

# SPORTS GUARDIAN

## A sporting memory to cherish

Few world records have brought so much satisfaction and reward to so many people as Brendan Foster's 3,000 metres run at Gateshead. The tiny wooden stand and the arena beyond bulged with pride when above the shouting and cheering Foster's achievement of 7 minutes 35.2 seconds—2.4 seconds faster than Emiel Puttemans' time of two years ago—was confirmed. In that moment not just the man who had done the running but a host of others felt a goal had been achieved. Gateshead has been a bustling, hard working athletic past, now it must protect the fruits of an exciting future.

The town's new director of sport and recreation has had promised, broken the world record on the brand new Tartan track and 10,000 people, the largest crowd at an athletics meeting in Britain this year, will have a sporting memory to cherish. Gateshead, with an

intensive civic involvement in sport, is ready to cope with another mushroom of participation, even to shed a little of its sporting tradition and develop field events.

It must now be a competitor in the field of international athletics—a place where a sponsor, linking with the local authority, can produce an inter-agency meeting of a high standard, not just GB vs Upper Ruritania, but a gathering of selective events which are meaningful, to a particular requirement of the season, and entertaining. Gateshead will get excited about javelin throwing and shot putting too, if you have the right people competing.

Saturday was like a return to the 50s and early 60s with athletes like Derek Robson, Gordon Pirie and Gary Elliott, record hunting smaller windings, and one suspected, finding more fun than running at the White City.

By JOHN RODDA

People were queuing three and four deep for 50 yards as the youths 1,500 metres opened the meeting inside and by the time the 1,000 metres men were on their marks the crowd was crammed up to the track edge with the sickly green of the slag heap (where there will be a stand) covered with humanity. How, one wonders, would they have coped had Sunderland not been playing, Newcastle up the road?

The atmosphere was not so much tense as bubbling. "This is it—now Brendan's going to break that record" was the feeling, a wonderful naivety which shut out the memory of headlines down the years "Blogs Foster's record for 1,000 metres" survived, one still had doubts. But having organised the meeting and seen all his athletics friends appear and run the race, Foster felt the pain. At the 1,000 metres he was "sixty three" pierced the din and Foster knew he had to drive his legs round the last lap in 60

seconds. He fought the pain and the doubling thoughts of what could go wrong and though his head was rolling in the straight the firmness of the stride was there and Foster and Gateshead received their award.

"A dream come true" sounded hackneyed for a former schoolmaster, but they were words for the moment and the place. I've been worried about my form this season. After my injury I didn't seem to be getting back. I've been putting in the sort of training I should have been doing in March and April. Now all I need is to get sharp and I'll be right for the 5,000 metres in Rome," he said.

A year ago Foster broke the world two miles record with 8min. 13.5sec. and since then he has set the United Kingdom 5,000 metres record of 13min. 14.5sec. (only 1.6sec. off a UK record) and a UK record for 1,500 metres of 3min. 37.5sec. With a little organisation at the British International meeting at Crystal Palace on Saturday he could break another UK record (3min. 55.2sec.) in the Emley Carr mile.

There were too, some exciting contests. Raelene Boyle and Andrea Lynch were inches apart again in the 100 metres; Andy Carter glowed once more after he had shut out thoughts of a recent and slow race. He profited from his quick wit to win the 1,000 metres leaving Frank Clement in his wake. David Jenkins was counted on to win the 1,500 metres but he was out of the final three strides of the 600 metres by Bob Casselman. David Gibson from Elswick Harriers ought to have won the 1,000 metres but he was out of the final three strides of the 600 metres by Bob Casselman. David Gibson from Elswick Harriers ought to have won the 1,000 metres but he was out of the final three strides of the 600 metres by Bob Casselman.



Brendan Foster sets his world record.

## Fitness tells as Dutch score double

By BRIAN CROWTHER

Young and ultra-fit Dutch swimmers on Saturday won the titles in the leading event of the long-distance season, the Windermere international championships. Peter Stegink, at 16 just qualified to swim in this event, won the men's race in 4hr 41min 55sec. Both championships were over a 25-kilometre course and the women's winner, Lotte ten Yeen, had the third fastest time overall, 7:00:15.

A length of Windermere has for long been considered the test that brings a long-distance swimmer to maturity. Such initiatives alone are hardly enough, however, to bring a swimmer to the level of the British Long Distance Swimming Association. The course for the international is even more demanding. It starts at Bowness Jetty, goes to Lake side at the southern end of Windermere, and heads north along the length of the lake to Waterhead.

Saturday's race showed that 25 kilometres of lake swimming is the fairest medium to achieve a balance between those almost masochistic stayers and swimmers of the finer physique who succeed in the longer races.

Stegink's most difficult moment came after he had finished the course. He relaxed so much that he went under the surface and had to be helped to the shore. The men's race was followed by two Egyptians, part of a strong contingent from the United Arab Republic. The Egyptians seem ideal for this type of swimming with a physique that compromises

between the stayer and the sprinter. Amin Mounir was second in 5:32:32 and Ibrahim Moustafa third in 7:11:20.

The first British man home was Mike Head, of Norwich Penge, who won the last Windermere international four years ago. He was fifth in 8:38:21. Like Chris Carter, who won the 1970 race, he followed him in Road is a Channel swimmer. Twenty-four-year-old Valerie Taylor, of Wallasey, the best British performer, taking second place in the women's championship with 7:15:25, the fifth fastest time overall. This was her first attempt at the international after proving herself in a class apart from British competitors in shorter open-water swims.

Although Abbie Cairns, of the UAR, had the third fastest time in the women's race, 7:51:10, third place went to another Egyptian, the 100 metres swimmer, under age for the championship, Windermere has an unjust reputation for coldness. None of the Egyptians complained about the water temperature, which was patchy though generally between 55 and 60 degrees Fahrenheit. Conditions were fairly calm, though with some breeze from the west.

The England and Wales team finished third as expected in the indoor contest at Cheltenham. The match, for swimmers born in 1952 or earlier, was won by West Germany with 201 points from the Netherlands who totalled 190 points. England and Wales, who had 150 points, were not without their own swimmers. Sharon Davies, of Plymouth, had three victories in individual events over the two days, finishing with one day's win in only the second year of her career. This Bob Miller, designed Class 1 boat, which Morgan had built in Holland, for next year's Admiral's Cup trials had a three minute win against 20 rivals for the Glazebrook Cup yesterday.

The long-awaited appearance of the revolutionary design Warbird, a quarter-tonner almost as broad as she is long, has not been quite the success it was hoped for. Opposition, although she has had two fourth places in a strong fleet of 44 boats. Warbird is like any other yacht, a dinghy-like plumb stem and beneath the water she is very much dimpled shaped, but above the water line her top edges flare out into wings on which her four-man crew sit to balance her against wind. Once fully tuned Warbird can well live up to her designer's hopes.

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The first mishap came at the first bend of the first lap when Burton punctured and several riders fell, among them Bennett, who wrenched a leg but was able to line up when the race restarted. Hallam also punctured in that pile-up, and instead of taking the precaution of changing both wheels, changed only the one. In lap five he punctured once more, a delayed effect of the accident, and had to drop out.

This was crucial. After 17 laps Moore attacked with Bennett in an effort that put eight men in front and left the rest of the field completely out of contact. Then, in the 39th lap, Moore attacked again, followed by Bennett, but only to find Hall and Bennett closing the gap on him. At that point the attacking should have been redoubled, but Moore lacked a co-hellbender of Hallam's persistence to help him make the irrevocable break. Instead the eight leaders stayed together, moving around the

## Morgan sets pace at Cowes

By BOB FISHER

In spite of indifferent weather Cowes Week racing began with some high standard competition. The larger cruiser classes were necessarily depleted with many boats away on the Royal Ocean Racing Club's next year's Admiral's Cup trials that race will be joining the rest of the Cowes week regatta.

In the Royal London YC regatta and in Saturday's Royal Southampton YC regatta there were some useful first appearances, the most notable being that of Tony Morgan's More Opposition, which gained her first win in only the second year of her career. This Bob Miller, designed Class 1 boat, which Morgan had built in Holland, for next year's Admiral's Cup trials had a three minute win against 20 rivals for the Glazebrook Cup yesterday.

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## Results

Athletics

**AAA UNDER-20 CHAMPIONSHIPS** (at Bedford, 4.45pm, 100m: 14.5sec, 200m: 31.5sec, 400m: 1.00min, 800m: 2.15min, 1,600m: 4.45min, 3,200m: 9.55min, 6,400m: 19.55min, 12,800m: 39.55min, 25,600m: 79.55min, 51,200m: 159.55min, 102,400m: 319.55min, 204,800m: 639.55min, 409,600m: 1279.55min, 819,200m: 2559.55min, 1,638,400m: 5119.55min, 3,276,800m: 10239.55min, 6,553,600m: 20479.55min, 13,107,200m: 40959.55min, 26,214,400m: 81919.55min, 52,428,800m: 163839.55min, 104,857,600m: 327679.55min, 209,715,200m: 655359.55min, 419,430,400m: 1310719.55min, 838,860,800m: 2621439.55min, 1,677,721,600m: 5242859.55min, 3,355,443,200m: 10485719.55min, 6,710,886,400m: 20971539.55min, 13,421,772,800m: 41943059.55min, 26,843,545,600m: 83886079.55min, 53,687,091,200m: 167772159.55min, 107,374,182,400m: 335544319.55min, 214,748,364,800m: 671088639.55min, 429,496,729,600m: 134217719.55min, 858,993,459,200m: 268435439.55min, 1,717,986,918,400m: 536870919.55min, 3,435,973,836,800m: 107374159.55min, 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14,411,518,807,585,587,200m: 450,359,962,737,049.55min, 28,823,037,615,171,174,400m: 900,719,925,474,099.55min, 57,646,075,230,342,348,800m: 1,801,439,850,948,198.55min, 115,292,150,460,684,697,600m: 3,602,879,701,896,396.55min, 230,584,300,921,369,395,200m: 7,205,759,403,792,793.55min, 461,168,601,842,738,790,400m: 14,411,518,807,585,587.55min, 922,337,203,685,477,580,800m: 28,823,037,615,171,174.55min, 1,844,674,407,371,955,161,600m: 57,646,075,230,342,348.55min, 3,689,348,814,743,910,323,200m: 115,292,150,460,684,697.55min, 7,378,697,629,487,826,646,400m: 230,584,300,921,369,395.55min, 14,757,395,258,975,653,292,800m: 461,168,601,842,738,790.55min, 29,514,790,517,951,307,585,600m: 922,337,203,685,477,580.55min, 59,029,581,035,902,615,171,174,400m: 1,844,674,407,371,955,161.55min, 118,059,162,071,805,230,342,348,800m: 3,689,348,814,743,910,323.55min, 236,118,324,143,610,460,684,697,600m: 7,378,697,629,487,826,646.55min, 472,236,648,287,221,921,953,200m: 14,757,395,258,975,653,292.55min, 944,473,296,574,443,843,906,400m: 29,514,790,517,951,307,585.55min, 1,888,946,593,148,887,808,800m: 59,029,581,035,902,615,171.55min, 3,777,893,186,297,777,616,600m: 118,059,162,071,805,230,342.55min, 7,555,786,372,595,555,433,200m: 236,118,324,143,610,460,684.55min, 15,111,572,745,191,111,066,400m: 472,236,648,287,221,921,953.55min, 30,223,145,490,382,222,232,800m: 944,473,296,574,443,843,906.55min, 60,446,290,980,764,444,465,600m: 1,888,946,593,148,887,808.55min, 120,892,581,961,528,888,931,200m: 3,777,893,186,297,777,616.55min, 241,785,163,923,057,777,772,400m: 7,555,786,372,595,555,433.55min, 483,570,327,846,115,555,544,800m: 15,111,572,745,191,111,066.55min, 967,140,655,692,231,111,112,160m: 30,223,145,490,382,222,232.55min, 1,934,281,307,382,462,222,444,800m: 60,446,290,980,764,444,465.55min, 3,868,562,614,764,924,888,931,200m: 120,892,581,961,528,888,931.55min, 7,737,125,229,529,857,777,772,400m: 241,785,163,923,057,777,772.55min, 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