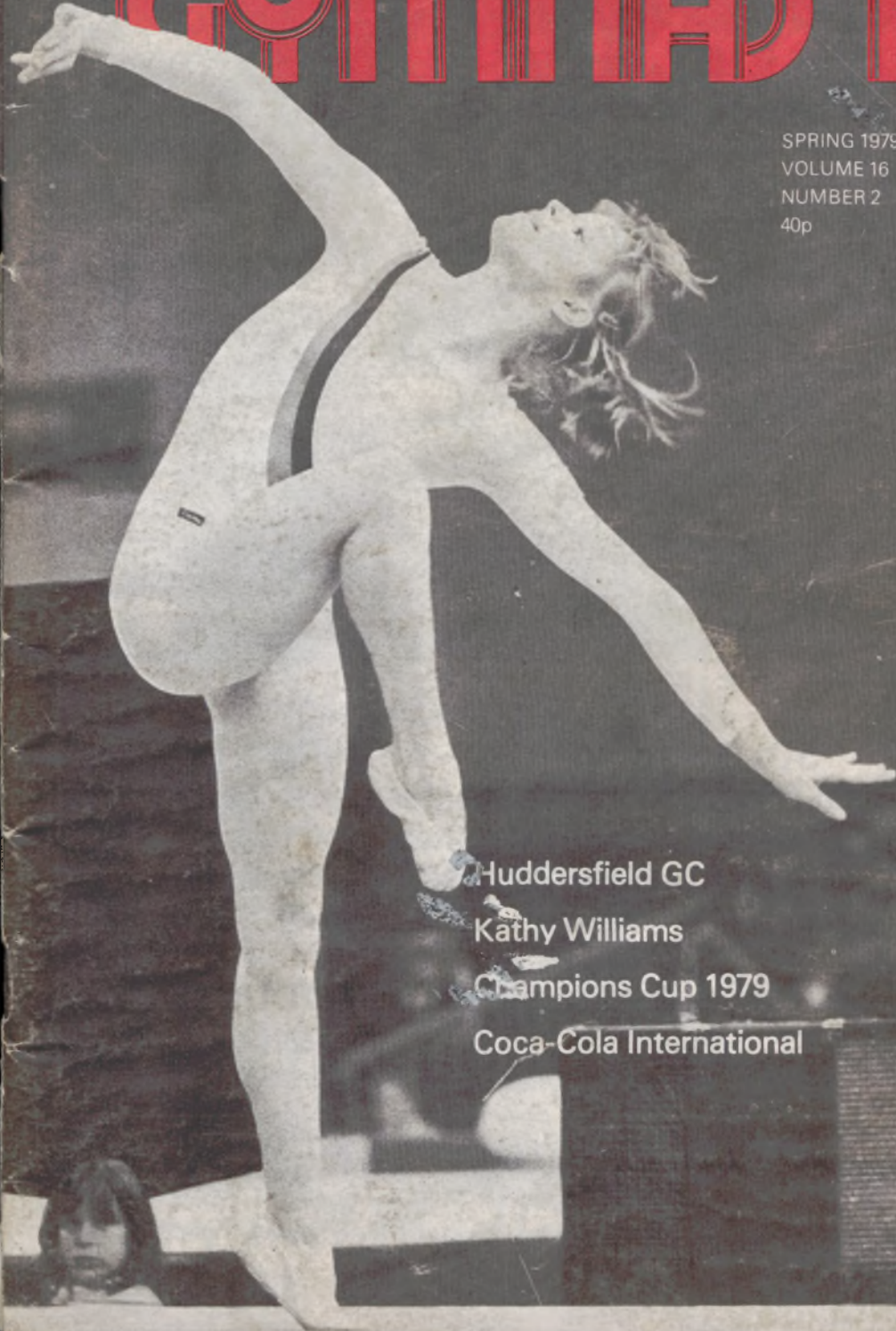


THE

# GYMNAST

SPRING 1979  
VOLUME 16  
NUMBER 2  
40p



Huddersfield GC

Kathy Williams

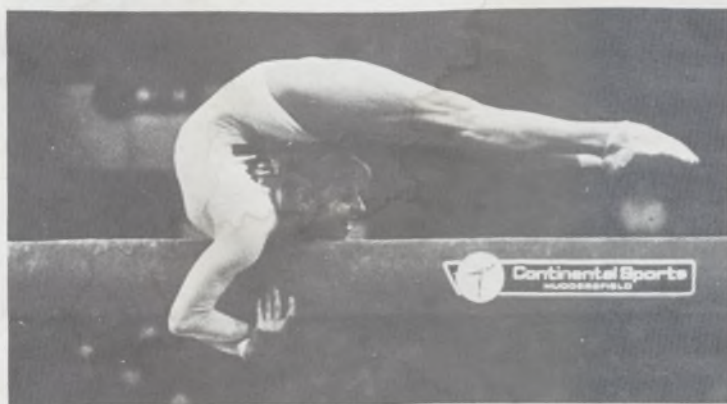
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# THE GYMNAST



*Nadia Comaneci, the Romanian star, is now training again with Bela Karoly, her former coach, who helped her to win the Olympic title in 1976. Until recently, Nadia was training with Prof. Hidi Iosif in Bucharest.*

*Bela Karoly and his wife Marta now run a new training centre at Deva where both the current Olympic and future Olympic squads are being prepared.*

*One of the Karoly's gymnasts, Emilia Eberle, recently won the Grand Prix Tournament in Paris. Emilia won the gold medal on the bars and the joint gold medal on the floor with Maria Filatova of the Soviet Union.*

*Andreea, the four-year-old daughter of the Karolys, is already preparing herself for a future team place and is reported to be showing great prowess on the beam.*

The official journal of the  
British Amateur Gymnastics Association  
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SPRING 1979 VOLUME 16 NUMBER 2  
95 High Street  
Slough SL1 1DH

## CONTENTS

Editorial	9
News	12
March On	14
Jack Broughton	18
In my view: Franklyn Edmonds OBE	19
Profile: Huddersfield GC	22
Kathy Williams: Britain's new Black Magic	26
<i>Daily Mirror</i> Champions Cup 1979	28
Coca-Cola International Tournament	34
Thames TV takes over	38
Bar-talk for gymnasts	39
The Stuart diary	43
Reports	45

FRONT COVER: Joanna Sime performs for Great Britain against Canada at Wembley in the first Gold Top International which took place in March. At the same event, Britain's men took on Hungary. The result was that both British teams lost albeit with honour and our men and women gymnasts gained valuable experience in top international competition.

## ACKNOWLEDGEMENTS

PHOTOS: Alan Burrows pages 1, 5, 15 (top), 23 (top), 34, 35 (right), 36 (top, bottom left), 40, 41, 45, Pete Huggins 15 (left), 24 (top right), 29 (top left and right); Monitor Press Features 26; Thames Television 30, 32/33 By courtesy — Echo and Post, Hemel Hempstead 16 (top); Evening Post, Cardiff 17 (top); Huddersfield Examiner 22, 24 (top left); Bradford Telegraph & Argus 24 (bottom); Yorkshire Evening Press 15 (right). Remainder, Paul Fender.

DRAWINGS: Derek Eastoe (cartoon) 17.

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# Editorial

## Towards the top

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### EDITORIAL

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Design  
Peter Benoist  
Board of Control  
David Eagling

### CONTRIBUTIONS

*The Editor welcomes articles, drawings, photographs and notes of gymnastic or general interest to consider for publication. Articles and notes should preferably be typed (or legibly written in ink) on one side of the paper only leaving a margin on the left-hand side and sufficient space for corrections between the lines. Abbreviations and contractions should be avoided, and all proper names, if written, should be given in block letters. Drawings should be made in Indian ink on white paper. Photos for reproduction should be on glossy prints. Material can be returned only when a stamped addressed envelope is enclosed for that purpose.*

*The Editor reserves the right to shorten letters and articles for publication to fit available space.*

Since the World Championships at Strasbourg last year, the big question for British gymnastics has been: 'How can we improve our positions in the world rankings?'

As will be recalled, the British men's team were placed 17th while the girls' team achieved 16th position.

In many respects, we have the qualities for improvement — qualities such as dedication, motivation, talent, courage, enthusiasm, knowledge and facilities.

But, outside a physical education system as developed by leading gymnastics countries in Eastern Europe, we must aim to spot quality in individual gymnasts not just by current ratings but by other important criteria as well.

In other words, our elite gymnasts must have more than physical potential. We must make sure, whatever their age, that they have the mental capacity to accept discipline and the work load that must be enforced. We must choose them as carefully as the Royal Ballet Company audition their dance students.

Girls, too, must be picked out by virtue of their physical size and shape. It is not by coincidence that every member of the Soviet national team is a slim, perfectly proportioned girl.

If our top gymnasts are prepared to work long and hard away from their homes and personal coaches, then they must be fully supported by first-class coaching staff and coaching opportunities. The visits by two groups of men gymnasts to the USA and USSR in February to experience specialised coaching is an excellent example.

We could also provide our small elite groups with more experts when and where needed — musical, medical, dietary, education, technological.

Thanks to forward-looking administrators and sponsors, the bogey of cost is not nearly so daunting as it was. But with the Moscow Olympics only 15 months away, we must consider if we can do more *now* to find and develop those gymnasts who will move Britain up the international ladder.

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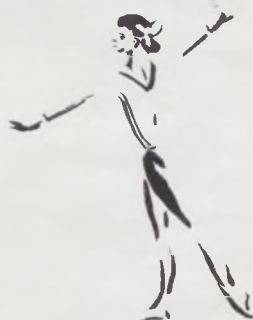
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# NEWS

## Men's squad start training — in USA and USSR

British men gymnasts commenced serious squad training in February for the December World Championships in the USA and the Moscow Olympics in 1980 when the BAGA sent two groups to Moscow, USSR, and Philadelphia, USA, for specialised training.

With the support of a grant from the Sports Council, the gymnasts and their coaches trained for eight hours a day under the guidance of top coaches in the respective countries.

This was the first time that the BAGA had been able to set up serious squad training so far in advance of any world event.

The delegation travelling to Moscow consisted of National Staff Coach John Atkinson from Coventry; Ian Neale, also from Coventry, British men's overall champion and British men's pommel horse, vault, parallel bars and high bar champion; Kevin Garwell from Sheffield GC, and Andrew Sweeney from Birmingham Athletic Institute.

This was Andrew Sweeney's second visit to the USSR. In 1977 he won the *Daily Mirror* USSR Scholarship, which gave him a month's training in Vladimir, one of the USSR's leading gymnastics colleges.

The delegation travelling to Philadelphia consisted of their coach Bill Cosgrave from Southampton; Jeff Davis from Harlow GC, the British men's floor exercise champion; Barry Winch from St Mary's College, Twickenham, the British national junior champion; and Paul Miller from Amber Valley GC, Derbyshire.

## SAGA hold seminar for 70 coaches

Some 70 coaches from all over Scotland attended a special seminar held recently at Grangemouth Sports Complex and organised by the Scottish AGA.

The tutor for the one-day event was Annette Stapleton, BAGA Director of National Training for Women and Girls.

This was the first time that SAGA had organised a seminar of this kind. It was devoted to studying the Olympic sets for women.

In charge was Scottish national coach Gordon Forster who said he was very pleased with the success of the event.

## Torch award for Scollon

Paisley gymnastics coach David Scollon has been awarded a Torch Trophy for his services to the sport.

Mr Scollon has been senior coach at Glasgow Central GC and Bishopbriggs GC for two-and-a-half years. He took up the sport in the 1960's and won the national title in 1971, 1972 and 1975.

In his citation, the Torch Trophy Trust said: 'For the past two years, Mr Scollon has been coaching the senior national men's team in addition to his own club gymnasts. This necessitates many hours of extremely hard work each week. Such dedicated coaches, who also have a high degree of technical knowledge, are essential to the sport of gymnastics.'

The trophy, which is a replica of the 1948 Olympic Torch, is awarded to people who give outstanding voluntary service to sport. Mr Scollon was one of 16 recipients from all over Britain who received the award at a recent ceremony in London.

## Devon AGA plan league

A county-wide competitive gymnastics league is planned for the near future by Devon AGA, who are urging Devon firms to contribute sponsorship money and trophies.

The Association's secretary, Mrs Maureen Wheatley, said: 'The league will cater for children from both gymnastics clubs and from clubs run in the county's junior and secondary schools.'

'The aim will be to ensure competitive gymnastics for those children who do not have the ability to represent their club or school at present, but who have the keenness and desire to enter competitions.'

## Gold Top Milk sponsorship goes international

Gold Top Milk's sponsorship of gymnastics entered the international field for the first time when they sponsored the Gold Top International at Wembley Arena on 7 March where Great Britain took on Hungary (men) and Canada (women).

The Gold Top Milk International will be held every year for British men and women gymnasts to compete as teams against different countries. The event will give British gymnasts added experience towards competing in major international tournaments such as the World Championships and Olympic Games.

Gold Top Milk are already sponsors of the new and very successful Gold Top Milk Gymnastics Awards for girls.

## Wembley blacking lifted for Coca-Cola International

As a result of talks between BAGA Development Director Tony Murdock and union officials, a strike at the Wembley complex which threatened the presentation of the Bottlers of Coca-Cola International Tournament in December was called off the day before the event.

The Tournament thus took place with full Wembley facilities available including the podium, lighting and television.

### George Whiteley 1932 – 1978

George Whiteley, who died at his home in Leeds on 29 December 1978, was one of the BAGA's most able and dedicated officers. He gave more than 20 years' service to gymnastics as gymnast, coach, teacher, lecturer and administrator.

For a number of years, he acted as Chairman of the Men's Technical Committee; for several years, he carried the responsibility of that post with the Chairmanship of the Finance Committee while, in the last few years, he held the latter post alone. He was a member of the Board of Control and the present Executive Committee since their inception and, prior thereto, represented the Yorkshire AGA on the old AGA Executive Committee, the forerunner of the present Board. He was an active force in the Yorkshire AGA, being Chairman for some years and Vice-Chairman at the time of his death.

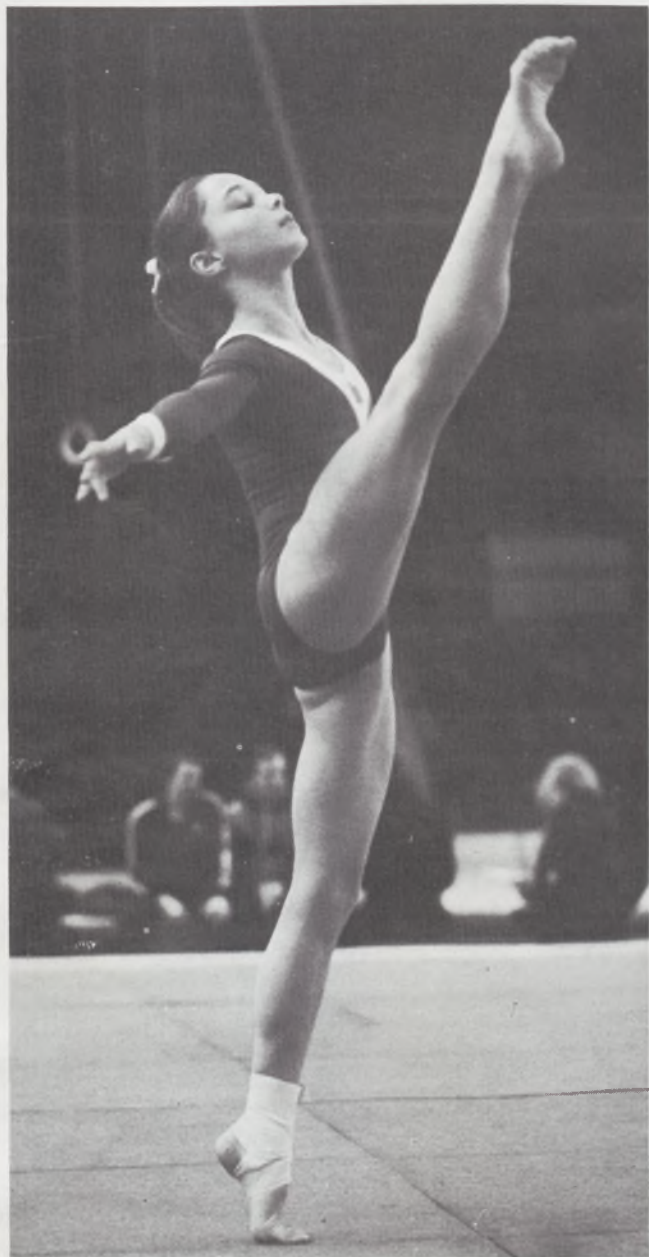
In 1976, George Whiteley was elected, at the World Congress, as one of the 14 members of the Executive Committee of the Fédération Internationale de Gymnastique. In the same year, he was awarded the FIG's Medal of Honour for his contribution to international gymnastics and was also awarded the BAGA's greatest honour by his appointment as a Life Vice-President.



His funeral was attended by friends and colleagues from all over Britain. Also present were FIG President Yuri Titov (USSR), Vice-President Frank Bare (USA) and Secretary-General Max Bangerter (Switzerland). At the *Daily Mirror* Champions Cup at the Royal Albert Hall, the audience stood in silence for one minute in his honour.

# March On

▼ *Monica Goermann of Canada was top scorer in the Great Britain v Canada match at the Gold Top International double-match event at Wembley.*



PAT WALKER, mother of a senior squad gymnast at Southampton AGC, has raised nearly £1400 to put towards video equipment for the club's new centre at Deanery.

She raised the money in 18 months by setting up a shop at club events and selling items such as pens and T-shirts.

GREENHEAD GC of Bradley, Yorkshire, have received a grant of £3100 towards the cost of establishing their headquarters in a disused church. The grant is from the Yorkshire and Humberside Sports Council.

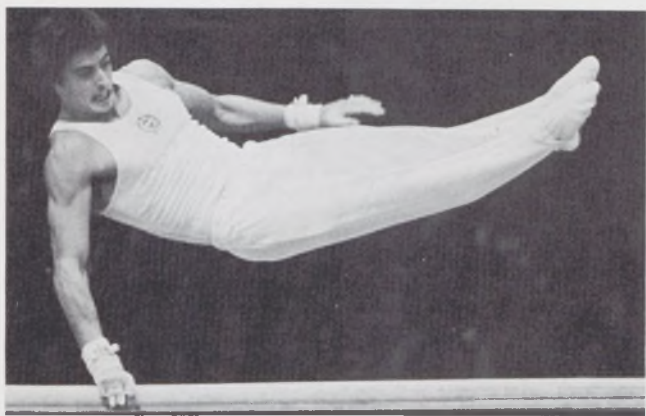
The church, St Thomas's Church, is structurally sound but will require a lot of work to turn it into the club's headquarters, according to club leader Christine Bowker.

Said Miss Bowker: 'The work will probably cost between £10,000 and £11,000, although we shall do some of it, such as decorating, ourselves.'

The club have formed a fund-raising committee and hope to receive further help from the Sports Council. Nearly 200 gymnasts belong to Greenhead GC.

HUDDERSFIELD GC is 30 years old this year. To mark the occasion, a birthday celebration is being held on 19 May at the Pennine President Hotel, Huddersfield.

Anyone who has been associated with the club and who is interested in attending the evening, should contact Club Secretary Brian Hayhurst at Paddock Youth Centre, Beech Street, Paddock, Huddersfield HD1 4JN (telephone Huddersfield (0484) 27396).



▲ *World, Olympic and European pommel horse champion Zoltan Magyar led Hungary to victory over the Great Britain men's team at the Gold Top International.*



▲ *Frank Taylor, senior sports writer for the Daily Mirror who covers gymnastics, was awarded the OBE in the last New Year Honours.*

SAADI GC, the St Albans and District club, are seeking to increase the membership in the boys' section of the club.

Said coach John Colles: 'We would like to have the same number as in the girls' section — about 40. We are also short of coaches.'

YORK CITY GC are the latest club to have the facility of a safety pit. The pit, installed at a York sports centre, was devised by club coach Stan Wild, the former British champion.

York now join Birmingham AI, Harlow, GC, Hendon SSGC, Huddersfield GC, Southampton AGC and Tameside OGC as the only British clubs so far to have safety pits. Pits are planned for Halifax, Leeds and South Wales. ▼





▲WATFORD YMCA GC recently raised £1411 in a sponsored tumble to put towards a floor area.

The 170 tumbling gymnasts were supported by over 800 people including the Mayor of Watford.

The top money-raisers were Lisa Short, 9, and Jenny Horward, 15, who both managed to raise £40 each.

THE VII USSR PEOPLE'S SPARTAKIADA has a gymnastics programme which is being held in Moscow during the period 22-27 July.

Hogg-Robinson (Travel) Ltd, the accredited agents for Intourist in the UK, would be pleased to offer participants and visitors a package tour to coincide with this event.

Interested members of the BAGA should contact Mr D R D Wilkinson, Hogg Robinson (Travel) Ltd, 119/123 Kingsway, London WC2B 6PT (telephone 01-242 1091).

CATHERINE BROOKS and CAROLYN ILLINGWORTH, gymnasts of Tameside Olympic GC, recently received awards of £200 each from the Greater Manchester County Council to help with their travelling expenses.

With assistance from the North West Sports Council, the GMC has been distributing £8000 among 53 sportsmen and women to help further their sporting careers.

LEEDS ATHLETIC INSTITUTE have pulled out of the National Gymnastics League following a row over their opening fixture.

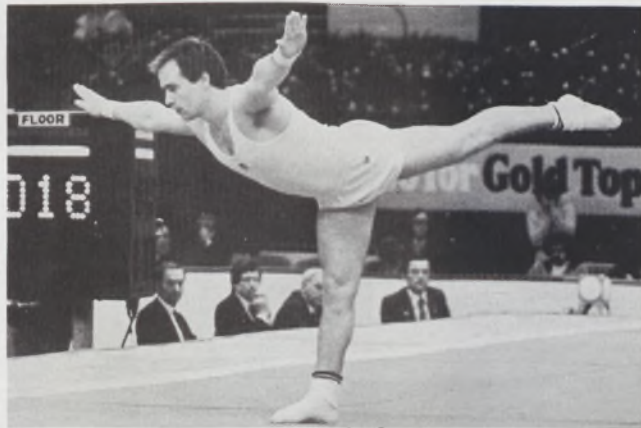
Bad weather, which blocked many roads into Scotland at the time, prevented the club from competing against Glasgow and Eston in Glasgow. Glasgow and Eston then claimed the league points.

Said coach Dick Gradley: 'The lads and I agree that we would rather not be part of a league where that sort of thing can happen. It's ridiculous to claim points in that situation.'

Despite a strong protest, Leeds were unable to get the fixture fulfilled at some other time.

GEOFF BOTT, Deputy President of the BAGA, recently presented trophies to the three winners of the Milton Keynes Sports Personality of the Year Awards for 1978.

▼Barry Winch of St Mary's College, Twickenham, holds the British junior title as well as the new Speedo men's championship.



URSULINE SCHOOL GC, Ilford, were presented with £500 after winning a national dental competition organised by a toothpaste manufacturer.

The all-girl school had to submit a project on teeth and ideas on how the nation's dental health could be improved.

The prize money is to be spent on gymnastic equipment.

PETERHEAD GC are looking for a ballet teacher to give occasional instruction to their girls. Anyone interested should contact Yvonne Smith at Peterhead Community Centre.

INVERNESS DISTRICT AGC, a new club set up by Inverness PE teacher Lillian Davidson, attracted more than 70 members in only four weeks.

At the moment, meetings are held in the gym at Inverness Royal Academy on Monday evenings.

OLGA, the Olympic Leisure and Gymnastics Arena of Poole, Dorset, has been operating since last summer in a converted warehouse in Parkstone.

The main arena in the new premises measures 25m x 12m with a maximum height of 7m. OLGA can now offer facilities up to Olympic standard and there are plans to improve the range still further. In the three years since OLGA was founded, over £4000 has been spent on equipment alone.

An additional facility is the Birthday Basement which can be hired for birthday parties and other functions.

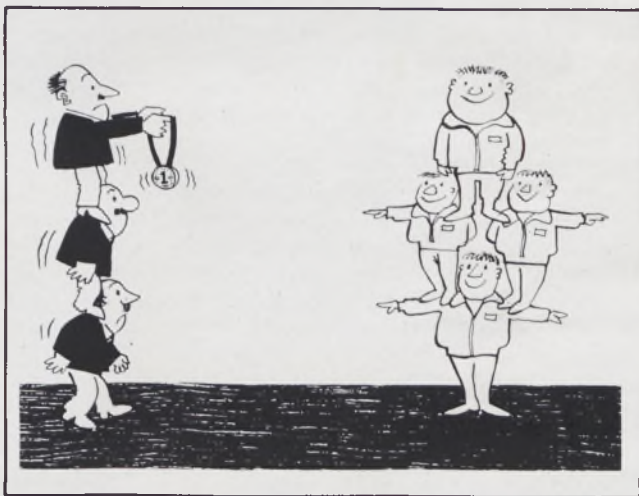
Around 350 children — most between five and 15 — use OLGA every week. The club's most successful member is



Sally Crabtree, a junior national squad member who won the bronze medal for beam at the 1978 Lilia-White National Championships for Girls.

OLGA is run by former Olympic diving medalist Brian Phelps with his wife Monica, née Rutherford, Master Gymnast and former British champion.

▲ Swansea's Leigh Jones, undefeated Welsh champion for the last ten years, admires a silver goblet presented to him by the Mayor of Swansea, Councillor Mrs Susan Jones, on his recent retirement from competitive gymnastics. With Leigh is his wife Mary, also a former international.



# JACK BROUGHTON

With the death of George Whiteley, we lose one of the great men of our gymnastics history. His warm-hearted humour, his love and knowledge of the sport, his business expertise — all these helped the Association to face this decade's rapid expansion of gymnastics with confidence. On the international front, too, George Whiteley helped to make Great Britain a leading influence on the conduct of the sport throughout the world.

And it came to pass that certain brethren at the Arena of Wembley decided to cease their labours prior to the Contest due to be held there by the high priests, generals, captains, elders and menials of the House of Coca-Cola and the Tribe of BAGA for peoples of other lands and in so doing would have brought great hindrance to the said Contest and sorrow among the multitudes.

Then up and spoke one Murdock, he being a chieftain of the Tribe of BAGA, showing these brethren among other things the error of their ways and how little children the length and breadth of the land would wail if deprived of viewing the said Contest.

And so it came to pass on the third day that the brethren after keen deliberation decided to take up their axes, ploughs and sundry other tools once more to resume their labours at the Arena of Wembley to the delight of the said high priests, generals, captains, elders and menials who were able to hold their Contest amid great rejoicing. And lo! it was very good.

From *The Gymnast*, November 1933.

*Generally speaking, why are Continental gymnasts so much better than we are? This question is often asked by gymnasts. The answer supplies the remedy for improving the ability of promising gymnasts in this country. The proficiency of the Continental gymnasts is undoubtedly due to the progressive methods usually adopted abroad, that is to say, in the properly graded teaching of exercises on the apparatus.*

*So many of our gymnasts try to run before they can walk, so to speak, and it is largely the*

*instructors' fault. Leaders in gymnasia often begin teaching the novice exercises far beyond his capacity with disappointing results, because the beginner under such methods feels his hopelessness and 'throws up the sponge'...*

One well-deserved award in the New Year Honours was the OBE given to Frank Taylor of the *Daily Mirror*. Frank, a leading British sportswriter, has long been a friend to gymnastics and his reports have given millions of people an introduction to the excitement of the sport at top level.

Congratulations, Frank, from all of us.

Nadia Comaneci is reported to have said that she will retire from competitive gymnastics in 1980 after the Moscow Olympic Games. My guess is that she will do just that if she takes part in the next world championships in Texas later this year. If, however, Nadia gives the world championships a miss and concentrates on Moscow next year, then I believe she will stay in competitive gymnastics for a little longer.

Rumour hath it that Nadia is searching for dramatic exercises to suit her physique and this will, of course, take time.

I hope the refusal of the Soviet authorities to allow Olga Bortkevicha, née Korbut, to accompany husband Leonid to the West does not mean that we in Britain will never see the diminutive ex-star again.

Leonid and his pop group, Pesnyary, hope to promote their records in Western countries.

Many friends in the crowd at the Royal Albert Hall watching the *Daily Mirror* Champions Cup 1979 remarked on the attractive turnout of the lady judges in their new outfits.

Men judges please note.

The performances of Kathy Williams over the last year hold forth a promise of talent for Britain that could make the next few years a time of excitement and pride for us all.

Watch this space — and watch this girl.

**Franklyn Edmonds OBE DMA, President of the British Amateur Gymnastics Association, replies to a recent contention that drugs are used by some British coaches to improve performance and retard puberty in girl gymnasts.**

It is a sad thing that in this country one not only has to try to compete with inadequate resources against well-endowed foreign rivals but, on occasion, one has to cope with sensational sports reporting and, incredibly, with Government-sponsored bodies.

One such occasion, towards the end of last year, occurred when Peter Lawson, the General Secretary of the CCPR, without any prior warning to this Association, made the amazing press statement that some British coaches had begun experimenting with drugs to enhance performance and to postpone puberty in sub-teenage girls to help them keep slimmer, light figures for agility sports.

In his reported statement, Mr Lawson is quoted as saying: 'But when some delegates (at a CCPR conference) got up and revealed that they now had conclusive evidence that some coaches were experimenting, mind you — on kids — the meeting went through the roof'.

The fact that I did not go through the roof was due to my incapacity, through illness at that time.

Let us examine the innuendo and then let us look at the facts. For this purpose, note the use of the words 'some British coaches', 'some delegates', 'conclusive evidence'



and 'agility sports'. If Mr Lawson was aware of conclusive evidence, I would have been more impressed if — having regard to the indignation he professed — he had produced it, named the coaches responsible and made something more than an oblique reference to 'agility sports'.

I would also have thought it more courteous, and in keeping with the objects of the CCPR, if he had communicated with whatever sporting bodies were concerned prior to his dramatic announcement. I can only think that Mr Lawson was either 'seeking the bubble reputation' or that his judgement was so impaired by the phenomenon of delegates shooting through the roof that he felt obliged to emulate them and soar like a meteor.

What are the facts? (1) In all the pre-Olympic and World Championships tests there has not been a single case of drug taking reported; (2) the BAGA have never had occasion even to consider the possibility of

gymnasts taking drugs and, certainly, it would take severe action if it were proven that anyone was so doing; (3) apart from the fact that the Association does not possess sufficient spare finance to experiment as suggested, the use of drugs would be detrimental to a gymnast.

The first two statements are factual; the third needs some explanation. The use of steroids or amphetamines is aimed at giving a competitor additional strength, stamina or speed. The continuous training programme of a gymnast provides more than the necessary strength and stamina for the routines performed and additional speed is not needed. In fact, any artificial stimulus could have unfortunate results as split-second timing and control could be upset and a gymnast's routine ruined.

Finally, let us examine the allegation of the arresting of puberty. The Report of the Seminar on Drug Control of the Sports Council states that, to the best of their knowledge, there was no proof of drug taking in gymnastics and the suggestion that drugs were being used to restrict the development of the female gymnast was fallacious in that the particular drug suggested could have the opposite effect to that desired and cause over-development.

Perhaps the approach to this subject is best illustrated by reference to Dr Robert Klein, who was responsible for drug examination at the recent World Championships at Strasbourg. He has not reported any evidence of drugs but made the statement that he has photographic evidence of the diminution, over several years,



of the bust measurement of a leading Soviet gymnast.

Is one intended to gain the impression from this remarkably unscientific research that not only can the Soviet experts retard puberty but that they can put the clock back so to speak?

If bust measurement is to be the criterion, it would appear

that the Royal Ballet Company were well ahead of the Russians in their scientific knowledge: also, it would seem that some of our gymnasts are being given an unfair advantage over others. Has it not occurred to the critics that, generally speaking, naturally slim persons have a natural advantage and that their

training tends to keep them that way?

During the first World War rumour was rife that Russian troops had been seen in this country 'with snow on their boots'. Rumour on the subject of this article would appear to follow a similar trend except that the 'snow' is differently located. ●

## MEN'S JUDGING NOTEBOOK

### The jury of appeal and appeals procedure

Paul Williams  
Men's Judging Panel

It is now common practice in Great Britain to nominate a jury of appeal to officiate at most BAGA competitions. For the major competitions, two senior judges will be appointed and they will sit with or near the directors of the competition, usually at the side of the working arena.

Alternatively, where a competition may not merit a separate jury, it is usual for the director responsible for judging to nominate from the participating judges one or two experienced judges to form part of such jury if the need arises. In both cases the jury would consist of the two nominated judges, the director of the competition and the superior judge on the apparatus in question.

The function of the jury of appeal is twofold. Firstly, it must deal with protests or complaints from the competitors submitted through their team leader, and secondly it must adjudicate in those cases where a superior judge has a

dispute within his group of judges which cannot be resolved.

Of these two duties, it is the first which is by far the most widely utilised and appeals in this category usually take the form of a team leader protesting about the supposed undermarking of his individual gymnast or team.

The procedure for team leaders to lodge an appeal or a protest is clearly stated in the Men's FIG Code of Points; that is, it should be entered not later than 15 minutes after the incident and can only concern their own team or gymnast. On no account can an appeal be considered against a mark awarded to a different team or competitor.

It is important to note that appeals can only be accepted for consideration on technical grounds. A simple statement saying a person was undermarked is not acceptable. The appeal must state the reasons why the mark should be raised, e.g. the team leader may consider that the award of bonus points should be increased due to an original move which had been included or for an exceptionally difficult combination of moves to increase the risk.

Here I think it is fair to add that many appeals are lodged

because a gymnast feels that he has been undermarked in comparison to another competitor. Although this cannot be a valid reason for appeal, the jury should be aware of this underlying reason, and also be aware of the trend in the overall scoring. For example, is the overall marking tending to be severe or alternatively lenient?

On receiving the appeal, which should be handed to the competition director, the jury will consult with the superior judge concerned with the exercise and review all the individual judges' marks.

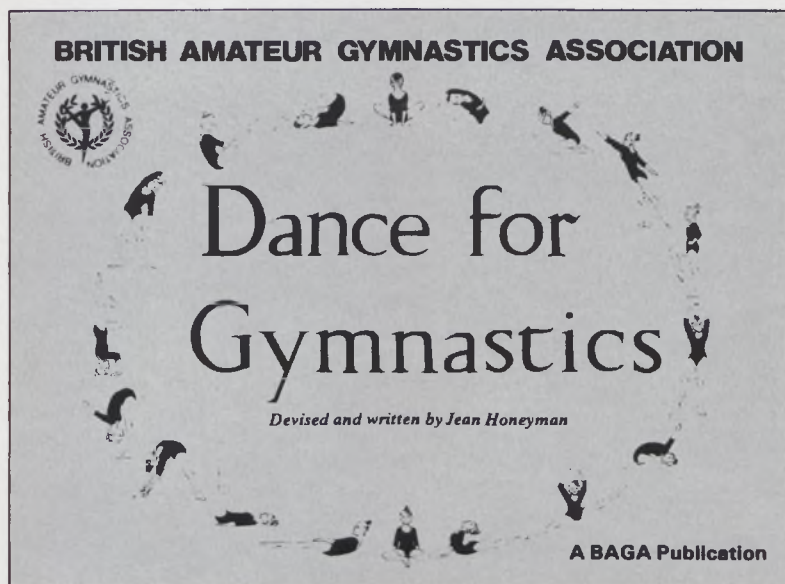
Here the spread of the marks can be an important factor and individual judges may well be asked to present a breakdown of their score, i.e. A, B and C difficulties credited, execution faults, combination deductions and the award of bonus points.

For this reason, all judges should make a habit of keeping their own record of individual scoring.

One very important consideration is the basic score, and alterations can be influenced by this mark although this factor would have been considered by the superior judge before he accepted the original score and allowed it to be awarded. The decision of the Jury of Appeal is final. ●

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## Profile: Huddersfield Gymnastics Club

***On 19 May, Huddersfield GC celebrates its 30th birthday with a dinner at the Pennine President Hotel, Huddersfield. Club Secretary Brian Hayhurst traces the history of a club whose achievements — collectively and individually — are a major influence on our sport.***

In January 1947, Milnsbridge Youth Club began under the leadership of Mr Richard Grace. Scattered about many rooms, it surrounded a small hall which was to become one of Britain's leading gymnastic centres.

Huddersfield Gymnastics Club is 30 years old this year; this fact is linked with the man who came to the friendly old Victorian building in the winter of 1949 to begin teaching games, general fitness, vaulting and agility as a youth worker. Stanley Booth, now Managing Director of Continental Sports, a former Army PT instructor, and Paratrooper, who previously taught boxing at Central Lads, Parish Church and the Youth Cafe, started a small class amid chaos, in almost impossible conditions.

The tiny hall measured 25 x 50 feet. Surrounded by 15 glass panelled doors, its walls were partly clad in brown tiles and, most exciting of all, glass faced cupboards or iron ribbed radiators in the free spaces.

In 1950 Harry Barrow, Mike Hutchinson, Fred Longbottom and the Boland Brothers performed tumblers, balances and new wrestling techniques. They were soon joined by Alan Day, Mel Parr, Stuart Hibbert, Bill McLoughlin and the Hayhurst brothers, the latter six forming a predominantly vaulting and agility gym club.



▲ 1959. Milnsbridge Youth Club GC line up. Seniors (back row from left): Alan Day, Bill McLoughlin, Barry Burdett, Brian Hayhurst, Mel Parr. Juniors front from left: Bobby Foster, Michael Heaton, Mike Booth, David Balmforth.

Driven on by a need to improve personal performance and prepare for hundreds of carnival displays, it was seven years before the word 'competition' became part of our language. Fortunately, during the day, secondary school PE including gymnastics was taught by Colin Roberts in the same hall.

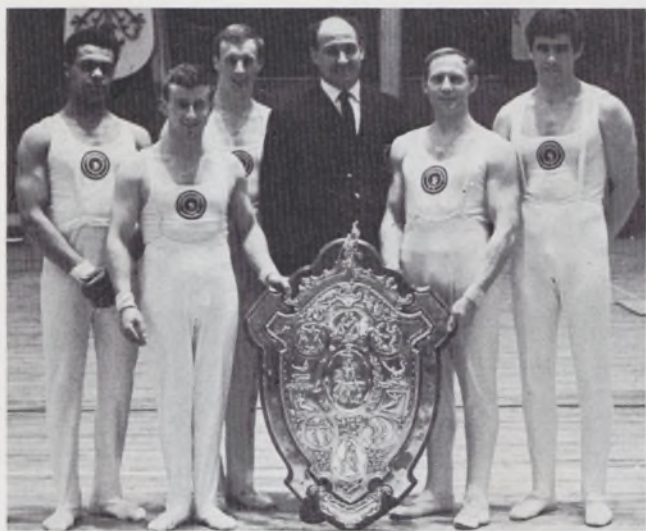
Hence, with day and night practice, we thought the Super Six were well prepared for our first competition in a spacious Salendine Nook gymnasium against Openshaw Grammar School.

The shock was too great to express as we watched George Whiteley's disciplined little

acrobats make tumbling look easier than walking. They were led by Barry Benn who astonished everyone with a hollow back half twist concluding his tumbling run.

Openshaw won, but a year later we were Yorkshire open V & A champions following a heel bruising marathon at Bingley; a title we kept or shared with Geoff Jackson's Wyke team or Rishforth GC.

Still in the 1950s, Stan came to the Monday and Wednesday sessions full of stories describing incredible things he had seen in Bradford at the men's British championships. Particularly impressed with the friendly rivalry between BAI



▲1967. Huddersfield GC win the Adam Shield for the first time. From left: Tony Birkhead, Harry Hayhurst, Brian Hayhurst, Stan Booth, Bill McLoughlin and Mike Booth.

►1965. Huddersfield hold many open competitions in local parks. Here, Barry Kenny performs the 'banana vault', watched by an audience and the Hayhurst brothers.



and 'the army lads', he wrote to the AGA for new ideas, future dates etc. We're still waiting!

At this time, a pair of solid, all wood parallel bars were obtained and those mysterious underswing tricks were analysed producing many bumps and swellings.

The turning point came in August 1960 when at Lilleshall, after more than a decade of V & A, Bill Pinches and Jim Wright well and truly introduced us to the other pieces.

Things moved quickly then. The droop end horse was exchanged for an extremely fat

one which we painted to create more slide, and aluminium pommels were hand-made. Rings were suspended on chains which banged your head and rubbed shoulders raw. Competitions were frightening but comical.

Mike Booth, now a regular member, won the Yorkshire intermediate championships in

1961. I took the senior title and brother Harry stole the show with a Yul Brynner – shaved off for a dare!

The 'Huddersfield Open' competitions began in our local park where each summer prizes could be won; and on a second visit to Lilleshall, we met Bob Trenholme, Annette Stapleton and Geoff Langley, who taught us how to make 'toe pointing' footwear with socks and Copydex. I entered my first British championships at Spence Street Baths, Leicester. Bill McLoughlin did trampoline on the same day which lasted 14 hours.

There was a continuous changeover of hopeful gymnasts. Tony Birkhead, Allen Conroy and Barry Kenny were some of hundreds who remained with the original six to witness the real surge as Bernie Cawthorne, Brian Medcalfe and Mike Larson joined us from Hull, on Saturdays and later Sundays for prolonged sessions.

With rock 'n roll in its prime, we shared the hall with boppers, and although the volume was lowered, a constant stream of onlookers strolled between the apparatus testing patience to its limit.

Stan developed a sign language to assist our vault run down a narrow passage plus a 30° left turn, diagonally across the hall, but not if the high bar was in place. Surprisingly, this hazardous corner which reared a number of champions claimed very few victims.

In 1964, we beat BAI on their home ground and came close to the Army in the Adam Shield. Stan Wild, Bernie Cawthorne, Eddie Arnold and Mike Booth, who all later became British champions, trained avidly in a now busy little hall.





▲ 1973. Princess Anne visits Huddersfield GC. On parade are Mike Booth and Brian Hayhurst to show her around.



▲ 1977. Two dynamic girls from Huddersfield GC are now well-known. On the left is Janet Mitchell née Fidler and on the right is Karen Robb. Janet is a coach, author and TV commentator and Karen a British international.

▼ 1978. Huddersfield GC win the Yorkshire championships under-13 girls' competition with 123.05 points.



But after many happenings and competitions, our team, keen and prepared, took the Adam Shield from the Army on 29 April 1967, at Afan Lido. Mike went to the Student Games and later the Olympics and the club achieved an enviable string of individual and team titles — men, boys and now girls.

I was appointed Youth Leader in 1968. Val Laycock left after two years of coaching girls and married. Ken Fidler with his young gymnast daughter Janet helped Pauline Battye with coaching as the numbers grew. By 1969, pressure of work and despondency amongst some gymnasts caused Stan to resign from coaching.

Ironically, at a surprise farewell party for Stan, Ruth Fidler agreed to commence coaching girls on a regular basis, although we thought girls' gymnastics was a passing phase. How wrong we were, as numbers attending created uncomfortable overcrowding.

In January 1975, I was transferred with the gym club

to Paddock Youth Centre by a sympathetic Education Authority to a large sports hall which easily accommodated our needs. The move also assisted the progress of girls' work due to the highly experienced coaching of Janet Mitchell (née Fidler) and with father Ken on the Board of Control, the club flourished. The older lads have retired and the facilities are shared 365 days a year by 160 girls and 40 boys of mixed ability.

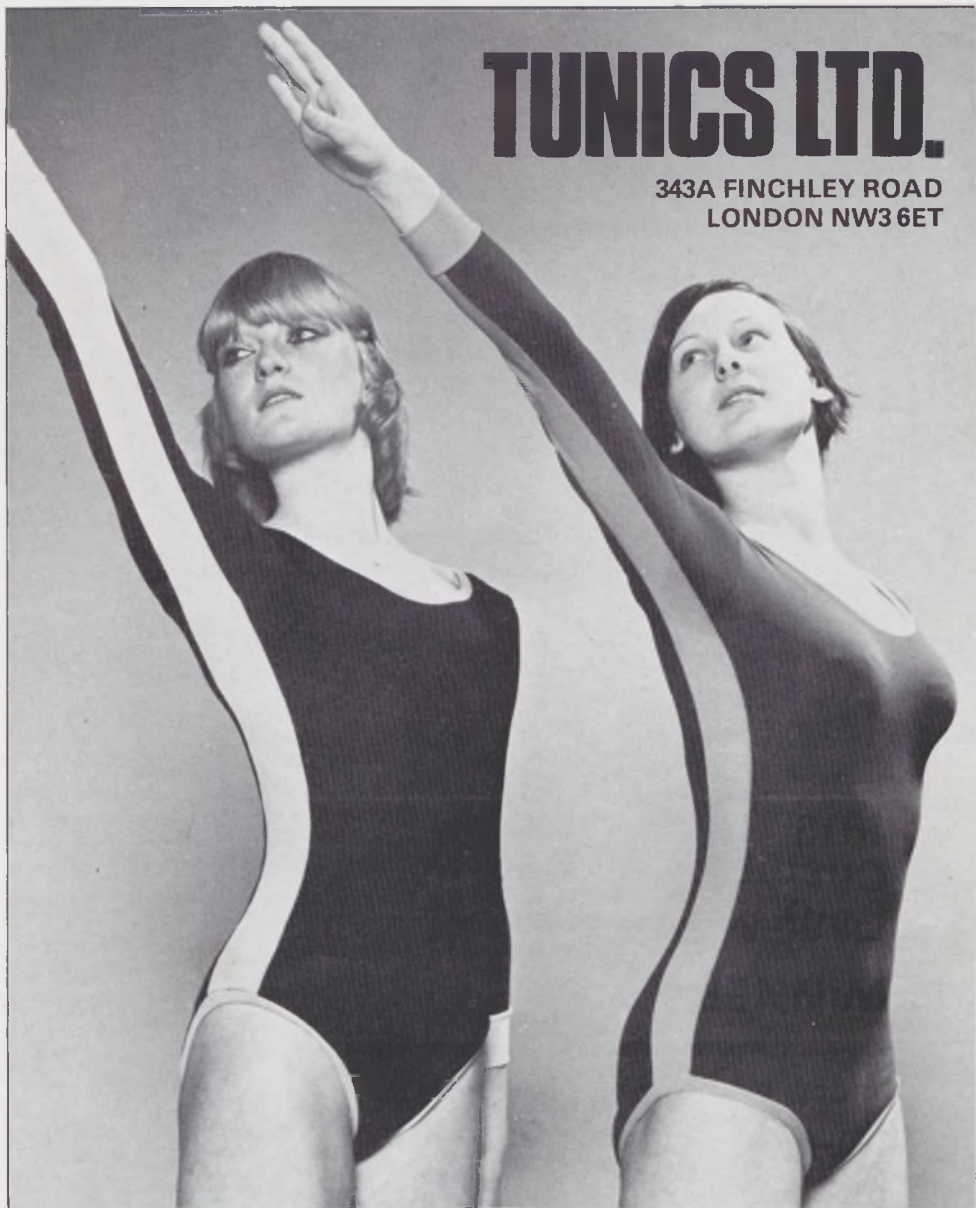
The list of titles gained by the girls is quite remarkable and hardly an international goes by today without one of Janet's top group being included.

Denise Jones and Kathy Williams won the *Daily Mirror* USSR Scholarships in 1977 and 1978, and Karen Robb needs a double page spread to highlight her titles.

A further extension has been proposed to house the pit and other bulky equipment. If it ever materialises, it should be dedicated to the work of those pioneers, Mr Richard Grace and Mr Stan Booth. ●

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# Kathy Williams: Britain's new Black Magic

***A year ago, not many people had heard of Kathy Williams. Today, she is heralded as one of the most exciting gymnastics prospects to appear in Britain for some time. Brian Hayhurst tells how the girl from Manchester moved so quickly up the ranks of British gymnasts.***

Who is black, beautiful; has a brother called Cassius, with devoted parents called Bass and Cash; is the only coloured girl to reach international level in the world of gymnastics?

As most British gymnastics fans know, she is Kathy Williams.

**AMBITION:** *to compete in the Olympics.*

**HATES:** *big heads and flappers (over-exciteable people).*

**ENJOYS:** *disco music and dancing.*

**LOVES:** *(besides her family and two Janets), gravy and chips.*

**HOPES:** *to become a PE teacher.*

This slip of a girl, with the beaming smile and a string of title names, has just celebrated her 15th birthday at the Youth Centre Sportshall — Huddersfield GC — where she is affectionately known as 'Black Magic' by her mates. She now looks all set to be launched into a star studded gymnastics career.

Five years after stepping into the tiny gymnasium at Stanley Grove Junior School, Kathy has surpassed thousands to achieve international recognition, made over a dozen TV

appearances and won the cherished *Daily Mirror* Champions Cup 1979 at the Royal Albert Hall.

It all began at Stanley Grove when she joined the small *Sunday Times* Awards class under the watchful eyes of Brendon Treanor and Janet Slade. These teachers immediately spotted great potential in this 'bouncing little dynamo'. Kathy was then introduced to South Manchester GC to be coached by Malcolm Brown who was astonished to see this newcomer learn a long arm on vault and two flips, back somersault on floor in only two sessions!

## First

For two years Malcolm Brown nurtured his protégé at Didsbury College and South Manchester High School to see Kathy pick up a number of regional honours, including a first at the Manchester Championships after a mere twelve months at 10 years old. It was not until a further two years had passed that she scored over eight points and was labelled 'after eights'.

With a shortage of apparatus, a club decision was made to approach Huddersfield in order that Kathy could benefit from longer, more intensive training sessions. So, like someone entering the doctor's surgery for the first time, Kathy was given tests by senior coach Janet Mitchell who quickly diagnosed 'general lack of strength and poor range of movements in the shoulders'.

Kathy continued at Manchester, steadily improving to win the North West Grade 5 title, gaining a reputation as a 'steady but fighting performer'.



▲ *Moscow, here we come! Kathy and fellow-winner Alan Hay of the Daily Mirror USSR Scholarships 1978 before take-off.*

Her younger sister, Caroline, who recently won the regional Under 13 championship and has joined the British zone squad, is a formidable gymnast. Also fanatics are Kathy's two brothers, Cassius aged 12, a good tumbler, and Julius, who at 11 is in the national 'teenyboppers' squad.

Their parents, Bass and Cash, often have difficulty in deciding which competition to watch. Their whole life revolves around the sport — but they love it!

Regular contact with Huddersfield developed into one night a week trips over the Pennines and finally she joined Huddersfield GC in March 1978, but not before fulfilling her commitments to the NW team when she assisted their Under 13 team to win the Lilia-White competition with the best floor exercise of the day.

## Backing

Both her schools have given Kathy tremendous backing and full support in her endeavour to reach the top. At Manchester Central High School for girls, she is a 4th year student in the 'O' level stream where she is said to be 'above average in academic ability'.

Homework used to be a problem — travelling in all weathers, sometimes in arctic conditions — until a leading Williams fan club member and regular chauffeur planned her studies to fit in with training. Stuart Slade, himself a teacher, structured her homework schedule to fit into travelling arrangements: by train, coach and cars. And it works surprisingly well on the four nights every week plus weekends.

Janet and Stuart Slade have



▲ Kathy is the Daily Mirror Champions Cup Winner 1979.

watched with pride the rapid progress Kathy has made, and amongst the six pages of information I collected from them is written: 'She is extremely aware and appears very cool under pressure, enjoys coming up from behind against tough opposition by using that extra adrenalin in big events. Kathy has been a good all round athlete at both schools. She is very fashion-conscious, as well as being a keen weight watcher.'

In order to maintain that pencil slim figure, Kathy has to forgo the lust for gravy and chips — sticking to a carefully planned diet giving her nutrition without the dreaded fat. Although, I have seen her hiding a few sweets in her bag on the way out of the centre, giggling with Denise Jones, her regular training partner.

One month after she contributed to the win by Huddersfield in the British Team Championships at Alton in May, Kathy went down to Crystal Palace as Yorkshire's representative for the Daily Mirror USSR Scholarship.

She was awarded the title and spent a month at the

famous Vladimir School in the Soviet Union. The Russians said: 'Kathleen Williams is the best British girl we have seen here at Vladimir.'

## Milan

Kathy then represented Britain at the European Junior Championships in Milan where she came a creditable 14th place. She did very well in World Games selection trials being placed 1st and 4th but was not selected for the Strasbourg seven.

Her disappointment was short-lived because she was chosen for her second international — the Milk Meet — to be held in Canada. With this under her belt, she tackled the Speedo Championships a few days prior to her trip.

But tragedy struck on her first apparatus. After a clean exercise on bars, Kathy injured her heel dismounting on to uneven landing mats. She scored 9.0 but had to withdraw from the competition and decline the Canadian invitation.

Kathy does not appear to have any weakness in the four apparatus. She does however have a particular strength, and this is clearly seen in her vaulting and floorwork today. Evidence of this bounce in her earlier junior school gym class gave Kathy her first personal title — 'the bionic tumbler.'

As national Grade 5 champion and Champions Cup winner, she must be Britain's most promising young gymnast. She has the shape, quality of movement, the fire and now excellent coaching facilities.

May Kathy — 'the black tulip' — continue to bloom and encourage others like her to give much pleasure to many an audience. ●

*Triumphant Tommy Wilson and his coach Billy Mills mark Tommy's Champions Cup victory with a splash of champagne.*



## Champions Cup 1979: Flavour without real cream

*This year's Daily Mirror Champions Cup not only presented the Royal Albert Hall audience with a first-class competition but also offered some favourable signs for the future. Peter Chilston takes a close look at standards in the absence of some leading gymnasts.*

The peculiarities of the qualification system meant that many old favourites were missing from the 1979 Champions Cup. Without Ian Neale, Karen Robb and Susan Cheesebrough it could hardly be said to contain the real cream of British gymnastics, but the standard of performance was nonetheless good.

The men's competition was still for the most part dominated by familiar faces, but on the women's side, where only Denise Jones survived from the 1978 tournament, there was an opportunity to take a look at the rising generation of British gymnasts.

Nowhere was the rising of standards more apparent than on the pommel horse. Last year, all but one of the

contestants came off this apparatus. This year, although most suffered some loss of tension, only Tony Brookes actually fell and there were several advanced moves, with Barry Winch and Eddie Arnold managing to perform flairs. Can it be that the pommel horse is losing its reputation as the terror of British gymnasts?

### Clean

Jeff Davis opened his account with an excellent performance in the floor exercise, which deservedly won him the Bobby Williams Memorial Trophy. His opening double back and closing double twist back were both high and well-controlled, and he had good, clean movements throughout.

Jeff also vaulted well, with a piked Tsukahara, and finished the competition in spectacular fashion with a half-in, half-out double back from the horizontal bar. Unfortunately for his chances of winning, however, he had a loss of rhythm on the pommels and was never able to catch up with the leaders thereafter.

Barry Winch looked an outstanding prospect for the future. Perhaps he was a little lucky to score a nine on the floor, for although he controlled his flairs well, he had a couple of stumbles on his tumbling.

It was widely expected that his parallel bars routine would bring him overall victory, and indeed it was much the best performance on this apparatus,



▲ *Denise Jones led at the start but a fall from the beam put her in second place at the finish.*

with a straddle on single bar, quarter turn and rise to handstand being particularly well performed. But his routine was then marred by a bad stumble on the dismount; an error which ultimately cost him the tournament. But he is still young, and his day of triumph will surely come.

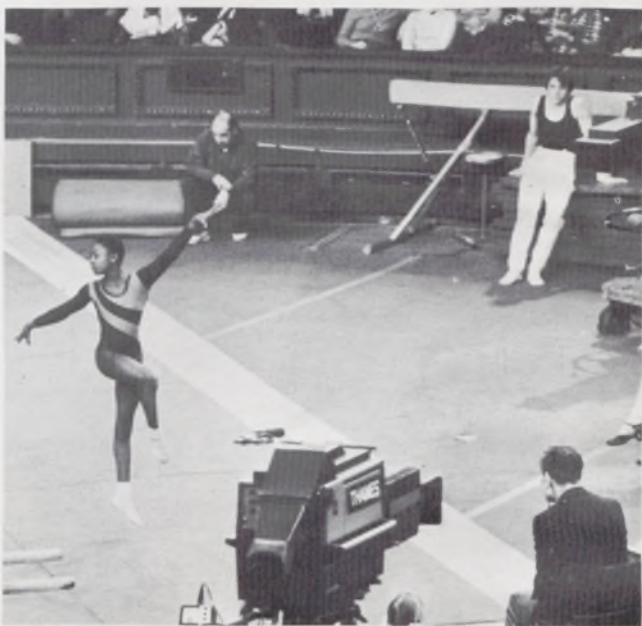
As it was, Tommy Wilson never lost the lead which he took after two pieces of apparatus. He performed very consistently throughout, never falling below nines in his scores, with an excellent front-off vault being his best routine. This was his third victory in the tournament.

Denise Jones's full-twist vault brought her an early lead in the women's competition, and she consolidated her

▼ *Jackie Bevan scored 8.95 for her floor exercise. She won the bronze medal.*



▼ *Kathy Williams: 'Her interpretation of her bluesy music was very effective.' Her routine scored 9.25.*



► Gillian Hodgson scored 9.35 on floor for a well-deserved win of the Carita Cup.



position with an interesting display on bars which included a tucked somersault from low bar to high, but then she fell from the beam.

With an ever-increasing amount of acrobatics being performed on the beam these days, competitions all-too-frequently get decided merely by who manages to stay on, and elegance of movement is often sadly neglected.

On this occasion, three girls out of six had falls, two when attempting tucked backs. This move clearly represents an enormous gamble for most gymnasts, and one must sometimes question how worthwhile it is making the

attempt. I felt Joanna Sime was potentially the most graceful girl on display on this occasion, with some very nice movements of her arms, and it was a pity her routine was






spoilt by so many wobbles.

On the floor, Denise Jones was rather unsatisfying. Her tumbling was tidy enough, but she had no real grace in her movements, and her choice of

## Daily Mirror Champions Cup 1979

### The scores








#### Women

					
1. Kathleen Williams (Huddersfield GC)	9.125	8.70	9.10	9.25	36.175
2. Denise Jones (Huddersfield GC)	9.30	9.15	8.55	9.05	36.05
3. Jackie Bevan (Tameside Olympic GC)	8.925	9.15	9.00	8.95	36.025
4. Lisa Jackman (Loughton Hall GC)	9.25	8.10	9.05	9.20	35.60
5. Joanna Sime (Steel City GC)	8.825	9.00	8.35	9.15	35.325
6. Gillian Hodgson (Loughton Hall GC)	8.875	9.10	7.75	9.35	35.075

#### Carita Cup

Gillian Hodgson (Floor 9.35)

#### Men

							
1. Tommy Wilson (Hendon GC)	9.25	9.15	9.00	9.35	9.00	9.20	54.95
2. Barry Winch (St Mary's College)	9.05	9.05	9.20	9.20	9.00	9.20	54.70
3. Jeff Davis (Harlow GC)	9.45	8.35	9.05	9.25	9.20	9.35	54.65
4. Eddie Arnold (Leeds Athletic Inqs)	8.75	8.85	8.95	9.10	8.90	8.95	53.50
5. Keith Langley (City of Coventry)	8.10	8.80	8.60	8.85	9.05	9.10	52.50
6. Tony Brookes (City of Coventry)	8.15	7.15	8.85	8.65	8.65	9.25	50.70

#### Bobby Williams Memorial Trophy

Jeff Davis (Floor 9.45)

music indicated she was making no real attempt to achieve this. Jackie Bevan needed only 9.15 on floor to win the competition outright, but never seriously looked like getting it.

It was left to Gillian Hodgson to demonstrate the possibilities of good movement. Her opening double twist could have been landed better, but even so, her winning of the Carita Cup was richly deserved and was a consolation for disappointing performances earlier in the competition.

Kathy Williams's progress through the competition bore an astonishing resemblance to her victory in the *Daily Mirror* USSR Scholarship in the summer, when she seemed to have lost all chance with a disaster on the bars, but then moved into a dominating position on the beam where all her rivals were falling.

Here once again, Kathy's bars let her down as she came off while attempting a turn on the high bar in the middle of what was otherwise a good routine, but after this she never

looked back.

Her strongest point seems to be her extension, her beautiful and evocative use of her long, slender arms and legs, which always comes across particularly well on beam.

## Progress

Sometimes in the past, Kathy's floor exercise has seemed a little short of content, but she appears to have made tremendous progress here in recent months. On this occasion, her tumbling was high and generally well-controlled, and her interpretation of her bluesy music very effective. And as usual, she had a great rapport with the audience.

Kathy has had a marvellous 12 months. This time last year, very few people can have heard of her. I first saw her when she won the NDP 5th grade last spring. Since then, her rise has been truly meteoric; the success in the *Daily Mirror* USSR Scholarship, the fine performance in the European Juniors, and now this. She looks the finest natural talent to emerge in British gymnastics for many years.

The Royal Albert Hall is not really suitable for gymnastics. The apparatus looks somewhat bizarre amidst the Victorian baroque grandeur, the arena is very congested, and the potential danger of overcrowding was amply illustrated when Tony Brookes crashed head-first into the mat guarding the edge of the stage behind the vault. But after all these years, it would be hard to break a tradition. ●

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◀ Jeff Davis took the bronze medal together with the Bobby Williams Memorial Trophy.



# KATHY WILLIAMS

HUDDERSFIELD GC AND GREAT BRITAIN

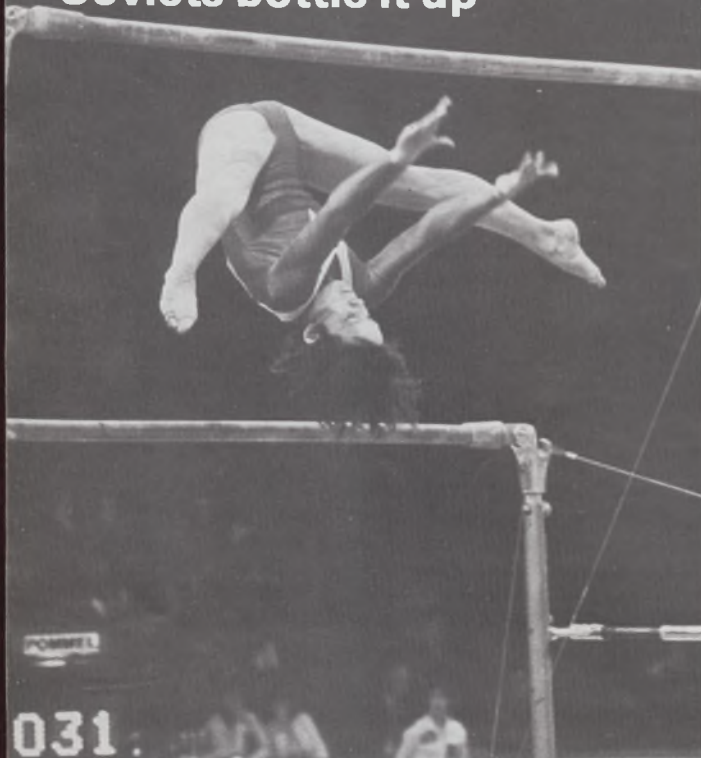
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**WINNER**

*Daily Mirror*  
**Champions Cup**  
**1979**



## The Coca-Cola International: Soviets bottle it up



***On its transfer to Wembley Arena, the 2nd Bottlers of Coca-Cola International Tournament in December fulfilled the promise of the first competition held a year previously in Brighton. A far larger audience was thus able to appreciate the flair and finesse of some rising young international stars of which the Soviet men and girls were dominant. Peter Tatlow reports.***

The Wembley screams that greeted Olga Korbut, discovered Nadia Comaneci and praised the best of them all, Ludmila Tourischeva, were pitched very high as Britain's Tommy Wilson, Jeff Davis, Barry Winch, Karen Robb, Karen Leighton and Denise Jones stepped onto the floodlit platform for the Coca-Cola International in December.

But those encouraging screams only welcomed the

gymnasts. Praise had to be earned by hard effort and it must be said that the Coca-Cola Britons were well applauded for their work.

The first night ended too late to pay respects in the morning papers to Tommy Wilson and Jeff Davis who were placed second with Hungary to the USSR in the men's team event — USSR 112.75, GB and Hungary 107.75. Wilson was in cracking form, dropping below

◀ *Tatiana Arzshannikova of the USSR won a gold medal in the team competition but came third in the individuals.*

nine only once and hitting 9.25 for the high bar — the very apparatus on which the unlucky Barry Winch missed an almost certain bronze the next evening.

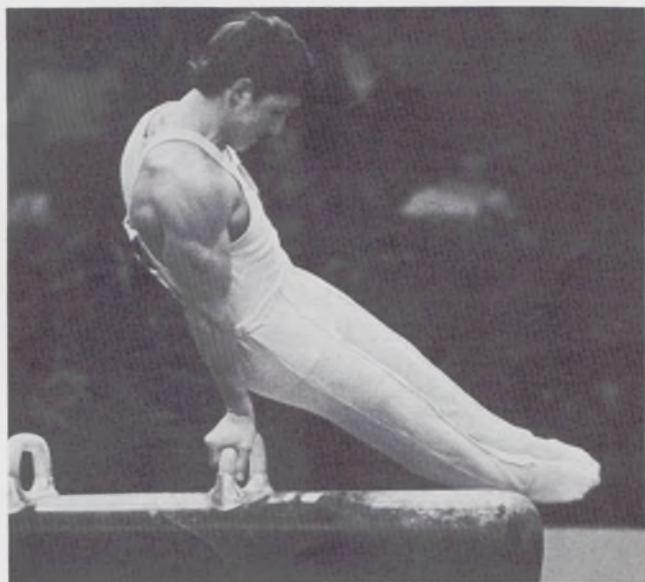
### Good

Pommels apart, Jeff Davis had a good night in the individual event with 9.40 on floor, 9.25 for vault and parallels and 9.30 for high bar. Ironically, he scored well on even bars at Wembley but lost the Speedo title three days later on the same piece.

Karen Robb of Huddersfield beat both the Russians in the individual event with her 9.55 on vault — Arzshannikova 9.50, Gurina 9.40. And in the team event both Robb and her Huddersfield team-mate Denise Jones scored 9.50 for their piked Tsukahara vaults to lead the USA, Soviet Union and Romania who mustered 18.90 each. It must have been Tsukahara's birthday for the first 12 women's vaults were all his piked variety. Karen Leighton was on nine or over on all apparatus in the individual event.

Apart from USSR and GB, the men's floor work on the first evening was untidy. Three gymnasts ran out of the area and there were seven scores under nine with 8.45 the lowest.

As ever, the Soviet men showed their remarkable consistency with Bogdan Makuts gaining good height for his full in, full out followed by a splendid Arabian journey on floor mats for a double back.



◀ *Romania's Teodora Ungureanu fought Elena Gurina (USSR) for the individual title. Both tied for the gold medal.*

▲ *Bogdan Makuts of the Soviet Union and his teammate Vladimir Belenkov dominated the men's individuals.*

He walked off the floor as if just out of bed — not a movement of chest and no heavy breathing. The Soviets' fitness was amazing.

Erika Csanyi of Hungary performed short clear circles to handstand on bars and a double back on floor with elegant poise. Sixth place in the individual was not really her true worth but she had beam trouble.

Elena Gurina brings originality into her classical style. Her bars included an Endo shoot from top into front Radochla to catch the high bar and her half-turn dismount came from the handstand to legs straddled around the arms. Arzshannikova was a little disappointing on bars but her classical ballet training showed through.

What a beautiful gymnast

Anca Grigoras of Romania is to watch. Always trying out new work at 21, she carries her height gracefully and really is in a category of her own. What a contrast she is to some of the scraggy little gymnasts who turn up at times, though Wembley was free of them on this occasion.

Teodora Ungureanu with great height in her handspring front vault tied with Gurina in the individual event. I think if she was fully recovered from her recent illness, she would have been a clear winner.

The Russian men struck early for the retention of their Coca-Cola team title by dominating the floor exercises. Wilson and Davis worked magnificently to put Britain into second place only half a mark behind. The two lasses from Huddersfield, Karen Robb



and Denise Jones, had Britain's team in first place after the vault — GB 19.00, USSR, USA and Romania 18.90.

At half-time, Davis and Wilson were in third place two marks behind the Soviet Union with the USA in second place 1.80 in arrears. Russian consistency was already showing up and at the close of play they were 5.80 marks over Hungary and with Romania in third place.

Top spot of the evening was 9.70 for Gurina (bars), Csanyi (floor) and Ungureanu (beam). Top man was Albert Anissimov of the Soviet Union with 9.55 for parallel bars and high bar.

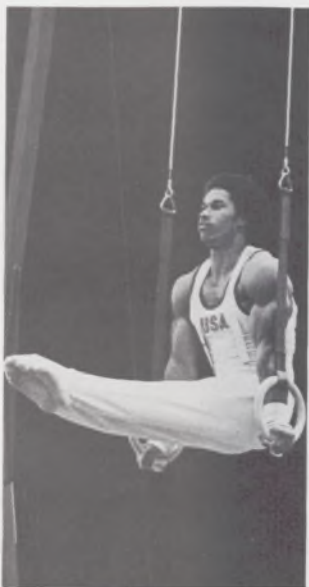
Bogdan Makuts and Vladimir Belenkov hit top scores straight away with 9.55 each on floor and it was clear there was to be no let up by the Soviets. But their women

conceded to Robb and Leighton by a whisker and when Lisa Shirk of USA came in with 9.50 on the bars, the women's individual became a tense triangular between the USSR, Romania and the USA.

As they went to floor exercises, Gurina led Ungureanu by 0.05 whereupon the Romanian gymnast scored 9.60 to 9.55 by Gurina for a tie.

The second Coca-Cola International was far superior to the first as the marks indicated. In the men's work there was increased evidence of balletic training; in the women's there are still traces of awkward links between the dance elements

▼ *Mario McCutcheon was one of the American gymnasts in the men's competition.*



▼ *Four team golds: from left, Anissimov, Arzshannikova, Gurina, Makuts (all USSR).*



▲ *Britain's Karen Leighton competed in the individuals with team-mate Karen Robb.*

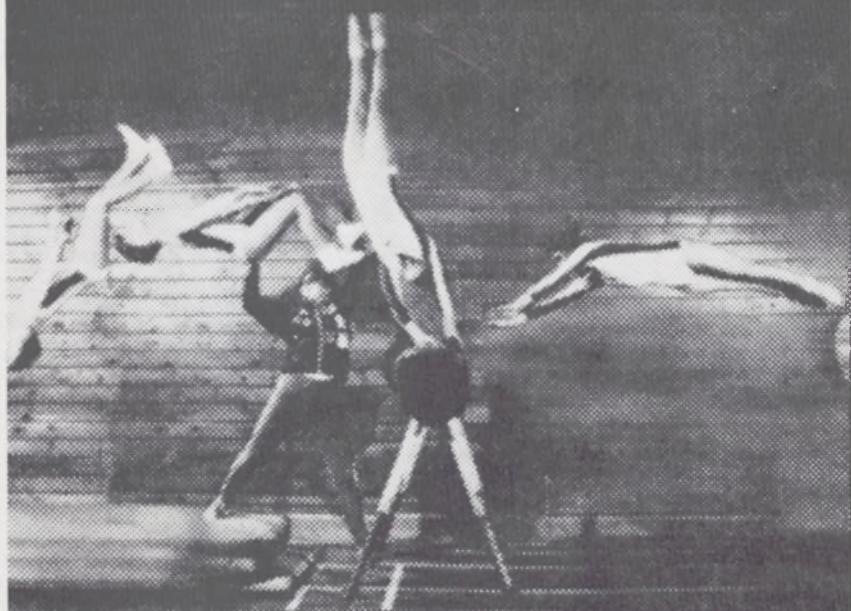


1



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## Gym on the box: Thames TV takes over

**The televising of the Daily Mirror Champions Cup in January was the first programme undertaken by Thames TV in their new contract with the BAGA. Paul Lang, who produces the gymnastics programmes for Thames, talked to Peter Aykroyd about it.**

*PETER: Just to put everything into perspective — the BAGA and Thames Television have a four-year agreement which started in January to televise eight events in Britain a year.*

*PAUL: That's right. We've also got first refusal to show all world and European events staged in Britain by the BAGA.*

*PETER: So the Daily Mirror Champions Cup was the first event. It looked pretty good.*

*PAUL: Well, we were determined not to produce an inferior product. An event like this takes six months to set up, televisionwise, and fortunately we had that time to plan it. Also the director, Bob Service, had never tackled a gymnastics programme and he needed to learn how competitions work.*

*PETER: You used to direct gymnastics programmes for the BBC. Was there much difference from BBC days in your approach as producer to this Champions Cup?*

*PAUL: There was one big difference. We treated Champions Cup as a major event.*

*PETER: But didn't the BBC?*

*PAUL: No, the BBC tended to give it very limited coverage in Grandstand on Saturday afternoon.*

*PETER: ITV didn't exactly give Champions Cup a prime viewing spot. It was 11.30 on a Wednesday night Sports Special and it followed a*



▲ Paul Lang of Thames TV.

*football match.*

*PAUL: Ah, but look at the audience ratings. On Grandstand, Champions Cup might have attracted 1½ million viewers. On Sports Special, we achieved an audience of between five and six million. And remember, Champions Cup is not a strong enough event in television terms to stand up in its own slot as the Soviet Display and Champions All are.*

*PETER: But many younger viewers must have been disappointed with the timing.*

*PAUL: This was the major criticism we received. But looking ahead, once we at Thames have got some more gymnastics experience behind us, it may be possible to arrange two showings of each event — one for adults and the other for children — at different times.*

*PETER: What is your policy*

*about women commentators? The BBC, as far as I know, have never used women commentators for gymnastics.*

*PAUL: I've always felt that women should help with gym commentaries when women are performing. Look at Cathy Rigby of the American ABC network, for example. I was particularly impressed with another American expert, Muriel Grosfeld, when she commented for CBS at the first Coca-Cola International in Brighton, 1977. As far as this Champions Cup was concerned, Barbara Slater, who was a joint winner of the event two years ago, was eminently qualified to commentate on it. Incidentally, she must be the youngest commentator in television.*

*PETER: What about future events?*

*PAUL: I'm looking forward to televising more international matches. The BBC tended to play down this aspect of gymnastics.*

*PETER: So your coverage of the Gold Top International on March 7th broke new ground?*

*PAUL: It did indeed. I'm hoping that by the end of this year all the eight events covered by Thames will have made gymnastics more meaningful to a wider viewing public.*

*PETER: Let's hope Thames will be able to capture many other unforgettable personalities and moments for gymnastics viewers of all ages.*

*PAUL: We will. We want to be involved in the development of the sport. As a television producer, I firmly believe that one must plough back into sport what one takes out of it. And this partnership with gymnastics is a great chance which must not be missed. ●*

# Bar-talk for gymnasts— High or asymmetrical

**Wrio Russell, one of Britain's leading coaches, suggests some ways to approach routines on the high bar or asymmetrical bars.**

## **The short clear circle to handstand.**

The short clear circle to handstand is now a move common to both men's and women's gymnastics, being used by the men on the horizontal bar and by the women on the asymmetric bars.

It has been in the men's repertoire for a long time, and is a member of that family of circling moves which includes the undersomersault to handstand on parallel bars and the circle to handstand on rings, performed by advanced gymnasts with arms straight.

Only during the last year or two have the girls begun to exploit the potential of the asymmetric bars as a form of horizontal bar, and we are now seeing moves common in men's gymnastics being performed by the girls on their most exciting piece of apparatus.

The exercises of Marcia Frederick and Natalia Shaposhnikova in the 1978 World Championships were in their different ways examples of this 'nouvelle vogue' approach.

*The move.* No matter whether the move is done from a swing over the top of the bar or from a high beat-up off the bar, the body must remain tight throughout with the chest in, the upper back rounded, and the stomach and bottom in tension.

Assuming that it is best to teach the move from a beat-up off the bar, the gymnast must at least be able to beat up to above the horizontal. Then, as the body swings back into the bar for the circle, it is tightened and the shoulders are pushed back over the hands to lead the circle.

The movement of the shoulders around the bar must be dynamic if the gymnast is successfully going to circle the body round the bar and open the shoulder angle to take the body to handstand.

Throughout the first half of the circle, the bar must remain above the knees, close to the thighs, without the hips dropping away as the gymnast circles under the bar. Then, as the gymnast continues the circle up the front, he or she starts to pull the bar away from the hips, opening the shoulder angle, with the feet leading the body upwards towards handstand.

As the shoulders rise above the level of the bar, the gymnast must turn the wrists over the bar in order to come to a strong support position in handstand.

It must be emphasized that throughout the move the body must remain tight, and not even when the gymnast reaches handstand should the lower back be hollowed.

As the gymnast comes towards handstand, he or she continues to open the shoulder

angle until the shoulders are fully extended.

## **Some learning progressions**

1. The gymnast performs the backward roll to handstand with arms straight, whereby the gymnast learns to extend the body to handstand, opening out the shoulder angle, and maintaining body tension.

2. On the low horizontal bar, the gymnast learns the back hip circle returning to front support by beating away from the bar, tightening the body, and pushing the shoulders back over the hands so that the shoulders will lead the circle.

The gymnast must remember to turn the wrists back over the bar, to come to a secure support position upon completing the circle.

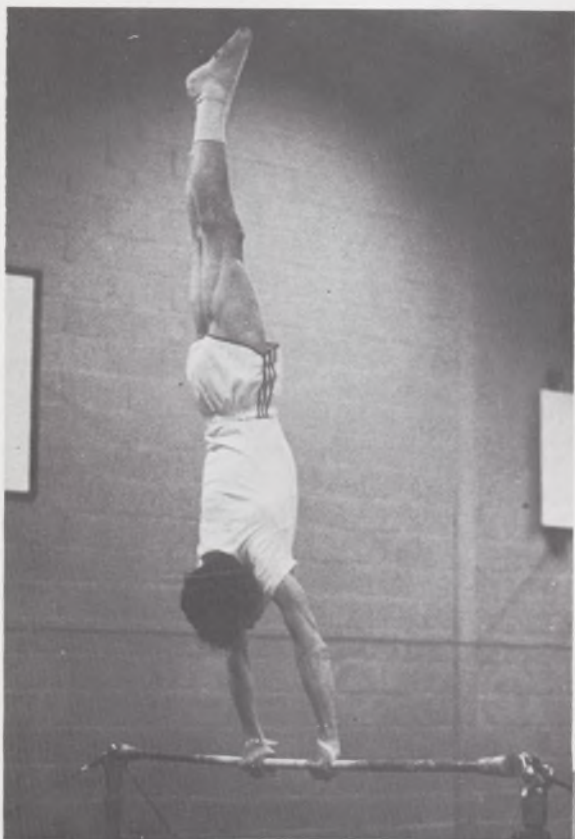
The coach can aid the beat-up off the bar by checking that the body is tight and the shoulders pushed back, before the gymnast proceeds into the circle. *There must be a crash mat under the bar.*

3. The gymnast should learn the underswing and dismount, both from the ground and from support. From the ground the gymnast grasps the bar in front swings one leg back and then forward, the second leg catching up and the thighs coming to the bar as the shoulders swing underneath.

The gymnast then swings the legs and body forward and up, away from the bar, opening the shoulder angle, releasing the bar when it is behind him and straightening the body with the head between the arms, in preparation for landing.

The underswing dismount from support is similar to the short clear circle, except that it

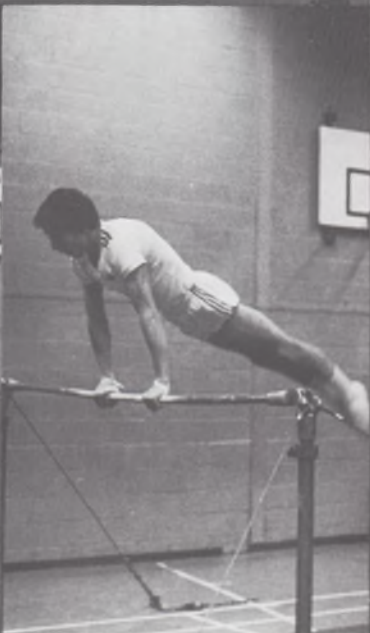




opens out before reaching handstand, and the hands release for the high flight and landing. The gymnast must not allow the hips to drop under the bar, and must keep the body tight, chest in, arms straight.

This underswing must be worked until the extension and flight take the whole body above the bar. Both these underswing dismounts must be trained to extend and release not far short of handstand if they are to be a relevant practice for the short clear circle to handstand.

4. The gymnast should train the move to handstand with the assistance of the coach who stands on a platform the



side of the bar from which the circle begins.

As the gymnast circles under the bar, the coach takes the feet and guides the body with handstand. The gymnast must keep tight, open the shoulders angle with straight arms, and turn the wrists over the bar, and, when he or she has reached handstand, push off with a crashmat.

### Some conditioning exercises

The gymnast must have good body tension for this, as for virtually every other move.

1. The gymnast lies on his or her front with arms out to the side and presses up to a wide front support position, with chest in and bottom tight. He

or she then presses hard against the floor maintaining tension for 5 seconds, and repeats at least five times.

2. The gymnast kicks to a tight-bodied handstand with two partners, one at the back and one at the front. The partners push the gymnast back and forth from one to the other through some  $45^\circ$  while he or she keeps tight.

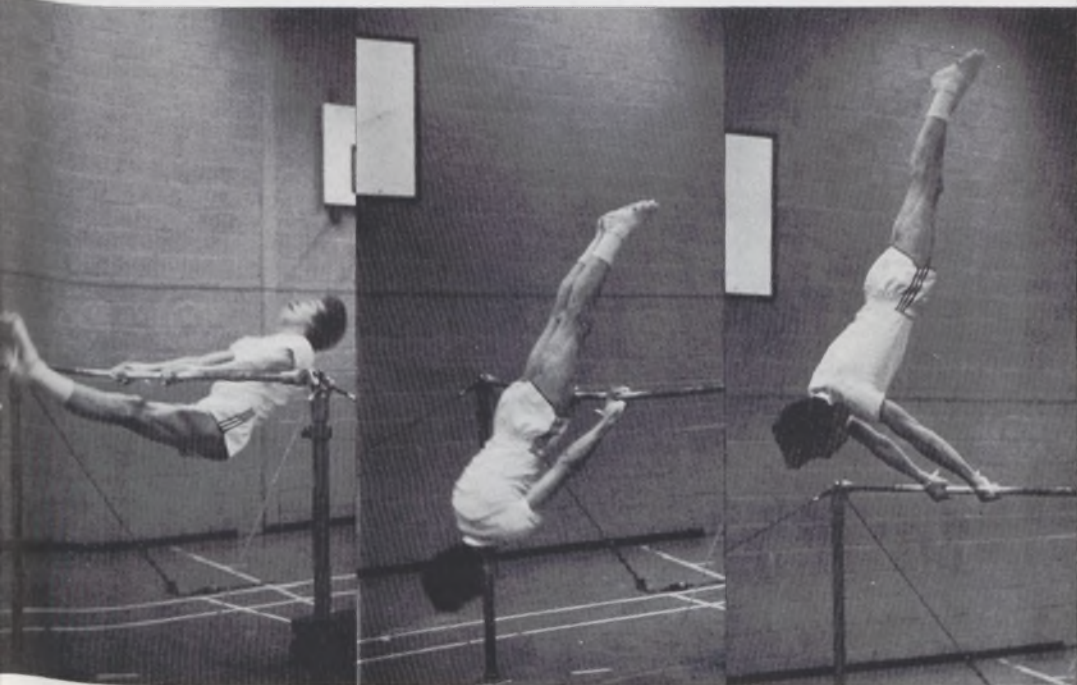
The gymnast also needs to have the strength to open out dynamically the shoulder angle in order to take the move to handstand. There are a number of ways of developing this:

a. Using an elastic strand, the gymnast places it round a beam or wall bar and, facing outwards, presses open the

shoulder angle with repetitions of at least 2 sets of 10.

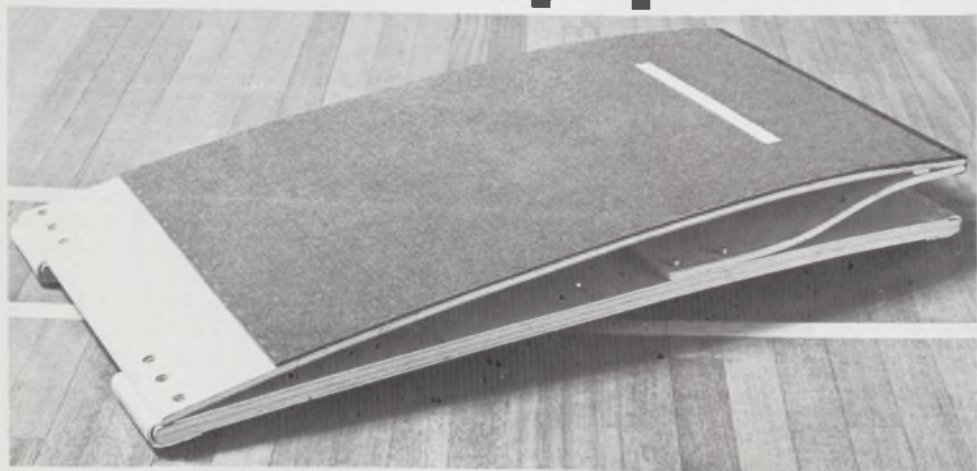
b. Using a bench or, better still, a bar across two benches, the gymnast starts in headstand with straight arms, hands up on the bench or grasping bar, and presses open the shoulder angle to handstand, with a partner taking the legs to aid the lift. The gymnast then returns to headstand and repeats at least eight times.

*It is important for the gymnast to remember that if the body is conditioned first the moves will be easier to learn later. It is also important for the coaches to understand that I have covered but a small number of relevant conditioning exercises.* ●





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## The Stuart diary: Safety in the gymnasium

*The Stuart diary on this occasion devotes itself to safety. This extract, written as usual by National Staff Coach Nik Stuart, is taken from a recent entry.*

▼ Nik Stuart makes a point to Ferenc Donath of Hungary at the Gold Top International.



*In preparing this light-hearted treatment of safety in the gymnasium, I must confess a debt of gratitude to the great cricket team of this year's most memorable struggle for the Ashes. Had not one of our cricket team almost choked to death on the wicket, I would have gone on regarding the chewing of gum during sport practices as a most minimal risk hazard. Similarly, the following collections of 'dotty' happenings would never have reached print.*

*Maybe they did not all happen in one gym in one night but they are all true.*

The gymnasts were all in the gymnasium and practising happily when the coach arrived.

Shortly afterwards, Sheila,

one of the gymnasts, slipped on a track suit left lying on the floor and winded herself.

The coach pushed her head between her knees, which broke her necklace and made her cry a bit more but not much, because she nearly choked on a sweet she was chewing.

Someone brought a glass of water and promptly dropped it on the floor where it broke.

Gloria cut her foot on it and Freda went into a splits for the first time in her life on the wet patch.

She was very pleased until she found, like Victor the giraffe, that she could not get up again.

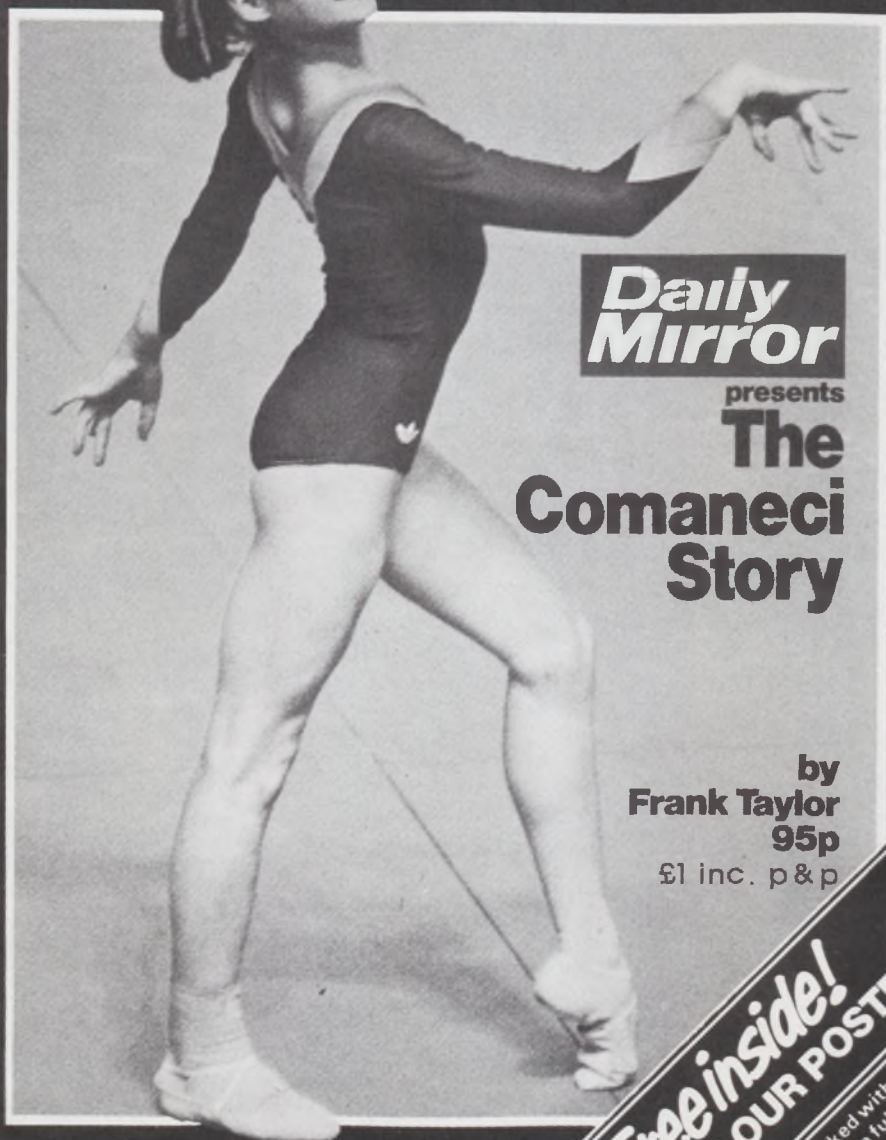
The coach went to phone the doctor but the phone in the club was locked away and the call box just outside had been

vandalised. She found a working call box near the centre of town but unfortunately it was full. The only way out was to dial 999 which she did but was unable to talk the ambulance service into thinking that a first-time splits was sufficient reason to cross the picket line or defy their union's instructions.

On arrival back at the gym, the coach found that during her absence Freda had been elevated to the role of pedestrian once again and was being forced into a tearful trip round the gym with a dislocated hip.

Jennifer and Marion had now joined the cut glass group and were in real danger of bleeding to death.

**Continued on page 51**



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Korbut and  
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gymnasts.

## Reports

### Great Britain v Spain

Las Palmas

1. Pablo Santiago (S)
2. J. J. De la Casa (S)
3. F. Bertrand (S)
4. Tommy Wilson (GB)
5. A. De Arriba (S)

### Senior Men

11 November 1978

- 54.10
- 53.90
- 53.30
- 53.20
- 52.75

- |     |                     |       |
|-----|---------------------|-------|
| 6.  | Eddie Arnold (GB)   | 52.55 |
| 7.  | G. Calvo (S)        | 52.40 |
| 8.  | F. Guadalajara (S)  | 52.35 |
| 9.  | Keith Langley (GB)  | 52.20 |
| 10. | Martyn Ellis (GB)   | 51.85 |
| 11. | Barry Winch (GB)    | 51.60 |
| 12. | David Marshall (GB) | 49.15 |

### Modern Rhythmic Gymnastics European Championships

Madrid

17/19 November 1978

#### Overall (40)

- |     |                           |       |
|-----|---------------------------|-------|
| 1.  | Galina Shugurova (USSR)   | 28.90 |
| 2.  | Irena Derjugina (USSR)    | 28.65 |
| 3.  | Susana Mendizabal (Spain) | 28.05 |
| 25. | Sharon Taylor (GB)        | 25.15 |
| 33. | Judith Robertson (GB)     | 24.60 |

#### Finals

##### Rope

- |    |                             |       |
|----|-----------------------------|-------|
| 1. | Galina Shugurova (USSR)     | 19.30 |
| 2. | Irena Derjugina (USSR)      | 19.20 |
| 3. | Christine Gurova (Bulgaria) | 19.05 |

##### Ball

- |    |                  |       |
|----|------------------|-------|
| 1. | Irena Derjugina  | 19.60 |
| 2. | Galina Shugurova | 19.55 |
| 3. | Christine Gurova | 19.05 |

##### Ribbon

- |    |                             |       |
|----|-----------------------------|-------|
| 1. | Galina Shugurova            | 19.20 |
| 2. | = Irena Derjugina           | 19.05 |
| 2. | = Daniela Bosanska (Czech.) | 19.05 |

### Modern Rhythmic Gymnastics British Team Championships

Northampton

6 December 1978

Marsden GC were already holders of the senior title and they retained it with a 1.40 marks victory over Leeds AI with Southampton in third place. Junior Marsden beat Northampton by two whole marks with Southampton in third place and the holders Leeds AI in fourth position.

Set rope exercises were worked for both titles followed by voluntary hoops for the seniors and voluntary ball exercises for the junior championship.

The event showed the MRG girls getting middle-to-high eights for composition but only a few teams topped six for performance. (MRG team work is marked out of 20 — ten for execution, ten for composition).

The composition marks were fairly steady, indicating selection of some superior difficulties but the execution often suggested the risks were too great.

#### Seniors

- |    |                         |       |
|----|-------------------------|-------|
| 1. | Marsden GC              | 30.40 |
| 2. | Leeds AI                | 29.00 |
| 3. | Southampton AGC         | 28.30 |
| 4. | Chesham and Amersham GC | 26.30 |
| 5. | Leeds AI (B)            | 24.85 |
| 6. | Solihull GC             | 23.10 |
| 7. | Aylesbury GC            | 22.85 |
| 8. | Staveley GC             | 22.55 |

#### Juniors

- |    |                 |       |
|----|-----------------|-------|
| 1. | Marsden GC      | 30.20 |
| 2. | Northampton GC  | 28.20 |
| 3. | Southampton AGC | 27.70 |
| 4. | Leeds AI        | 27.30 |
| 5. | Gosford GC      | 26.10 |
| 6. | Aylesbury GC    | 25.65 |



▲ Galina Shugurova (USSR).



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## Reports

### Bottlers of Coca-Cola International Gymnastics Tournament

Wembley

5/6 December 1978

#### Team event

1.	USSR	<i>Women</i>	76.25		4.	GB	<i>Women</i>	73.00	
		<i>Men</i>	112.75	189.00			<i>Men</i>	107.75	180.75
2.	Hungary	<i>Women</i>	75.45		5.	USA	<i>Women</i>	73.10	
		<i>Men</i>	107.75	183.20			<i>Men</i>	106.05	179.15
3.	Romania	<i>Women</i>	75.55		6.	Canada	<i>Women</i>	71.25	
		<i>Men</i>	107.05	182.60			<i>Men</i>	102.70	173.95

#### Individual competition

##### Women

1.	= Elena Gurina (USSR)	38.25
1.	= Teodora Ungureanu (ROM)	38.25
3.	Tatiana Arzshannikova (USSR)	38.00
4.	Anca Grigoras (ROM)	37.90
5.	Katalin Uszigeti (HUN)	37.55
6.	= Erika Csanyi (HUN)	37.40
6.	= Sharon Shapiro (USA)	37.40
8.	Karen Robb (GB)	37.30
9.	Lisa Shirk (USA)	37.20
10.	Karen Leighton (GB)	37.00
11.	Shannon Fleming (CAN)	36.40
12.	Laurie Fach (CAN)	36.25

##### Men

1.	Bogdan Makuts (USSR)	56.90
2.	Vladimir Belenkov (USSR)	55.65
3.	Larry Gerard (USA)	55.15
4.	Kurt Szilier (ROM)	54.95
5.	Barry Winch (GB)	54.40
6.	Jeff Davis (GB)	54.35
7.	Paul Simon (USA)	54.30
8.	Aurelian Georgescu (ROM)	54.05
9.	Izvan Vamos (HUN)	53.85
10.	Andre Vallerand (CAN)	53.45
11.	Zoltan Kelemen (HUN)	53.35
12.	Marc Epprecht (CAN)	52.25

### Speedo Men's National Gymnastics Championships

Southampton

9 December 1978

The Speedo men's championship to confirm the British voluntary champion was an exciting and close contest with Barry Winch fighting his way to the top with good work.

The match was a house-warming party for the new gymnasium and Centre of Excellence at Southampton. It is a credit to British gymnastics with a foam rubber safety pit and modern equipment.

Barry Winch, fresh from a good match in the Coca-Cola International at Wembley earlier in the week, was in good form as he, Tommy Wilson and holder Jeff Davis, struggled for the title.

After the third piece, it was Wilson 27.40, Winch 27.25 and Davis 27.20. The three friends knew it would be one of them through elimination by faults. The pressure was on and

Tommy was first to go. His high bar was going beautifully (too well, he said afterwards) when he lost control with a one handed grasp. Jeff needed 9.35 on parallels but in the tension, hurried the routine for 9.05.

Barry made no major errors for 9.20, 9.00, 9.05, 9.50, 9.35 and 9.20 — 55.30. Champion's marks indeed.

It was a good match for Tony Brookes and Keith Langley of Coventry in fifth and sixth places. This was some consolation for Coventry as national champion Ian Neale was injured.

1.	Barry Winch (St Mary's Coll.)	55.30
2.	Jeff Davis (Harlow)	55.05
3.	Tommy Wilson (Hendon)	54.20
4.	Eddie Arnold (Leeds)	53.75
5.	Tony Brookes (Coventry)	53.55
6.	Keith Langley (Coventry)	53.00
7.	Martin Davis (Falcon Spartak)	51.20
8.	Kevin Garwell (Sheffield)	49.55

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## Reports

### Gold Top Milk International

**Great Britain v Canada**  
**Great Britain v Hungary**

**Women**  
**Men**

**Wembley**

**7 March 1979**

Few countries in the world have ever staged an international match in an arena the size of Wembley and it must have been gratifying to the BAGA and their sponsor Quality Milk Producers to see that well over half of the 8,200 seats were occupied for this first Gold Top International.

Britain's men faced four of the Hungarians who won sixth world rating in the recent World Championships. Unfortunately, they were without national champion Ian Neale who was down with food poisoning.

If most people forecast a Hungarian victory, it was certainly not a massacre. The margins on most pieces were close with the exception of high bar (2.65) and, of course, pommel horse (2.70).

On pommels, all eyes were on the legendary Zoltan Magyar, the World, Olympic and European pommel horse champion. He was not at his peak, but came up with 9.70 despite touching twice. The highest British score on the pommels went to Tommy Wilson with 8.80.

Wilson led the British team with four nines, showing his usual consistency. But Jeff Davis achieved the highest British score of the match with 9.35 for his vault.

The final margin between Britain and Hungary was 6.05, which gave a great deal of satisfaction to the audience. The average Hungarian score was 54.70 while that of the British was 53.50.

The British girls, who were missing Susan Cheesebrough and Karen Robb, showed their increasing in-depth strength by losing to Canada by only 2.35.

The match was a big welcome-back to Suzanne Dando, now fully recovered from injury. Unfortunately, Suzanne had two sit-downs on the floor and her score of 8.50 meant that she was the only British girl not to score at least 36.

Britain led on vault — every girl scored over 9.0 — but lost the lead to Canada on the

remaining pieces. The widest margin of defeat was only one mark on floor which showed how well-balanced the teams were.

Leading British girl was Denise Jones who scored 9.35 for her Tsukahara hollow back vault and 9.40 — top British score — for floor.

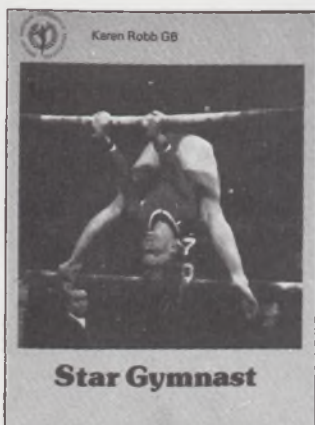
Monica Goermann of Canada, who has competed in London three times during the last year, led all the girl competitors with 37.60.

The average Canadian score was 37.13 while for the British it was 36.66.

The Gold Top International follows the sponsorship of the highly successful Gold Top Milk Awards Scheme which extends girl gymnasts beyond the *Sunday Times*/BAGA Awards Scheme. Both forms of sponsorship will obviously contribute to the improvement of British gymnastics and are very welcome to all those participating in the sport.

<b>Great Britain v Hungary</b>	<b>Men</b>
1. Monica Goermann (CAN)	37.60
2. Carmen Alie (CAN)	37.35
3. Ellen Stewart (CAN)	37.00
4.= Shannon Fleming (CAN)	36.80
4.= Denise Jones (GB)	36.80
6. Joanna Sime (GB)	36.55
7. Kathleen Williams (GB)	36.50
8. Karen Leighton (GB)	36.45
9. Jackie Bevan (GB)	36.40
10. Diana Carnegie (CAN)	36.25
11. Suzanne Dando (GB)	35.80
12. Judy Zetaruk (CAN)	35.45
<b>Great Britain</b>	<b>267.50</b>
<b>Hungary</b>	<b>273.55</b>

<b>Great Britain v Canada</b>	<b>Women</b>
1. Zoltan Magyar (HUN)	55.10
2. Gyorgi Kramarics (HUN)	54.95
3. Peter Kovacs (HUN)	54.50
4. Tommy Wilson (GB)	54.05
5. Zoltan Kelemen (HUN)	53.90
6. Jeff Davis (GB)	53.80
7. Izvan Vamos (HUN)	53.70
8. Andras Vagany (HUN)	53.60
9. Barry Winch (GB)	53.35
10. Eddie Arnold (GB)	53.20
11. Keith Langley (GB)	52.50
12. Paul Miller (GB)	49.80
<b>Great Britain</b>	<b>183.30</b>
<b>Canada</b>	<b>185.65</b>



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## FORTHCOMING MAJOR EVENTS

Continued from page 43

12/13 April	International Tournament Czechoslovakia	Koscice
28 April	Great Britain v Switzerland Junior Ladies	Merthyr
5/6 May	Individual Championships British Women	Northampton
11/12/13 May	Modern Rhythmic Gymnastics International Tournament	Corbeil Essones
11/12 May	European Women's Championships	Copenhagen
18/19 May	European Men's Championships	Essen
26/27 May	Great Britain v Norway Senior Men Modern Rhythmic Gymnastics	Norway
3 June	<i>Daily Mirror</i> USSR Scholarship Finals	Crystal Palace
2/4 June	World Cup	Tokyo
9 June	'Golden Sands' International Gymnastics Tournament	Varna
21/22 June	West German European Men's Team Tournament	Ingleheim
22 June	Great Britain v West Germany Junior Ladies	West Midlands
5/8 July	World Championships Modern Rhythmic Gymnastics	Wembley
8 September	Lilia-White National Championships for Girls	Wembley

Fearing a lack of attention, Freda fainted.

At that point, the police arrived with two guard dogs as someone had broken into the head's study and, after dialling 999, had screamed 'police!' into the phone.

The caretaker, disturbed at missing Mid Week Sports Special, arrived in a disconsolate cloud of huff as is their wont.

The coach sent the children home in the police car after collecting the fees.

Freda's mother was surprised to find that her daughter could not walk and was worried that she would miss next week's session and fall behind.

Jennifer's father noticed how upset she was about bleeding to death and rang the opposition party, saying some dire words about the lack of blood plasma in school first-aid boxes. This caused quite a furore and eventually the local political party changed hands on the issue.

This surprised most people but not Jennifer's mother who was in charge of the ballot boxes on the polling day.

Summary. *Accidents are caused by apparently stupid things, until the arrival of a suitable catalyst . . . so be a thinking coach and not a catalyst.*

Scoring. *1pt for each mistake in procedure you can spot.*

*2pts if it happened in your gym session.*

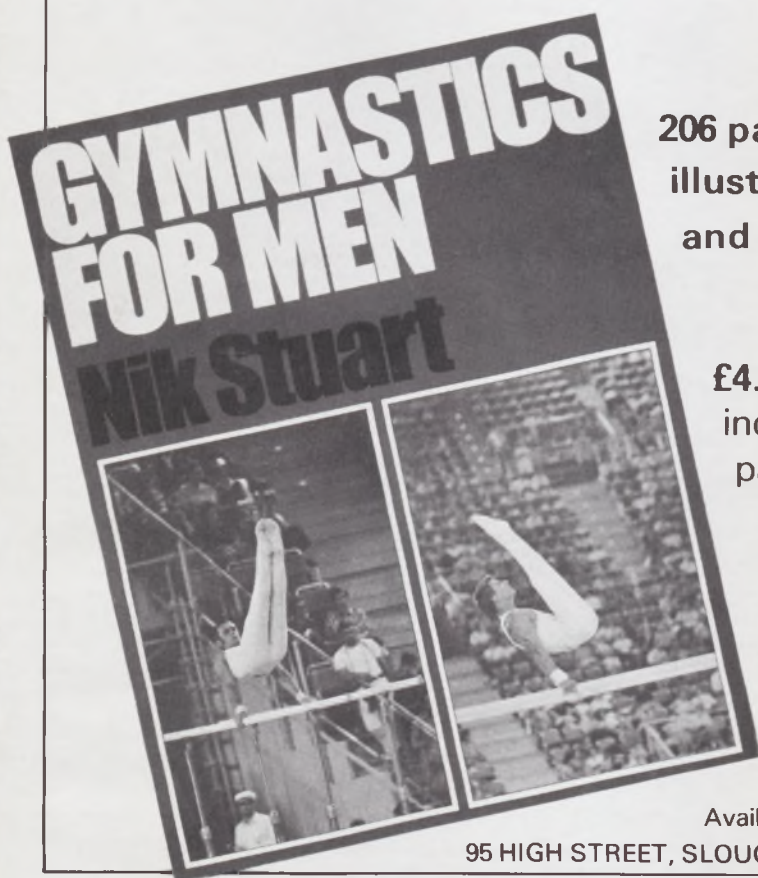
*3pts if you are Jennifer's mother.*

*4pts if you are a police dog. ●*

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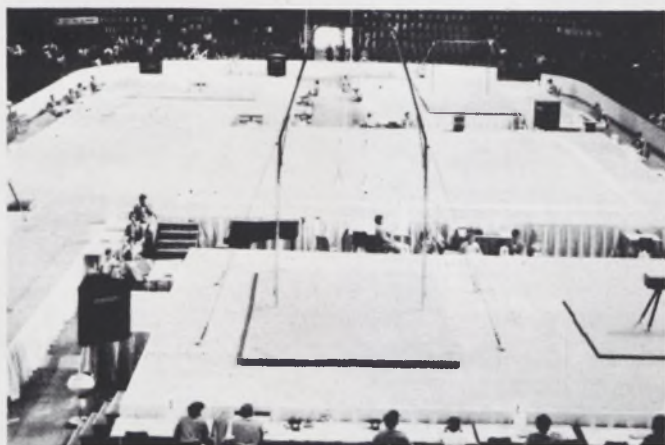
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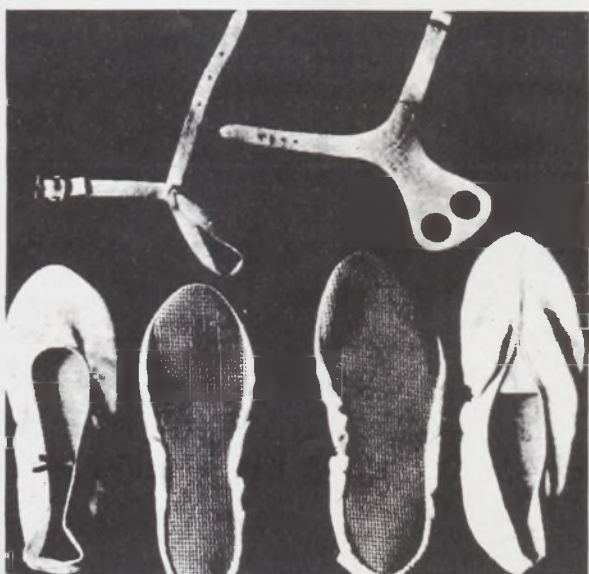
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 Some of the National Squad Training Weekends are also held at Hendon.

Hendon Sports Centre has installed a new gymnastic safety pit. The concept of soft foam filled pits was brought back from Russia and highlighted by coaches and performers travelling to the Soviet Union under the auspices of the Daily Mirror Scholarship Scheme. The pit is 40' x 8' x 6' and is L-shaped with a 20' arm. It is filled with soft base foam blocks and there is 3' in depth of small foam blocks.

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The pit cost just under £7,000 to complete and was funded by The Sports Council, B.A.G.A., Kay Metzeler Ltd, and Niagara Therapy as well as our own contributions from the Jaffa Gym Fund (set up by the Citrus Marketing Board of Israel).

It was agreed that where possible the pit should be available for club and regional use.

Hendon Centre has available a full range of men's and women's gymnastic equipment, including a video-tape machine.

The hourly hire rate for clubs is £6.50 per hour. The hall is available from 2pm to 8.30pm on Saturdays. Use of video-tape and Technician is £4 per hour extra.

For further details contact Evan Tuck at the Hendon Sports Centre, Algernon Road, NW4 3TA.

#### THE JAFFA GYM FUND

The Jaffa Gym Fund exists at Hendon Sports Centre to help provide better facilities and coaching for the members. By sponsorship, we can thus administer the needs of the Gymnastics Club within the centre. This first poster publication has been produced at the centre by the staff and will be sold to gymnastics enthusiasts. The proceeds will all return to the fund to sponsor the centre's gymnastic activities.

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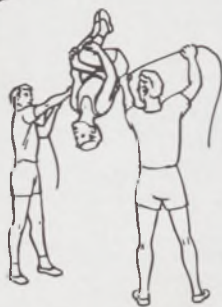
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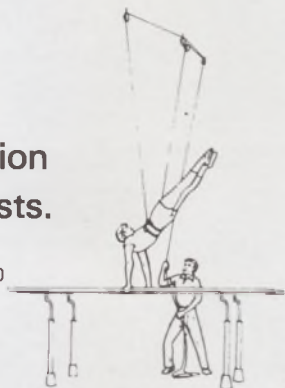
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