc) 137'9" (Nat rec); 3, C. Slater (N)

130'9"; 4, A. Williams (M) 127'0". (B) 1, A. Parker (So) 140'6"; 2, E. Shedden (Sc) 119'11"; 3, L. Wallace (N) 110'8". (Intermediate events): 100: 1, J. Smith (Mary) 11.4; 2, C. Stevenson (Mary) 11.7. 220: 1, Stevenson 26.3; 2, J. Cameron (Mary) 26.3. (Jurs): 100: 1, H. Golden (ESH) 11.6; 2, M. Ballantyne (Mary) 11.7. 150: 1, Ballantyne 17.8; 2, F. Strong (ESH) 18.0; 3, C. Smith (Mary) 18.0. 880: 1, L. Bain (Motherwell) 2:31.2; 2, J. Johnston (Teviot) 2:31.3; 3, A. Ramsay (Fauld V) 2:34.5.

"HARDAKER-KING" CUP MEETING At Keighley, September 9th

1, Darlington 50; 2, Wakefield 31; 3, Hallamshire 28; 4, Halifax 22; 5, Airedale & SV 20; 6, Doncaster 17. 220: P. Machin (Hall) 22.5. 440: 1, J. Henson (Hall) 48.8; 2, A. Wallace (Da) 49.6; 3, D. Lane (Rown) 50.6. 880: 1, J. McGrow (Long) 1:55.3; 2, J. Winn (Da) 1:56.2. 3M: 1, M. Baxter (Leeds SM) 13:54.0; 2, B. Barden (Sheff. Un) 14:01.0; 3, G. McBride (Bing) 14:29.0. SP: 1, J. Teale (Do) 54'9"; 2, M. Draycott (Do) 46'8"; 3, R. Fenn (SU) 45'3¼". DT: Teale 156'2". (Jurs) 100: 1, Machin 10.1; 2, R. Flanagan (H'fax) 10.3; 3, A. Gummerson (W) 10.4. Mile: 1, H. Rhys (LSM) 4:25.0; 2, M. Willingham (H'hills) 4:26.9. (Yths) 220: 1, R. Hooper (Hall) 23.3; 2, M. Pearce (ASV) 23.4; 3, D. Myers (H'fax) 23.4.



Leaders in the Hardaker-King Trophy "3". Ron Pannell leads Mike Baxter and B. Barden.

Eric North

Rushmer Shines In Birchfield Floodlit

ONLY four days after returning from high-altitude racing in Kenya, Allan Rushmer showed himself to be in brilliant form in winning the Birchfield "2". Ernie Pomfret set the early pace but Rushmer and Tulloh broke away after five laps and it was clearly a two-man race from this point. Tulloh, supposedly racing for the last time in a long and illustrious career, strove mightily to lose his Tipton rival, but when Rushmer kicked in the final straight there was little he could do.

In the Junior Inter-Area the South defeated the Midlands by 102-92. Full results of this, together with the women's event, will appear next week.

Men's Invitation Events

100: 1, R. Jones (En) 9.8; 2, B. Kelly (Bury) 9.8; 3, J. Speake (L'pool) 9.9; 4, M. Campbell (Garscube) 10.0; 5, R. Frith (Poly) 10.0.

220: 1, R. Steane (TVH) 21.9; 2, G. Griffiths (W'ton) 22.3; 3, D. Thomas (Ilf-Jnr) 22.4; 4, C. Campbell (Poly) 22.4; 5, T. Smith (Birchf) 22.6.

BLACKHEATH ROAD RELAY

September 16th

1, Hercules & Wimbledon (D. Holt 14.38, P. Mulholland 15.06, R. Raymen 15.08, R. Symons 14.53, McBrearty 15.04, R. Holt 13.59) 88.48.

2, Ealing & Southall (T. Bivens 14.42, P. Fagan 14.48, S. Cooney 15.06, M. Hobbs 14.46, R. Morland 15.10, M. Barratt 14.23) 88.55.

3, Portsmouth (D. Inns 15.42, A. Weatherill 15.26, R. Meadows 14.49, M. Hyman 14.37, R. Ingleton 14.25, J. Cooke 14.08) 89.07.

4, South London H. (A. Avila 15.01, C. Harvey 15.16, F. Bodley 15.47, R. Gevers 14.22, J. Roberts 14.43, R. Roseman 14.16) 89.25.

5, Cambridge H. (P. Millard 15.54, D. Dellar 15.31, K. Harland 14.17, A. Leggatt 15.30, F. Maillardet 14.48, G. Taylor 14.12) 90.12.

6, Blackheath H. (C. Woodcock 15.05, P. Horwood 15.23, C. Haines 15.22, R. Richardson 15.02, J. Baldwin 14.26, I. Wilson 14.56) 90.14.

7, Mitcham 91.15; 8, Walton 91.51; 9, Hercules "B" 92.46; 10, Victoria Park 94.57; 11, Canterbury 95.33; 12, Mitcham "B" 95.42; 13, KAC 96.02; 14, Walton "B" 96.20; 15, Ealing & Southall "B" 96.30; 16, Blackheath "B" 96.41; 17, Met. Police 98.24; 18, SLH "B" 98.58; 19, Blackheath "C" 99.09; 20, Dartford 100.00. 39 teams started. 30 finished.

Fastest laps: R. Holt 13.59, Cooke 14.08, Taylor 14.12, Roseman 14.16, Harland 14.17, Gevers 14.22, Barratt 14.23, Ingleton 14.25.

At Perry Barr, September 16th

1 Mile: 1, A. Green (Had. Oly) 4:04.9; 2, W. Wilkinson (Long) 4:05.0; 3, J. Boulter (Ach) 4:06.5; 4, F. Bell (Carm) 4:08.0; 5, M. Benn (Heat) 4:10.4; 6, A. Grant (Cov) 4:10.4; 7, B. Barden (B'ton) 4:11.2; 8, G. Williams (Bel) 4:17.0.

2M: 1, A. Rushmer (Tip) 8:39.8; 2, B. Tulloh (Ports) 8:41.6; 3, J. Whetton (Sutt) 8:43.6; 4, M. Tagg (Nor. Gaz) 8:44.8; 5, T. Johnston (Ports) 8:45.2; 6, E. Pomfret (Hough) 8:53.2; 7, J. Hogan (unat) 8:54.0; 8, J. Jackson (N. Staffs) 8:55.0; 9, C. Perry (Birchf) 8:57.0; 10, M. Herriott (Spk) 9:01.4; 11, P. Lancaster (Cov) 9:03.0; 12, J. Hammond (Cov) 9:06.0.

4x110: 1, GB 41.0; 2, The Rest 41.9; 3, South 42.5; 4, Midlands 42.8.

AAA 4x880: 1, Mitcham (N. Lovatt, F. Green, G. Biscoe, A. Harris) 7:29.6; 2, North Staffs 7:30.4; 3, Brighton & Hove 7:34.2; 4, Sale 7:34.4; 5, Edinburgh AC 7:41.8; 6, Birchfield 7:49.8; 7, MAC 7:50.2; 8, TVH 7:55.6; 7, Coventry G. 8:05.2; 8, Longwood 8:12.4.

ADVERTISER ROAD RELAY

Surrey Beagles have had a record entry of 45 teams for their Road Relay this week-end (Sept. 23rd). There has had to be a last-minute switch in changing quarters to De Stafford School, Burntwood Lane, Caterham. A vast improvement in the way of facilities, this means that the route has had to be revised somewhat and the starting point change. This is now at Banstead Road, Caterham. The Youths event starts at 2.45, Senior at 3.15.

NEXT WEEK . . .

With the new Post Office Regulations in force printing times have had to be advanced and, consequently, some results arrived just too late for publication. These will be included next week. They include: St. Albans C.C. Relay (won by Reading in record time); the East Hull "20" (Mel Edwards). In addition to performances mentioned in the Editorial: LJ: 1, L. Davies 26'11"; 2, A. Lerwill 24'7"; 3, F. Alsop 24'23"; TJ: Alsop 52'71" (next four, at present unknown, all over 50 feet!); SP: G. Capes 52'93".

SUSSEX CHAMPIONSHIPS

At Brighton, September 3rd/4th

6M: 1, J. Hazelden (BH) 29:25.2; 2, W. Mullett (BH) 30:16.2; 3, J. Awcock (Horsham) 30:58.8. Decathlon: 1, D. Scharrer (BH) 5,530 (49.2, 16.1); 2, J. Harmes (BH) 5,392; 3, D. Smith (TVH) 5,272 (21'94"); 4, A. Hare (Crawley) 5,223; 5, I. Pierce (BH) 4,807; 6, J. James (Craw) 4,790. (Jnrs) Pen: 1, J. Aukett (E'bourne) 2,762; 2, P. Farres (Craw) 2,409; 3, W. Boulton (BH) 2,199; 4, A. Cruttenden (Hastings) 2,169.

Shara Spragg is a member of Cheltenham & County and not as stated in "Spotlight on Youth" last week.

WITH THE LADIES continued from page 25

Midgley (S-Int) 11.2; 2, J. Filby (ASV) 11.4; 3, J. Hunt (Wake) 11.5. 220: 1, Midgley 25.4; 2, A. Vickers (HA) 26.6; 3, Filby (ASV) 26.6. 440/880: P. Stanley (HA) 58.9/2:20.6. HJ: S. Todd (HA) 5'0". (Jnrs) 100: L. Wilkinson (HA) 11.6. 150: 1, Wilkinson 17.7; 2, C. Wright (D) 18.3. 880: 1, S. Howell (HA) 2:33.8; 2, G. Willford (Hull Sp) 2:33.9; 3, S. Clarkson (H) 2:35.0. 4x110: 1, Rowntrees 52.6; 2, Hull Ach. 53.6; 3, Darlington 53.7.

Harlow Trophy, August 5th. 1, Southend 604; 2, Chelmsford 566; 3, Harlow 523; 4, Essex Beagles 279; 5, Thurrock 236; 6, Haddenham 205; 7, Walthamstow 92. (Inter) HJ: E. Butler (S) 4'7". (Jnrs) 880: J. French (S) 2:37.9. SP: S. McEveddy (Ch) 30'2". JT: T. Hobden (Harlow) 83'1".

At Warrington, August 19th. Warrington 124, Oldham & Royston 25, Altrincham 21. HJ: Y. Saunders (Stret) 5'2". DT/JT: C. Slater (Pilk) 106'10"/126'6". (Jnrs) 880: 1, D. Dixon (Pilk) 2:21.7; 2, J. Morris (L'pool) 2:33.0. 80yH: R. Howard (Wat) 12.3. DT: 1, S. Green (Stret) 81'8".

Four Counties League, at RAF Innsworth. 100: (A) D. Salvage (Bris) 11.4. (B) P. McElroy (Bris) 11.1. 220: McElroy 25.7. 880: F. Bevan (Bris) 2:20.8. Mile: 1, M. Smith (Westbury) 5:27.7; 2, Bevan 5:38.5. 4x110: Bristol 50.6. LJ: C. Clarke (Bris) 17'10". JT: S. Spragg (Chelt) 147'0" (British best by 17-y-o). (Jnrs) 100: 1, A. Broad (Westbury) 11.6; 2, D. Nasralla (Glouc-12-y-o) 11.7; 3, C. Turner (Swindon) 11.8. (B) 1, J. Spackman (Swindon) 12.0; 2, J. Jay (Bris) 12.0. 150: (A) 1, Nasralla 17.1; 2, J. Eastman (Bris) 17.3; 3, Spackman 17.8; 4, W. Leech (Here) 17.9. (B) 1, C. Turner (Swindon) 17.7; 2, S. Wood (Bris) 18.0; 3, D. Jones (Here) 18.2; 4, B. Law (Glouc) 18.3. Non-scoring: E. Wolfenden (Swin) 18.3. 880: 1, S. Swift (Glouc) 2:26.8; 2, J. Soane (Swindon) 2:29.4; 3, H. York (West) 2:35.2. 4x110: 1, Bristol 51.6; 2, Swindon 52.9. LJ: 1, Broad 16'0"; 2, Wolfenden 15'10". SP: C. Bridgmount

(Glouc) 29'14". **Final League points:** 1, Bristol 164; 2, Gloucester 146; 3, Westbury 128; 4, Hereford 109; 5, Cheltenham 43. (Jnrs) 1, Bristol 139; 2, Gloucester 132; 3, Westbury 109; 4, Cheltenham 96; 5, Swindon 89; 6, Hereford 71.

Blackpool 35, Burnley 19, Waterloo 12, August 23rd. 100: 1, W. Kavanagh (Liv) 11.0; 2, A. Brook (Black) 11.2; 3, S. Gregson (Black) 11.4. 220: 1, Kavanagh 25.5; 2, J. Carlile (Black) 26.1. LJ: J. Ashworth (Black) 16'10". (Jnrs) 100: L. Nichols (Burn) 12.0. 150: 1, Nichols 18.0; 2, R. Howard (Wat) 18.1.

Feltham 59, Redhill & Reigate 37, Wimbledon 25, at Wimbledon Park, August 26th. (Jnrs) 100/150: J. Stroud (F) 11.5/17.1. 880: 1, D. Kimber (F) 2:35.4; 2, K. North (W) 2:36.1.

Bury & Radcliffe 46, Blackpool 30, Liverpool 20, Blackburn 7. 100: 1, W. Kavanagh (Liv) 11.0; 2, A. Brook (Liv) 11.2. 220: Kavanagh 24.9. 440: 1, J. Thomas (BR) 58.0; 2, V. Flett (BR) 58.1; 3, P. Davies (Liv) 59.8. 4x110: 1, Blackpool 48.4; 2, Bury 49.4. HJ: P. Veals (BR) 5'1". LJ: J. Ashworth (Black) 17'2". SP: Y. Gill (BR) 34'9". (Inters) 100/150: J. Carlile (B'pool) 11.7/17.8. (Jnrs) 100: G. Hamer (BR) 11.7. 150: 1, Hamer 17.5; 2, J. Farnorth (BR) 17.9; 3, J. Morris (Liv) 18.0.

Paulding Trophy at Bournemouth, September 2nd. 1, Aldershot & Farnham 93; 2, Bournemouth 76; 3, Bristol 73; 4, Reading 56; 5, Southampton 21; 6, Swansea 20. HJ/LJ: B. Inkpen (Ald) 5'4"/18'9". DT: S. Mason (Ald) 118'11". JT: M. Jeans (Bournemouth-Int) 114'10". (Jnrs) 100: A. Broad (Bris) 11.8.

LOST

A pair of mid-blue woollen tracksuit trousers left in changing rooms after Tipton "12". If the finder would please return to L. Kilkenny, 14 Manor Rise, Walton, Stone, Staffs postage and packing will be refunded.

CLASSIFIED ADVERTISEMENT

6d. per word Trade 1s. per word

Athletic Books and magazines for sale. Lists sent. Dick Pack, 47 Kingston Road, Hampden Park, Eastbourne.

LUTON UNITED A.C.

SATURDAY, 11th NOVEMBER, 2.30 p.m.

BOYS CROSS-COUNTRY RELAY (4x2M.) Trophy, Medals first 3 teams, first "B" team and fastest ind. lap. **Entries** (5/- one team, 2/6 others). Boys 14-16 on 1.9.67.

COLTS CROSS-COUNTRY RACE (2M.) Any number to run, 3 to score. Medals first team and 3 individuals. **Entries** 1/6 per ind. Boys 12-14 on 1.9.67.

Entries close October 31st, to B. Duffy, 63 Austin Road, Luton, Beds.

SOUTHERN COUNTIES A.A.A.

OPEN MEETING
(Under A.A.A. Laws)

CRYSTAL PALACE TRACK

TUESDAY, 17th OCTOBER, 1967

First Event 6.30 p.m.

Events: 100 Yards—Senior/Junior/Youth/Boys. 220 Yards—Senior/Junior/Youth/Boys. 880 Yards—Senior/Junior/Youth/Boys. 2 Miles—Team (4 to run, 3 to score) and Individual. 2 Miles Walk—Senior. 2000m S/Chase—Senior/Junior. Shot — Senior/Junior/Youth/Boys. Pole Vault—Senior/Junior. Triple Jump—Senior/Junior/Youth/Boys.

Entry Fee 1/- per event. **Entries Close Monday, 9th October.** All entries to E. D. C. Buswell, S.C.A.A.A., 26 Park Crescent, London, W.1. Tel: 01-580 3498.

KENYAN CHAMPIONSHIPS

At Nairobi, (a) Sept. 2nd (b) Sept. 3rd

IN their various specialities, Simpson finished ninth in 4:19.2, Rushmer sixth in 14:29.0 and Pomfret fell at the first water-jump and did not finish. It is interesting to note that Mecser ran 14:26.0 for his first "3" in the six miles but Rushmer's undoing was an unwise first mile in 4:32.0—the only way to perform reasonably well at altitude is to run the distance as evenly as possible and I am sure Rushmer could run 14 minutes if he ran 70 second laps all the way. The track was grass and five laps to the mile. Of particular interest is Ben Kogo's 53.8 for 440 Hurdles. Is this a "record" for a top class steeplechaser?

Cliff Roffey

100: (b) 1, P. Musundu 9.9; 2, J. Sang 9.9; 3, J. Ambrose 10.1. 220: (b) 1, C. Asati 21.7; 2, Sang 21.8; 3, Kipseram 22.6. 440: (a) 1, D. Rudisha 46.5; 2, W. Kiprugut 47.0; 3, Nyamau 47.5. 880: (b) 1, Kiprugut 1:48.6; 2, K. Keino 1:49.2; 3, P. Francis 1:51.1. Mile: (a) 1, Keino 3:59.5; 2, D. Mungai 4:06.0; 3, B. Jipcho 4:08.3. 3M: (b) 1, N. Temu 13:33.8; 2, P. Talam 13:59.6; 3, C. Nyakwoyo 14:09.2. 6M: (a) 1, Temu 28:16.4(rec); 2, L. Mecser (Hung) 29:21.2; 3, M. Wolde (Ethiopia) 29:32.2. 3000mSC: (b) 1, B. Kogo 8:58.8; 2, S. Maina 9:03.6; 3, Nyamongo 9:07.0. 120H: (b) 1, K. Bor 14.9; 2, A. Koria 14.9; 3, S. Sang 15.0. 440H: (b) 1, S. Sang 52.1; 2, Kogo 53.8 (!); 3, P. Warden (GB) 54.0. 4x110: (b) Army 42.2. 4x440: (b) Army (Asati, Nyamau, Kipseram, Kiprugut) 3:10.8. HJ: (b) 1, E. Mumo 6'3"; 2, Marakwen 6'3"; 3, Chebere 6'2". PV: (a) K. Koech 13'0"; 2, Cheptany 12'6"; 3, Chekkwon 11'9". LJ: (a) 1, J. Sang 23'4"; 2, S. Maranga 22'10½"; 3, E. Opio 22'3". TJ: (b) 1, S. Maranga 50'4"; 2, E. Marakwen 48'8"; 3, Onyango 48'2". SP: (b) P. D'Souza 42'9¼". DT: (a) 1, P. Otieno 149'10" (rec); 2, P. Oluoch 128'2"; 3, J. Odhi-ambo 126'4". HT: (a) Kipruto 143'3". JT: (b) 1, P. Kiptalam 214'6"; 2, Nderito 196'6"; 3, P. Oloo 196'4". (Women) 100/220: L. Stevens 11.5 (11.2-ht-rec)/25.9 (rec). 440: Chemabwai 57.3. 880: Cheshire 2:15.6. 80mH/HJ/LJ: D. Monks 12.4/5'0"/17'11".

LOST

A pair of size 8½ Puma "Oslo" Training Shoes at Longford Stadium, Stretford, on September 2nd. Postage and packing will be refunded by Godfrey Claff, 6 Dale Avenue, Crumppshall, Manchester 8.

MILLFIELD SCHOOL

4 x 1.9 MILE ROAD RELAY

(Under AAA Rules)

TUESDAY, OCTOBER 10th, at 4.10 p.m.
7/6d. per team. "B" teams welcome. Cups and Medals. Entries to R. W. Piggott, Millfield, Street, Somerset by September 27th.

FOUR COUNTIES LEAGUE

At RAF Innsworth, August 19th

Final League Positions: 1, Bristol 22; 2, Gloucester 19; 3, Westbury 16; 4, Hereford & County 14; 5, Swindon 8; 6, Cheltenham & Cty 4. 100/LJ: C. O'Neill (West) 10.2/22'11½". 220: 1, O'Neill 22.2; 2, A. Forse (B) 22.7. 440: D. Smale (B) 50.6. 880: 1, J. Gingell (B) 1:56.5; 4, J. Bednarski (S-Jnr) 1:59.4. 3000mSC: M. Price (B) 9:41.7. 4x110: Bristol 44.6. SP: 1, A. Buttriss (HC) 45'6¼"; 2, R. Gardner (G) 43'5". DT: Buttriss 127'4". JT: K. Holmes (HC) 186'5". (Young Athletes) 1, Gloucs 23; 2, Bristol 17; 3, Hereford & C. 16; 4, Westbury 13; 5, Swindon 11; 6, Chelt. & C. 5. 100: M. Chaplin (W) 10.6. 220: 1, Chaplin 23.0; 2, C. Kleinman (G) 23.1. 440: Nussey (B) 52.3. 1000mSC: 1, C. Woodhouse (B) 3:00.3; 2, D. Pulawski (W) 3:01.0; 3, G. Cousins (W) 3:13.4. JT: (800 gm) T. Fisher (G) 179'8".



Bind Your Own Copies of "Athletics Weekly"

with the specially designed Easibinder which holds 52 copies. Each copy can be inserted quickly and simply.

Strongly made with stiff covers and attractively bound in green leathercloth and milskin, the title "ATHLETICS WEEKLY" is gold blocked on the spine and there is a space for a Self-Seal or similar adhesive label to be inserted giving the year.

Each Easibinder specially packed in box and sent carriage paid for 14/6d.

Send your remittance with order to:—

ATHLETICS WEEKLY

344 High Street, Rochester, Kent

Race Walking

By L. W. WOODCOCK

THE RWA Annual General Meeting: There was a good attendance at last week's Meeting in London. No doubt the main item of interest was to take a decision on the future of the Senior Championships programme. The summary of a recent questionnaire, sent out to the clubs who take an active part in the championships, was first given to the meeting. Debate followed and delegates agreed that the basic problem leading up to the review was the ever-increasing expense of travel. When the time came for voting there was an overwhelming vote for the existing four Championships to be retained—only two clubs voting against—until circumstances warrant any change. The proposal from the Midland Area that the upper age limit of 55 years be raised to 60 years was approved, as was the proposal from the Southern Area that there should be no alteration in the existing Championships programme for 1967/68. The latter resolution was introduced to cover the possibility of changes being approved in which case they would not operate until the 1969 season. It was agreed that a change be made in the rota system from two South and one each Midlands and North to two Midlands and one each South and North. Wales would be considered each year as special case. The meeting was informed that a Standards Sub-Committee was now investigating the position to see whether any Standards changes are necessary. They would consider the whole field of the actual time standards for each event, second class standards, certificates and the design of the awards. This work was expected to be completed in time for recommendations to be placed before the December meeting of the National Committee, and, if approved, there would then be time to introduce them in the 1968 Championships. The following dates and allocations for the 1968 Championships were approved:—March 16th, 10M., Midlands; May 11th, 20 Kms., Midlands; June 8th, 20M., North; July 20th, 50 Kms., South.

It was also announced that the 1967 National Junior 5 Miles and Youth 3 Miles Championships will be held on Saturday, 21st October at Leicester. The 1967 award of "The Edgar Horton Cup" goes to Shaun Lightman (Metropolitan WC). The award of Life Membership was accorded to J. Hackwood (North), W. F. Batson, OBE (South), and W. J. Harris (South). The following Officers were elected for 1967/68: President: S. Pryor (Surrey WC). Hon. Gen. Sec.: L. W. Woodcock, 191 Amesbury Avenue, Streatham Hill, London, S.W.2. Hon. Treasurer: A. A. Harley, 7 Brickwall Lane, Ruislip, Middlesex. Hon. Championships Secretary: J.

K. Hadley, 114 Elizabeth Avenue, Little Chalfont, Bucks.

Today's Events: The annual Highgate Harriers One Hour Track Walks, at Parliament Hill have again attracted a very good entry as follows:—"A" Race: 37, "B" Race: 57, "C" Race: 94, "D" Race: 103. In addition, there are 32 entries for the supporting Boys 1 Mile and 14 for the St. Dunstan's Blind Walk which is always a most popular feature of these meetings. The "A" entries include:—J. Webb, M. Tolley, W. Sutherland, R. Middleton, A. Jones, S. Lightman, P. Nihill, C. Williams, B. Eley and J. Paddick. Lancashire WC Club 4 Miles at West Didsbury, start: 2 p.m.

Sixth International Postal Women's 5000 metre Road Walk, at Perry Barr, September 9th. 1, B. Jenkins (Birchf) 27:15.5; 2, J. Wallis (Harb) 28:09.5; 3, B. Fisk (Redhill) 28:16.0; 4, D. Cotterill (Sth. Shields) 28:18.0; 5, M. Lewis (Harb) 29:02.5; 6, J. M. Mathews (Birchf) 29:59.0; 7, M. Hindley (Birchf) 30:00.0; 8, J. Brown (Dudley) 30:46.5. 13 finished. (Girls Walking League) 1, C. Russell (Birchf) 13:48.5; 2, P. Barnes (Wok); 3, L. Jordan (Harb).

Midland Schools 2½M. Road Walk Championships, at Hinckley, September 9th. 1, B. Swinford (Selly Oak BS) 20:56; 2, S. Eddy (Bridley Moor S) 21:28; 3, S. Smith (Leic)



Don Thompson, sporting a 1956 Olympic vest, wins his ninth London to Brighton walk. He was twenty minutes outside his course record of 1957.

J. R. Coomber

EUROPEAN CUP continued from page 2

overshadowed by Helga Hoffmann is finally coming into her own. Fast (11.6/23.6) and lithe (5'7½"/1.71 high jump), she could become the world's third 22-footer . . . unless Irena Kirszenstein beats her to it. Tatyana Talyshcheva opened with 20'9¼"/6.34 but Becker took over in the 3rd round with 21'1½"/6.44w, only to have the Russian leap ahead again with 21'3¼"/6.49 in the 5th. Becker's reply: a scintillating 21'9"/6.63 (+ 0.5m/sec), a distance bettered ever only by Mary Rand and Tatyana Shchelkanova. And what of Mary? She looked sluggish on the all-weather runway, encountered trouble with her run-up and was altogether dismayed by her best of 20'6½"/6.26.

Equally displeased was Pam Piercy. She was last for a lap and a half (she passed 400m in 64.9, with Anita Rottmuller leading in 64.3) and, after a lot of trouble, managed to get ahead of Zsuzsa Szabo. But that was as far as she was able to progress, while Laine Eerik stormed to victory in 2:06.8.

The 200m was a very fast race all round in spite of the cool conditions and a following wind of only 0.5m/sec down the straight. Kirszenstein, of course, was the winner—in a superb 23.0; while Annamaria Toth set a Hungarian record of 23.4 in edging Vyera Popkova. Maureen Tranter just lost 4th place but her time of 23.8 equalled her best ever. Maureen later helped Britain gain second in the relay. Good changing all round resulted in Della James taking over a yard or two up. She was unable to withstand the Russian assault but just held off East Germany and Hungary in a photo finish.

100m: (+ 0.5m/sec) 1, I. Kirszenstein (P) 11.2; 2, R. Heldt (EG) 11.5; 3, M. Nemeshazi (H) 11.6; 4, V. Popkova (USSR) 11.7; 5, ANITA NEIL (GB) 11.8; 6, K. Frisch (WG) 11.9.

200m: (+ 0.5m) 1, I. Kirszenstein (P) 23.0; 2, A. Toth (H) 23.4; 3, V. Popkova (USSR) 23.4; 4, H. Trabert (WG) 23.8; 5, MAUREEN TRANTER (GB) 23.8; 6, C. Heinrich (EG) 24.2.

400m: 1, LILLIAN BOARD (GB) 53.7; 2, A. Munkacsy (H) 54.1; 3, L. Samotysova (USSR) 54.3; 4, C. Novak (Pol) 54.8; 5, H. Henning (WG) 55.0; 6, I. Zander (EG) 56.2.

800m: 1, L. Eerik (USSR) 2:06.8; 2, D. Sobieska (P) 2:07.0; 3, A. Rottmuller (WG) 2:07.2; 4, R. Kleinau (EG) 2:07.5; 5, PAM PIERCY (GB) 2:07.8; 6, Z. Szabo (H) 2:09.1.

80mH: (+ 0.8m) 1, K. Balzer (EG) 10.8; 2, PAT JONES (GB) 10.9; 3, I. Schell (WG) 11.0; 4, L. Iyevlyeva (USSR) 11.0; 5, T. Sukniewicz (P) 11.1; 6, A. Toth (H) 11.2.

4x100m: 1, USSR (L. Tkatchenko, G. Bucharina, V. Popkova, L. Samotysova) 45.0; 2, GREAT BRITAIN (ANITA NEIL, MAUREEN TRANTER, JENNY PAWSEY, DELLA JAMES) 45.3; 3, E. Germany (G. Sawatzki, I. Tiedtke, A. Vogel, R. Heldt) 45.3; 4, Hungary (E. Kispal, M. Nemeshazi, G. Balogh, A. Toth) 45.3; 5, W. Germany (E. Rost, H. Trabert, K. Frisch, J. Stock) 45.6; 6,

Poland (L. Koczwar, U. Styranka, T. Sukniewicz, I. Kirszenstein) 46.2.

HJ: 1, A. Okorokova (USSR) 5'10¼"/1.79; 2, R. Schmidt (EG) 5'7"/1.70; 3, DOROTHY SHIRLEY (GB) 5'5¼"/1.67; 4, H. Gortz (WG) 5'5¼"/1.67; 5, M. Zielinska (P) 5'4½"/1.64; 6, A. Noszaly (H) 5'3½"/1.61.

LJ: 1, I. Becker (WG) 21'9"/6.63 (16'1¼", 20'8¼", 21'1½"w, foul, 21'9", foul); 2, T. Talyshcheva (USSR) 21'3¼"/6.49 (20'9¼", 20'3¼", 20'3¼", 20'5¼", 21'3½", 20'11¼"); 3, MARY RAND (GB) 20'6¼"/6.26 (foul, 20'6¼"/6.26, 20'3¼"/6.18, 20'2¼"/6.15, foul, foul); 4, B. Lohnert (EG) 20'5"/6.22 (20'3¼", 20'5", 15'9¼", 20'3¼", 20'3¼", 20'0¼"); 5, E. Kispal (H) 20'0¼"/6.10 (20'0¼", 3 fouts, 19'9", foul); 6, L. Koczwar (P) 17'7½"/5.37 (17'7½", 17'4", 17'5¼", foul, 16'9¼", foul).

SP: 1, N. Chizhova (USSR) 59'10¼"/18.24 (59'10¼", 58'4¼", 58'1¼", 59'9", foul, 58'2"); 2, M. Gummel (EG) 57'11¼"/17.66 (foul, 57'11¼", foul, 56'11¼", 55'1¼", 55'1¼"); 3, J. Bogner (H) 54'4¼"/16.58 (52'10¼", 54'4¼", 54'1¼", 53'1¼", 52'1¼", 52'10¼"); 4, M. Fuchs (WG) 51'11¼"/15.84 (51'1¼", 51'8¼", 51'11¼", foul, 50'9", 50'10¼"); 5, BREND A BEDFORD (GB) 48'7¼"/14.82 (48'7¼", foul, 45'3¼", 47'6¼", 44'1¼", 46'0¼"); 6, E. Ciarkowska (P) 46'2¼"/14.09 (46'2¼", foul, foul, 45'6", 44'4¼", foul).

DT: 1, K. Illgen (EG) 191'1"/58.26 (foul, 180'3", 185'6", 191'1", 168'7", 167'11"); 2, L. Muravyeva (USSR) 186'0"/56.70 (176'2", 186'0", 178'10", 177'10", foul, 182'11"); 3, J. Kleiber (H) 182'9"/55.72 (182'9", 174'5", 177'6", foul, 175'4", foul); 4, L. Westermann (WG) 176'5"/53.78 (176'5", 4 fouts, 171'11"/52.42); 5, J. Wojtczak (P) 165'7"/50.48 (155'3", 159'0", 165'7", foul, 159'6", 151'4"); 6, ROSEMARY PAYNE (GB) 160'3"/48.86 (155'0", foul, 155'9", 160'3", 154'8", 155'3").

JT: 1, D. Jaworska (P) 186'7"/56.88 (177'7", 186'7", 180'2", 186'2", 181'8", 168'4"); 2, A. Koloska (WG) 177'10"/54.22 (foul, 177'10", foul, 168'10", 156'2", foul); 3, R. Fuchs (EG) 174'5"/53.18 (164'7", 173'9", 164'9", 164'7", 167'7", 174'5"); 4, Y. Gorchakova (USSR) 173'2"/52.78 (167'1", 168'3", 170'4", 173'2", 172'3", 164'9"); 5, A. Nemeth (H) 160'1"/48.80 (129'0", 148'7", foul, 149'7", 138'6", 160'1"); 6, SUSAN PLATT (GB) 154'2"/47.00 (foul, 139'9", 148'9", 142'11", 152'2", 154'2").

Final Scores: 1, USSR 51 pts; 2, E. Germany 43; 3, W. Germany 36; 4, Poland 35; 5, GREAT BRITAIN 34; 6, Hungary 32.

Re Waterloo Festival advert. in last week's issue: age groups for schools road races should read as at 1.9.67 (not 66).

ANDOVER & DISTRICT A.A.C.

Club Secretaries please note:

Youth, Boys & Colts Cross Country Relays, March 9th, 1968. Young Athletes Open Meeting, May 4th, 1968.

Details from John Mullen, Fordacre, Goodworth Clatford, near Andover (Andover 4126).

ATHLETIC EVENTS

An advertisement can increase YOUR entries 20s. per s.c. inch, per insertion. 25% series discount to clubs on four or more insertions.

BRIGHTON & HOVE A.C.

BOYS AND YOUTHS

4 x 2 MILES ROAD RELAYS

(Under A.A.A. Laws)

ON BRIGHTON SEA-FRONT

SATURDAY, 7th OCTOBER, 1967

Entry Fees: 5s. first, 2s. 6d. each other team.

Entries (close 25th September) to M. J. Langmaid, 40 Applesham Way, Portslade, Brighton, BN4 2LP.

ERITH & DISTRICT A.C.

6 MILE OPEN ROAD RACE

At ERITH STADIUM

SATURDAY, 7th OCTOBER, at 3.30 p.m.

Team (6 to run—4 to score) and Individual awards. Entries, 2/6 per individual, to Ron Gobey, 24 St. Peter's Road, Croydon, Surrey, by Tuesday, 26th September. Block team entries accepted.

CAMBRIDGE & COLERIDGE A.C.

AUTUMN ROAD RELAYS

(Under A.A.A. Laws)

SATURDAY, 7th OCTOBER, 1967

At Coleridge School, Radegund Road

SENIOR 4 x 3.6 MILES AT 2.30 p.m.

YOUTHS 3 x 2.9 MILES AT 4.15 p.m.

TROPHIES AND MEDALS

Entries to R. Hunneybell, Meadow Cottage, Lotfield St., Orwell, Royston, Herts.

Fees: 7/6 senior teams, 5/- youth teams.

CLOSING DATE FOR ENTRIES

30th SEPT.

SURREY ATHLETIC CLUB

15th Annual

CROSS-COUNTRY RELAY

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

6 Laps of approx. 2½ Miles each

SATURDAY, 21st OCTOBER, at 2.30 p.m.

From Rivermead School, Richmond Road,

Kingston-on-Thames, Surrey

AWARDS — First 3 teams; first unplaced team (other than "A" team, providing team does not finish before club's "A" team); first club outside first three, not previously competed in this race; three fastest individual laps.

Entry fees: 7/6 first team, 5/- subsequent teams. Teams of 12 may enter.

Entries close Monday, 16th October, to E. Thompson, 6 Albemarle Gdns., New Malden, Surrey.

MIDLAND COUNTIES A.A.A.

COACHING CONFERENCE

at King Edwards Boys' School, Edgbaston, Birmingham, on Sunday, October 8th, commencing at 10.00 a.m.

Packed lunches should be brought although refreshments are available locally.

There is a fee of 7/6d. per person. Application forms are available from: MCAAA Office, 191 Bradford Road, Birmingham 12.

FAVERSHAM C. & A.C.

5 MILES ROAD RACE

(Under AAA Laws)

SATURDAY, OCTOBER 21st, 1967

Prize Values: 1st £5, 2nd £2, 3rd £1; Team 3 at £1; Veterans' Handicap 1st £2, 2nd £1.

Entry fee: 2/6 per competitor.

Entries close 10th October to G. C. Ely, 19 Court Street, Faversham, Kent.

WESTBURY HARRIERS

WOMEN'S 3 x 2 MILES

CROSS-COUNTRY RELAY

SATURDAY, NOVEMBER 4th, 2.30 p.m.

For the Gilbert Walker Trophy

Awards first 3 teams and fastest lap.

ALSO JUN. & INTER GIRLS RACES

Entries: Senior teams 7/6 Jun. & Inter. 5/-, to J. Gamlin, "Lobelia", 30 Merrimans Road, Shirehampton, Bristol.

CLOSING DATE OCTOBER 23rd

EALING & SOUTHAL A.C.

17th ANNUAL OPEN TEAM

CROSS COUNTRY RELAY RACE

(Under AAA & ECCU Rules)

For the Horsenden Trophy

6 x 2½ Miles of Varied Country

Saturday, 7th October at 2.45 p.m.

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

Entrance fee 8/- per team

Entries on AAA Forms to C. A. Wroth, 67 Woodrow Avenue, Hayes, Middx. by Monday, 25th September, 1967.

GATESHEAD HARRIERS

Diamond Jubilee Trophy

ROAD RACES

Y.M.C.A., BERWICK RD., GATESHEAD

SATURDAY, 28th OCTOBER, 2.15 p.m.

Seniors 5½ Miles (12 run, 6 count)

Boys 1½ Miles (6 run, 3 count)

Youths Relay (3x2½ Miles)

Fees: Senior 7/6, Boys 3/6, Youths 5/- per team. Plaques 1st and 2nd teams. Ind. Prizes. Senior & Boys 1st, 2nd, 3rd. Youths—fastest in each lap. Entries close 14th October, to J. Corrigan, 92 Aycliffe Ave., Gateshead, 9, or for information.