

The SPORTFOLIO

AMBASSADOR COLLEGE BRICKET WOOD, HERTS.

Graduation Edition

14th June, 1968

THIRD YEAR - '68 CHAMPIONS

A flash of red, a trumpet blast – and twenty scarlet bandmen launched the day!

And what a day! From the first starting *entree* of majorette Gaye Browning to the final warm handshake from Mr. Armstrong it was a day of Jubilee.

Nine new Bricket Wood records! Three all-time records! Twelve new Goliaths for the Davids of next year to tackle.

Rebecca Knowles set a sizzling pace in the opening event. Her new track record for the 50 yard sprint shaved a tenth off Linda Untiedt's '67 record.

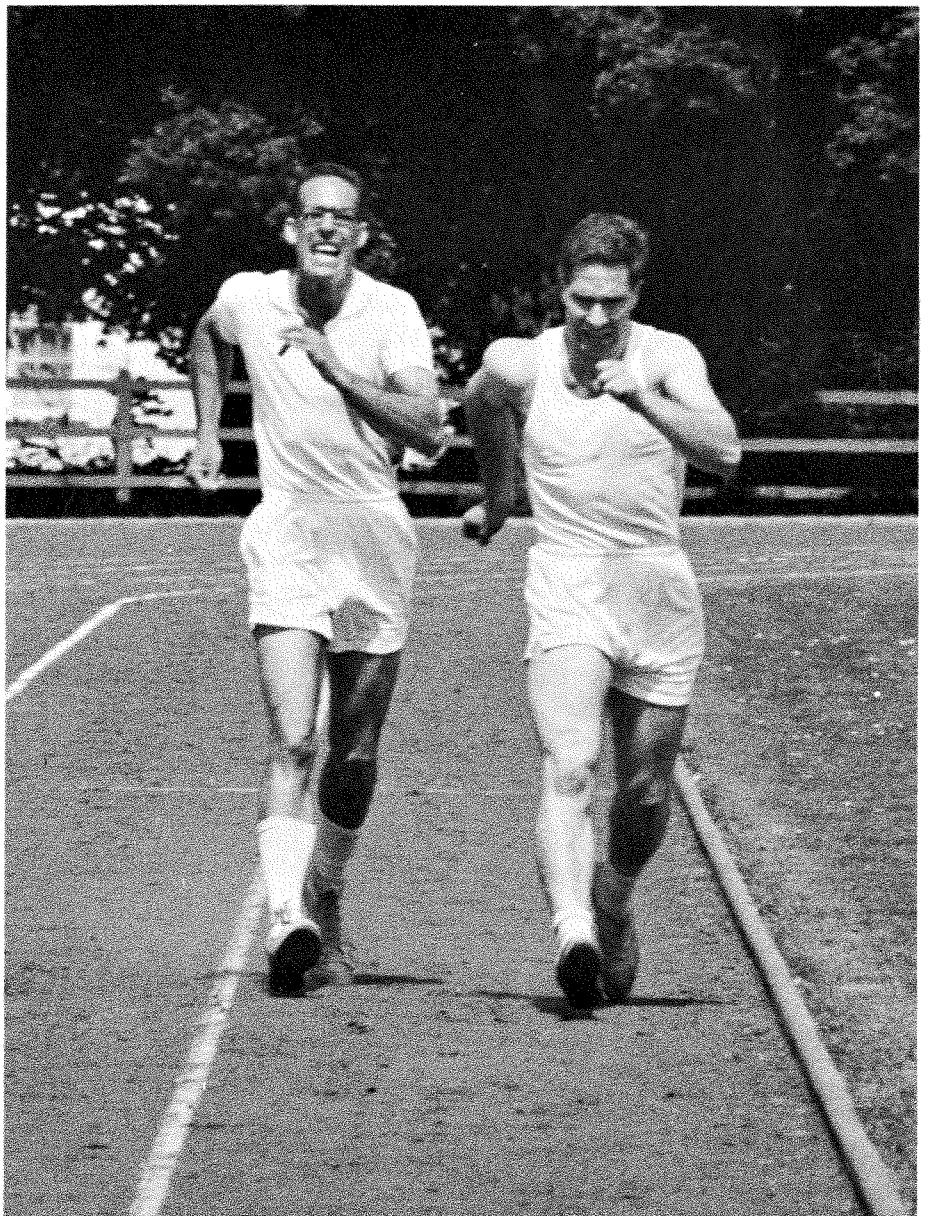
The starting gun barked out its telling message. Heat by heat eliminated would-be finalists.

Rippling muscles, flying feet, strained looks of anguish – this was the scene as every contender vied for a position.

Mid-morning heard another crack from the starter's pistol. Twenty-eight seconds later Steve Smith streaked over the line with an all-time record for the 220 yard hurdles. Only his first victory of a dazzling display yet to follow.

John Trechak raised the sagging second year by pressing 600 lbs. to win the weightlifting championship: the second Bricket Wood record to fall.

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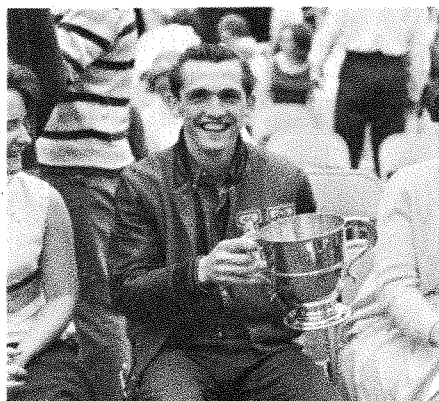
George and Peter battle it out for first place.

MR. ARMSTRONG PRESENTS AWARDS

After a scrumptious repast Mr. Herbert W. Armstrong presented the awards for the day's feverish activity.

Garvin Greene made his way to the front amidst thunderous applause to receive the cross-country championship cup. Winner of the most outstanding woman athlete's award was, for the second year Linda Untiedt.

Helmut Levsen was honoured for the most outstanding performance.



"The Champ"



Helmut is rewarded for his all-time record.

Steve Smith received the Harrodian Cup for the most outstanding male athlete. But it was the Junior Class who took the cup for the victorious

team of the day. They also received the intramural trophy for the best overall sporting performance, for the year.

SPORTS

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Attention then centred around the high jump pit. Here Karen Krueger leapt to a new field record with a jump of 4' 2½". By now the big fight for first place was welling between the third and fourth years.

Minutes later Steve Botha and Helmut Levsen fought tooth and nail for first place in the 440 yard sprint. Steve set a dynamic pace, but the long strides of the Assyrian snatched a second year victory, and another track record.

In the final event of the morning, the mile walk, 9 contestants hustled, hustled and tussled through four gruelling laps. Notably absent were Mr. Butler and Mr. Powell, who are still convalescing from last year. Peter Alter led most of the way. But in the last few feet George Jacobs

thrust himself into the lead. He set the second all-time record for the day. Amazing feet!

The early afternoon saw Helmut Levsen equal the track record in the 100 yards sprint.

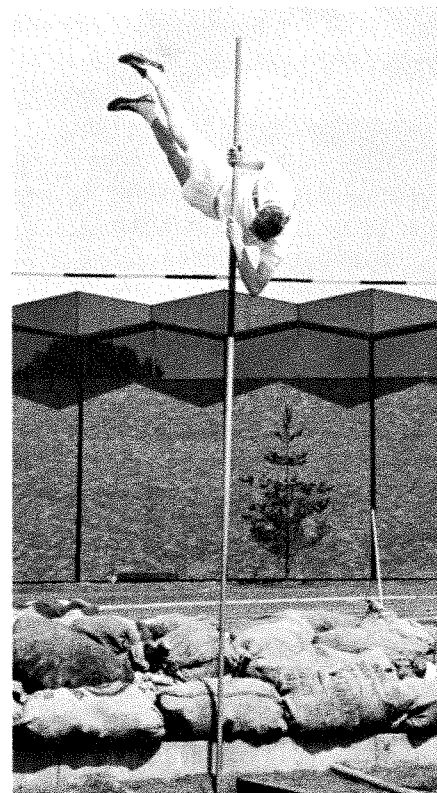
Steve Smith and Lester Grabbe took first and second places respectively for the pole vault. Then Steve Smith chalked up his third victory by winning the men's long jump with 19' 5".

At the shot put circle three husky third year men took all places. The third year continued their winning streak with Ian Willis thundering to victory.

The thirds were gradually edging ahead.

Another Bricket Wood record to fall was the 440 yard women's relay. Karen Krueger said joyfully, "It took us three years!" — another third year victory.

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Lester takes 2nd place in Pole Vault.

THE ROPE CONCERTO

In the centre of the field; jaws were set, heels stabbed the ground, and muscles strained to the syncopated rhythm of "heave . . . hold . . . heave."

This event was the highnote of the day. The symphony of muscles began and the crowd joined in to provide the choral accompaniment.

In the first movement the Juniors' muscle power heaved them to victory over the Freshmen. Then the sharp second year conquered a flat fourth who weren't CHORDinated. The fourths recapitulated their first movement in a decrescendo to the swinging firsts.

In the finale the third year augmented their overture as they pulled to victory in classical style. Their concerted effort (and weight advantage) ensured them first place.



Third Year heave to victory.



Jim chalks up more points for the thirds.

SPORTS *(Continued from page 2)*

Next event — the 220. Helmut's long, striding legs lunged forward — his spikes clawed the track. He hit the tape at 23.4 seconds — the third all-time record for the day.

Soon after, Steve Botha's gazelle-like strides carried him to victory in the 880 yard run.

For the marathon two mile event ten competitors stood poised at the starting line. The report from Mr. Hunting's pistol signalled the start of the longest race of the day. Garvin Greene, hot favourite, set himself against the greatest competitor of all time. His determination to beat the clock paid off with a new track record of 9 minutes 57.9 seconds.

The final contest, the climactic 880 yard relay, fell like a ripe plum into the hands of the stalwart seniors. But the seniors needed more than a ripe plum! They took only second place, finishing 25 points behind the third year champions.

1968 RECORDS

50 yard sprint (Women)	R. Knowles	6.7 secs.	B.W.
220 hurdles	S. Smith	28.1 secs.	All time
Weightlifting	J. Trechak	600 lbs.	B.W.
High Jump - Women	K. Krueger	4'2½"	B.W.
440 relay - Men	Fourth Year	47.9	B.W.
Long Jump - Women	R. Knowles	14.5	B.W.
440 sprint - Men	H. Levsen	52.8	B.W.
Mile Walk	G. Jacobs	7 min. 38.3 sec.	All time
440 relay - Women	Third Year	59 secs.	B.W.
220 sprint - Men	H. Levsen	23.4	All time
2 Mile Walk	G. Green	9 min. 57.9 secs.	B.W.
880 relay - Men	Fourth Year	1 min. 40.1 secs.	B.W.

EVENT FINALS

WOMEN	High Jump (Women)	K. Krueger	4'2½"	
	Shot Put	B. Lumsden	25'11½"	
	Long Jump	R. Knowles	14'5"	
	50 yard sprint	L. Untiedt	6.9	
	100 yard sprint	L. Untiedt	12.8	
	440 yard sprint	J. Kester	1 Min. 12.5 sec.	
	440 yard relay	3rd Year	59 sec.	
	220 yard sprint	O. Mills	29.8	
	MEN	Mile Walk	G. Jacobs	7 Min. 38.3 sec.
		Pole Vault	S. Smith	9'6"
		Long Jump	S. Smith	19'5"
		High Jump	D. Watkins	5'6"
		Shot Put	G. DeJager	35'3¾"
		220 yard hurdles	S. Smith	28.1
100 yard sprint		H. Levsen	10.6	
220 yard sprint		H. Levsen	23.4	
440 Yard sprint		H. Levsen	52.8	
440 yard relay		4th Year	47.9	
880 yard run		S. Botha	2 Min. 0.5 sec.	
880 yard relay		4th Year	1 Min. 40.1 sec.	
1 mile run		I. Willis	4 Min. 46.8 sec.	
2 mile run		G. Green	9 Min. 57.9 sec.	
Javelin	F. Nette	157'6"		
Discus	G. DeJager	101'10½"		
Tug-of-War	Third Years			
Weightlifting	Heavyweight	J. Trechak	600 lbs.	
	Middleweight	J. White	507½ lbs.	



Lyn and Joyce execute a smooth change.

TEAM TOTALS

1	Third Year	114
2	Fourth Year	89
3	Second Year	59
	First Year	59



Dale puts out maximum effort.