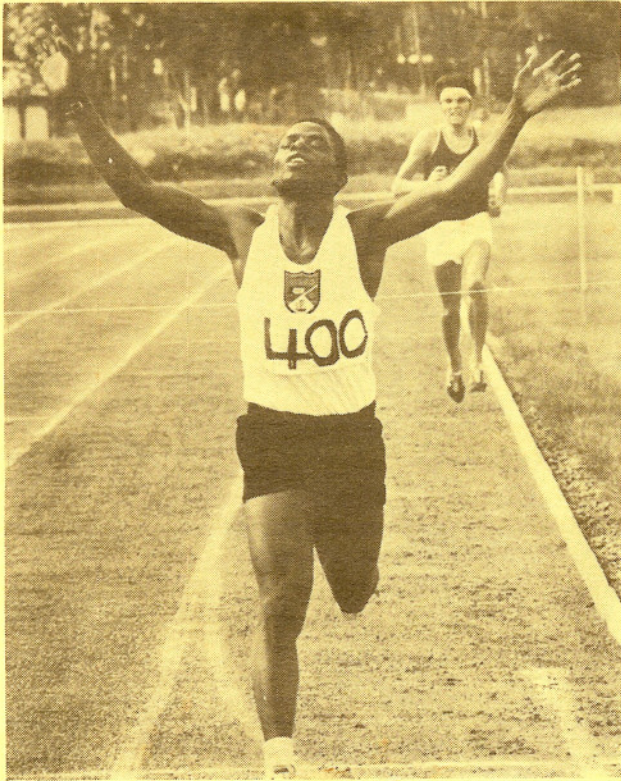


RHODESIAN TRACK AND FIELD 1970

Compiled by

Eng. PHILIP W. KENNEDY

Member of the Association of Track and Field Statisticians



Aaron Gumbo, Holder 5000 m 10 000 m
All-Comers Records.

Rhodesia Herald Photo.



Artwell Mandaza receiving The "John Hopley"
"Sportsman of The Year Trophy".

B.A.T. Photo.



Jacqueline Edwards Under 14
100 m and 400 m Record Holder.



Rhodesia
Bulawayo Harriers and Matabeleland Under
18 4 x 100 m Relay Team. J. Fowlds,
S. Salhus,, M. Johnson, J. Kaplan.

MESSAGE FROM MR. D. A. BUTLER, VICE PRESIDENT OF THE
NATIONAL OLYMPIC COMMITTEE OF RHODESIA WHO REPRESENTED RHODESIA
AT THE DUBROVNIK MEETING OF THE INTERNATIONAL OLYMPIC COMMITTEE
IN OCTOBER, 1969.

Mr. Butler has represented Rhodesia at Olympic and other international regattas and ocean racing and is one of the Country's leading sportsmen.

"This brief history of African participation in Rhodesian Track and Field events is a most valuable article.

Most people who live in Rhodesia and regularly read newspapers and listen to the radio and T.V. are fully aware that African as well as European athletes have represented their country at international events, including the Olympics. Away from athletic circles, however, very few of the public appreciate how large a part is played by Rhodesian Africans, how many participate and what good results they have achieved.

Outside Rhodesia, such is the propaganda directed against us, that this article will be greeted by many with doubt and disbelief, but it is all true and demonstrates with unchallengeable force that in sport, the best Rhodesian represents his country, irrespective of race or any other factor.

Rhodesia has so far not won an Olympic medal, but we will one day, and I hope to be there on that day to see it done. The crystal ball cannot tell us who will first achieve this feat, but one thing is certain, that man or woman will stand proudly in the history of our sport on a plane far above considerations of race or creed.

The only thing which can stop this day coming is not the narrow mindedness of Rhodesians, but the mistaken efforts of those who would bring politics into our sport, often acting on incorrect information.

Eng. Kennedy has struck a powerful blow in the name of fact and truth by writing this article. "

I N D E X

i

| <u>MEN</u> | <u>Page</u> | <u>WOMEN</u> | <u>Page</u> |
|---------------------------------|-------------|------------------------|-------------|
| Rhodesian Records | | | |
| National | 5 | National | 24 |
| Under '19' | 7 | Under '18' | 25 |
| Under '17' | 7 | Under '16' | 26 |
| Results, 1970 | 8 | Results 1970 | 26 |
| Rhodesian Championships, 1970 . | 12 | Rhodn. Ch'ships 1970. | 28 |
| All-Time Lists | | | |
| Open | 13 | Open | 30 |
| Under 20 | 17 | Under 19 | - |
| Under 18. | 19 | Under 17 | - |
| Comparative Tables, Top 10 . . | 22 | | 33 |
| Age Group Best Performances . | 23 | | 33 |

A B B R E V I A T I O N S

| | | | |
|----|------------------------------|---|----------------------|
| aw | Record awaiting ratification | n | non-winning time |
| Ex | Exhibition | y | at Imperial distance |

T R A C K A N D F I E L D I N R H O D E S I A

A well known American negro athlete made the following charges in a book he wrote several years ago:-

- (1) The United States only allows white Rhodesians to compete in America.
- (11) American negroes have not been allowed to compete in Rhodesia.
- (111) Rhodesia would only send an all-white team to the 1968 Olympic Games.

All three charges are false and it is apparent that the author is a victim of rumour, or false propoganda put out for political motives.

- (1) In 1959 Yotham Muleya, a Northern Rhodesian black African, then the holder of the Rhodesian 3 mile record and John Winter, a white Southern Rhodesian and holder of the 440 yard record competed in the United States where both were killed in a motor accident.
- (11)(a) In 1959 Willie Adkins, an American negro, with Coach Lyle Bennett of Central Michigan University toured Rhodesia coaching at schools and clubs. Willie competed in 7 events at the Mashonaland Championships winning two and later won the Rhodesian Long Jump Championship with a leap of 23:6 $\frac{1}{2}$ /7.17
- (b) In 1962 an American team, which included two negroes, Bob Paynter and Gene Johnson competed in Rhodesia. under coach J. McAdoo Keaton
- (111)(a) Only two athletes were selected to compete at Mexico Olympiad, Bernard Dzoma and Mathias Kanda, both black Africans. They were barred from attending the Games, with the rest of the team, by the Mexican Government which seized the passports of the Rhodesian team from the Mexican Olympic Committee's offices.
- (b) Two of the three Track & Field men who competed at Tokyo were black, Mathias Kanda and Robson Mrombe, both marathon runners.
- (c) Two Rhodesian athletes competed at the Rome Olympiad, one was Cyprian Tseriwa, a black African school teacher who still holds the 10 000 metres National Record, and the other was Terry Sullivan, Africa's first sub-four minute miler.

This should be sufficient evidence to refute the charges. Track & Field men and women in Rhodesia compete under the Rules of the I. A. A. F. which has confirmed that Rhodesia is in good standing.

T H E R H O D E S I A N B L A C K A F R I C A N A T H L E T E

Requests have been received for details of the progress made by the Black African athlete as opposed to the White African athlete. Statistically it is not easy to produce conclusive evidence because few results are available for the early years as it is only recently that times have been recorded for placed competitors.

It is believed that the first Black African to compete in an "Open" meet in Southern Rhodesia, now Rhodesia, was the late Yotham Muleya, who on the 6th. December, 1958, competed in a 3 mile race at Salisbury finishing second to Kenya's Onentia and beating England's Gordon Pirie; Muleya's time of 14:48.5 was ratified as a National Record. Six months later Cyprian Tseriwa and Lovemore Tauro were selected to represent Mashonaland in the Inter-Provincial meet against Matabeleland thus becoming the first Africans to compete in a representative match. In 1960 Cyprian became the first African to win a Rhodesian National Championship when he won the 3 and 6 miles in the record times of 14:28.7 and 30:19.2. In the same year Tseriwa competed at the XV11th. Olympiad at Rome finishing 28th. out of 33 runners to set up a new National Record of 30:47.8 which still stands.

On the 5th-6th. May, 1962, Rhodesia competed against teams from Portugal and South Africa at Lourenco Marques. Lote Ndhlovu won the 10 000 m becoming the first African to win an international event for Rhodesia; he was second in the 5 000 m establishing a new National Record of 14:50.6 which stood until 1970. Jacob Ndhlovu was placed third in the 1 500 m at the same meet in a time of 3:55.8 which ranks 6th. in the All-Time list.

Since 1959 Africans have won the 6 miles/10 000 m National Championship in every year and the 3 miles/5 000 m championship in every year except 1964 when it was won by Terry Sullivan. The African record in winning championships and being placed in the Top Ten since 1959 has been:-

| Event | Champ | Top 10 | Event | Champ | Top 10 | Event | Champ | Top 10 |
|---------|-------|--------|----------|-------|--------|-------|-------|--------|
| 100 m | 3 | 3 | 10 000 m | 11 | 10 | T.J. | 7 | 5 |
| 200 m | 3 | 4 | 110 m h | 1 | 3 | S.P. | - | 2 |
| 400 m | 7 | 8 | 400 m h | 5 | 7 | D.T. | 2 | 5 |
| 800 m | 7 | 8 | H.J. | 6 | 3 | H.T. | - | - |
| 1 500 m | 6 | 8 | P.V. | - | - | J.T. | 4 | 2 |
| 5 000 m | 10 | 9 | L.J. | 2 | 1 | | | |

The figures for the Top-10 are the average of all the lists. Both discus and the four javelin championships were won by the same athlete in each event. Where a foreigner won a championship and a Rhodesian African was placed in the next highest place it has been counted as a win for the purpose of the above table. In the 11 year period 1959-70 Africans won 74 out of a possible 170 championships and in the last 5 years won 44 out of 85 showing a slightly better performance over the second period.

The table shows that their successes predominate in distances from 400 to 10 000 metres and the triple jump and the Top-10 lists confirm this tendency. Considerable better times could be put up in distance events if competitors went for fast times instead of waiting to see what their rivals intend to do. It is a common sight to see Africans fighting out the last 400 m of a 10 000 m race at almost 400 metre pace.

Up till now the African, excluding Artwell Mandaza who has a wind-assisted 9.9 sec 100 m time to his credit, has not achieved prominence in sprint events like the negro who originated from the West Coast of Africa.

This may well be due to difference in physique as they come from different ethnic groups.

The advance of the African athlete has been largely due to the efforts of The Chamber of Mines of Rhodesia and the various mining companies which have not only encouraged their employees to compete but have provided some of the best facilities in the country, including 7 cinder tracks.

There is a great potential amongst the Africans of Rhodesia and psychologically and physically there is no reason why they should not hold their own in international competition but before this stage is reached they, as well as the European, must learn to train and race hard.

By custom African women are retiring and have not been so forthcoming in sport as their menfolk. The first woman to take part in an 'Open' event was a school girl M. Dowa who won the 100 yards National Championship in 1959. She was followed by M. Muchenwa who won the Javelin Championship in 1961 with a throw of 104:6/31.85. No further National Championships were won until 1970 when Njekwa Kwibisa (17) won the 400 and 800 metre championships in times of 59.7 and 2:28.2.

It is too early

It is too early to say in which events African women will perform best but present indications are that, like their menfolk, they will do best at the longer distances. It will be interesting to see whether they will compete after leaving school or whether, like so many European girls, will disappear from the track to marry.

During the last five years the composition of Rhodesian National teams has been:-

| YEAR | OPPONENT | MEN | | | WOMEN | | |
|--------|--------------------|-------|-------|-------|-------|-------|-------|
| | | Black | White | Total | Black | White | Total |
| 1967 | South Africa | 9 | 16 | 25 | 0 | 11 | 11 |
| 1968 | South Africa | 22 | 20 | 42 | 4 | 13 | 17 |
| 196 | Malawi | 8 | 4 | 12 | - | - | - |
| 1969 | Malawi & S. Africa | 28 | 13 | 41 | 5 | 10 | 15 |
| 1970 | Malawi | 8 | 3 | 11 | - | - | - |
| 1970 | S. Africa Juniors | | | | 8 | 15 | 23 |
| Totals | | 75 | 56 | 131 | 17 | 49 | 66 |

This table shows the increasing African representation in Rhodesian teams. In 1970 the captain of the National team, which competed against Malawi was Tinosi Maridza and for several years Lote Ndhlovu, retired long distance runner, has been Assistant Manager of Rhodesian teams.

ATHLETES OF THE YEAR - SENIORS

ARTWELL MANDAZA, was born at Mazoe on the 4th. January, 1946, and was the outstanding athlete of the year and deservedly won the 'John Hopley Trophy' as Rhodesian Sportsman of the Year. He was outstanding in all events from 100 to 400 metres setting up new National Records for the 100 m of 10.2, still to be ratified, equalling that for the 200 m of 20.9, and setting a new record for the 400 m of 46.8. In the 4x400 m Relay Championship at the Chamber of Mines meet he was timed at 46.5 from a walking start for the anchor leg of the Mangula team. At Sasolburg he ran the 400 m hurdles in 54.2 the fourth fastest time ever by a Rhodesian. Since Artwell started competing in 1966, at the age of 20, he has shewn steady progress as shewn in the following table. His places in the Top 10 each year are shewn in parenthesis:-

| Age | 20 | 21 | 22 | 23 | 24 |
|---------|-----------|----------|----------|-----------|----------|
| Year | 1966 | 1967 | 1968 | 1969 | 1970 |
| 100 m | 9.9 (1) | 9.8 (1) | 9.5 (1) | 10.3 (1) | 10.2 (1) |
| 200 m | 22.3 (7=) | 21.5 (1) | 21.3 (2) | 21.6 (2=) | 20.9 (1) |
| 400 m | 50.5 | | 48.0 (1) | 47.0 (1) | 46.8 (1) |
| 120 y h | 15.8 (2=) | 15.5 (2) | 15.6 (4) | | |
| 220 y h | 24.2 (1) | 24.2 (1) | 24.8 (1) | | |
| 400 m h | | 55.3 (1) | 55.3 (1) | 54.3 (1) | 54.2 (3) |

Note:- Distances from 1966-68 were Imperial thereafter metric.

TINOSI MARIDZA, born at Chibi on the 19th. February, 1948, first competed as a junior in 1966 when his best time for the 440 yards was 48.6 which earned him 3rd. place in the year's rankings. In the same year he was ranked 9th. in the 220 yards with a time of 22.6. In the next 3 years his times were disappointing, probably because he was working at a small mine remote from any tracks and competition. However this year Maridza showed his real potential by running Mandaza to 0.1 sec. in the 400 m. Maridza's averages for the season were 47.6 and 48.04 for 5 and 10 performances respectively.

He captained the Rhodesian team at the S. African Bantu Games and the National team against Malawi at Blantyre.

NIGEL HODDER, born at Bulawayo on the 17th. December, 1948, had a very successful year in S. Africa winning the 100 m in 10.6 at the S. African championships and at the Universities championships in 10.4; in the 200 m at he S. African Championships he was 4th. in 21.2 and in the Universities meet was 2nd in 21.4. During the year he set up new Border and E. Province records for the 100 m of 10.4 and 10.6 respectively.

SIMEON MANGENA, born in Belingwe on the 11th. March, 1939. First competed in 1956 at the age of 27 for Rhodesia Chrome Mines. His most successful season was in 1970 when he won the Discus at the South African Bantu Games with an All-Comers Record throw of 47.56/156:0 which beat the Rhodesian National Record by 1.38/4:6 $\frac{1}{4}$. He also won the Discus at the South African Bantu Games and was placed 2nd. in the Shot at both meets. Mangena is the first Rhodesian born African to distinguish himself in a throwing event. His progression has been:-

| | 1966 | 1967 | 1968 | 1969 | 1970 |
|--------|------------|-----------|-----------|-----------|-----------|
| Discus | 41.68 (2) | 42.52 (3) | 45.2 (2) | 44.96 (2) | 47.56 (1) |
| Shot | 11.77 (10) | 12.30 (7) | 12.77 (7) | 13.78 (4) | 13.68 (3) |

In 1970 he had averages of 45.64/149:0 and 44.69/146:7.5 for his 5 and 10 best Discus throws.

AARON GUMBO, born on the 24th. January, 1942. Is primarily a racing cyclist but competed in athletics during 1969 and 1970. In 1970 he set up an All-Comers Record for the 10 000 metres of 31:10.6 and an All-Comers and National Record for the 5 000 metres of 14:24.4 when he beat Bernard Dzoma, the previous holder, by 0.1 sec. after a great race at Wankie. Perhaps Aaron's busiest day in sport was at The Chamber of Mines Championships in 1969 when he competed in 5 cycle races from $\frac{1}{2}$ to 5 miles and won the 5 000 metres in between cycle races. In 1970 he headed both the 5 000 and 10 000 metre lists.

J U N I O R S

BRUCE KERREY, born at Fort Victoria on the 25th. March, 1951. In 1969 he won the South African Under '19' Javelin Championship at Cape Town and the Rhodesian Senior and Under '19' Championships. The same year he was awarded a scholarship to the University of California and in 1970, whilst still under 19, set up a new University record of 249:10/76.16 a throw which placed him about 15th. in the World All-Time ranking for men under 20; this throw has also been ratified as a Rhodesian National Record. During 1970 his average for 5 and 10 best throws was 243:7/74.27 and 236:4/72.04 respectively. His progression to-date has been:-

| | 1968 | 1969 | 1970 |
|--|-----------|-----------|-----------|
| | 63.24 (3) | 67.74 (3) | 76.16 (1) |

TERENCE FIDMIGAN, born at Ndola on the 29th. February, 1951. The promise shewn at the end of 1969, when he returned a time of 10.8 for the 100 m came out in the 200 m in which he had a best time of 21.2 when he finished second to South Africa's D. Lategan. During 1970 he equalled the Under '19' Record for the 100 m of 10.9 and set up a new record of 21.2 for the 200 m. His averages for 5 and 10 races at 200 m were 21.48 and 21.61.

SAMMY MKOMSWI, born in Urungwe on the 3rd, February, 1951. Set up a new record for the 800 metres Under '19' of 1:53.5 which he bettered by 0.9 sec. in an 'Open' event; in addition he was 0.2 sec. inside the record for his age group when he returned a time of 48.7 for the 400 m.

He was ranked 5th. and 7th. in these events. His average for 5 races at 200 m was 1:54.3, only 0.8 sec. outside his own Under '19' record. His averages for the 400 m for 5 and 10 races were 48.9 and 49.5 compared with the Under '19' record of 48.7.

GARRY HARTLEN, born at Hartley on the 30th. November, 1952. During the year he set a new National Record for the 110 metres hurdles of 14.7 and one of 14.4 for the Under '19' event. He also set a record of 46:4 $\frac{1}{4}$ /14.13 for the Under 19 Triple Jump. His best performance in the Triple Jump was against L.A.Z. Sudheide when he cleared 46:11 $\frac{3}{4}$ /14.32, only 7 $\frac{3}{4}$ /0.20 below the National Record; in this match all four of his jumps were over 46:0/14.00.

WILLIAM BVUMA, born on the 2nd. February, 1952, at Sinoia, set up a new Under '17' record for both the 800 m. and 1 500 m. of 1:56.2 and 4:07.2 and was ranked 6th. and 5th. in these events. He has great potential and would have done faster times with stronger opposition.

SIXTY YEARS AGO

W.H. Griffiths lowered his own Record for the Mile from 5:04.8 to 5:00.2.

F. Bromehead set a new Record of 10.2 for the 100 yards and W. Stuttaford set a Record of 1.61 (5:3 $\frac{1}{2}$) for the High Jump.

NATIONAL RECORDS

(As at the 17th. January, 1970).

| | | | | |
|-------------|---------|---|-------------------|------------------------|
| 100 y | 9.6 | Johann du Preez | Bulawayo | 8.7.62 |
| | 9.6 | Johann du Preez | Salisbury | 5.8.62 |
| | 9.6 | Johann du Preez | Salisbury | 24.5.64 |
| | 9.6 | Artwell Mandaza | Blantyre | 27.7.68 |
| 100 m | 10.3 | Artwell Mandaza | Salisbury | 28.6.69 |
| | 10.2 | aw Artwell Mandaza | Welkom, S.A. | 2.5.70 |
| 200 m/220 y | 20.9 | Johann du Preez | Salisbury | 22.3.64 |
| 400 m | 46.8 | Artwell Mandaza | Mashaba | 6.6.70 |
| 440 y | 47.5 | Johann du Preez | Salisbury | 17.4.66 |
| 800 m/880 y | 1:49.0 | Terence Sullivan | Salisbury | 27.5.62 |
| 1 500 m | 3:42.8 | Terence Sullivan | Rome | 3.9.60 |
| 1 mile | 3:59.8 | n Terence Sullivan | Dublin | 25.9.60 |
| 3 miles | 13:52.8 | Bernard Dzoma | Salisbury | 21.4.68 |
| 5 000 m | 14:24.4 | Aaron Gumbo | Wankie | 1.7.70 |
| 6 miles | 29:17.2 | Bernard Dzoma | Bulawayo | 29.6.68 |
| 10 000 m | 30:47.8 | Cyprian Tseriwa | Rome | 8.9.60 |
| 110 m h | 14.7 | n Garry Harnden | Salisbury | 8.7.70 |
| 400 m h | 52.8 | Robert Tait | Pt. Elizabeth | 28.11.70 |
| 3 000 m St | 9:43.8 | Pilat Ndhlovu | Bulawayo | 11.1.70 |
| H.J. | 1.95 | 6:4 $\frac{3}{4}$ | Philip Capon | Bulawayo 28.5.67 |
| P.V. | 4.60 | 15:1 $\frac{1}{4}$ | Daniel Burger | Salisbury 5.7.64 |
| L.J. | 7.43 | 24:4 $\frac{1}{2}$ | Roy Collins | Bulawayo 2.9.62 |
| T.J. | 14.51 | 47:7 $\frac{1}{2}$ | Thomas Chizanga | Salisbury 16.2.69 |
| | 14.51 | 47:7 $\frac{1}{2}$ | Claudius Mtizwa | Bulawayo 1.3.70 |
| S.P. | 15.90 | 52:2 | Addison Dale | Salisbury 19.1.69 |
| D.T. | 46.18 | 151:6 | Addison Dale | Bulawayo 30.6.68 |
| | 47.56 | 156:0 | aw Simeon Mangena | Welkom, SA. 3.5.70 |
| H.T. | 53.34 | 175:0 | Hugh Ross-Kent | Bulawayo 22.6.66 |
| J.T. | 76.16 | 249:10 | Bruce Kennedy | Berkeley, USA. 14.3.70 |
| 4 x 100 m R | 41.5 | Mashonaland Invitation | Salisbury | 28.6.69 |
| | | (E. Heron; D. Magodo; A. Mandaza; R. Pitchford) | | |
| 4 x 110 y R | 42.2 | Rhodesian 'A' Team | Salisbury | 26.9.62 |
| | | (D. Burger; J. du Preez; J. Sakala; J. Smith) | | |
| 4 x 220 y R | 1:31.0 | Rio Tinto A.C. | Salisbury | 12.4.70 |
| | | (L. Chipungare; D. Magodo; S. Masewe; M. Nhira) | | |
| 4 x 400 m R | 3:14.0 | Mangula A.C. | Mashaba | 7.6.70 |
| | | (J. Jere; S. Natani; T. Ngwenya; A. Mandaza) | | |
| 4 x 440 y R | 3:15.6 | Rhod. Nat. Team | Salisbury | 9.5.70 |
| | | (L. Chipungare; V. Fulunga; T. Maridza; A. Treva) | | |

ALL - COMERS RECORDS

(For events where the National Record
is not also the All-Comers Record)

| | | | | | | |
|---------------|-------------------|---------------------|------------------|-----------|-----------|---------|
| 100 m | 10.2 | Paul Nash | SA | Salisbury | 11.5.68 | |
| 200 m/220 y | 20.8 | Izak van Zyl | SA | Salisbury | 11.5.68 | |
| 1 500 m | 3:49.5 | Willie Farrell | SA | Salisbury | 8.7.70 | |
| 10 000 m | 31:10.6 | Aaron Gumbo | | Mashaba | 6.6.70 | |
| 120 y h | 14.2 | Willem Coetzee | SA | Salisbury | 11.5.68 | |
| 110 y h | 14.3 | David Langley | SA | Salisbury | 8.7.70 | |
| 400 m/440 y h | 50.5 | Gert Potgieter | SA | Salisbury | 25.4.59 | |
| H.J. | 2.05 ⁷ | 6:6: | Emile Roussouw | SA | Bulawayo | 4.7.70 |
| L.J. | 7.49 | 24:7 | David Langley | SA | Bulawayo | 4.7.70 |
| T.J. | 15.35 | 50:4 $\frac{1}{4}$ | Ellis West | SA | Salisbury | 6.4.53 |
| S.P. | 18.00 | 59:0 $\frac{3}{4}$ | Dawid Booyesen | SA | Salisbury | 9.5.70 |
| D.T. | 52.93 | 173:8 | Step. du Plessis | SA | Salisbury | 3.6.63 |
| J.T. | 72.06 | 236:5 | Willie Christie | | Bulawayo | 25.6.67 |
| 4x100 m R) | | | | | | |
| 4x1'0 y R) | 40.7 | S. African 'A(Team | | Salisbury | 11.5.68 | |

Meritorious Performances

| | | | | | | |
|-------|-------------|--------------------|-------------|-----------|-----------|---------|
| 100 y | 9.6 | Bob Poynter | USA | Salisbury | 26.9.62 | |
| H.J. | 2.05 Ex 6:9 | Gene Johnston | USA | Salisbury | 26.9.62 | |
| S.P. | 18.70 | 61:4 $\frac{1}{2}$ | Dave Davies | USA | Salisbury | 26.9.62 |

BEST PERFORMANCES BY RHODESIAN-BORN ATHLETES

'x' indicates also a National or an All-Comers Record.
'+' indicates a better performance than a ratified record for the event.

| | | | | | |
|------------|---------|---------------------|--------------------|-----------------|----------|
| 100 y | 9.6 | x | Artwell Mandaza | Blantyre, Mal'i | 27.7.68 |
| 100 m | 10.2 | + | Artwell Mandaza | Welkom, SA | 2.5.70 |
| 200 m | 20.9 | = | Artwell Mandaza | Salisbury | 19.4.70 |
| 400 m | 46.8 | x | Artwell Mandaza | Mashaba | 6.6.70 |
| 800 m | 1:48.5 | | Mbako Hlomani | Salisbury | 11.6.66 |
| 1 500 m | 3:52.8 | | Stanlake Shekede | Salisbury | 9.3.69 |
| | 3:52.8 | | Pilat Ndhloyu | Welkom, SA | 3.5.70 |
| 5 000 m | 14:24.4 | x | Aaron Gumbo | Wankie | 1.7.70 |
| 10 000 m | 30:47.8 | x | Cyprian Tseriwa | Rome, Italy | 8.9.60 |
| 110 m h | 14.7 | x | Garry Harnden | Salisbury | 8.7.70 |
| 400 m h | 52.8 | x | Robert Tait | Pt. Elizabeth | 28.11.70 |
| 3 000 m st | 9:43.8 | x | Pilat Ndhlovu | Bulawayo | 11.1.70 |
| H.J. | 1.93 | 6:4 $\frac{1}{2}$ | David Matereke | Salisbury | 7.6.64 |
| P.V. | 3.85 | 12:7 $\frac{3}{4}$ | Colin Harris | Salisbury | 4.4.65 |
| L.J. | 7.52 | 24:8 $\frac{1}{4}$ | + Marthinus Martin | Pretoria, SA | 26.10.63 |
| T.J. | 14.69 | 48:2 $\frac{1}{4}$ | + Phineas Ajida | Libanon, SA | 1.5.66 |
| S.P. | 15.90 | 52:2 | x Addison Dale | Salisbury | 19.1.69 |
| D.T. | 47.56 | 156:0 $\frac{1}{2}$ | + Simeon Mangena | Welkom, SA | 3.5.70 |
| H.T. | | | | | |
| J.T. | 76.16 | 249:10 | x Bruce Kennedy | Berkeley, USA | 14.3.70 |

UNDER '19' RECORDS

(Under '19' on the 1st. January, in the year of performance)

| | | | | | | | |
|---------------|--------|--|--------------------|------------------|-----------|------|------|
| 100 m | 10.9 | George Galloway | Salisbury | 19. | 4.69 | | |
| | 10.9 | n Roy Pitchford | Salisbury | 28. | 6.69 | | |
| | 10.9 | n Terence Finnigan | Salisbury | 8. | 7.70 | | |
| 200 m | 21.6 | Terence Finnigan | Bulawayo | 4. | 7.70 | | |
| 400 m/440 y | 48.7 | Tinosi Maridza | Salisbury | 12. | 6.66 | | |
| 800 m | 1:53.5 | Sammy Mkombwe | Salisbury | 7. | 6.69 | | |
| 1 500 m | 4:01.6 | n Kep. Sarumhungwe | Salisbury | 28. | 6.69 | | |
| 3 000 m | 8:51.8 | John Tengoriwete | Redcliff | 17. | 5.70 | | |
| 110 m h | 14.4 | Garry Harnden | Byo/Sby | 4/8. | 7.70 | | |
| 400 m h | 58.6 | John Dodd | Salisbury | 21. | 3.70 | | |
| H.J. | 1.84 | 6:0 $\frac{3}{4}$ | Simon Masewe | Bulawayo | 29. | 6.68 | |
| P.V. | 3.85 | 12:7 $\frac{3}{4}$ | Colin Harris | Salisbury | 4. | 4.65 | |
| L.J. | 6.86 | 22:6 | Hashmuk Kanjee | Salisbury | 23. | 3.69 | |
| T.J. | 14.13 | 46:4 $\frac{1}{4}$ | Garry Harnden | Bulawayo | 18. | 4.70 | |
| S.P. | 5.45Kg | 16.67 | 54:8 $\frac{1}{2}$ | Brendan Farrell | Salisbury | 8. | 6.69 |
| | 6.36Kg | 14.79 | 48:6 $\frac{1}{2}$ | Addison Dale | Salisbury | 12. | 4.61 |
| D.T. | 1.5 Kg | 49.89 | 163:8 | Michael Lambourn | Bulawayo | 29. | 6.68 |
| J.T. | 700 gm | 65.35 | 214:5 | Bruce Kennedy | B'fontein | 18. | 4.69 |
| | 800 gm | 64.97 | 213:2 | Bruce Kennedy | Salisbury | 7. | 6.69 |
| 4 x 100 m R | 42.7 | n Rhod. 'A' Team | Salisbury | 8. | 7.70 | | |
| | | (C. Cannon; G. Harnden; T. Finnigan; N. Silva) | | | | | |
| 4 x 220 y R | 1:31.2 | i Rhodes A.C. | Salisbury | 20. | 6.70 | | |
| | | (T. Finnigan; G. Harnden; T. Rowett; L. Souster) | | | | | |
| 4 x 440 y/m R | 3:24.3 | Alaska A.C. | Salisbury | 20. | 6.70 | | |
| | | (Albert; W. Bvuma; S. Mkombwe; E. Tsuru) | | | | | |

UNDER '17' RECORDS

| | | | | | | | |
|-------------|--------|--|---------------------|------------------|-----------|-------|------|
| 100mm | 11.0 | Trevor Spiers | Redcliff | 17. | 5.70 | | |
| 200 m | 22.1 | Trevor Spiers | Bulawayo | 4. | 7.70 | | |
| 400 m | 50.2 | Henry Tsuru | Bulawayo | 13. | 4.69 | | |
| 800 m | 1:56.2 | William Bvuma | Salisbury | 19. | 4.69 | | |
| 1 500 m | 4:05.9 | Esau Magwaza | Salisbury | 8. | 7.70 | | |
| 3 000 m | 9:05.6 | Esau Magwaza | Salisbury | 21. | 3.70 | | |
| 100 m h | 14.1 | Garry Harnden | Salisbury | 19. | 4.69 | | |
| H.J. | 1.76 | 5:9 $\frac{1}{4}$ | Ian Ault | Bulawayo | 15. | 3.70 | |
| | 1.77 | 5:10 | aw Crispin Eley | Bulawayo | 8. | 11.70 | |
| P.V. | 3.43 | 11:3 | Colin Harris | Salisbury | 3. | 6.63 | |
| L.J. | 6.61 | 21:8 $\frac{1}{4}$ | Chris. Cannon | Salisbury | 21. | 3.70 | |
| T.J. | 14.00 | 45:11 $\frac{1}{4}$ | Chris. Cannon | Salisbury | 21. | 3.70 | |
| S.P. | 4.5 Kg | 16.65 | 54:7 $\frac{3}{4}$ | Michael Lambourn | Salisbury | 29. | 5.66 |
| | 5.45kg | 14.92 | 48:11 $\frac{1}{2}$ | Michael Lambourn | Salisbury | 29. | 5.66 |
| D.T. | 1 Kg | 51.89 | 170:3 | Gavin Devine | Bulawayo | 15. | 3.70 |
| J.T. | 600 gm | 66.14 | 217:0 | Bruce Kennedy | Bulawayo | 19. | 5.68 |
| | 700 gm | 54.38 | 178:5 | Charl Roux | Salisbury | 21. | 3.70 |
| 4 x 100 m R | 44.3 | Rhod. 'A' Team | Salisbury | 4. | 7.70 | | |
| | | (K. Cumming; J. Jere; A. Phillips; T. Spiers) | | | | | |
| 4 x 220 y R | 1:35.2 | Rhodes A.C. | Salisbury | 20. | 6.70 | | |
| | | (J. Calderwood; C. Cannon; P. Parkinson; P. Visser) | | | | | |
| 4 x 400 m R | 3:34.2 | Rhodes A.C. | Redcliff | 17. | 5.70 | | |
| | | (J. Calderwood; K. Campbell; C. Cannon; C. Millward) | | | | | |

RESULTS 1970

At the top of each list is the name of the athlete with the best average for 5 and 10 performances, with his average figures.

100 METRES

| | | | | | |
|--------------------|--------|-------|-------|-------------|-------|
| ARTWELL MANDAZA | 10.38; | 10.44 | | | |
| Artwell Mandaza | 46 | 10.2 | (1) | Welkom | 2.5 |
| Nigel Hodder | 48 | 10.4 | (1) | Grahamstown | 17.10 |
| Dera Magodo | 50 | 10.5 | (2) | Redcliff | 27.6 |
| Samuel Nicholas | 46 | 10.8 | (3) h | Welkom | 2.5 |
| Adom Treva | 51 | 10.8 | (3) | Mashaba | 7.6 |
| Terence Finnigan | 52 | 10.9 | (3) | Salisbury | 8.7 |
| Trevor Spiers | 53 | 10.9 | (1) | Redcliff | 27.6 |
| Tinos Maridza | 48 | 10.9 | (3) h | Welkom | 2.5 |
| William Ngazimbi | 44 | 11.0 | (2) h | Welkom | 2.5 |
| Phillimon Chidziva | 46 | 11.1 | (2) | Salisbury | 19.4 |
| Ben Magodo | | 11.1 | (1) | Mashaba | 7.6 |

Wind Assisted

| | | | | | |
|-----------------|----|-----|-------|--------|-----|
| Artwell Mandaza | 46 | 9.9 | (1) h | Welkom | 2.5 |
|-----------------|----|-----|-------|--------|-----|

200 METRES

| | | | | | |
|------------------|--------|-------|-------|-----------|------|
| ARTWELL MANDAZA | 21.04; | 21.31 | | | |
| Artwell Mandaza | 46 | 20.9 | (1) h | Salisbury | 19.4 |
| Nigel Hodder | 48 | 21.2 | (4) | Pretoria | 30.3 |
| Terence Finnigan | 52 | 21.2 | (2) | Salisbury | 8.7 |
| Dera Magodo | 50 | 21.5 | (2) | Salisbury | 8.7 |
| Alfred Ncube | 50 | 21.8 | (1) | Salisbury | 5.4 |
| Tinos Maridza | 50 | 21.9 | (2) | Mashaba | 6.6 |
| Timothy Rowett | 51 | 21.9 | (2) | Salisbury | 8.2 |
| Trevor Spiers | 53 | 21.0 | (2) | Salisbury | 8.7 |
| Adom Treva | 51 | 22.0 | (2) h | Redcliff | 17.5 |
| Kevin Campbell | 55 | 22.1 | (3) | Salisbury | 8.7 |

400 METRES

| | | | | | |
|--------------------|-------|-------|--------|-----------|------|
| TINOS MARIDZA | 47.6; | 48.04 | | | |
| Artwell Mandaza | 46 | 46.8 | (1) | Mashaba | 6.6 |
| Tinos Maridza | 48 | 46.9 | (2) | Mashaba | 6.6 |
| Langton Chipungare | 48 | 47.8 | (2) | Salisbury | 20.6 |
| Vurayi Fulunga | 44 | 48.0 | (3) | Redcliff | 17.5 |
| James Jere | 46 | 48.0 | (1) | Alaska | 31.5 |
| Anton Treva | 51 | 48.3 | (1) | Mangula | 21.6 |
| Sammy Mkombwe | 51 | 48.5 | (1) | Salisbury | 25.1 |
| Dera Magodo | 50 | 48.7 | (1) | Blantyre | 13.6 |
| Ben Magodo | | 48.9 | (1) | Mashaba | 6.6 |
| Willion Ngazimbi | 44 | 49.3 | (3) SF | Redcliff | 17.5 |

800 METRES

| | | | | | |
|--------------------|---------|---------|-----|-----------|------|
| PILAT NDHLOVU | 1:52.4; | 1:54.05 | | | |
| Pilat Ndhlovu | 48 | 1:51.3 | (3) | Redcliff | 16.5 |
| Michael Zikali | 43 | 1:51.3 | (1) | Salisbury | 26.4 |
| Langton Chipungare | 48 | 1:52.2 | (2) | Mashaba | 6.6 |
| Stanlake Shekede | 43 | 1:52.4 | (3) | Salisbury | 8.7 |
| Sammy Mkombwe | 51 | 1:52.6 | (1) | Salisbury | 18.1 |
| William Bvuma | 52 | 1:52.7 | (2) | Salisbury | 26.4 |
| Oliver Kamurino | 52 | 1:53.6 | (3) | Alaska | 31.5 |
| Edison Mbengo | 53 | 1:54.5 | (4) | Salisbury | 26.4 |
| Mbako Hlomani | 41 | 1:55.4 | (2) | Mashaba | 6.6 |
| P. Kaurondo | | 1:56.1 | (3) | Redcliff | 27.6 |

1 500 METRES

| | | | | |
|------------------|---------|--------|-----|----------------|
| PILAT NDHLOVU | 3:57.8; | 4:00.9 | | |
| Pilat Ndhlovu | 48 | 3:52.8 | (2) | Welkom 3.5 |
| Michael Zikali | 43 | 3:54.2 | (1) | Bulawayo 12.4 |
| Bernard Dzoma | 41 | 3:55.3 | (1) | Salisbury 25.1 |
| Stanlake Shekede | 43 | 3:56.8 | (2) | Bulawayo 12.4 |
| William Bvuma | 52 | 3:57.9 | (1) | Salisbury 25.1 |
| George Mahno | 47 | 3:59.5 | (2) | Bulawayo 22.3 |
| Edison Mbengo | 53 | 4:01.2 | (3) | Salisbury 25.1 |
| Daniel Bosumani | 52 | 4:03.6 | (1) | Salisbury 19.4 |
| John Tengoriwete | 52 | 4:04.2 | (2) | Salisbury 19.4 |
| Oliver Kamurino | 52 | 4:04.2 | (2) | Alaska 31.5 |

5 000 METRES

| | | | | |
|-----------------|---------|---------|-----|----------------|
| BERNARD DZOMA | 14:50.3 | | | |
| Aaron Gumbo | 42 | 14:24.4 | (1) | Wankie 1.7 |
| Bernard Dzoma | 43 | 14:24.5 | (2) | Wankie 1.7 |
| George Mahno | 47 | 14:58.3 | (2) | Salisbury 5.4 |
| Chipo Gara | 46 | 15:09.0 | (2) | Salisbury 9.5 |
| Simon Bhindi | 52 | 15:24.0 | (1) | Salisbury 19.4 |
| Weston Phiri | 49 | 15:25.3 | (1) | Bulawayo 25.3 |
| Joseph Sakahuni | 49 | 15:33.6 | (2) | Salisbury 19.4 |
| Felix Mtini | 52 | 15:45.0 | (4) | Salisbury 5.4 |
| Lighton Nyanza | 42 | 15:47.0 | (3) | Salisbury 19.4 |
| Lorenzo Nadalet | 38 | 15:55.0 | (1) | Salisbury 8.2 |

10 000 METRES

| | | | | |
|-----------------|---------|---------|-----|----------------|
| CHIPO GARA | 31:41.0 | | | |
| Aaron Gumbo | 42 | 31:10.6 | (1) | Mashaba 6.6 |
| Bernard Dzoma | 43 | 31:16.0 | (2) | Mashaba 6.6 |
| Weston Phiri | 49 | 31:17.5 | (2) | Welkom 3.5 |
| Chipo Gara | 46 | 31:23.6 | (2) | Redcliff 16.5 |
| Robson Mrombe | 42 | 31:57.6 | (2) | Salisbury 26.4 |
| Joseph Sakahuni | 49 | 32:31.4 | (2) | Salisbury 5.4 |
| Mwanga Chindo | 42 | 32:38.0 | (3) | Salisbury 26.4 |
| John Shaba | 40 | 34:04.2 | (6) | Salisbury 5.4 |

110 METRES HURDLES

| | | | | |
|--------------------|------|------|-------|-------------------|
| GARRY HARNDEN | 14.9 | | | |
| Garry Harnden | 52 | 14.7 | (1) | Salisbury 20.6 |
| Christopher Turvey | 48 | 15.0 | (1) h | Pretoria 30.3 |
| David Stronge | 45 | 15.1 | (1) | Salisbury 11.1 |
| Mathew Bobo | 45 | 15.5 | (5) | Salisbury 9.5 |
| David Saredi | 52 | 15.5 | (1) h | Welkom 2.5 |
| Temba Ngwenya | 45 | 16.0 | (4) | Mangula 21.6 |
| Robert Tait | 49 | 16.0 | (3) | Grahamstown 17.10 |
| Mathew Mafira | 46 | 16.2 | (1) | Mashaba 6.6 |
| Phineas Ajida | 40 | 16.2 | (2) | Salisbury 5.4 |
| Cohen Mazula | 40 | 16.3 | (1) h | Salisbury 5.4 |
| Howard Moyo | 46 | 16.5 | (1) h | Salisbury 11. |

400 METRES HURDLES

| | | | | |
|-----------------|--------|-------|-----|----------------------|
| SONNY NATANI | 54.24; | 54.95 | | |
| Sonny Natani | 40 | 52.6 | (1) | Alaska 31.5 |
| Robert Tait | 49 | 52.8 | (1) | Port Elizabeth 28.11 |
| Artwell Mandaza | 46 | 54.2 | (1) | Sasolburg 1.4 |
| Mathew Bobo | 45 | 54.3 | (2) | Redcliff 16.5 |

| | | | | | |
|--------------------|----|------|-------|-----------|------|
| Mathew Mafira | 46 | 54.5 | (1) | Salisbury | 18.1 |
| Christopher Turvey | 48 | 55.7 | (5) h | Pretoria | 28.3 |
| John Dodd | 51 | 57.3 | (3) | Salisbury | 5.4 |
| Temba Ngwenya | 43 | 57.4 | (3) | Mangula | 21.6 |
| Howard Moyo | 46 | 57.4 | (2) | Bulawayo | 12.4 |
| William Phiri | 49 | 59.3 | (3) h | Salisbury | 5.4 |

3.000 METRES STEEPLECHASE

| | | | | | |
|---------------|----|---------|-----|----------|------|
| Pilat Ndhlovu | 48 | 9:43.8 | (1) | Bulawayo | 11.1 |
| Aaron Gumbo | 42 | 10:31.7 | (2) | Bulawayo | 11.1 |

HIGH JUMP (6:4 - 5:8)

| | | | | | |
|---------------------|-------|------|---------------|-----------|------|
| PATRICK MCKRILL | 1.88; | 1.83 | | | |
| Philip Capon | 46 | 1.93 | (2) | Salisbury | 9.5 |
| Patrick McKrill | 46 | 1.88 | (2.1.2.4.1.2) | | x6 |
| Simon Masewe | 50 | 1.86 | (1) | Mashaba | 6.6 |
| Christopher Stronge | 49 | 1.83 | (2) | Salisbury | 5.4 |
| Moses Chilunjika | 51 | 1.77 | (1.1.3.4) | | x4 |
| Enart Mpofo | 40 | 1.77 | (2.3) | | x2 |
| Ian Ault | 53 | 1.76 | (1) | Bulawayo | 15.3 |
| Richard Passaportis | 53 | 1.75 | (1) | Salisbury | 19.4 |
| David Matereke | 39 | 1.75 | (1) | Salisbury | 25.1 |
| Crispin Chifamba | 46 | 1.72 | (2) | Salisbury | 25.1 |

POLE VAULT (12:0 - 10:6)

| | | | | | |
|----------------------|------|------|---------|-----------|------|
| JOSEPH CHIBOKO | 3.11 | | | | |
| David Stronge | 45 | 3.66 | (1.1.2) | | x3 |
| Christopher Stronge | 49 | 3.66 | (1) | Salisbury | 26.4 |
| Charles Carruthers | 52 | 3.35 | (1.4) | | x2 |
| James Orr | 54 | 3.35 | (1.2) | Salisbury | x2 |
| Simon Brenchley | 51 | 3.35 | (1) | Salisbury | 19.4 |
| Peter Grant-Fletcher | 49 | 3.35 | (3) | Salisbury | 1.3 |
| Ian Sanderson | 47 | 3.35 | (1) | Salisbury | 18.1 |
| Joseph Chiboko | 52 | 3.24 | (3) | Welkom | 3.5 |
| William Christie | 39 | 3.20 | (2) | | x2 |
| Patrick McKrill | 46 | 3.20 | (2) | Salisbury | 18.1 |
| Vincent Bottcher | | 3.20 | (2) | Salisbury | 26.4 |

LONG JUMP (23:11 $\frac{3}{4}$ - 21:8 $\frac{3}{4}$)

| | | | | | |
|--------------------|------|------|-----|-----------|------|
| PHILIP CAPON | 6.94 | | | | |
| Philip Capon | 46 | 7.31 | (1) | Salisbury | 20.6 |
| Clifford Magodo | 40 | 6.93 | (1) | Redcliff | 27.6 |
| Roy Collins | 37 | 6.91 | (1) | Bulawayo | 12.4 |
| Thomas Chizanga | 40 | 6.82 | (1) | Mashaba | 7.6 |
| Hashmuk Kanjee | 50 | 6.80 | (1) | Salisbury | 20.6 |
| Rashael Mtiza | 51 | 6.76 | (1) | Redcliff | 16.5 |
| Nelson Gumbo | 44 | 6.74 | (3) | Redcliff | 27.6 |
| Ronald Scawthon | 44 | 6.70 | (1) | Salisbury | 18.1 |
| Garry Harnden | 52 | 6.64 | (4) | Salisbury | 9.5 |
| Christopher Cannon | 53 | 6.62 | (5) | Salisbury | 9.5 |

TRIPLE JUMP (47:7 $\frac{1}{2}$ - 44:3 $\frac{1}{4}$)

| | | | | | |
|-----------------|--------|-------|-----|-----------|------|
| THOMAS CHIZANGA | 14.22; | 14.00 | | | |
| Claudius Mtizwa | 50 | 14.51 | (1) | Bulawayo | 1.3 |
| Thomas Chizanga | 40 | 14.37 | (1) | Salisbury | 26.4 |
| Nelson Gumbo | 44 | 14.33 | (1) | Mashaba | 6.6 |
| Garry Harnden | 52 | 14.32 | (1) | Salisbury | 20.6 |
| Enart Mpofo | 46 | 14.29 | (2) | Welkom | 3.5 |

| | | | | | |
|--------------------|----|-------|-----|-----------|------|
| Christopher Cannon | 53 | 14.00 | (1) | Salisbury | 21.3 |
| Raphael Mtizwa | 51 | 13.89 | (3) | Bulawayo | 12.4 |
| Ian Viljoen | 51 | 13.65 | (1) | Bulawayo | 1.3 |
| Johannes Roos | 48 | 13.56 | (1) | Salisbury | 11.1 |
| Cohen Mazula | 44 | 13.49 | (5) | Salisbury | 26.4 |

SHOT PUT (49:10 $\frac{3}{4}$ - 35:7)

| | | | | | |
|---------------------|--------|-------|-----|--------------|------|
| LOT NDHLOVU | 13.66; | 12.06 | | | |
| Addison Dale | 42 | 15.21 | (1) | Salisbury | 8.7 |
| Lot Ndhlovu | 46 | 13.97 | (1) | Johannesburg | 1.6 |
| Simeon Mangena | 39 | 13.68 | (4) | Redcliff | 27.6 |
| Michael Lambourn | 49 | 13.23 | (4) | Salisbury | 1.3 |
| David Lambourn | 50 | 12.75 | (2) | Salisbury | 1.3 |
| Itai Maunzi | 41 | 12.50 | (3) | Mashaba | 7.6 |
| Stephen Chikomo | 46 | 12.46 | (7) | Redcliff | 27.6 |
| Norman Silva | 51 | 11.47 | (5) | Salisbury | 5.4 |
| Matikonya Zwankinya | 42 | 10.86 | (5) | Bulawayo | 12.4 |
| William Christie | 39 | 10.84 | (4) | Salisbury | 19.4 |

DISCUS (156:0 - 112:11)

| | | | | | |
|-------------------|--------|-------|-----|-----------|------|
| SIMEON MANGENA | 45.64; | 44.69 | | | |
| Simeon Mangena | 39 | 47.56 | (1) | Welkom | 3.5 |
| Lot Ndhlovu | 46 | 43.98 | (3) | Welkom | 3.5 |
| Stephen Chikomo | 46 | 42.58 | (1) | Mashaba | 7.6 |
| Michael Lambourn | 49 | 42.24 | (3) | Salisbury | 9.5 |
| Itai Maunzi | 41 | 39.46 | (3) | Mashaba | 7.6 |
| Spain Chimusimbe | 43 | 35.71 | (1) | Alaska | 31.5 |
| William Makuwende | 53 | 35.26 | (2) | Alaska | 31.5 |
| Mashumba | | 35.21 | (3) | Alaska | 31.5 |
| Jan Steenkamp | 43 | 34.57 | (1) | Salisbury | 25.1 |
| William Smith | 51 | 34.42 | (4) | Salisbury | 1.3 |

HAMMER (161:5 - 61:9)

| | | | | | |
|------------------|-------|-------|-----|-----------|------|
| HUGH ROSS-KENT | 47.19 | | | | |
| Addison Dale | 42 | 49.20 | (2) | Salisbury | 20.6 |
| Hugh Ross-Kent | 38 | 47.70 | (1) | Salisbury | 8.7 |
| Michael Lambourn | 49 | 47.19 | (1) | Salisbury | 26.4 |
| F. Hone | | 25.52 | (3) | Salisbury | 25.1 |
| William Christie | 39 | 24.99 | (4) | Salisbury | 25.1 |
| David Lambourn | 50 | 23.29 | (3) | Salisbury | 11.1 |
| Steven | | 19.40 | (4) | Salisbury | 26.4 |
| Mel O'Brien | 44 | 18.82 | (5) | Salisbury | 25.1 |

JAVELIN (249:10 - 173:9)

| | | | | | |
|-------------------|--------|-------|-----|--------------|------|
| BRUCE KENNEDY | 74.24; | 72.04 | | | |
| Bruce Kennedy | 51 | 76.15 | (1) | Berkeley USA | 14.3 |
| William Christie | 39 | 58.04 | (1) | Salisbury | 8.3 |
| William Makuwende | 53 | 57.33 | (1) | Alaska | 31.7 |
| Joachim Nkomb | 42 | 56.92 | (2) | Salisbury | 20.6 |
| Egedion Ludick | 52 | 55.93 | (1) | Salisbury | 18.1 |
| Simeon Mangena | 39 | 54.81 | (4) | Salisbury | 20.6 |
| Anthony Hodder | 46 | 54.23 | (1) | Bulawayo | 11.1 |
| Glen Brikkels | | 54.13 | (1) | Bulawayo | 4.7 |
| Stephen Chikomo | 46 | 53.85 | (3) | Redcliff | 17.5 |
| Leslie Souster | 51 | 53.02 | (2) | Redcliff | 17.5 |

RHODESIAN CHAMPIONSHIPS

TORWOOD STADIUM, REDCLIFF, 16-17 May

Weather cool with cross breezes diverted up the finishing straight by the banking of the cycle track. Breezes up to 5 metres per second.

| | | |
|-----------|-----|--|
| 100 m | (a) | 1. Leserwane (SA) 10.8; 2. Magodo, D. 11.0; 3. Nicholas 11.1 |
| 200 m | (b) | 1. Morosi (SA) 21.3; 2. Finnigan 21.5; 3. Magodo. D. 22.1 |
| 400 m | (b) | 1. Khosi (SA) 47.3; 2. Maridza 47.6; 3. Fulunga 48.0 1:51.3 |
| 800 m | (a) | 1. Mororegi (SA) 1:50.8; 2. Mohlabi (SA) 1:50.8; 3. Ndhlovu, P. |
| 1 500 m | (b) | 1. Mamabola (SA) 3:54.2; 2. Mororegi (SA) 3:55.1; 3. Zikali 3:57.9 |
| 5 000 m | (a) | 1. Mambola (SA) 15:03.6; 2. Metzging (SA) 15:04.2; 3. Gumbo 15:06.5 |
| 10 000 m | (a) | 1. Metzging (SA) 31:23.6; 2. Gara 31:23.6; 3. Phiri 32:08.4 |
| 110 m h | (b) | 1. Harnden 15.2; 2. Bobo 15.5; 3. Mashai (SA) 15.6; |
| 400 m h | (a) | 1. Kesebilwe (SA) 53.9; 2. Bobo 54.3; 3. Mafira 55.3 |
| H.J. | (b) | McKrill 1.88; 2. Ndwambi (SA) 1.88; 3. Capon 1.83 |
| P.V. | (a) | 1. D.Stronge 3.66; 2. Christie 3.20; 3. A.Stronge 3.02 |
| L.J. | (b) | 1. Ndwani (SA) 7.20; 2. Capon 6.89; 3. Kanjee 3.02; |
| T.J. | (b) | 1. Chizanga 14.35; 2. Harnden 13.78; 3. Ndwani (SA) 13.62 |
| S.P. | (b) | 1. Dale 14.88; 2. Mangena 13.64; 3. Ndhlovu, L. 13.47 |
| D.T. | (a) | 1. Mangena 44.25; 2. M. Lambourn 41.91; 3. Chikomo 39.90 |
| H.T. | (a) | 1. Dale 47.78; 2. Ross-Kent 47.65; 3. M.Lambourn 46.74 |
| J.T. | (b) | 1. Ngwenya (SA) 69.24; 2. Nkomo 54.33; 3. Chikomo 53.85 |
| 4x100 m R | (b) | 1. S.A.A.A. & C.F. 42.2; 2. Rio Tinto 43.4; 3. R.C.M. 43.7 |
| 4x400 m R | (b) | 1. S.A.A.A. & C.F. 3:14.6; 2. Wankie 3:17.6; 3. Mangula 3:21.9 |

UNDER "19"

| | | |
|-----------|-----|---|
| 100 m | (b) | 1. Matola 11.2; 2. Chiboko 11.4; 3. Banda 11.9 |
| 200 m | (b) | 1. Rowett 22.6; 2. Matola 22.6; 3. Stanleck 24.0 |
| 400 m | (b) | 1. Mkombwe 49.6; 2. Rowett 50.2; 3. Gangat 52.4 |
| 800 m | (a) | 1. Bvuma 1:53.8; 2. Kamurino 1:55.7; 3. Mkombwe 1:57.0 |
| 1 500 m | (b) | 1. Bvuma 4:02.8; 2. Masuka 4:04.8; 3. Bosumani 4:04.9 |
| 3 000 m | (b) | 1. Tengoriwete 8:51.8; 2. Matsatsi 8:54.2; 3. Bosumani 8:57.3 |
| 110 m h | (b) | 1. Harnden 15.3; 2. Siredi 15.8; |
| H.J. | (b) | 1. Chilunjika 1.72; 2. A.Stronge 1.67; 3. Ludick 1.67 |
| P.V. | (b) | 1. Chiboko 3.20; 2. Brenchley 3.20; 3. A.Stronge 2.92 |
| L.J. | (a) | 1. Mtiza 6.76; 2. Viljoen 6.40; 3. Chiboko 6.21 |
| T.J. | (a) | 1. Harnden 13.61; 2. Morgan 13.26; 3. Chilunjika 13.15 |
| S.P. | (b) | 1. Silva 12.71; 2. Morgan 12.55; 3. S-Rogers 11.78 |
| D.T. | (a) | 1. Smith 44.91; 2. Moore 40.41; 3. Ga. Devine 39.85 |
| J.T. | (b) | 1. Ludick 54.03; 2. Souster 53.01; 3. Makuwende |
| 4x100 m R | (a) | 1. Rhodes 43.5; 2. Mangula 44.9; 3. Rio Tinto 47.5 |
| 4x400 m R | (b) | 1. B.S.A.P. 3:25.6; 2. Mangula 3:31.0; 3. Rhodes |

UNDER "17"

| | | |
|-----------|-----|--|
| 100 m | (b) | 1. Spiers 11.0 2. Cumming & Campbell dh 11.3 |
| 200 m | (b) | 1. Spiers 22.6; 2. Cumming 23.0; 3. Campbell 23.3 |
| 400 m | (b) | 1. Spiers 50.9; 2. Calderwood 51.3; 3. Jere 51.7 |
| 800 m | (a) | 1. Calderwood 1:58.6; 2. Millward 1:59.8; 3. Jere 2:02.3 |
| 1 500 m | (b) | 1. Ngulube 4:13.1; 2. Mabena 4:14.4; 3. Millward 4:20.4 |
| 3 000 m | (a) | 1. J.Ndhlovu 9:27.6; 2. G.Tsuro 9:48.3; 3. Rakavina 9:49.1 |
| 100 m h | (b) | 1. Visser 14.2; 2. Stanley 15.8; 3. C.Eley 19.0 |
| H.J. | (a) | 1. Kinleyside 1.69; 2. Visser 1.69; 3. Boriwondo 1.69 |
| P.V. | (a) | 1. C.Eley 2.74; 2. Riley-Hawkins 2.59 |
| L.J. | (b) | 1. Cannon 6.61; 2. Visser 5.89; 3. McCoy 5.40 |
| T.J. | (a) | 1. Ga. Devine 12.90; 2. C.Eley 11.37; 3. Arufandika 11.22 |
| S.P. | (a) | 1. Ga. Devine 12.02; 2. Franke 11.83; 3. Ngwerume 9.92 |
| D.T. | (b) | 1. Ga. Devine 51.66; 2. Moore 48.67; 3. Franke 39.14 |
| J.T. | (b) | 1. Ga. Devine 43.99; 2. Visser 43.33; 3. Barbour 43.41 |
| 4x100 m R | (a) | 1. Rhodes 45.6; 2. R.C.M. 46.3; 3. Bulawayo 46.8; |
| 4x400 m R | (b) | 1. Rhodes 3:34.2; 2. R.C.M. 3:41.4; 3. Wankie 3:51.0 |

INTER-PROVINCIAL CHAMPIONSHIPS

Track & Field

| | | |
|---------------|-------------------------|--------------------------|
| <u>Senior</u> | 1. Mashonaland 213 pts. | 2. Matabeleland 187 pts. |
| <u>Junior</u> | 1. Mashonaland 364 pts. | 2. Matabeleland 266 pts. |
| | 3. Midlands 240 pts. | |

CROSS-COUNTRY CHAMPIONSHIPS

Salisbury 5th. September, Warren Hills Course.

Senior. 1. P. Ndhlovu 40:27.4; 2. Gumbo 40:34; 3. Manho 40:39;
4. Mrombwe 40:50; 5. Gara 41:08; 6. Lennard 41:16;

Men Under "19". 1. Bosumani 32:30.2; 2. Ncube 33:06; 3. Zulu 35:00
4. H. Eley 35:29; 5. Jerivenga 36:43; 6. K. Ndhlovu 37:14

Men "Under 17" 1. Modasi 27:26; 2. J. Ndhlovu 27:51; 3. Thsuma 28:05
4. Isoro 28:07; 5. Radrek 28:52; 6. Kingston 29:12

Length of Course:- Seniors 12 000 m; Under 19 8 850 m; Under 17 7 250 m

RHODESIAN ALL-TIME LISTS100 YARDS

| | | | | |
|-----|-----|------------------|---------------------|---------|
| 9.6 | (1) | Johann du Preez | Bulawayo, Salisbury | 4 times |
| 9.6 | (1) | Artwell Mandaza | Blantyre | 27.7.68 |
| 9.7 | (1) | Noel Cumming | Bulawayo | 42 |
| 9.8 | (1) | Barend v d Lindo | Umtali | 21.3.56 |
| 9.8 | (1) | Donald Shute | Nchanga | 8.7.56 |

wind assisted

| | | | | |
|-----|-----|----------------|--|---------|
| 9.7 | (1) | Angus Campbell | | 1.10.49 |
|-----|-----|----------------|--|---------|

100 METRES

| | | | | |
|------|-----|------------------|---------------|---------|
| 10.2 | (1) | Artwell Mandaza | Welkom | 2.5.70 |
| 10.3 | (2) | Nigel Hodder | Potchefstroom | 5.12.69 |
| 10.5 | (2) | Dera Magodo | Redcliff | 27.6.70 |
| 10.7 | (1) | Ian Bond | Salisbury | 18.5.69 |
| 10.8 | (1) | Terence Finnigan | Salisbury | 7.12.69 |

wind assisted

| | | | | |
|-----|-----|-----------------|--------|--------|
| 9.9 | (1) | Artwell Mandaza | Welkom | 2.5.70 |
|-----|-----|-----------------|--------|--------|

200 METRES

| | | | | |
|--------|-----|------------------|-----------|---------|
| 20.8 y | (1) | Johann du Preez | Salisbury | 3 times |
| 20.9 | (1) | Artwell Mandaza | Salisbury | 19.4.70 |
| 21.2 | (4) | Nigel Hodder | Pretoria | 30.3.70 |
| 21.2 | (2) | Terence Finnigan | Salisbury | 8.7.70 |
| 21.4 y | (1) | Clifford Magodo | Salisbury | 18.5.64 |
| 21.5 y | (1) | Eric Booth | Salisbury | 2.4.67 |
| 21.5 y | (1) | Donald Shute | Salisbury | 23.5.59 |
| 21.5 | (2) | Dera Magodo | Salisbury | 8.7.70 |
| 21.6 y | (1) | Allen Gersohn | Salisbury | 53 |
| 21.6 | (1) | Tinosi Maridza | Salisbury | 25.5.69 |

400 METRES

'y' 440 yards time less 0.3 sec.

| | | | | |
|---------------------|-----|--------------------|--------------|----------|
| 46.8 | (1) | Artwell Mandaza | Mashaba | 6.6.70 |
| 46.9 | (2) | Tinosi Maridza | Mashaba | 6.6.70 |
| 47.1 y | (4) | Johann du Preez | Bloemfontein | 11.4.66 |
| 47.7 y ⁹ | (1) | Mbako Hlomani | Salisbury | 12.6.66 |
| 47.7 y | (1) | Vurayi Fulunga | Mangula | 2.6.68 |
| 47.8 | (2) | Langton Chipungare | Salisbury | 20.6.70 |
| 47.9 y | (1) | John Winter | Bulawayo | 25.5.57 |
| 48.0 | (1) | James Jere | Alaska | 31.5.70 |
| 48.2 | (2) | Robert Sait | Grahamstown | 30.11.69 |
| 48.3 | (1) | Anton Treva | Mangula | 21.6.70 |

800 metres

800 METRES

'y' 880 yards time less 0.6 sec.

| | | | | |
|--------|-------|--------------------|-----------|----------|
| 1:48.3 | y (1) | Terence Sullivan | Salisbury | 27. 5.62 |
| 1:48.5 | y (1) | Mbako Hlomani | Salisbury | 11. 6.66 |
| 1:51.3 | (3) | Pilat Ndhlovu | Redcliff | 16. 5.70 |
| 1:51.3 | (1) | Michael Zikali | Salisbury | 26. 4.70 |
| 1:51.9 | (3) | Vurayi Fulunga | Salisbury | 31. 5.69 |
| 1:52.2 | (2) | Langton Chipungare | Mashaba | 6. 6.70 |
| 1:52.4 | y (1) | Jacob Ndhlovu | Bulawayo | 21. 4.63 |
| 1:52.4 | y (2) | Mark Harris | Blantyre | 27. 7.68 |
| 1:52.4 | (1) | Stanlake Shekede | Salisbury | 8. 7.70 |
| 1:52.6 | (1) | Sammy Mkombwe | Salisbury | 18. 1.70 |

1 500 METRES

| | | | | |
|--------|-------|------------------|------------------|----------|
| 3:42.8 | (4) h | Terence Sullivan | Rome | 3. 9.60 |
| 3:52.8 | (1) | Stanlake Shekede | Salisbury | 9. 3.69 |
| 3:52.8 | (2) | Pilat Ndhlovu | Welkom | 3. 5.70 |
| 3:53.6 | (2) | Bernard Dzoma | Salisbury | 9. 3.69 |
| 3:54.2 | (1) | Michael Zikali | Bulawayo | 14. 4.70 |
| 3:55.8 | (3) | Jacob Ndhlovu | Lourenço Marques | 5. 5.62 |
| 3:57.2 | (1) | Mark Harris | Salisbury | 16. 2.69 |
| 3:57.9 | (1) | William Bvuna | Salisbury | 25. 1.70 |
| 3:58.5 | (2) | Joseph Sakahuni | Salisbury | 16. 2.69 |
| 3:59.5 | (2) | George Mahno | Bulawayo | 22. 3.70 |

ONE MILE

| | | | | |
|--------|-----|------------------|-----------|----------|
| 3:59.8 | (2) | Terence Sullivan | Dublin | 25. 9.60 |
| 4:03.5 | (1) | Terence Sullivan | Salisbury | 3. 6.62 |
| 4:09.5 | (1) | Bernard Dzoma | Salisbury | 28. 4.68 |

THREE MILES

| | | | | |
|---------|-----|------------------|-----------|----------|
| 13:48.8 | (1) | Bernard Dzoma | Salisbury | 24. 3.68 |
| 14:07.2 | (2) | Terence Sullivan | Salisbury | 16. 6.63 |

5 000 METRES

| | | | | |
|---------|--------|-----------------|------------------|-----------|
| 14:24.4 | (1) | Aaron Gumbo | Wankie | 1. 7.70 |
| 14:24.5 | (2) | Bernard Dzoma | Wankie | 1. 7.70 |
| 14:50.0 | (2) | Lote Ndhlovu | Lourenço Marques | 5. 5.62 |
| 14:57.2 | (1) | Winston Phiri | Wankie | 13. 12.69 |
| 14:58.2 | (2) | George Mahno | Salisbury | 5. 4.70 |
| 15:02.8 | (10) h | Cyprian Tseriwa | Rome | 9. 9.60 |

SIX MILES

| | | | | |
|---------|-----|-----------------|----------|----------|
| 29:17.2 | (1) | Bernard Dzoma | Bulawayo | 29. 6.68 |
| 29:39.0 | (1) | Robson Mrombe | Wankie | 18. 7.65 |
| 30:08.8 | (1) | Lote Ndhlovu | Bulawayo | 8. 7.62 |
| 30:11.6 | (1) | John Shaba | Bulawayo | 25. 6.69 |
| 30:19.2 | (1) | Cyprian Tseriwa | Bulawayo | 28. 5.60 |

10 000 METRES

| | | | | |
|---------|------|-----------------|------------------|----------|
| 30:47.8 | (28) | Cyprian Tseriwa | Rome | 8. 9.60 |
| 31:10.6 | (1) | Aaron Gumbo | Mashaba | 6. 6.70 |
| 31:13.0 | (2) | Bernard Dzoma | Libanon | 5. 5.68 |
| 31:17.5 | (2) | Weston Phiri | Welkom | 3. 5.70 |
| 31:22.8 | (1) | Chipo Gara | Salisbury | 18. 5.69 |
| 31:23.1 | (1) | John Shaba | Bulawayo | 25. 5.69 |
| 31:26.0 | (1) | Lote Ndhlovu | Lourenço Marques | 5. 5.62 |
| 31:57.6 | (2) | Robson Mrombe | Salisbury | 26. 4.70 |

110 METRES HURDLES

| | | | | | |
|------|-----|-----|--------------------|---------------|-----------|
| 14.1 | w y | (1) | Wallie Babb | Salisbury | 12. 7.64 |
| 14.7 | | (1) | Garry Harnden | Salisbury | 20. 6.70 |
| 14.9 | | (3) | Christopher Turvey | Potchefstroom | 5. 12.69 |
| 15.0 | | (1) | David Stronge | Salisbury | 20. 12.69 |
| 15.2 | | (2) | Roy Pitchford | Salisbury | 28. 6.69 |
| 15.5 | y | (1) | Artwell Mandaza | Wankie | 18. 6.67 |
| 15.5 | y | (1) | Phineas Ajida | Wankie | 3. 7.65 |
| 15.5 | | (5) | Mathew Bobo | Salisbury | 9. 5.70 |
| 15.6 | | | 4 athletes | | |

400 METRES HURDLES 'y' 440 yards time less 0.3 sec.
't' track over 440 yards.

| | | | | | |
|------|---|-----|--------------------|----------------|-----------|
| 52.6 | t | (1) | Sonnie Natani | Alaska | 31. 5.70 |
| 52.8 | | (1) | Robert Tait | Port Elizabeth | 28. 11.70 |
| 54.0 | y | (1) | Gerald Brown | Salisbury | 3. 6.52 |
| 54.2 | | (1) | Artwell Mandaza | Sasolburg | 1. 2.70 |
| 54.3 | | (2) | Mathew Bobo | Redcliff | 16. 5.70 |
| 54.5 | | (1) | Mathew Mafira | Salisbury | 18. 1.70 |
| 55.4 | | (1) | Howard Moyo | Salisbury | 18. 5.69 |
| 55.7 | | (5) | Christopher Turvey | Pretoria | 28. 3.70 |
| 56.4 | | (1) | Temba Ngwenya | Salisbury | 7. 6.69 |
| 56.4 | | (2) | Charles Mafika | Mangula | 22. 6.69 |

HIGH JUMP (6:4 $\frac{3}{4}$ - 6:0 $\frac{1}{2}$)

| | | | | | |
|------|--|-----|-----------------|-----------|----------|
| 1.95 | | (1) | Philip Capon | Bulawayo | 28. 5.67 |
| 1.94 | | (1) | David Matereke | Salisbury | 7. 7.64 |
| 1.93 | | (1) | Jonathon Sibaya | Salisbury | 3. 6.63 |
| 1.88 | | (1) | Simon Masewe | Salisbury | 21. 4.68 |
| 1.88 | | | Patrick McKrill | | x6 70 |
| 1.85 | | (1) | B. Kisch | Salisbury | 19. 7.57 |
| 1.85 | | (1) | Donald Sewell | Bulawayo | 12. 3.60 |
| 1.84 | | (1) | B. Ledebouer | Bulawayo | 5. 6.37 |
| 1.84 | | (1) | E. Bean | Bulawayo | 7. 4.37 |
| 1.84 | | (1) | Noel Thompson | Salisbury | 27. 3.66 |

POLE VAULT (13:0 - 11:5 $\frac{3}{4}$)

| | | | | | |
|------|--|-----|----------------------|-----------|----------|
| 3.96 | | | Ian Barrett | Sydney | 29. 1.38 |
| 3.96 | | (1) | William Christie | Salisbury | 2. 6.63 |
| 3.95 | | (1) | David Stronge | Salisbury | 7. 6.69 |
| 3.85 | | (1) | Colin Harris | Salisbury | 4. 4.64 |
| 3.83 | | (1) | Val Lunn | Salisbury | 5. 4.62 |
| 3.66 | | (1) | A. Marketos | Umtali | 21. 2.60 |
| 3.66 | | (1) | Christopher Stronge | Salisbury | 6. 5.67 |
| 3.66 | | (1) | Frank Youngleson | Salisbury | 24. 3.68 |
| 3.53 | | (2) | Peter Grant-Fletcher | Salisbury | 24. 3.68 |
| 3.50 | | (1) | R.E. Vincent | Salisbury | 30. 5.55 |

LONG JUMP (24:8 - 22:8 $\frac{3}{4}$)

| | | | | | |
|------|-----|-----|-------------------|-----------|-----------|
| 7.52 | | (1) | Marthinius Martin | Pretoria | 26. 10.63 |
| 7.43 | | (1) | Roy Collins | Bulawayo | 2. 9.62 |
| 7.31 | | (1) | Philip Capon | Salisbury | 20. 6.70 |
| 7.22 | Dec | | Gerald Brown | Pretoria | 9. 5.55 |
| 7.08 | | (1) | B. Kirstein | Salisbury | 1. 5.55 |
| 7.06 | | (1) | Barry Craxton | Salisbury | 31. 1.60 |
| 7.05 | | (2) | Hashmak Kanjee | Salisbury | 25. 5.69 |
| 6.96 | | (1) | Johann du Preez | Salisbury | 1. 5.60 |
| 6.93 | | (1) | Clifford Magodo | Redcliff | 27. 6.70 |
| 6.93 | | (1) | Phineas Ajida | Salisbury | 4. 7.65 |

TRIPLE JUMP /.....

| | | | |
|--------------------|-----|--------------------|------------------------|
| <u>TRIPLE JUMP</u> | | (48:2½ - 45:11¾) | |
| 14.69 | (1) | Phineas Ajida | Libanon 1. 5.66 |
| 14.55 | (1) | Marthinius Martin | Potchefstroom 13. 4.63 |
| 14.51 | (1) | Thomas Chizanga | Salisbury 16. 2.69 |
| 14.51 | (1) | Claudius Mtizwa | Bulawayo 1. 3.70 |
| 14.45 | (1) | Enart Mpofo | Wankie 18. 6.67 |
| 14.33 | (1) | Nelson Gumbo | Mashaba 6. 6.70 |
| 14.32 | (1) | Garry Harnden | Salisbury 20. 6.70 |
| 14.08 | (1) | Roy Collins | Bulawayo 10. 3.60 |
| 14.02 | (1) | Noel Thompson | Salisbury 27. 3.60 |
| 14.01 | (1) | Philip Capon | Salisbury 3. 7.65 |
| <u>SHOT</u> | | (52:2 - 44:8¼) | |
| 15.90 | (1) | Addison Dale | Salisbury 19. 1.69 |
| 15.26 | (1) | Terence Reinecke | Salisbury 11. 5.58 |
| 14.58 | (1) | Michael Lambourn | Salisbury 9. 5.68 |
| 14.42 | (2) | Brendan Farrell | Salisbury 28. 6.69 |
| 14.22 | | R. Salmon | Cape Town 30. 10.48 |
| 13.97 | (1) | Lote Ndhlovu | Johannesburg 30. 5.70 |
| 13.78 | (1) | Simeon Mangena | Redcliff 15. 6.69 |
| 13.74 | (1) | H.P. McKay | 35 |
| 13.64 | (1) | J.S. Brown | Salisbury 30. 6.57 |
| 13.62 | (1) | Douglas Schorr | Bulawayo 23. 11.69 |
| <u>DISCUS</u> | | (156:0 - 133:1) | |
| 47.56 | (1) | Simeon Mangena | Welkom 3. 5.70 |
| 46.18 | (1) | Addison Dale | Bulawayo 39. 6.68 |
| 45.06 | (2) | Michael Lambourn | Salisbury 28. 6.69 |
| 43.98 | (3) | Lote Ndhlovu | Welkom 3. 5.70 |
| 42.58 | (1) | Stephen Chikoma | Mashaba 6. 6.70 |
| 42.56 | (1) | Gabriel Kamuchacha | Bulawayo 26. 5.67 |
| 42.39 | (1) | Neill Harvey | Salisbury 18. 5.69 |
| 41.91 | (1) | R. Bauch | Bulawayo 15. 3.64 |
| 41.68 | (1) | Joachim Mapfumo | Wankie 18. 6.67 |
| 40.56 | (1) | Ronald Trangmar | Salisbury 2. 9.50 |
| <u>HAMMER</u> | | (175:0 - 117:7) | |
| 53.34 | (1) | Hugh Ross-Kent | Bulawayo 22. 5.66 |
| 49.20 | (1) | Addison Dale | Salisbury 20. 6.70 |
| 47.19 | (1) | Michael Lambourn | Salisbury 25. 1.70 |
| 45.75 | (1) | Terence Ruane | Bulawayo 23. 2.58 |
| 40.84 | (1) | William Borland | Salisbury 3. 3.67 |
| 40.08 | (1) | I. Laurson | Umtali 28. 3.60 |
| 39.97 | | B. Lawson | Salisbury 23. 2.58 |
| 36.53 | (2) | Neill Harvey | Salisbury 10. 7.66 |
| 35.92 | (1) | A. McKenzie | 13. 6.24 |
| 35.84 | | C.W. Kerr | 52 |
| <u>JAVELIN</u> | | (249:10 - 192:0) | |
| 76.16 | (1) | Bruce Kennedy | Berkeley, USA 14. 3.70 |
| 72.90 | (1) | Ex Wilfred Ngwenya | Salisbury 22. 6.68 |
| 72.06 | (1) | William Christie | Bulawayo 25. 6.67 |
| 61.88 | (2) | W. Mienie | Salisbury 7. 6.64 |
| 61.42 | (3) | Noel Burnell | Salisbury 2. 7.67 |
| 61.14 | (1) | Clive Davy | Bulawayo 15. 12.68 |
| 60.86 | (2) | Richard Vermeulen | Salisbury 11. 7.66 |
| 59.74 | (1) | Basil Brown | Salisbury 11. 3.62 |
| 58.65 | (1) | Sungayi | Eiffel Flats 28. 6.63 |
| 58.52 | (1) | D.J. Roberts | 1. 10.49 |

RHODESIAN BEST PERFORMANCES

17.

MEN UNDER '20'

(Under '20' on the 31st. December in the year of competition)

100 YARDS

| | | | | | |
|-----|-----|----------------------|----------|--------------|----------|
| 9.7 | (1) | Noel Cumming | 15.12.23 | Bulawayo | 42 |
| 9.8 | (1) | Barend van der Linde | 38 | Untali | 21. 3.56 |
| 9.9 | | R. Angier | | South Africa | 56 |
| 9.9 | (1) | A. Leppan | | Untali | 20. 4.55 |

100 METRES

| | | | | | |
|------|-----|------------------|----------|-----------|----------|
| 10.8 | (2) | Dera Magodo | 24. 5.50 | Salisbury | 18. 5.69 |
| 10.8 | (1) | Terence Finnigan | 29. 2.52 | Salisbury | 7.12.69 |
| 10.8 | (3) | Adon Treva | 23. 2.51 | Mashaba | 7. 6.70 |

200 METRES

'y' 220 yard time less 0.1 sec.

| | | | | | |
|--------|-----|------------------|----------|-----------|----------|
| 21.2 | (2) | Terence Finnigan | 29. 2.52 | Salisbury | 8. 7.70 |
| 21.7 y | (4) | Dera Magodo | 24. 5.50 | Salisbury | 11. 5.68 |
| 21.8 y | (1) | Michael Cowley. | 46 | Salisbury | 4. 4.65 |
| 21.8 y | (1) | Jack Heron | 8.11.48 | Salisbury | 2. 4.67 |
| 21.9 | | 4 athletes | | | |

400 METRES

'y' 440 yard time less 0.3 sec.

| | | | | | |
|--------|-----|-----------------|----------|--------------|----------|
| 48.3 y | (1) | Tinosi Maridza | 19. 2.48 | Mangula | 2. 7.66 |
| 48.3 | (1) | Anton Treva | 23. 3.51 | Mangula | 21. 6.70 |
| 48.5 | (2) | Sammy Mkombwe | 3. 2.51 | Salisbury | 25. 1.70 |
| 49.0 y | | Malcolm Wyndham | | Bloemfontein | 8. 4.60 |
| 49.1 y | (1) | Dera Magodo | 24. 5.50 | Bulawayo | 19. 5.68 |
| 49.4 | (1) | Alfred Ncube | 4. 3.50 | Mangula | 22. 6.69 |

800 METRES

'y' 880 yard time less 0.6 sec.

| | | | | | |
|----------|-----|--------------------|----------|-----------|----------|
| 1:52.5 | (2) | Mark Harris | 31. 3.49 | Blantyre | 27. 7.69 |
| 1:52.6 | (1) | Sammy Mkombwe | 3. 2.51 | Salisbury | 18. 1.70 |
| 1:52.7 | (2) | William Bvuma | 2. 2.52 | Salisbury | 26. 4.70 |
| 1:53.6 | (3) | Oliver Kamurino | 10.12.52 | Alaska | 31. 5.70 |
| 1:54.6 y | (2) | Pilat Ndhlovu | 48 | Salisbury | 2. 7.67 |
| 1:56.2 y | (1) | John Rich | 15. 9.48 | Salisbury | 16. 4.66 |
| 1:56.2 | (1) | Kephas Sarumhungwe | 25. 9.51 | Salisbury | 19. 4.70 |

1 500 METRES

| | | | | | |
|--------|-----|--------------------|----------|-----------|----------|
| 3:57.9 | (1) | William Bvuma | 2. 2.52 | Salisbury | 25. 1.70 |
| 4:01.6 | (3) | Kephas Sarumhungwe | 25. 9.51 | Salisbury | 28. 6.69 |
| 4:03.6 | (1) | Daniel Bosumani | 10. 3.52 | Salisbury | 19. 4.70 |
| 4:04.2 | (2) | John Tengoriwete | 16. 7.51 | Salisbury | 19. 4.70 |
| 4:04.2 | (2) | Oliver Kamurino | 10.12.52 | Alaska | 31. 5.70 |
| 4:04.8 | (2) | Faison Masuku | 25. 9.53 | Salisbury | 28. 6.69 |

3,000 METRES

| | | | | | |
|--------|-----|--------------------|----------|-----------|----------|
| 8:51.8 | (1) | John Tengoriwete | 16. 7.51 | Redcliff | 17. 5.70 |
| 8:54.2 | (2) | Cyril Matsatsi | 14. 1.53 | Redcliff | 17. 5.70 |
| 8:56.3 | (1) | Kephas Sarumhungwe | 25. 9.51 | Salisbury | 22. 3.69 |
| 9:01.0 | (1) | Ignatius Seyaseya | 19. 9.51 | Salisbury | 8. 6.69 |
| 9:03.4 | (3) | Esau Magwaza | 15. 1.54 | Salisbury | 8. 6.69 |

5,000 METRES

| | | | | | |
|---------|-----|--------------------|----------|-----------|----------|
| 15:21.0 | (1) | Kephas Sarumhungwe | 25. 9.51 | Salisbury | 15.12.68 |
| 15:24.0 | (1) | Simon Bhindi | 52 | Salisbury | 19. 4.70 |
| 15:32.0 | (1) | Joseph Sakahuni | 19.11.49 | Salisbury | 15.12.68 |

110 METRES HURDLES /.....

110 METRES HURDLES (0.99 m)

| | | | | | | |
|--------|-----|---------------------|----------|-----------|------|----------|
| 14.4 | (1) | Garry Hamden | 30.11.52 | Byo./Sby. | 4/8. | 7.70 |
| 14.6 | (1) | Roy Pitchford | 21. 9.50 | Salisbury | | 28. 6.69 |
| 15.0 | (1) | Christopher Turvey | 29. 4.48 | Salisbury | | 22. 4.67 |
| 15.2 | (1) | David Seridi | 3. 4.52 | Redcliff | | 27. 6.70 |
| 15.3 y | (2) | Robert Tait | 16.11.49 | Salisbury | | 22. 4.67 |
| 15.4 y | (1) | Alvaro Minter-Brown | 1. 3.51 | Salisbury | | 19. 4.69 |

400 METRES HURDLES

| | | | | | | |
|------|-----|-----------|----------|-----------|--|---------|
| 57.3 | (1) | John Dodd | 16.12.51 | Salisbury | | 5. 4.70 |
|------|-----|-----------|----------|-----------|--|---------|

HIGH JUMP (6:2 - 6:0)

| | | | | | | |
|------|-----|---------------------|----------|--------------|--|----------|
| 1.88 | (1) | Simon Masewe | 7. 4.50 | Salisbury | | 21. 4.68 |
| 1.84 | (1) | Noel Thompson | | Salisbury | | 27. 3.66 |
| 1.83 | (1) | Philip Capon | 46 | Eiffel Flats | | 25. 4.65 |
| 1.83 | (1) | Dumere Maromo | 2. 8.50 | Mangula | | 22. 6.69 |
| 1.83 | (1) | Christopher Stronge | 13. 2.49 | Salisbury | | 23. 3.68 |
| 1.83 | (2) | J. Allen | 7.10.51 | Salisbury | | 23. 3.68 |

POLE VAULT (12:7 $\frac{3}{4}$ - 11:0)

| | | | | | | |
|------|-----|----------------------|-----------|-----------|--|----------|
| 3.85 | (1) | Colin Harris | 19.11.46 | Salisbury | | 4. 4.65 |
| 3.66 | (1) | Frank Youngleson | 4.10.50 | Salisbury | | 24. 3.68 |
| 3.66 | (5) | Christopher Stronge | 13. 2.49. | Salisbury | | 6. 5.67 |
| 3.43 | (2) | Clive Norrington | 48 | Salisbury | | 29. 5.68 |
| 3.35 | (1) | Kenneth Bain | 21. 1.50 | Salisbury | | 30. 6.68 |
| 3.35 | (1) | Peter Grant-Fletcher | 19.7.49 | Salisbury | | 27. 3.66 |

LONG JUMP (24:3 $\frac{1}{4}$ - 21:11 $\frac{1}{2}$)

| | | | | | | |
|-------|-----|-------------------|----------|-------------|--|----------|
| 7.40 | (1) | Marthinius Martin | 3. 5.45 | Krugersdorp | | 11.62 |
| 7.05 | (2) | Hashmuk Kanjee | 27.12.50 | Salisbury | | 25. 5.69 |
| 6.84 | (1) | Craig Gascoigne | 9.12.49 | Salisbury | | 29. 4.67 |
| 6.77 | (1) | Eric Booth | 15. 8.47 | Salisbury | | 4. 7.65 |
| 6.76 | (1) | Raphael Mtizwa | 9.10.51 | Redcliff | | 16. 5.70 |
| 6.69. | (2) | Philip Capon | 46 | Salisbury | | 4. 7.65 |

TRIPLE JUMP (47:8 $\frac{3}{4}$ - 45:7)

| | | | | | | |
|-------|-----|--------------------|----------|---------------|-----|------|
| 14.55 | (1) | Marthinius Martin | 3. 5.45 | Potchefstroom | 13. | 4.63 |
| 14.32 | (1) | Garry Hamden | 30.11.52 | Salisbury | 20. | 6.70 |
| 14.02 | (1) | Noel Thompson | | Salisbury | 27. | 3.66 |
| 14.01 | (1) | Philip Capon | 46 | Salisbury | 3. | 7.65 |
| 14.00 | (1) | Christopher Cannon | 16. 4.53 | Salisbury | 21. | 3.70 |
| 13.89 | (3) | Raphael Mtiza | 9.10.51 | Bulawayo | 12. | 4.70 |

SHOT 6.36 Kg. (48:6 $\frac{1}{2}$ - 45:4)

| | | | | | | |
|-------|-----|---------------|----------|-----------|--|----------|
| 14.79 | (1) | Addison Dale | 10.11.42 | Salisbury | | 12. 4.61 |
| 14.45 | (1) | Lloyd | | Bulawayo | | 19. 3.63 |
| 14.31 | (1) | D. Bromefield | | Bulawayo | | 14. 2.65 |
| 13.83 | | M. Botha | | Bulawayo | | 9. 4.60 |
| 13.82 | | Watson | | Bulawayo | | 10. 3.63 |

SHOT 5.45 Kg. (54:8 $\frac{1}{2}$ - 53:0 $\frac{1}{4}$)

| | | | | | | |
|-------|-----|------------------|----------|-----------|--|----------|
| 16.67 | (1) | Brendan Farrell | 1. 1.50 | Salisbury | | 8. 6.69 |
| 16.55 | (1) | Douglas Schorr | 27. 5.49 | Bulawayo | | 19. 5.68 |
| 16.16 | (1) | Geoffrey Hawkins | 25. 2.48 | Salisbury | | 27. 3.66 |

DISCUS 1.5 Kg. (163:8 - 142:10)

| | | | | | | |
|--------|-----|----------------------|----------|-------------|--|----------|
| 49.89. | (1) | Michael Lambourn | 24. 7.49 | Bulawayo | | 29. 6.68 |
| 49.30. | (1) | Christopher Horsfall | 49 | Guinea Fowl | | 29. 4.67 |
| 47.96. | (3) | Willem Smith | 12. 4.51 | Salisbury | | 8. 7.70 |

cont'd. /.....

| | | | | | |
|-------|-----|------------------|----------|-----------|----------|
| 46.86 | (1) | Geoffrey Hawkins | 25. 2.48 | Salisbury | 29. 5.66 |
| 44.58 | (1) | B. Wilson | | Bulawayo | 10. 4.65 |
| 43.54 | (1) | Douglas Schorr | 27. 5.49 | Bulawayo | 19. 5.68 |

JAVELIN 800 gm. (249:10 - 183:8)

| | | | | | |
|-------|-----|-------------------|-----------|---------------|-----------|
| 76.15 | (1) | Bruce Kennedy | 25. 3.51 | Berkeley, USA | 14. 3.70 |
| 61.14 | (1) | Clive Davy | 16. 2.49 | Bulawayo | 15. 12.68 |
| 60.86 | (2) | Richard Vermeulen | 28. 10.47 | Salisbury | 11. 7.66 |
| 58.32 | (3) | Noel Burnell | 21. 12.47 | Bulawayo | 21. 5.66 |
| 57.33 | (1) | William Makuwende | 27. 1.53 | Salisbury | 31. 5.70 |
| 55.98 | (2) | Leonards Barnes | 8. 8.50 | Bulawayo | 31. 3.68 |

JAVELIN 700 gm. (214:5 - 209:10)

| | | | | | |
|-------|-----|---------------|----------|--------------|----------|
| 65.35 | (2) | Bruce Kennedy | 25. 3.51 | Bloemfontein | 18. 5.69 |
| 65.14 | (1) | D.J. Beets | | Bulawayo | 27. 3.60 |
| 63.96 | (1) | Clive Davy | 16. 2.49 | Salisbury | 9. 4.67 |

RHODESIAN BEST PERFORMANCES

MEN UNDER '18'

(on the 31st. December in the year of performance)

100 YARDS

| | | | | | |
|------|-----|--------------|-----------|-----------|----------|
| 9.8 | (1) | Noel Cumming | 25. 12.23 | Bulawayo | 15. 6.41 |
| 10.2 | (1) | Jack Heron | 8. 11.48 | Salisbury | 4. 7.65 |
| 10.3 | (1) | D. Wittstock | 8. 6.49 | Salisbury | 29. 5.66 |
| 10.3 | (2) | Robert Tait | 16. 11.49 | Salisbury | 4. 7.65 |

100 METRES

| | | | | | |
|------|-----|------------------|----------|-----------|----------|
| 10.8 | (1) | Terence Finnigan | 29. 2.52 | Salisbury | 7. 12.69 |
| 10.9 | (1) | Trevor Spiers | 26. 1.53 | Redcliff | 27. 6.70 |
| 11.1 | (2) | Mstafa | | Redcliff | 27. 6.70 |
| 11.2 | (4) | Kevin Campbell | 25. 9.55 | Salisbury | 8. 7.70 |
| 11.2 | (1) | Keith Cumming | 4. 3.53 | Bulawayo | 8. 11.70 |

200 METRES

'y' 220 yards time less 0.1 sec.

| | | | | | |
|--------|-----|------------------|----------|-----------|----------|
| 21.9 | (2) | Trevor Spiers | 26. 1.53 | Salisbury | 8. 7.70 |
| 22.1 | (3) | Kevin Campbell | 25. 9.55 | Salisbury | 8. 7.70 |
| 22.3 y | (1) | Jack Heron | 8. 11.48 | Salisbury | 28. 3.65 |
| 22.3 y | (4) | Dera Magodo | 24. 5.50 | Wankie | 18. 6.67 |
| 22.6 | (2) | Keith Cumming | 4. 3.53 | Redcliff | 17. 5.70 |
| 22.6 | (1) | Terence Finnigan | 29. 2.52 | Salisbury | 8. 6.69 |

400 METRES

'y' 440 yards time less 0.3 sec.

| | | | | | |
|--------|-----|---------------|----------|-----------|----------|
| 49.5 | (1) | Dera Magodo | 24. 5.50 | Salisbury | 1. 7.67 |
| 50.0 y | (1) | John Rich | 15. 9.48 | Salisbury | 7. 6.65 |
| 50.2 | (1) | Henry Tsuro | 24. 9.52 | Bulawayo | 13. 4.69 |
| 50.5 | (1) | Peter Bouwer | 2. 10.52 | Salisbury | 19. 4.69 |
| 50.9 | (1) | Trevor Spiers | 26. 1.53 | Redcliff | 17. 5.70 |
| 51.1 | (2) | N. Viljoen | 7. 6.52 | Salisbury | 19. 4.69 |

800 METRES

'y' 880 yards time less 0.6 sec.

| | | | | | |
|----------|------|----------------------|----------|-----------|----------|
| 1:54.7 | (2)h | William Bvuma | 2. 2.52 | Marievale | 3. 5.69 |
| 1:57.7 | (1) | Peter Bouwer | 2. 10.52 | Salisbury | 23. 3.69 |
| 1:58.6 | (1) | Johnathan Calderwood | 9. 8.53 | Redcliff | 16. 5.70 |
| 1:59.8 y | (1) | Terence Sullivan | 7. 9.35 | Salisbury | 31. 5.52 |
| 1:59.8 | (1) | Dermot Allen | 7. 10.51 | Salisbury | 24. 3.68 |
| 1:59.8 | (2) | Charles Millward | 9. 9.53 | Redcliff | 16. 5.70 |

1 500 METRES

| | | | | | |
|--------|-----|----------------|----------|-----------|----------|
| 3:58.5 | (1) | William Bvuma | 2. 2.52 | Salisbury | 7.12.69 |
| 4:04.7 | (4) | Cyril Matsatsi | 20. 2.52 | Salisbury | 25. 1.70 |
| 4:05.9 | (1) | Esau Magwaza | 15. 1.54 | Salisbury | 18. 4.70 |
| 4:11.1 | (2) | Farouk Cader | 5. 6.53 | Bulawayo | 18. 4.70 |
| 4:12.7 | (3) | G. Ngulube | | Bulawayo | 18. 4.70 |
| 4:14.1 | (1) | Dermot Allen | 7.10.51 | Bulawayo | 13. 4.69 |

3 000 METRES

| | | | | | |
|--------|-----|-----------------|----------|-----------|----------|
| 9:05.6 | (1) | Esau Magwaza | 15. 1.54 | Salisbury | 21. 3.70 |
| 9:20.0 | (1) | Oliver Kamurino | 10.12.52 | Salisbury | 22. 3.69 |
| 9:20.0 | (2) | Farouk Cader | 5. 6.53 | Salisbury | 21. 3.70 |
| 9:27.6 | (1) | Juda Ndhlovu | 6. 9.53 | Redcliff | 17. 5.70 |
| 9:30.9 | (3) | Cyril Matsatsi | 20. 2.52 | Salisbury | 22. 3.69 |
| 9:34.5 | (4) | Samuel Chisanga | 24. 8.53 | Salisbury | 22. 3.69 |

100 METRES HURDLES 0.915 m

| | | | | | |
|------|-----|---------------|----------|-----------|----------|
| 14.1 | (1) | Garry Harnden | 30.11.52 | Salisbury | 19. 4.69 |
| 14.1 | (1) | C. Chirenji | | Salisbury | 8. 6.69 |
| 14.1 | (1) | Paul Visser | 13. 4.53 | Salisbury | 22. 3.70 |
| 14.2 | | 5 athletes | | | |

HIGH JUMP (5:10 - 5:9)

| | | | | | |
|------|-----|---------------------|----------|-----------|----------|
| 1.77 | (1) | Simon Masewe | 17. 4.50 | Wankie | 18. 6.67 |
| 1.77 | (1) | Crispin Eley | 12. 4.54 | Bulawayo | 8.11.70 |
| 1.76 | (1) | Ian Ault | 8.10.53 | Bulawayo | 15. 3.70 |
| 1.75 | (1) | Alonso Minter-Brown | 1. 3.51 | Salisbury | 24. 3.68 |
| 1.75 | (1) | Richard Passaportis | 25. 5.53 | Salisbury | 19. 4.70 |
| 1.75 | (1) | Noel Thompson | | Salisbury | 28. 3.65 |

POLE VAULT (11:3 - 10:6 $\frac{3}{4}$)

| | | | | | |
|------|-------|----------------------|----------|-----------|-------------|
| 3.43 | (1) | Colin Harris | 19.11.46 | Salisbury | 3. 6.63 |
| 3.42 | (1) | Frank Youngleson | 4.10.50 | Salisbury | 14. 5.67 |
| 3.35 | (1) | Peter Grant-Fletcher | 19.7.49 | Salisbury | 27. 3.66 |
| 3.35 | (2/3) | James Orr | 12. 1.54 | Salisbury | 20.6/8.7.70 |
| 3.35 | (1/4) | Charles Carruthers | | Salisbury | 22.5/8.7.70 |
| 3.22 | (1) | John Cock | 18.12.52 | Salisbury | 19. 4.69 |

LONG JUMP (21:8 $\frac{1}{2}$ - 21:3 $\frac{1}{2}$)

| | | | | | |
|------|-----|--------------------|----------|-----------|----------|
| 6.61 | (1) | Christopher Cannon | 16. 4.53 | Salisbury | 9. 5.70 |
| 6.59 | (1) | Ian Viljoen | 1.12.51 | Bulawayo | 30. 6.68 |
| 6.56 | (1) | Trevor Herbst | 22. 7.53 | Bulawayo | 1. 3.70 |
| 6.54 | (1) | Gerald Ballance | 15. 1.53 | Salisbury | 21. 3.70 |
| 6.50 | | du Preez | | Salisbury | 2. 3.66 |
| 6.49 | (1) | Douglas Schorr | 27. 5.49 | Umtali | 2. 4.66 |

TRIPLE JUMP (45:11 $\frac{1}{2}$ - 42:4)

| | | | | | |
|-------|-----|--------------------|----------|-----------|----------|
| 14.00 | (1) | Christopher Cannon | 16. 4.53 | Salisbury | 21. 3.70 |
| 13.98 | (2) | Garry Harnden | 30.11.52 | Salisbury | 20.12.69 |
| 13.18 | (1) | Vincent Hogg | 3. 7.51 | Salisbury | 30. 3.68 |
| 13.12 | (1) | Anthony Rainbow | 25.12.49 | Salisbury | 29. 5.66 |
| 13.10 | (2) | Peer Titlestad | 3. 2.53 | Salisbury | 21. 3.70 |
| 12.90 | (3) | Trevor Herbst | 22. 7.53 | Salisbury | 21. 3.70 |

SHOT 5.45 Kg. (48:11 $\frac{1}{2}$ - 43:4)

| | | | | | |
|-------|-----|-------------------|----------|-----------|----------|
| 14.92 | (1) | Michael Lambourn | 24. 7.49 | Salisbury | 29. 5.66 |
| 13.99 | (1) | Ian Cooper | 14. 1.54 | Bulawayo | 1. 3.70 |
| 13.98 | (1) | Sidney Falkenberg | 5. 6.53 | Bulawayo | 18. 4.70 |
| 13.74 | (2) | Charles Davis | 11. 9.53 | Bulawayo | 1. 3.70 |
| 13.62 | (1) | Douglas Schorr | 27. 5.49 | Salisbury | 28. 3.65 |
| 13.21 | (4) | C. Kelly | 5. 2.53 | Salisbury | 8. 7.70 |

SHOT 4.54 Kg./.....

SHOT 4.54 Kg. (54:7³/₄ - 50:2)

| | | | | | |
|-------|-----|------------------|----------|-----------|----------|
| 16.65 | (1) | Michael Lambourn | 24. 7.49 | Salisbury | 29. 5.66 |
| 16.34 | (1) | David Lambourn | 30.10.50 | Bulawayo | 29. 1.67 |
| 15.50 | (1) | E. Mathews | 7. 1.51 | Salisbury | 23. 3.68 |
| 15.29 | (1) | Theunis Steyn | 24. 7.49 | Salisbury | 5. 4.64 |

DISCUS 1 Kg. (170:3 - 155:1)

| | | | | | |
|-------|-----|------------------|----------|-----------|----------|
| 51.86 | (1) | Gavin Devine | 26. 1.53 | Bulawayo | 15. 3.70 |
| 51.28 | (1) | Ian Moore | 29.12.53 | Bulawayo | 18. 4.70 |
| 50.72 | (1) | Leonard Barnes | 1. 8.50 | Salisbury | 9. 4.67 |
| 49.35 | (1) | Patrick Bate | 26. 2.52 | Bulawayo | 19. 5.68 |
| 48.90 | (1) | Michael Lambourn | 24. 7.49 | Bulawayo | 28. 3.65 |
| 47.27 | (1) | Douglas Schorr | 27. 5.49 | Salisbury | 27. 3.66 |

JAVELIN 700 gm. (205:10 - 176:5) 'x' with 800 gm.

| | | | | | |
|---------|-----|-------------------|----------|-----------|----------|
| 63.04 x | (1) | Bruce Kennedy | 25. 3.51 | Mangula | 2. 6.68 |
| 57.33 x | (1) | William Makuwende | 27. 1.53 | Alaska | 31. 5.70 |
| 55.70 | (2) | Peter Frangenheim | 50 | Salisbury | 9. 4.67 |
| 54.38 | (1) | Charl Roux | 26. 1.53 | Salisbury | 21. 3.70 |
| 54.15 | (1) | R. Ford | | Salisbury | 16. 4.66 |
| 53.77 x | (3) | Hugh Landsberg | | Salisbury | 8.12.68 |

JAVELIN 600 gm. (217:0 - 182:8)

| | | | | | |
|-------|-----|----------------|----------|-----------|----------|
| 66.14 | (1) | Bruce Kennedy | 25. 3.51 | Bulawayo | 19. 5.68 |
| 58.29 | (1) | Noel Burnell | 21.12.47 | Salisbury | 12. 4.64 |
| 56.77 | (1) | Leonard Barnes | 7. 8.50 | Salisbury | 9. 4.67 |
| 55.68 | (2) | Leslie Souster | 24. 2.51 | Salisbury | 22. 4.67 |

COMPARISON OF ANNUAL PERFORMANCES

In the 10th. and 12th. Annuals comparative tables were included recording the 10th. best performance in each event for the previous 3 and 5 years respectively. This table is included again this year but in addition one is given showing the sum of the points scored by the first ten in each event for the past 5 years as a comparison of these figures seems to provide a better measure of the improvement each year. The figures obtained, for the earlier years; may not be all-embracing as for many meets only the winner's performances were recorded by the organisers of many meets. In the last 5 years, the track event with the best performance has been the 400 metre followed by the 800, 200 and 100 metre. The best field event was the Javelin which was 6th. in the overall list with the Long Jump 8th.

Based on the points scored by the first ten seniors, the first six in each age group event, the improvements in the 5 years, 1966 to 1970, was :-

| | <u>Track</u> | <u>Field</u> | <u>All Events</u> |
|------------|--------------|--------------|-------------------|
| Seniors | 13.8% | 7.3% | 10.9% |
| Under '20' | 3.3% a | 7.4% b | 5.0% |
| Under '18' | 6.4% c | 3.0% | 4.7% |

NOTES :- 'a' 100 - 1 500 m and hurdles
 'b' excl. S.P. and D.T., weights changed.
 'c' 100 - 1 500 m

TOP TEN - SUM OF POINTS SCORED FOR EACH EVENT

| 1. <u>TRACK</u> | 100m | 200m | 400m | 800m | 1500 | 5000 | 10000 | 110h | 400h | TOTAL | % + |
|-----------------|------|------|------|------|------|------|-------|------|------|--------|-----|
| 1966 - | 7897 | 8425 | 8662 | 8419 | 7901 | 7194 | 7158 | 7500 | 2073 | 65 229 | - |
| 1967 - | 7995 | 8516 | 8489 | 8464 | 8026 | 7661 | 7733 | 7834 | 3753 | 68 471 | 5.0 |
| 1968 - | 8317 | 8556 | 8687 | 8477 | 8179 | 7954 | 7768 | 7793 | 5996 | 71 727 | 4.5 |
| 1969 - | 8331 | 8452 | 8875 | 8643 | 8330 | 7872 | 7749 | 7806 | 7999 | 74 057 | 3.1 |
| 1970 - | 8356 | 8785 | 8951 | 8738 | 8318 | 7944 | 6432 | 8641 | 8134 | 74 299 | 0.4 |

2. FIELD /.....

2. FIELD

| | HJ | PV | LJ | TJ | SP | DT | HT | JT | TOTAL | % + |
|--------|------|------|------|------|------|------|------|------|--------|-----|
| 1966 - | 7557 | 6688 | 7429 | 7555 | 7222 | 7128 | 2459 | 7726 | 53 764 | - |
| 1967 - | 7672 | 6998 | 7887 | 7477 | 7194 | 7411 | 1907 | 7910 | 54 456 | 1.3 |
| 1968 - | 7901 | 7060 | 7827 | 7509 | 7461 | 7428 | 2568 | 8265 | 56 019 | 2.9 |
| 1969 - | 7636 | 6668 | 8128 | 7518 | 7487 | 7541 | 3707 | 7940 | 56 625 | 1.1 |
| 1970 - | 7765 | 7584 | 8145 | 7816 | 7184 | 7232 | 4121 | 7930 | 57 777 | 2.0 |

4. MEN : TENTH BEST PERFORMANCE (unless otherwise shown in parenthesis)
(In the 200, 400 and 800, times for Imperial distances 1966-68
corrected to metric equivalent.)

| EVENT | 1966 | 1967 | 1968 | 1969 | 1970 |
|-------------|----------|----------|----------|----------|------------|
| 100 y/m | 10.3 | 10.2 | 10.1 | 11.0m | 11.1m |
| 200 m | 22.8 | 22.3 | 22.3 | 22.4 | 22.0 |
| 400 m | 50.0 | 50.2 | 50.0 | 50.0 | 48.6 |
| 800 m | 2:00.4 | 1:57.5 | 1:57.6 | 1:56.8 | 1:56.1 |
| 1 mi/1500 m | 4:34.9 | 4:31.0 | 4:25.5 | 4:04.8m | 4:04.2m |
| 5 000 m | | | | 15:42.0 | 15:55.0 |
| 10 000 m | | | | 34:14.0 | 34:04.2(8) |
| 110 m H | 16.3 | 16.3 | 16.7 | 16.5 | 16.5 |
| 400 m H | 63.0 | 59.1 | 60.7 | 57.0 | 59.3 |
| H.J. | 1.725 | 1.725 | 1.775 | 1.74 | 1.72 |
| P.V. | 3.02 | 3.12 | 3.05 | 2.97 | 3.20 |
| L.J. | 6.22 | 6.42 | 6.50 | 6.50 | 6.62 |
| T.J. | 13.00 | 13.13 | 13.18 | 13.21 | 13.49 |
| S.P. | 11.77 | 11.21 | 11.90 | 11.62 | 10.84 |
| D.T. | 34.93 | 35.66 | 36.14 | 36.55 | 34.42 |
| H.T. | 23.42(4) | 30.17(3) | 21.56(6) | 17.90(8) | 18.82(8) |
| J.T. | 45.95 | 49.12 | 53.77 | 51.94 | 53.02 |

2. MEN UNDER '20' : SIXTH BEST PERFORMANCE (on 31st. Dec. in year)

| | | | | | |
|---------------|--------|--------|--------|--------|--------|
| 100 y/m | 10.4y | 10.3y | 10.2y | 11.3m | 11.2m |
| 200 m | 22.7 | 23.0 | 23.0 | 22.6 | 22.7 |
| 400 m | 50.4 | 51.7 | 51.6 | 50.0 | 50.5 |
| 800 m | 2:02.0 | 1:59.3 | 2:01.1 | 1:58.6 | 1:56.6 |
| 1 mi/1500 m | 4:38.9 | 4:37.5 | 4:38.7 | 4:17.1 | 4:07.7 |
| 3 000 m | | | | 9:10.9 | 9:25.2 |
| 110 m H | 16.3 | 16.1 | 17.1 | 16.6 | 16.3 |
| H.J. | 1.725 | 1.70 | 1.75 | 1.725 | 1.675 |
| P.V. | 3.05 | 3.05 | 2.89 | 2.97 | 3.20 |
| L.J. | 5.93 | 6.24 | 6.25 | 6.33 | 6.41 |
| T.J. | 12.99 | 12.70 | 12.92 | 12.97 | 13.26 |
| S.P. 5.44 Kg. | 14.45 | 13.44 | 13.65 | 13.37 | 12.02a |
| D.T. | 38.79 | 38.89 | 40.62 | 36.93 | 40.49 |
| J.T. 700 gm. | 51.31 | 50.90 | 51.72 | 50.47 | 52.38b |

NOTES :- Events previous to November, 1968, were run in Imperial Measure and times for these events have been corrected to the metric equivalent by deducting in 220/440/880 - 0.1/0.3/0.6 secs.

In the Under '19' Field Events 'a' indicates 6.35 Kg Shot and 'b' the 800 gm. Javelin.

3. MEN UNDER '18' : SIXTH BEST PERFORMANCE (on 31st. Dec. in year)

| | | | | | |
|-------------|---------|---------|---------|---------|---------|
| 100 y/m | 10.6y | 10.7 | 10.5 | 11.5m | 11.4 |
| 200 m | 24.4 | 23.5 | 23.6 | 23.5 | 22.9 |
| 400 m | 52.2 | 53.5 | 53.6 | 52.5 | 53.0 |
| 800 m | 2:04.7 | 2:06.4 | 2:03.8 | 2:03.1 | 2:03.1 |
| 1 mi/1500 m | 4:44.6y | 4:59.6y | 4:45.7y | 4:16.8m | 4:17.6m |
| 3 000 m | | | | 9:34.5 | 9:41.0 |
| 110 m H | 16.1 | 15.0 | 14.8 | 15.2 | 14.9 |
| H.J. | 1.65 | 1.65 | 1.70 | 1.65 | 1.70 |
| P.V. | 2.44 | 2.89(4) | 2.74(5) | 2.59 | 2.94 |
| L.J. | 5.75 | 6.00 | 6.12 | 5.79 | 5.89 |
| T.J. | 12.18 | 12.25 | 12.38 | 12.73 | 12.37 |

AGE GROUP BEST PERFORMANCES

(Under the age of group on the date of performance)

100 METRES

| | | | |
|----|------|-------------|------|
| 15 | 11.3 | K. Campbell | 1970 |
| 16 | 11.3 | K. Campbell | 1970 |
| 17 | 11.3 | K. Campbell | 1970 |
| 18 | 10.8 | T. Finnigan | 1969 |
| 19 | 10.8 | T. Finnigan | 1969 |

200 METRES

| | | | |
|----|-------|-------------|------|
| 14 | 23.9 | K. Campbell | 1969 |
| 15 | 22.1 | K. Campbell | 1970 |
| 16 | 22.1 | K. Campbell | 1970 |
| 17 | 22.1 | K. Campbell | 1970 |
| 18 | 21.6y | D. Magodo | 1968 |
| 19 | 21.2 | T. Finnigan | 1970 |

400 METRES

| | | | |
|----|-------|------------|------|
| 15 | 52.3 | D. Stone | 1969 |
| 16 | 51.8y | J. Rich | 1964 |
| 17 | 50.0y | J. Rich | 1964 |
| 18 | 48.8 | S. Mkombwe | 1969 |
| 19 | 48.3y | T. Maridza | 1966 |

800 METRES

| | | | |
|----|---------|-------------|------|
| 15 | 2:06.1y | P. Bouwer | 1967 |
| 16 | 2:03.2y | P. Bouwer | 1968 |
| 17 | 1:57.7 | P. Bouwer | 1969 |
| 18 | 1:53.6 | O. Kamurino | 1970 |
| 19 | 1:52.6 | S. Mkombwe | 1970 |

1 500 METRES

| | | | |
|----|--------|------------|------|
| 16 | 4:14.0 | E. Magwaza | 1969 |
| 17 | 4:05.9 | E. Magwaza | 1970 |
| 18 | 3:57.9 | W. Bvuma | 1970 |
| 19 | 3:57.9 | W. Bvuma | 1970 |

3 000 METRES

| | | | |
|----|--------|----------------|------|
| 17 | 9:01.0 | O. Kamurino | 1969 |
| 18 | 8:56.5 | K. Sarumhungwe | 1969 |
| 19 | 8:51.8 | J. Tengoriwete | 1970 |

5 000 METRES

| | | | |
|----|---------|----------------|------|
| 16 | 16:05.0 | E. Magwaza | 1969 |
| 17 | 16:05.0 | E. Magwaza | |
| 18 | 15:21.0 | K. Sarumhungwe | 1968 |
| 19 | 15:21.0 | K. Sarumhungwe | |

110 METRES HURDLES (107m)

| | | | |
|----|------|------------|------|
| 18 | 14.7 | G. Harnden | 1970 |
| 19 | 14.7 | G. Harnden | 1970 |

400 METRES HURDLES

| | | | |
|----|------|---------|------|
| 19 | 58.6 | J. Dodd | 1968 |
|----|------|---------|------|

HIGH JUMP

| | | | |
|----|------|-------------|------|
| 15 | 1.66 | C. Habbakuk | 1968 |
| 16 | 1.66 | C. Habbakuk | 1968 |
| 17 | 1.77 | C. Eley | 1970 |
| 18 | 1.83 | S. Masewe | 1968 |
| 19 | 1.88 | S. Masewe | 1968 |

POLE VAULT

| | | | |
|----|------|---------------|------|
| 15 | 2.94 | G. Peckover | 1970 |
| 16 | 3.12 | J. Cock | 1968 |
| 17 | 3.43 | C. Harris | 1963 |
| 18 | 3.66 | F. Youngleson | 1968 |
| 19 | 3.85 | C. Harris | 1965 |

LONG JUMP

| | | | |
|----|------|------------|------|
| 15 | 6.09 | J. Dix | 1969 |
| 16 | 6.29 | J. Loots | 1964 |
| 17 | 6.59 | I. Viljoen | 1968 |
| 18 | 7.40 | M. Martin | 1962 |
| 19 | 7.40 | M. Martin | 1962 |

TRIPLE JUMP

| | | | |
|----|-------|---------------|------|
| 14 | 10.42 | H. Falkenberg | 1966 |
| 15 | 12.69 | D. Stone | 1969 |
| 16 | 13.19 | C. Cannon | 1969 |
| 17 | 14.00 | C. Cannon | 1970 |
| 18 | 14.58 | M. Martin | 1963 |
| 19 | 14.58 | M. Martin | 1963 |

SHOT 7.27 Kg.

| | | | |
|----|-------|-------------|------|
| 17 | 13.04 | M. Lambourn | 1966 |
| 18 | 13.56 | M. Lambourn | 1967 |
| 19 | 14.58 | M. Lambourn | 1968 |

DISCUS 2 Kg.

| | | | |
|----|-------|-------------|------|
| 17 | 36.81 | M. Lambourn | 1966 |
| 18 | 38.79 | M. Lambourn | 1967 |
| 19 | 40.08 | M. Lambourn | 1968 |

JAVELIN 800 gm.

| | | | |
|----|-------|------------|------|
| 17 | 51.77 | B. Kennedy | 1968 |
| 18 | 63.27 | B. Kennedy | 1969 |
| 19 | 76.15 | B. Kennedy | 1970 |

NOTE : Corrections to Imperial distances : 200 m - 0.1 sec.
 400 m - 0.4 sec.
 800 m - 0.7 sec.

WOMEN : ATHLETES OF THE YEAR/.....

W O M E N

As in previous years the number of seniors who competed could almost be counted on the fingers of one hand. This is most disappointing and if the present juniors are to drop out on leaving school, like so many of their predecessors, the future is indeed bleak for the sport.

During the year, 3 National; 5 Under '18'; 8 Under '16' and 4 Under '14' records were broken, all except one, by juniors. The outstanding performance of the year was by 14-year old Jacqueline Edwards who returned a time of 58.1 for the 400 m when she finished 3rd. to South Africa's Wendy Roussouw and Jennifer Labuschagne and just beat her team mate Aurelia Kilian who was given the same time. Another excellent performance was by Janine Kaplan who set a new National and Under '18' Record of 12.1 for the 100 m; this was an improvement of 2.0 sec. on her best in 1969.

Her time of 12.1 set new bests for the age groups from 16 to 18. Earlier in the year she set a new best for the Under '15' group of 12.3 which was shared with Jean Fowlds who in 1969 set up a best of 12.8 for the Under '14' group. Njekwa Kwibisa, of Wankie, in winning the 400 and 800 m at the Rhodesian Championships became the second African to win a National title. The girls from Bulawayo Harriers had a most successful season claiming new Rhodesian Records for the 4 x 100 m National and Under '18', Under '16' and Under '14' age groups; their teams showed a high standard of training in all respects of relay racing and their Under '18' quartette represented Rhodesia in both the Senior and Under '18' events.

ATHLETES OF THE YEAR

WENDY BAYNHAM, born at Salisbury on the 10th. July, 1951, and presently a student at the Teachers' Training College, Bulawayo. Started throwing the javelin in 1967 when her best throw was 30.48 m; won her first National Championship in 1968 and retained it in 1969 and 1970. In 1969 she was placed third in the South African Junior Championships at Cape Town. Her progression has been :

| | | | |
|------|-------|------|-------|
| 1967 | 30.48 | 1968 | 38.72 |
| 1969 | 42.32 | 1970 | 43.05 |

and she now heads the All-Time Lists. Occasionally throws the discus in which her best throw of 30.79 has earned her the 10th. place in the All-Time List.

MARIETTE VAN HEERDEN, born at Salisbury on the 22nd. November, 1952. First competed in 1968 when she was placed 3rd. in the Mashonaland Under '16' Shot Championship and won the Discus. In 1969 she won her first Senior Rhodesian Championship with a put of 10.95 m and retained the title in 1970 when she added the Discus title. She has the great advantage of height and if she continues to compete should have a bright future. Her progression to date has been :

| | | | | | | | |
|--------|---|------|-------|------|-------|------|-------|
| Shot | : | 1968 | 9.10 | 1969 | 11.64 | 1970 | 12.63 |
| Discus | : | 1968 | 25.70 | 1969 | 31.75 | 1970 | 36.42 |

In the All-Time Lists, Mariette is ranked 1st. in the Shot and 2nd. in the Discus.

N A T I O N A L R E C O R D S

| | | | | |
|-------|----------|-----------------|--------------|----------|
| 100 y | 11.2 | Patricia Dalton | Ndola | 7. 9.62 |
| | 11.2 | Patricia Dalton | Ndola | 7. 7.63 |
| | 11.2 | Sheila Salhus | Salisbury | 23. 6.68 |
| 100 m | 12.1 n | Janine Kaplan | Salisbury | 8. 7.70 |
| 200 m | 25.0 n | Anthea Davies | Salisbury | 28. 6.69 |
| 220 y | 25.0 | Patricia Dalton | Salisbury | 5. 8.62 |
| 400 m | 57.0 n | Anthea Davies | Salisbury | 28. 6.69 |
| 440 y | 58.3 | Anthea Davies | Salisbury | 23. 3.68 |
| 800 m | 2:13.7 n | Anthea Davies | Bloemfontein | 19. 4.69 |
| 880 y | 2:18.6 n | Anthea Davies | Salisbury | 11. 5.68 |

| | | | | |
|-------------|--------|--|-----------------|-----------------------|
| 80 m h | 11.5 | Patricia Dalton | Salisbury | 5. 8.62 |
| 100 m h | 16.8 | Marlene Whiting | Salisbury | 26. 4.70 |
| | 16.8 n | Nellie Bezuidenhout | Salisbury | 26. 4.70 |
| H J | 1.62 | 5:4 | Myra Fowler | Salisbury 16. 2.69 |
| L J | 5.61 | 18:5 | Myra Fowler | Salisbury 14. 5.67 |
| | 5.62 | 18:5 $\frac{1}{2}$ a | Dain Little | Grahamstown 17. 10.70 |
| S P | 12.67 | 41:7 | Terry Fisher | Bulawayo 26. 2.56 |
| D T | 38.20 | 125:4 | Margaret Stokes | Bulawayo 13. 4.69 |
| J T | 43.05 | 141:3 | Wendy Baynham | Redcliff 17. 5.70 |
| 4 x 100 m R | 48.1 | Rhodesia National Team | Byo/Sby | 4/8. 7.70 |
| | | (J. Fowlds; M. Johnson; J. Kaplan; S. Salhus) | | |
| 4 x 100 y R | 49.4 | Mashonaland Team | Salisbury | 10. 7.66 |
| | | (M. Fowler; H. Grimwood; J. Russell; S. Swart) | | |
| 4 x 200 m R | 1:57.0 | Rhodes A.C. | Salisbury | 14. 12.69 |
| | | (J. Edwards; G. Stitt; E. Stodart; S. Swift) | | |

ALL - COMERS RECORDS

| | | | | |
|-------------|--------|--|---------------------|--------------------|
| 100 y | 10.8 | Pauline Craven SA | Salisbury | 6. 5.67 |
| 100 m | 11.5 | Theresa v Rensburg SA | Salisbury | 11. 5.68 |
| 200 m | 24.0 | Susan Viljoen SA | Salisbury | 28. 6.69 |
| 220 y | 24.1 | Theresa v Rensburg SA | Salisbury | 11. 5.68 |
| 400 m | 55.6 | Wendy Roussouw SA | Bulawayo | 4. 7.70 |
| 440 y | 56.0 | Annatjie Botha SA | Salisbury | 11. 5.68 |
| 800 m | 2:12.7 | Hendrina Adendorff SA | Salisbury | 8. 7.70 |
| 880 y | 2:18.2 | Bea Marais | Salisbury | 11. 5.68 |
| 100 m h | 14.7 | Suzette Pretorius SA | Eiffel Flats | 7. 12.69 |
| H J | 1.71 | 5:7 $\frac{1}{2}$ | Susan du Plessis SA | Salisbury 28. 6.69 |
| L J | 6.20 | 20:4 $\frac{1}{4}$ | Pauline Craven SA | Salisbury 6. 5.67 |
| S P | 14.16 | 46:5 $\frac{3}{4}$ | Marie Viljoen SA | Salisbury 28. 6.69 |
| D T | 51.94 | 170:5 | Jean Roberts AUS | Bulawayo 29. 6.68 |
| J T | 49.56 | 162:7 | Alta Maree SA | Salisbury 8. 7.70 |
| 4 x 100 y R | 47.0 | South African 'A' Team, | Salisbury | 11. 5.68 |
| | | (E. Brasler; P. Craven; T. v Rensburg; L. Schmidt) | | |

MERITORIOUS PERFORMANCES

| | | | | |
|---------|-------|--------------------|----------------------|---------------------|
| S P | 14.18 | 46:6 $\frac{1}{4}$ | Jean Roberts AUS | Salisbury 23. 6.68 |
| 110 m h | 14.7 | Ex | Suzette Pretorius SA | Salisbury 20. 12.69 |

UNDER '18' RECORDS

(Under '18' on the 1st. January in year of competition)

| | | | | |
|-------------|--------|---|--------------------|-------------------|
| 100 y | 11.5 | Myra Fowler | Salisbury | 27. 3.66 |
| | 11.5 | Sheila Salhus | Bulawayo | 29. 6.68 |
| 100 m | 12.1 n | Janine Kaplan | Salisbury | 8. 7.70 |
| 200 m | 25.5 | Sheila Salhus | Bulawayo | 18. 4.70 |
| 220 y | 26.0 | Heather Grimwood | Salisbury | 27. 3.66 |
| 400 m | 59.3 | Aurelia Kilian | Salisbury | 23. 3.69 |
| 800 m | 2:25.2 | Philimon Hega | Redcliff | 17. 5.70 |
| 80 m h | 11.5 | Patricia Dalton | Salisbury | 5. 8.62 |
| H J | 1.60 | 5:3 | Myra Fowler | Salisbury 9. 4.67 |
| L J | 5.48 | 18:0 | Anthea Davies | Salisbury 7. 6.64 |
| S P | 12.63 | 41:5 $\frac{1}{2}$ | Mariette v Heerden | Salisbury 8. 7.70 |
| D T | 38.20 | 125:4 | Margaret Stokes | Bulawayo 13. 4.69 |
| J T | 41.02 | 134:7 | Jeanette Bromehead | Bulawayo 20. 6.64 |
| 4 x 100 m R | 48.1 | Rhodesia National Team | Bulawayo | 4. 7.70 |
| | 48.1 | Rhodesia National Team | Salisbury | 8. 7.70 |
| | | (J. Fowlds; M. Johnson; J. Kaplan; S. Salhus) | | |

UNDER '16' RECORDS /.....

UNDER '16' RECORDS

| | | | | |
|-------------|--------|--|-----------------|--------------------|
| 100 y | 11.5 | Sheila Salhus | Bulawayo | 29. 6.68 |
| 100 m | 12.3 | Janine Kaplan | Salisbury | 21. 3.70 |
| | 12.3 | Jean Fowlds | Salisbury | 21. 3.70 |
| 200 m | 25.7 | Jean Fowlds | Redcliff | 17. 5.70 |
| 400 m | 60.7 | Jackie Edwards | Redcliff | 17. 5.70 |
| 800 m | 2:25.2 | Philimon Hega | Redcliff | 17. 5.70 |
| 80 m h | 12.7 | Marlene Whiting | Redcliff | 17. 5.70 |
| H J | 1.58 | 5:2 $\frac{1}{4}$ | Myra Fowler | Bulawayo 13. 6.65 |
| L J | 5.18 | 17:0 | Lilian Todd | Salisbury 24. 3.68 |
| S P | 9.71 | 31:10 $\frac{1}{2}$ | Caroline Tutani | Bulawayo 18. 4.70 |
| D T | 31.37 | 102:11 | Caroline Tutani | Redcliff 17. 5.70 |
| J T | 36.83 | 120:10 | Brenda Waring | Salisbury 2. 7.67 |
| 4 x 100 m R | 50.8 | Matabeleland Team | Bulawayo | 18. 4.70 |
| | | (J. Fowlds; J. Kaplan; L. Watson; S. Wright) | | |

BEST PERFORMANCES BY RHODESIAN-BORN ATHLETES

('x' indicates a National Record)

('+' indicates better than a National Record)

| | | | | |
|---------|-----------|--------------------|--------------------|--------------------|
| 100 m | 12.1 nx | Janine Kaplan | Salisbury | 8. 7.70 |
| 200 m | 25.0 nx | Anthea Davies | Salisbury | 28. 6.69 |
| 400 m | 57.0 nx | Anthea Davies | Salisbury | 28. 6.69 |
| 800 m | 2:13.7 nx | Anthea Davies | Bloemfontein | 19. 4.69 |
| 80 m h | 11.5 | Myra Fowler | Salisbury | 6.5/2. 7.67 |
| 100 m h | 15.9+ | Myra Fowler | Port Eliz. | 4.10.69 |
| | | | E. London | 26.11.69 |
| H J | 1.62 | 5:4 x | Myra Fowler | Salisbury 16. 2.69 |
| L J | 5.61 | 18:5 x | Myra Fowler | Salisbury 14. 5.67 |
| S P | 12.63 | 41:5 $\frac{1}{2}$ | Mariette v Heerden | Salisbury 8. 7.70 |
| D T | 38.20 | 125:4 x | Margaret Stokes | Bulawayo 17. 5.70 |
| J T | 43.05 | 141:3 x | Wendy Baynham | Redcliff 17. 5.70 |

R E S U L T S : 1970100 METRES

JANINE KAPLAN 12.28 12.38

| | | | | | |
|---------------------|----|------|--------|-----------|-------|
| Janine Kaplan | 55 | 12.1 | (2) | Salisbury | 8. 7 |
| Sheila Salhus | 52 | 12.3 | (1) | Bulawayo | 12. 4 |
| Jean Fowlds | 55 | 12.3 | (1) h | Salisbury | 21. 3 |
| Margaret Johnson | 54 | 12.7 | (2) | Bulawayo | 8.11 |
| Nellie Bezuidenhout | 53 | 12.8 | (1) | Salisbury | 21. 3 |
| Jackie Edwards | 56 | 12.8 | (1) SF | Redcliff | 16. 5 |
| Susan Wright | 55 | 12.8 | (1) h | Salisbury | 21. 3 |
| Aurelia Kilian | 53 | 12.8 | (1) | Bulawayo | 8.11 |
| Kathy Conolly | 56 | 12.8 | (1) | Bulawayo | 8.11 |
| 5 others | | 13.1 | | | |

200 METRES

SHEILA SALHUS 25.6 25.73

| | | | | | |
|---------------------|----|------|--------|-----------|-------|
| Sheila Salhus | 52 | 25.5 | (1) | Salisbury | 26. 4 |
| Jean Fowlds | 55 | 25.6 | (2) | Bulawayo | 4. 7 |
| Jackie Edwards | 56 | 25.8 | (2) SF | Redcliff | 17. 5 |
| Margaret Johnson | 54 | 26.0 | (2) | Salisbury | 5. 4 |
| Janine Kaplan | 55 | 26.2 | (2) | Bulawayo | 18. 4 |
| Gillian Stitt | 52 | 26.4 | (3) | Bulawayo | 18. 4 |
| Anthea Davies | 47 | 26.5 | (1) | Salisbury | 11. 1 |
| Susan Wright | 55 | 26.6 | (3) SF | Redcliff | 17. 5 |
| Nellie Bezuidenhout | 53 | 26.9 | (1) | Salisbury | 19. 4 |
| Kathy Conolly | 56 | 27.1 | (1) | Bulawayo | 8.11 |

400 METRES /.....

| | | | | |
|-------------|--------|--|-----------------|-----------------------|
| 80 m h | 11.5 | Patricia Dalton | Salisbury | 5. 8.62 |
| 100 m h | 16.8 | Marlene Whiting | Salisbury | 26. 4.70 |
| | 16.8 n | Nellie Bezuidenhout | Salisbury | 26. 4.70 |
| H J | 1.62 | 5:4 | Myra Fowler | Salisbury 16. 2.69 |
| L J | 5.61 | 18:5 | Myra Fowler | Salisbury 14. 5.67 |
| | 5.62 | 18:5 $\frac{1}{2}$ a | Dain Little | Grahamstown 17. 10.70 |
| S P | 12.67 | 41:7 | Terry Fisher | Bulawayo 26. 2.56 |
| D T | 38.20 | 125:4 | Margaret Stokes | Bulawayo 13. 4.69 |
| J T | 43.05 | 141:3 | Wendy Baynham | Redcliff 17. 5.70 |
| 4 x 100 m R | 48.1 | Rhodesia National Team | Byo/Sby | 4/8. 7.70 |
| | | (J. Fowlds; M. Johnson; J. Kaplan; S. Salhus) | | |
| 4 x 100 y R | 49.4 | Mashonaland Team | Salisbury | 10. 7.66 |
| | | (M. Fowler; H. Grimwood; J. Russell; S. Swart) | | |
| 4 x 200 m R | 1:57.0 | Rhodes A.C. | Salisbury | 14. 12.69 |
| | | (J. Edwards; G. Stitt; E. Stodart; S. Swift) | | |

ALL - COMERS RECORDS

| | | | | |
|-------------|--------|--|---------------------|--------------------|
| 100 y | 10.8 | Pauline Craven SA | Salisbury | 6. 5.67 |
| 100 m | 11.5 | Theresa v Rensburg SA | Salisbury | 11. 5.68 |
| 200 m | 24.0 | Susan Viljoen SA | Salisbury | 28. 6.69 |
| 220 y | 24.1 | Theresa v Rensburg SA | Salisbury | 11. 5.68 |
| 400 m | 55.6 | Wendy Roussouw SA | Bulawayo | 4. 7.70 |
| 440 y | 56.0 | Annatjie Botha SA | Salisbury | 11. 5.68 |
| 800 m | 2:12.7 | Hendrina Adendorff SA | Salisbury | 8. 7.70 |
| 880 y | 2:18.2 | Bea Marais | Salisbury | 11. 5.68 |
| 100 m h | 14.7 | Suzette Pretorius SA | Eiffel Flats | 7. 12.69 |
| H J | 1.71 | 5:7 $\frac{1}{2}$ | Susan du Plessis SA | Salisbury 28. 6.69 |
| L J | 6.20 | 20:4 $\frac{1}{4}$ | Pauline Craven SA | Salisbury 6. 5.67 |
| S P | 14.16 | 46:5 $\frac{3}{4}$ | Marie Viljoen SA | Salisbury 28. 6.69 |
| D T | 51.94 | 170:5 | Jean Roberts AUS | Bulawayo 29. 6.68 |
| J T | 49.56 | 162:7 | Alta Maree SA | Salisbury 8. 7.70 |
| 4 x 100 y R | 47.0 | South African 'A' Team, | Salisbury | 11. 5.68 |
| | | (E. Brasler; P. Craven; T. v Rensburg; L. Schmidt) | | |

MERITORIOUS PERFORMANCES

| | | | | |
|---------|-------|--------------------|----------------------|---------------------|
| S P | 14.18 | 46:6 $\frac{1}{4}$ | Jean Roberts AUS | Salisbury 23. 6.68 |
| 110 m h | 14.7 | Ex | Suzette Pretorius SA | Salisbury 20. 12.69 |

UNDER '18' RECORDS

(Under '18' on the 1st. January in year of competition)

| | | | | |
|-------------|--------|---|--------------------|-------------------|
| 100 y | 11.5 | Myra Fowler | Salisbury | 27. 3.66 |
| | 11.5 | Sheila Salhus | Bulawayo | 29. 6.68 |
| 100 m | 12.1 n | Janine Kaplan | Salisbury | 8. 7.70 |
| 200 m | 25.5 | Sheila Salhus | Bulawayo | 18. 4.70 |
| 220 y | 26.0 | Heather Grimwood | Salisbury | 27. 3.66 |
| 400 m | 59.3 | Aurelia Kilian | Salisbury | 23. 3.69 |
| 800 m | 2:25.2 | Philimon Hega | Redcliff | 17. 5.70 |
| 80 m h | 11.5 | Patricia Dalton | Salisbury | 5. 8.62 |
| H J | 1.60 | 5:3 | Myra Fowler | Salisbury 9. 4.67 |
| L J | 5.48 | 18:0 | Anthea Davies | Salisbury 7. 6.64 |
| S P | 12.63 | 41:5 $\frac{1}{2}$ | Mariette v Heerden | Salisbury 8. 7.70 |
| D T | 38.20 | 125:4 | Margaret Stokes | Bulawayo 13. 4.69 |
| J T | 41.02 | 134:7 | Jeanette Bromehead | Bulawayo 20. 6.64 |
| 4 x 100 m R | 48.1 | Rhodesia National Team | Bulawayo | 4. 7.70 |
| | 48.1 | Rhodesia National Team | Salisbury | 8. 7.70 |
| | | (J. Fowlds; M. Johnson; J. Kaplan; S. Salhus) | | |

UNDER '16' RECORDS /.....

UNDER '16' RECORDS

| | | | | |
|-------------|--------|--|-----------|----------|
| 100 y | 11.5 | Sheila Salhus | Bulawayo | 29. 6.68 |
| 100 m | 12.3 | Janine Kaplan | Salisbury | 21. 3.70 |
| | 12.3 | Jean Fowlds | Salisbury | 21. 3.70 |
| 200 m | 25.7 | Jean Fowlds | Redcliff | 17. 5.70 |
| 400 m | 60.7 | Jackie Edwards | Redcliff | 17. 5.70 |
| 800 m | 2:25.2 | Philimon Hega | Redcliff | 17. 5.70 |
| 80 m h | 12.7 | Marlene Whiting | Redcliff | 17. 5.70 |
| H J | 1.58 | 5:2 $\frac{1}{4}$ Myra Fowler | Bulawayo | 13. 6.65 |
| L J | 5.18 | 17:0 Lilian Todd | Salisbury | 24. 3.68 |
| S P | 9.71 | 31:10 $\frac{1}{2}$ Caroline Tutani | Bulawayo | 18. 4.70 |
| D T | 31.37 | 102:11 Caroline Tutani | Redcliff | 17. 5.70 |
| J T | 36.83 | 120:10 Brenda Waring | Salisbury | 2. 7.67 |
| 4 x 100 m R | 50.8 | Matabeleland Team | Bulawayo | 18. 4.70 |
| | | (J. Fowlds; J. Kaplan; L. Watson; S. Wright) | | |

BEST PERFORMANCES BY RHODESIAN-BORN ATHLETES

('x' indicates a National Record)

('+' indicates better than a National Record)

| | | | | |
|---------|-----------|---------------------------------------|--------------|-------------|
| 100 m | 12.1 nx | Janine Kaplan | Salisbury | 8. 7.70 |
| 200 m | 25.0 nx | Anthea Davies | Salisbury | 28. 6.69 |
| 400 m | 57.0 nx | Anthea Davies | Salisbury | 28. 6.69 |
| 800 m | 2:13.7 nx | Anthea Davies | Bloemfontein | 19. 4.69 |
| 80 m h | 11.5 | Myra Fowler | Salisbury | 6.5/2. 7.67 |
| 100 m h | 15.9+ | Myra Fowler | Port Eliz. | 4.10.69 |
| | | | E. London | 26.11.69 |
| H J | 1.62 | 5:4 x Myra Fowler | Salisbury | 16. 2.69 |
| L J | 5.61 | 18:5 x Myra Fowler | Salisbury | 14. 5.67 |
| S P | 12.63 | 41:5 $\frac{1}{2}$ Mariette v Heerden | Salisbury | 8. 7.70 |
| D T | 38.20 | 125:4 x Margaret Stokes | Bulawayo | 17. 5.70 |
| J T | 43.05 | 141:3 x Wendy Baynham | Redcliff | 17. 5.70 |

R E S U L T S : 1970100 METRES

JANINE KAPLAN 12.28 12.38

| | | | | | |
|---------------------|----|------|--------|-----------|-------|
| Janine Kaplan | 55 | 12.1 | (2) | Salisbury | 8. 7 |
| Sheila Salhus | 52 | 12.3 | (1) | Bulawayo | 12. 4 |
| Jean Fowlds | 55 | 12.3 | (1) h | Salisbury | 21. 3 |
| Margaret Johnson | 54 | 12.7 | (2) | Bulawayo | 8.11 |
| Nellie Bezuidenhout | 53 | 12.8 | (1) | Salisbury | 21. 3 |
| Jackie Edwards | 56 | 12.8 | (1) SF | Redcliff | 16. 5 |
| Susan Wright | 55 | 12.8 | (1) h | Salisbury | 21. 3 |
| Aurelia Kilian | 53 | 12.8 | (1) | Bulawayo | 8.11 |
| Kathy Conolly | 56 | 12.8 | (1) | Bulawayo | 8.11 |
| 5 others | | 13.1 | | | |

200 METRES

SHEILA SALHUS 25.6 25.73

| | | | | | |
|---------------------|----|------|--------|-----------|-------|
| Sheila Salhus | 52 | 25.5 | (1) | Salisbury | 26. 4 |
| Jean Fowlds | 55 | 25.6 | (2) | Bulawayo | 4. 7 |
| Jackie Edwards | 56 | 25.8 | (2) SF | Redcliff | 17. 5 |
| Margaret Johnson | 54 | 26.0 | (2) | Salisbury | 5. 4 |
| Janine Kaplan | 55 | 26.2 | (2) | Bulawayo | 18. 4 |
| Gillian Stitt | 52 | 26.4 | (3) | Bulawayo | 18. 4 |
| Anthea Davies | 47 | 26.5 | (1) | Salisbury | 11. 1 |
| Susan Wright | 55 | 26.6 | (3) SF | Redcliff | 17. 5 |
| Nellie Bezuidenhout | 53 | 26.9 | (1) | Salisbury | 19. 4 |
| Kathy Conolly | 56 | 27.1 | (1) | Bulawayo | 8.11 |

400 METRES /.....

| | | | | | |
|--|----|----------------------------------|-----|----------------|-------|
| <u>400 METRES</u> | | AURELIA KILIAN 59.54 | | | |
| Jackie Edwards | 56 | 58.1 | (3) | Bulawayo | 4.7 |
| Aurelia Kilian | 53 | 58.1 | (4) | Bulawayo | 4.7 |
| Anthea Davies | 47 | 59.7 | (1) | Salisbury | 18.1 |
| Njekwa Kwibisa | 53 | 59.7 | (1) | Redcliff | 17.5 |
| Gillian Stitt | 52 | 61.3 | (2) | Salisbury | 5.4 |
| Sheila Salhus | 52 | 62.7 | (1) | Bulawayo | 1.3 |
| Ailsa Purves | 53 | 62.7 | (2) | Salisbury | 22.3 |
| Susan Wright | 55 | 63.0 | (4) | Salisbury | 26.4 |
| S. Oliver | | 64.0 | (3) | Salisbury | 22.3 |
| M. Cox | | 65.2 | (2) | Salisbury | 1.3 |
| <u>800 METRES</u> | | NJEKWA KWIBISA 2:27.06 | | | |
| Njekwa Kwibisa | 53 | 2:23.2 | (1) | Salisbury | 26.4 |
| Philimon Hega | 58 | 2:23.8 | (2) | Salisbury | 26.4 |
| Anthea Davies | 47 | 2:24.7 | (1) | Salisbury | 25.1 |
| Alvera Makoni | 56 | 2:25.5 | (2) | Redcliff | 17.5 |
| Aurelia Kilian | 53 | 2:26.8 | (3) | Salisbury | 26.4 |
| Gillian Stitt | 52 | 2:32.1 | (1) | Salisbury | 21.3 |
| Agnes Chiwaka | 53 | 2:32.1 | (1) | Redcliff | 17.5 |
| C. Magondo | | 2:36.1 | (3) | Salisbury | 21.3 |
| Cecilia Zulu | 54 | 2:36.8 | (2) | Redcliff | 16.5 |
| Nyuma Thembe | 56 | 2:38.6 | (3) | Redcliff | 17.5 |
| <u>100 METRES HURDLES</u> | | | | | |
| Marlene Whiting | 54 | 16.8 | (1) | Salisbury | 26.4 |
| Nellie Bezuidenhout | 53 | 16.8 | (2) | Salisbury | 26.4 |
| Susan Swift | 53 | 17.6 | (3) | Salisbury | 26.4 |
| Catherine Russell | 52 | 17.7 | Pen | Salisbury | 8.2 |
| Mary Mhango | 54 | 17.8 | Pen | Salisbury | 8.2 |
| Margaret Johnson | 54 | 17.9 | (4) | Salisbury | 26.4 |
| Myra Fowler | 50 | 18.2 | (1) | Salisbury | 19.4 |
| Gillian Stitt | 52 | 18.3 | Pen | Salisbury | 8.2 |
| Janine Kaplan | 55 | 18.6 | Pen | Bulawayo | 15.2 |
| Aurelia Kilian | 53 | 19.0 | Pen | Bulawayo | 15.2 |
| <u>HIGH JUMP</u> (5:1 - 4:6 $\frac{3}{4}$) | | MARLENE WHITING 1.525 1.49 | | | |
| Marlene Whiting | 54 | 1.55 | (2) | Bulawayo | 4.7 |
| Myra Fowler | 50 | 1.52 | (1) | Salisbury | 19.4 |
| Dain Little | 46 | 1.52 | (1) | Grahamstown | 17.10 |
| Mary Mabeza | 52 | 1.52 | (5) | Salisbury | 8.7 |
| Theres Gorton | 52 | 1.49 | (2) | Bulawayo | 18.4 |
| Catherine Russell | 52 | 1.42 | (3) | Salisbury | 21.3 |
| Jennifer Posthumous | 56 | 1.42 | (1) | Bulawayo | 15.3 |
| Bridget Rosen | 55 | 1.39 | (2) | Bulawayo | 15.3 |
| Naomi Kamumvuri | 53 | 1.39 | (4) | Salisbury | 21.3 |
| Jill Russell | 49 | 1.39 | (1) | Salisbury | 18.1 |
| Piona Brymer | | 1.39 | (1) | Bulawayo | 15.3 |
| A. Harrington | | 1.39 | (2) | Bulawayo | 8.11 |
| <u>LONG JUMP</u> (18:5 $\frac{1}{2}$ - 15:8 $\frac{1}{2}$) | | AURELIA KILIAN 5.20 5.11 | | | |
| Dain Little | 46 | 5.62 | (2) | Grahamstown | 17.10 |
| Aurelia Kilian | 53 | 5.31 | (1) | Bulawayo | 15.2 |
| Myra Fowler | 50 | 5.19 | (1) | Salisbury | 11.1 |
| Linda Kirstein | 55 | 5.04 | (1) | Bulawayo | 18.4 |
| Noel Fisher | 56 | 5.03 | (1) | Redcliff | 16.5 |
| Catherine Russell | 52 | 5.00 | (2) | Salisbury | 26.4 |
| Therese Gorton | 52 | 4.99 | (1) | Salisbury | 22.3 |
| Nellie Bezuidenhout | 53 | 4.94 | (1) | Salisbury | 26.4 |
| S. S. A-Smith | | 4.84 | (1) | Salisbury | 22.3 |
| Janine Kaplan | 55 | 4.82 | (2) | Salisbury | 22.3 |
| <u>SHOT</u> (41:5 $\frac{1}{2}$ - 27:6) | | MARIETTE VAN HEERDEN 12.20 11.68 | | | |
| Mariette van Heerden | 52 | 12.63 | (1) | Salisbury | 8.7 |
| Margaret Stokes | 51 | 11.25 | (1) | Birmingham, UK | 13.6 |
| Claudine Snyman | 44 | 10.70 | (2) | Salisbury | 26.4 |
| Judith Combrink | 53 | 10.28 | (1) | Bulawayo | 8.11 |
| Caroline Tutani | 54 | 9.89 | (2) | Redcliff | 16.5 |

SHOT cont

| | | | | | |
|---------------------|----|------|-----|-----------|------|
| Moira Young | 54 | 8.91 | (2) | Bulawayo | 18.4 |
| Myra Fowler | 50 | 8.84 | (2) | Salisbury | 11.1 |
| Ketive Ndhlovu | 46 | 8.61 | (1) | Bulawayo | 3.1 |
| Nellie Bezuidenhout | 53 | 8.61 | (3) | Bulawayo | 18.4 |
| Jean Mpofo | 45 | 8.38 | (2) | Redcliff | 16.5 |

DISCUS (119:6 - 82.2) MARIETTE VAN HEERDEN 34.60

| | | | | | |
|----------------------|----|-------|-----|-----------|------|
| Mariette van Heerden | 52 | 36.42 | (1) | Bulawayo | 4.7 |
| Claudine Snyman | 44 | 32.72 | (2) | Salisbury | 5.4 |
| Caroline Tutani | 54 | 31.67 | (1) | Salisbury | 26.4 |
| Wendy Baynham | 51 | 30.79 | (3) | Salisbury | 26.4 |
| Judith Combrink | 53 | 29.09 | (1) | Bulawayo | 8.11 |
| Moira Young | 54 | 28.72 | (2) | Redcliff | 17.5 |
| Sharon Stringfield | 53 | 28.24 | (3) | Redcliff | 16.5 |
| Ruth Sunter | 53 | 28.18 | (2) | Bulawayo | 18.4 |
| Teresa Munengami | 52 | 25.75 | (3) | Bulawayo | 18.4 |
| I.de Wet | | 25.59 | (4) | Bulawayo | 8.4 |

JAVELIN (141:3 - 90:0) WENDY BAYNHAM 38.61

| | | | | | |
|----------------------|----|-------|-----|-----------|------|
| Wendy Baynham | 51 | 43.05 | (1) | Redcliff | 17.5 |
| Aurelia Kilian | 53 | 35.41 | (2) | Salisbury | 8.7 |
| Daisy Dumbutshena | 53 | 32.67 | (2) | Redcliff | 17.5 |
| B. Jones | | 30.25 | (2) | Salisbury | 26.4 |
| Mariette van Heerden | 52 | 29.82 | (1) | Salisbury | 22.3 |
| Judith Combrink | 53 | 28.88 | (3) | Bulawayo | 4.7 |
| Teresa Menengami | 52 | 28.09 | (2) | Salisbury | 22.3 |
| Nellie Bezuidenhout | 53 | 28.06 | (4) | Salisbury | 26.4 |
| Ketive Ndhlovu | 46 | 27.81 | (1) | Salisbury | 5.4 |
| Angela Chipunza | 53 | 27.43 | (3) | Salisbury | 22.3 |

RHODESIAN CHAMPIONSHIPSTORWOOD STADIUM, REDCLIFF, 16 -17th. MAY

| | | |
|-----------|---|--|
| 100 m | a | 1. Salhus 12.7; 2. Bezuidenhout 13.6; 3. Kwibisa 14.0; |
| 200 m | a | 1. Salhus 25.7; 2. Bezuidenhout 27.4; 3. Stitt 27.8 |
| 400 m | b | 1. Kwibisa 59.7; 2. Stitt 63.8; 3. Cox |
| 800 m | a | 1. Kwibisa 2:28.2; 2. Zulu 2:36.8; 3. Mwale 2:45.2 |
| 100 m h | b | 1. Bezuidenhout 17.3; 2. Swift 17.9; 3. Russell 19.0 |
| H.J. | b | 1. Whiting 1.49; 2. Russell 1.37; 3. Kwibisa 1.27; |
| L.J. | a | 1. Russell 4.89; 2. Bezuidenhout 4.75; 3. Stitt 4.67 |
| S.P. | a | 1. v Heerden 12.11; 2. Mpofo 8.38; 3. Ndhlovu 8.33; |
| D.T. | a | 1. v Heerden 36.30; 2. Baynham 29.33; 3. Ndhlovu 21.97 |
| J.T. | b | 1. Baynham 43.05; 2. Ndhlovu 27.02; 3. Mpofo 21.64 |
| 4x100 m R | b | 1. Bulawayo H. 49.2; 2. Rhodes A.C. 52.9; 3. Churchill A.C. 55.8 |

Women Under " 18 "

| | | |
|-----------|---|---|
| 100 m | b | 1. Kaplan 12.7; 2. Johnson 13.3; 3. Bezuidenhout 14.0; |
| 200 m | b | 1. Salhus 25.7; 2. Edwards 26.0; 3. Bezuidenhout 28.0; |
| 400 m | a | 1. Kilian 59.4; 2. Stitt 62.3; 3. Chiwaka 65.9 |
| 800 m | b | 1. Chiwaka 2:32.1; 2. Stitt 2:39.6; |
| 80 m h | b | 1. Bezuidenhout 13.2; 2. Swift 13.4; 3. Russell 13.8 |
| H.J. | a | 1. Whiting 1.47; 2. Mabeza 1.47; 3. Russell 1.37; |
| L.J. | b | 1. Kilian 5.18; 2. Russell 4.85; 3. Stodart 4.77; |
| S.P. | a | 1. v Heerden 12.04; 2. Tutani 9.89; 3. Combrink 9.84; |
| D.T. | a | 1. v Heerden 35.89; 2. Tutani 30.45; 3. Stringfield 28.24; |
| J.T. | b | 1. Kilian 34.16; 2. Dumbutjena 32.67; 3. v Heerden 27.35; |
| 4x100 m R | a | 1. Bulawayo H 48.5; 2. Rhodes A.C. 52.4; 3. Dindingwe A.C. 52.8 |

Women Under " 16 "

| | | |
|-----------|---|---|
| 100 m | b | 1. Fowlds 13.0; 2. Edwards 13.4; 3. Wright; |
| 200 m | b | 1. Fowlds 26.0; 2. Edwards 26.4; Johnson 26.8; |
| 400 m | b | 1. Edwards 60.7; 2. Makoni 64.6; 3. Mwanza 67.7 |
| 800 m | a | 1. Hega 2:25.2; 2. Makoni 2:25.5; 3. Thembo 2:38.6; |
| 80 m h | b | 1. Whiting 12.7; 2. Mhango 13.3; 3. Holmes 16.2; |
| H.J. | a | 1. Whiting 1.53; 2. Mhango 1.29; 3. Dumazweni 1.22; |
| L.J. | a | 1. Fisher 5.03; 2. Whiting 4.94; 3. Mhango 4.79; |
| S.P. | b | 1. Tutani 8.69; 2. Young 8.15; 3. Watson 7.66; |
| D.T. | b | 1. Tutani 31.37; 2. Young 28.72; 3. Kachanje 17.85; |
| J.T. | a | 1. Watson 23.34; 2. Tutani 21.03; |
| 4x100 m R | b | 1. Dindingwe 53.7; 2. Bulawayo H 53.9; 3. Rhodes A.C. 55.3; |

INTER -PROVINCIAL CHAMPIONSHIPSTrack & Field

| | | |
|--------|--------------------------|------------------------------------|
| Senior | 1. Matabeleland 126 pts. | 2. Mashonaland 121 pts. |
| Junior | 1. Matabeleland 146 pts. | 2. Mashonaland 140; 3. Midlands 82 |

Cross-Country 1. Matabeleland 15 pts. 2. Mashonaland 21 pts.

RHODESIAN CROSS - COUNTRY CHAMPIONSHIP

Warren Hills, Salisbury, 5th. September; 4 025 m

1. S.Mwale 18:25; 2. Balbina 18:46; 3. Thembo 18:48; 4. Matsitoni 18:48;
5. N.Kwibisa 19:07; 6. T.Kwibisa 19:21; N.Ngwenya 19:24; 8. Nesta 19:46

ALL - TIME LISTS

As so few senior women compete only one list is included for each event but performances of juniors are indicated by their date of birth.

100 METRES

| | | | | | |
|------|-----|----------|------------------|-----------|-------------|
| 12.1 | (2) | 20.5.55 | Janine Kaplan | Salisbury | 8.7.70 |
| 12.3 | (1) | 5.8.55 | Jean Fowlds | Salisbury | 21.3.70 |
| 12.3 | (1) | 28.10.52 | Sheila Salhus | Bulawayo | 12.4.70 |
| 12.5 | 1/2 | | Anthea Davies | Salisbury | 26/1.7/6.69 |
| 12.5 | (1) | | Margaret Stokes | Salisbury | 9.3.69 |
| 12.5 | (4) | 2.8.54 | Margaret Johnson | Salisbury | 28.6.69 |
| 12.8 | | | 6 athletes | | |

200 METRES

| | | | | | |
|--------|-----|----------|--------------------|-----------|-------------|
| 24.9 y | (1) | 30.9.45 | Patricia Dalton | Salisbury | 5.8.62 |
| 25.0 | (3) | | Anthea Davies | Salisbury | 28.6.69 |
| 25.1 y | (1) | | Cynthia Longstaff | Salisbury | 17.3.56 |
| 25.2 y | (1) | 24.11.50 | Myra Fowler | Salisbury | 5/6.12/6.66 |
| 25.3 | (1) | 28.10.52 | Sheila Salhus | Bulawayo | 25.5.69 |
| 25.4 y | (2) | 9.11.48 | Heather Grimwood | Mangula | 2.7.66 |
| 25.6 | (2) | 5.3.55 | Jean Fowlds | Bulawayo | 4.7.70 |
| 25.8 | (5) | 2.8.54 | Margaret Johnson | Salisbury | 28.6.69 |
| 25.8 | (2) | 17.3.56 | Jacqueline Edwards | Redcliff | 17.5.70 |
| 25.9 y | (2) | 26.4.49 | Jill Russell | Salisbury | 4.7.65 |

400 METRES

| | | | | | |
|------|-----|----------|--------------------|-----------|---------|
| 57.0 | (2) | | Anthea Davies | Salisbury | 28.6.69 |
| 58.1 | (3) | 17.3.56 | Jacqueline Edwards | Bulawayo | 4.7.70 |
| 58.1 | (4) | 1.10.53 | Aurelia Kilian | Bulawayo | 4.7.70 |
| 59.7 | (1) | 1.3.55 | Njekwa Kwibisa | Redcliff | 17.5.70 |
| 61.3 | (2) | 10.1.51 | Margaret Stokes | Salisbury | 11.5.68 |
| 61.3 | (2) | 13.8.52 | Gillian Stitt | Salisbury | 5.4.70 |
| 62.3 | (2) | 29.12.53 | Catherine Sarurayi | Salisbury | 23.3.68 |
| 62.7 | (1) | 28.10.52 | Sheila Salhus | Bulawayo | 1.3.70 |
| 62.7 | (2) | 3.2.53 | Ailsa Purves | Salisbury | 21.3.70 |
| 62.9 | (2) | | Jane | Mangula | 22.6.69 |

800 METRES

| | | | | | |
|--------|-----|---------|----------------|--------------|---------|
| 2:13.7 | (4) | | Anthea Davies | Bloemfontein | 19.4.69 |
| 2:21.5 | (2) | 6.6.54 | Feggy Mandudzo | Salisbury | 9.6.68 |
| 2:23.2 | (1) | 4.3.53 | Njekwa Kwibisa | Salisbury | 26.4.70 |
| 2:23.5 | (2) | 1.10.53 | Aurelia Kilian | Salisbury | 31.5.69 |
| 2:23.8 | (2) | 10.2.58 | Philimon Hega | Salisbury | 26.4.70 |
| 2:25.4 | (3) | 55 | Juliet Drums | Salisbury | 31.5.70 |
| 2:25.5 | (1) | 4.12.56 | Alvera Makoni | Redcliff | 17.5.70 |
| 2:30.8 | (1) | 13.8.52 | Gillian Stitt | Salisbury | 21.3.70 |
| 2:32.1 | (1) | 15.4.53 | Agnes Chiwaka | Redcliff | 17.5.70 |
| 2:33.0 | (2) | 1.1.53 | Elinna Kenani | Salisbury | 22.3.69 |

80 METRES HURDLES

| | | | | | |
|------|-----|----------|-----------------|-----------|------------|
| 11.5 | (1) | 30.9.45 | Patricia Dalton | Salisbury | 5.8.62 |
| 11.5 | (1) | 24.11.50 | Myra Fowler | Salisbury | 6.5/2.7.67 |
| 11.9 | (2) | 26.4.69 | Jill Russell | Bulawayo | 25.6.67 |
| 12.6 | (1) | | Beryl Nilson | Bulawayo | 30.6.68 |
| 12.6 | (3) | 5.9.54 | Marlene Whiting | Bulawayo | 5.7.70 |

| | | | | | |
|--------|-----|----------|---------------|-----------|----------|
| 2:23.8 | (2) | 10. 2.58 | Philimon Hega | Salisbury | 26. 4.70 |
| 2:25.4 | (3) | | Juliet Drums | Salisbury | 31. 5.70 |
| 2:25.5 | (1) | 4. 12.56 | Alvera Makoni | Redcliff | 17. 5.70 |
| 2:30.8 | (1) | 13. 8.52 | Gillian Stitt | Salisbury | 21. 3.70 |
| 2:32.1 | (1) | 15. 4.53 | Agnes Chiwaka | Redcliff | 17. 5.70 |
| 2:33.0 | (2) | 1. 1.53 | Elinna Kenani | Salisbury | 22. 3.69 |

100 METRES HURDLES

| | | | | | |
|------|-----|-----------|---------------------|-------------------------------|-----------------------|
| 15.9 | (1) | | Myra Fowler | Pt. Elizabeth/ East London | 4. 10.69 26. 11.69 |
| 16.7 | (1) | 19. 7.53 | Susan Swift | Salisbury | 7. 12.69 |
| 16.8 | (1) | 5. 9.54 | Marlene Whiting | Salisbury | 26. 4.70 |
| 16.8 | (2) | 16. 9.53 | Nellie Bezuidenhout | Salisbury | 26. 4.70 |
| 17.7 | Pen | 24. 2.52 | Catherine Russell | Salisbury | 8. 2.70 |
| 17.8 | Pen | 13. 10.54 | Mary Mhango | Salisbury | 8. 2.70 |
| 17.9 | (4) | 2. 8.54 | Margaret Johnson | Salisbury | 26. 4.70 |
| 18.3 | Pen | 13. 8.52 | Gillian Stitt | Salisbury | 8. 2.70 |
| 18.6 | Pen | 20. 5.55 | Janine Kaplan | Bulawayo | 15. 2.70 |
| 19.0 | Pen | 1. 10.53 | Aurelia Kilian | Bulawayo | 15. 2.70 |

HIGH JUMP (5:4 - 4:11)

| | | | | | |
|------|-------|----------|---------------------|-----------|----------|
| 1.62 | (1) | | Myra Fowler | Salisbury | 16. 2.69 |
| 1.57 | (1) | 46 | Marilyn Lawler | Bulawayo | 26. 4.64 |
| 1.57 | (1) | 2. 8.46 | Dain Little | Bulawayo | 26. 4.64 |
| 1.55 | (1/2) | 5. 9.54 | Marlene Whiting | Bulawayo | 31. 3.68 |
| | | | | and | 4. 7.70 |
| 1.52 | (2) | | Jeannette Bromehead | Salisbury | 10. 7.66 |
| 1.52 | (5) | 1. 11.52 | Mary Mabeza | Salisbury | 8. 7.70 |
| 1.49 | (1) | | Mollie Bragge | Salisbury | 31. 7.39 |
| 1.49 | (2) | 26. 4.49 | Jill Russell | Salisbury | 24. 5.64 |
| 1.49 | (2) | | Anthea Davies | Salisbury | 5. 1.69 |
| 1.49 | (2) | 8. 8.52 | Therese Gorton | Bulawayo | 18. 4.70 |

LONG JUMP (18:5 $\frac{1}{2}$ - 16:6)

| | | | | | |
|------|-----|-----------|------------------|--------------|-----------|
| 5.62 | (2) | | Dain Little | Grahamstown | 17. 10.70 |
| 5.61 | (1) | 24. 11.50 | Myra Fowler | Salisbury | 14. 5.67 |
| 5.48 | (1) | 26. 2.47 | Anthea Davies | Salisbury | 7. 6.64 |
| 5.38 | (1) | 9. 1.49 | Sandra Greathead | Bloemfontein | 1. 4.66 |
| 5.31 | (1) | 1. 10.53 | Aurelia Kilian | Bulawayo | 15. 2.70 |
| 5.28 | (1) | | Carol Tyson | Salisbury | 3. 6.62 |
| 5.21 | (1) | | Stella Lineham | Salisbury | 25. 5.53 |
| 5.04 | (1) | 30. 1.55 | Linda Kirstein | Bulawayo | 18. 4.70 |
| 5.03 | (1) | 10. 11.56 | Noel Fisher | Redcliff | 16. 5.70 |

SHOT (41:5 $\frac{1}{2}$ - 33:2 $\frac{1}{2}$)

| | | | | | |
|-------|-----|-----------|-----------------------|---------------|----------|
| 12.63 | (1) | 22. 11.52 | Mariette van Heerden | Salisbury | 8. 7.70 |
| 11.88 | (1) | | Claudine Snyman | Salisbury | 22. 6.69 |
| 11.25 | | | Margaret Stokes | Birmingham UK | 13. 6.70 |
| 10.72 | (1) | | Jeannette Bromehead | Salisbury | 4. 7.65 |
| 10.40 | (1) | 43 | Elizabeth Moser | Salisbury | 9. 7.61 |
| 10.35 | (1) | | Helena Cleaver (Mare) | Gwelo | 27. 3.55 |
| 10.28 | (1) | 24. 11.53 | Judith Combrink | Bulawayo | 8. 11.70 |
| 10.27 | (1) | 16. 2.48 | Sharon Smith | Salisbury | 4. 7.65 |
| 10.16 | (2) | | Sheila Russell | Salisbury | 4. 7.65 |
| 10.13 | (2) | 24. 11.50 | Myra Fowler | Salisbury | 9. 6.68 |

DISCUS (125:4 - 101:0)

| | | | | | |
|-------|-----|-----------|---------------------|-----------|----------|
| 38.20 | (1) | | Margaret Stokes | Bulawayo | 13. 4.69 |
| 36.42 | (1) | 22. 11.52 | Mariette v Heerden | Bulawayo | 4. 7.70 |
| 34.72 | (2) | | Claudine Snyman | Mangula | 22. 6.69 |
| 34.02 | (1) | | Margaret Lasbrey | Pretoria | 9. 4.55 |
| 33.97 | (1) | | Helena Mare | Salisbury | 31. 7.48 |
| 32.91 | (1) | | Elizabeth Smith | Salisbury | 7. 6.64 |
| 32.41 | (1) | 25. 10.46 | Jeannette Bromehead | Salisbury | 12. 7.64 |

| | | | | | |
|-------|-----|----------|---------------------|-----------|----------|
| 32.41 | (1) | 25.10.46 | Jeannette Bromehead | Salisbury | 12. 7.64 |
| 31.67 | (1) | 4. 3.54 | Caroline Tutani | Salisbury | 26. 4.70 |
| 31.04 | (1) | | Veronica Lonthorn | Bulawayo | 19. 5.68 |
| 30.79 | (3) | | Wendy Baynham | Salisbury | 26. 4.70 |

JAVELIN (141:3 - 109:1)

| | | | | | |
|-------|-----|----------|---------------------|-----------|----------|
| 43.05 | (1) | | Wendy Baynham | Redcliff | 17. 5.70 |
| 42.19 | | 25.10.46 | Jeannette Bromehead | Cape Town | 26.12.63 |
| 36.93 | (3) | | Margaret Lasbrey | Pretoria | 11. 4.55 |
| 36.83 | (1) | 20. 9.51 | Brenda Waring | Salisbury | 2. 7.67 |
| 35.84 | (2) | | Faith Nyabadza | Salisbury | 28. 6.69 |
| 35.41 | (2) | 1.10.53 | Aurelia Kilian | Salisbury | 8. 7.70 |
| 35.08 | (2) | | Sharon Swart | Mangula | 2. 7.66 |
| 34.27 | (2) | 28. 1.46 | Elizabeth Hulley | Salisbury | 12. 7.64 |
| 34.16 | (3) | | Jennifer Eales | Salisbury | 8. 8.69 |
| 33.25 | (1) | | Erica Evans | Salisbury | 5. 7.69 |

PENTATHLON

| | | | | |
|------|--------------|----------------------------|-----------|----------|
| 4119 | M. Fowler | (11.9 9.71 1.57 5.25 26.6) | Cradock | 8. 3.69 |
| 3501 | A. Davies | (12.8 6.03 1.39 4.92 25.4) | Salisbury | 20. 6.65 |
| 3378 | J. Russell | (12.7 6.16 1.39 4.61 26.2) | Salisbury | 20. 6.65 |
| 3376 | S. Greathead | (12.8 6.41 1.39 4.87 27.2) | Salisbury | 20. 6.65 |
| 3361 | A. Kilian | (19.0 7.94 1.37 5.31 27.0) | Bulawayo | 15. 2.70 |
| 3095 | M. Whiting | (17.5 5.98 1.47 4.62 29.2) | Bulawayo | 15. 2.70 |

COMPARISON OF ANNUAL PERFORMANCES

For the first time a table is included which shows the sum of points scored by the top 10 in each event for each of the last 5 years. It is difficult to compare the 1966 position with that in 1970 as the 400 metre was introduced in 1965, when there were only 2 competitors; not run in 1966; and in 1967 there were 3 competitors. The first year in which the Top Ten was complete for the 220 yards was 1967; this was due in some part to juniors competing at 150 yards instead of 220. Field events have had complete lists since 1965.

Comparing the 1966 results with those of 1970, the improvement was :-

| | <u>Track</u> | <u>Field</u> | <u>Overall</u> |
|-----------------------------|--------------|--------------|----------------|
| Excluding 400 and 800 metre | 19.3% | 10.8% | 14.4% |
| Including 400 and 800 metre | 98.0% | 10.8% | 48.5% |

TOP TEN SUM OF POINTS SCORED

| 1. <u>TRACK</u> | <u>100</u> | <u>200</u> | <u>400</u> | <u>800</u> | <u>Hurdles</u> | <u>Total</u> | <u>% ±</u> |
|-----------------|------------|------------|------------|------------|----------------|--------------|------------|
| 1966 | 6342 | 6071 | | | 4870 | 17 283 | |
| 1967 | 6632 | 6658 | 1918 | | 5889 | 21 097 | + 22.1 |
| 1968 | 6739 | 7209 | 6706 | 5969 | 5954 | 32 577 | + 54.3 |
| 1969 | 6814 | 7247 | 6890 | 6507 | 6019 | 33 477 | + 2.7 |
| 1970 | 7029 | 7339 | 7252 | 6518 | 6269 | 34 407 | + 2.8 |

| 2. <u>FIELD</u> | <u>H J</u> | <u>L J</u> | <u>S P</u> | <u>D T</u> | <u>J T</u> | <u>Total</u> | <u>% ±</u> |
|-----------------|------------|------------|------------|------------|------------|--------------|------------|
| 1966 | 6335 | 6457 | 3677 | 2806 | 4004 | 23 279 | |
| 1967 | 6415 | 6110 | 3791 | 3508 | 4256 | 24 080 | ++ 3.5 |
| 1968 | 6527 | 6154 | 3903 | 3438 | 4664 | 24 686 | + 2.5 |
| 1969 | 6749 | 6530 | 4355 | 4012 | 4924 | 26 570 | + 7.6 |
| 1970 | 6464 | 6367 | 4370 | 3963 | 4624 | 25 788 | - 2.9 |

| 3. <u>TRACK AND FIELD</u> | | | |
|---------------------------|--|--------|---------|
| 1966 | | 40 562 | |
| 1967 | | 45 177 | + 11.3% |
| 1968 | | 57 263 | + 26.7% |
| 1969 | | 60 047 | + 4.8% |
| 1970 | | 60 195 | + 0.2% |

COMPARATIVE TABLE OF 10th. BEST PERFORMANCE

| | 1966 | 1967 | 1968 | 1969 | 1970 |
|---------|------------|------------|----------|--------|--------|
| 100 m | 12.6 y | 12.3 y | 12.2 | 13.2 | 13.1 |
| 200 m | 27.7 y (7) | 28.9 y | 27.0 y | 27.3 | 27.1 |
| 400 m | - | 74.6 y (3) | 68.2 y | 65.6 | 65.2 |
| 800 m | - | - | 3:06.8 y | 2:35.5 | 2:38.6 |
| .80 m h | 16.6 (9) | 14.1 | 13.8 | 13.6 | 14.1 |
| 100 m h | - | - | - | - | 19.0 |
| H J | 1.37 | 1.40 (9) | 1.37 | 1.42 | 1.39 |
| L J | 4.69 | 4.68 | 4.64 | 4.89 | 4.82 |
| S P | 7.97 | 8.18 | 8.40 | 8.46 | 8.38 |
| D T | 23.04 | 26.29 (9) | 25.25 | 26.13 | 25.59 |
| J T | 23.71 | 27.12 | 27.05 | 28.47 | 27.43 |

Corrections made for times at Imperial distances :-
 220 y - 0.1 sec. 440 y - 0.4 sec. 880 y - 0.8 sec.

AGE GROUP BEST PERFORMANCES

(Under the age of group on date of performance)

100 METRES

| | | | |
|----|------|-----------|------|
| 14 | 12.8 | J. Fowlds | 1969 |
| 15 | 12.3 | J. Fowlds | 1970 |
| 15 | 12.3 | J. Kaplan | 1970 |
| 16 | 12.1 | J. Kaplan | 1970 |
| 17 | 12.1 | J. Kaplan | 1970 |
| 18 | 12.1 | J. Kaplan | 1970 |

HIGH JUMP

| | | | | |
|----|------|-------------------|------------|------|
| 14 | 1.55 | 5:1 | M. Whiting | 1968 |
| 15 | 1.58 | 5:2 $\frac{1}{4}$ | M. Fowler | 1965 |
| 16 | 1.59 | 5:2 $\frac{3}{4}$ | M. Fowler | 1966 |
| 17 | 1.60 | 5:3 | M. Fowler | 1967 |
| 18 | 1.60 | 5:3 | M. Fowler | 1967 |

200 METRES

| | | | |
|----|--------|------------|------|
| 14 | 26.5 | K. Conolly | 1970 |
| 15 | 25.6 | J. Fowlds | 1970 |
| 16 | 25.6 | J. Fowlds | 1970 |
| 17 | 24.9 y | P. Dalton | 1962 |
| 18 | 24.9 y | P. Dalton | 1962 |

LONG JUMP

| | | | | |
|----|------|---------------------|-----------|------|
| 14 | 5.09 | 16:8 $\frac{1}{2}$ | M. Fowler | 1964 |
| 15 | 5.17 | 16:14 $\frac{1}{2}$ | M. Fowler | 1965 |
| 16 | 5.42 | 17:9 $\frac{1}{2}$ | M. Fowler | 1966 |
| 17 | 5.61 | 18:5 | M. Fowler | 1967 |
| 18 | 5.61 | 18:5 | M. Fowler | 1967 |

400 METRES

| | | | |
|----|------|-------------|------|
| 14 | 62.7 | P. Mandudzo | 1968 |
| 15 | 58.1 | J. Edwards | 1970 |
| 16 | 58.1 | J. Edwards | 1970 |
| 17 | 58.1 | J. Edwards | 1970 |
| 18 | 58.1 | A. Kilian | 1970 |

SHOT PUT

| | | | | |
|----|-------|---------------------|--------------|------|
| 14 | | | | |
| 15 | 9.43 | 30:11 $\frac{1}{4}$ | E. Kinyani | 1968 |
| 16 | 9.43 | 30:11 $\frac{1}{4}$ | E. Kinyani | 1968 |
| 17 | 11.64 | 38:2 $\frac{1}{4}$ | M. v Heerden | 1969 |
| 18 | 12.63 | 41:5 $\frac{1}{2}$ | M. v Heerden | 1970 |

800 METRES

| | | | |
|----|--------|-------------|------|
| 14 | 2:23.8 | P. Hega | 1970 |
| 15 | 2:21.5 | P. Mandudzo | 1968 |
| 16 | 2:21.5 | P. Mandudzo | 1968 |
| 17 | 2:21.5 | P. Mandudzo | 1968 |
| 18 | 2:21.5 | P. Mandudzo | 1968 |

DISCUS

| | | | | |
|----|-------|--------------------|--------------|------|
| 14 | | | | |
| 15 | 28.78 | 94:5 | H. Abegg | 1964 |
| 16 | 29.02 | 95:2 $\frac{1}{2}$ | H. Abegg | 1966 |
| 17 | 31.75 | 104:2 | M. v Heerden | 1969 |
| 18 | 31.75 | 104:2 | M. v Heerden | 1969 |

80 METRES HURDLES

| | | | |
|----|------|-----------|------|
| 14 | 12.4 | M. Fowler | 1964 |
| 15 | 12.0 | M. Fowler | 1965 |
| 16 | 11.8 | M. Fowler | 1966 |
| 17 | 11.5 | P. Dalton | 1962 |
| 18 | 11.5 | P. Dalton | 1962 |

JAVELIN

| | | | | |
|----|-------|--------|--------------|------|
| 14 | 28.14 | 92:4 | S. Murdoch | 1968 |
| 15 | 28.14 | 92:4 | S. Murdoch | 1968 |
| 16 | 36.83 | 120:10 | B. Waring | 1967 |
| 17 | 40.56 | 133:1 | J. Bromehead | 1963 |
| 18 | 42.19 | 138:5 | J. Bromehead | 1964 |

DUPLICATED BY THE KINDNESS OF

MESSINA (RHODESIA) DEVELOPMENT COMPANY LIMITED