

Seeking revenge for that recent Warsaw defeat - England welcomed Poland to the White City.

At this floodlit meeting (sponsored by the Daily Express), the Womens' 800 Metres crowned a great season for Diane Leather.

Leading most of the way - Diane was followed home by team-mate B. Loakes. Maximum points that ensured a narrow victory for their team.

Starting the final lap of the Mens' 800 Metres, Derek Johnson was trailing in fourth place. But watch him unleash a victory burst

Sweeping round the final bend - he passes the other Pole, Kazimierski - No. 4 - and then goes after his team-mate Mike Farrell.

Yard by yard, they battled it out. And at the tape - Johnson got the verdict - and the cheers.

In the 1500 metres, Stefan Lewandowski (No 3, Poland's Flying Doctor, was a welcome starter.

Another Pole, Orywal, led Derek Ibbotson - and then Ken Wood (No. 2) - made his familiar last-lap burst

Far from beaten, Lewandowski launched a determined challenge - and was narrowing the gap as Ken Wood hit the tape...

A well-earned triumph for the Yorkshire battler.

~~With a two point lead and Pirie and Knight in the 5,000 Metres, England looked set for victory.~~

Leading by two points - England had Pirie and Knight in the 5,000 Metres - the last race.

Victory seemed assured, until suddenly, a tired Pirie was tailed off last - and the two Poles - Chromick and Zimny, were way out in front.

Realising that nothing less than victory could win the match, Knight produced a burst that took him into every English heart.

The Polish aces were beaten: Cheers saluted George Knight.

England had won the match by eighty points to seventy-seven.

A great Knight: a great victory.