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70p

# Athletics Weekly

WEDNESDAY
6th JUNE 1990

# WHAT A WEEK!

BACKLEY – 88.46

JACKSON – 13.10

ELLIOTT – 1:42.97

REGIS – 20.01?




WIN!
£520 trip to the European Championships

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**COVER PHOTOGRAPH of Steve Backley's Commonwealth record throw at the UK Championships by GRAY MORTIMORE/ALL SPORT**

**6th June 1990**

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# FIXTURES AT A GLANCE

### *Wednesday 6th June*
**International Meeting,** Madrid
**Herts County Relays (4 x 100m & 4 x 400 SM),** Watford
**Open Meeting,** Cannock Stadium (7pm)
**Open Graded Meeting,** Woodside Stadium, Watford (6.45pm)
**Oxford Univ Open Graded Meeting,** Iffley Road (6.30pm)
**Falkirk Open Graded Meeting,** Grangemouth
**Open Graded Meeting,** Leckwith Cardiff
**Open 800 & 3,000m Meeting,** Crawley (7pm)
**Welsh Inter School's Milk meeting,** Morfa Swansea
**A C Moir Ayr Seaforth 10km,** Dam Park, Ayr
**Normanton Festival 5km Road Race,** Wakefield (7pm)
**Lynn News 10km**
**D-Day 10km Open Road Race,** Alexandra Park (7.30pm)
**Sri Chinmoy 'Runners are Smilers',** Meadows, Edinburgh
**Running Wild Birkenhead Park 5,** (7pm)
**Eastern District Inter Army Unit Team,** Colchester
**North East District Inter Army Unit Team,** Catterick
**Swinton 6,** Swinton Rugby Club (7.30pm)
**Arthur Bowden 10km,** Peterborough (7.30pm)
**Chorley Night Race Series,** (7.30pm)
**Spencer Arms Dash Race Series,** Barnsley (7pm)
**Northowarm 5 & Fun Run,** (6.45pm)
**Tunbridge Wells Summer Relay,** St Marks Fields (7.45pm)
**Ryston 10km,** West Norfolk

### *Thursday 7th June*
**GB v Finland (track-Men; field-Women),** Helsinki
**International Meeting,** Zagreb
**Golden Spike Meeting,** Ostrava
**Motivation Midweek Race Series,** Bletchington (7.30pm)
**VIII Reunion Internacional,** Madrid

### *Friday 8th June*
**Hertfordshire Schools' Champs** (until 9th June)
**Middlesex Schools' Champs,** Copthall (until 9th)
**Army Individual Champs,** Aldershot (until 9th)
**Hunter's Bog Trot,** Edinburgh
**Citizen 5 Fun Run,** Pedsmead, Gloucester (7pm)
**Bexley Handicap Races,** Bexleyheath (12.30pm)

### *Saturday 9th June*
**IAAF Grand Prix Znamensky Memorial,** Moscow
**Romanian Champs,** Bucharest
**Midland Counties v Belgium v Netherlands (women),** Bruges
**Scottish Schools' Pentathlon & Relay Champs,** Grangemouth
**Bedfordshire Schools' Champs,** Newnham Track (noon)
**Cambridgeshire Schools' Champs,** St Ives (11am)
**Essex Schools' Champs,** Basildon
**RWA National Women's 35km/5km Champs,** York
**Welsh Men's League,** Div 1/2 – Cwmbran; Div 3/4/5 – Barry
**Lloyds Bank plc Champs,** Beckenham, Kent
**Hamilton District Sports Festival & Gala Meeting,** Hamilton
**Newcastle Brown Ale Blaydon Races,** (3pm)
**Chigwell 10,** Essex (3pm)
**Treffos 10km,** Llansadwrn (2.15pm)
**Frank Sinclair Road Race,** Greenock
**Barrow Festival of Running, (incorp Leic & Rutland AAA 10M Champs)** Loughborough (12 noon)
**Newport Carnival 10km,** Shropshire (2.30pm)
**Bendrigg 10km,** Old Hutton, Kendal (3pm)
**Dursley Carnival 10,** (2.30pm)
**Naphill 10,** Naphill Playing Fields (12 noon)

### *Sunday 10th June*
**GRE British League,** Div 1 – Crystal Palace; Div 2 – Manchester; Div 3 – Hayes; Div 4 – Crawley; Div 5 – Wood Green
**Northern Men's League,** various
**Bank of Scotland Women's League,** Div 1 – Meadowbank; Div 2 – Inverness; Div 3 – Grangemouth; Div 4 – Crownpoint; Div 5 – Pitreavie
**Glamorgan Young Athletes League,** (round 1)
**Herts Pentathlon Champs**
**Midland Women's League,** Div 2 – Solihull
**Scottish Young Athletes League West,** Div 1/2, Wishaw
**Cambs, Beds Northants League,** Peterborough
**Camberley & D AC Senior Open,** Bracknell Track (noon)
**P & O European Ferries Trophy Meeting,** Northgate Sports Centre, Ipswich (11am)
**South Kirkby Lions Radford Half-marathon**
**Turks Head 10,** (10am)
**General Portfolio Witney Gazette Cotswold Classic 10**
**Dunfermline Half-marathon (incl SAAA Champs)**
**Monklands Festival 7 Road,** Coatbridge
**St Fergus Gala Road Race,** Peterhead
**Middlesbrough Festival 10km & Mile,** (2.45pm)
**Gribdale 4,** Gribdale Gate (7am)
**Royal Mail Werrington 10km,** Peterborough (11am)
**Thurnall Engineering 10km,** Irlam, Manchester (11am)
**Canterbury 10km,** Kent (11.30am)
**Southampton Road Runners 10km,** Victoria Park (10.30am)
**Pendle Hill Challenge 8,** Wellsprings Inn (11am)
**Complete Runner Ilkley 8 & Fun Run**
**Welwyn Half-marathon,** Welwyn Garden City (10.30am)
**Weaverham Half-marathon & Fun Runs,** (11am)
**Worthing Centenary Marathon,** (9.30am)
**Newton's Fraction 10km & Fun Run,** Grantham (11.15am)
**Examiner 10 & Fun Run,** Huddersfield (11am)
**Whitby Festival 5,** West Cliff Spa (2pm)
**Joydens Wood 10km,** (11am)
**King's School 10km,** Macclesfield
**Braintree & District AC Minors Meeting**
**Chesterfield Rotary Club 10km,** (10.30am)

### *Monday 11th June*
**3 Armed Division Inter Unit Team,** Menden (day 1)
**Sri Chinmoy 2,** Battersea Park (7pm)
**Sefton Harriers Race Series,** Liverpool (7.30pm)

### *Tuesday 12th June*
**3 Armed Division Inter Unit Team,** Menden (day 2)
**4 Armed Division Inter Unit Team,** Sennelager (until 13th)
**London Hash House Harriers Monken Hadley Common & Trent Park, (7pm)**
**Corby 5,** Northants (7.45pm)
**Derek Ibbotson Classic,** Rochdale (7.15pm)

### *Wednesday 13th June*
**Lambertsetter Meeting,** Norway
**Edinburgh Southern H Open Graded Meeting,** Meadowbank
**Midland Counties Open Meeting,** Northwood Stadium, Stoke (7pm)
**Open Meeting,** Cwmbran
**Complete Runner W Yorks League,** Hemsworth (6.45pm)
**Welsh School's/Open Meeting (U15),** Morfa Stadium
**Hill of Tarvit 5 Road Race,** Ceres, Fife
**Kilwinning Academy Festival of Road Running,** Kilwinning
**Sri Chinmoy 'Runners or Smilers' Road Race,** Meadows, Edinburgh
**Pembroke Centenary 10km,** Crosby Baths (7.15pm)
**Wellington Wobble,** Telford (7.30pm)
**Lowestoft Anglia Advertiser 10km,** Suffolk (7.30pm)
**Worthing Open 10km,** (7.30pm)

### *Thursday 14th June*
**International Milk Runner's Decathlon,** Vienna, Austria (until 17th)
**Forth Valley League,** Div 1 – Livingston; Div 2 – Pitreavie
**RCZ Inter Unit Team,** Rheindahlen
**Crook Clover Leaf Relay**
**Leek 4 Race Series,** Town Centre (6.30pm)
**Insurance Champs,** McMillan Stadium (5.45pm)

### *Friday 15th June*
**Switzerland v Hungary v Sweden v Norway match**
**Southern Counties AA Champs,** Crystal Palace (6pm) (until 17th)
**Omron Midland Counties Champs,** Birmingham (until 16th)
**Army Decathlon/Heptathlon Champs (incl Mile & 10,000m),** Aldershot (until 16th)
**National Childrens Home 5 & 3 Fun Run,** Warrington (7pm)
**Brands Hatch 90 Festival of Running,** Motor Racing Circuit (6.30pm)
**Weston Prom Run,** Knightstone Complex (7.30pm)
**Potteries Pre-marathon Fun Run,** Trentham Gardens (7.30pm)
**Sankey Valley 10km,** Warrington (7.30pm)

### *Saturday 16th June*
**Scotland v Greece v Ireland v Portugal (Women),** Athens (until 17th)
**Welsh Senior Champs (incl Walks),** Morfa Stadium, Swansea
**Dairy Crest Northern Ireland AAA/WAAA Junior Champs,** Belfast
**Northern Counties Champs,** Grimsby (day 1)
**USSR v GDR Juniors,** Vladimir (day 1)
**Scottish School's Champs,** Boys – Grangemouth; Girls – Crownpoint
**Cheshire League,** Crewe, Altrincham, Colwyn Bay
**Dunbar Civic Week Doon Hill Race,** Dunbar
**Glen Rosa Horse Shoe Race,** Isle of Arran
**Sri Chinmoy Half-marathon,** Battersea Park (8.30am)
**Danish Marathon Championships,** Koge
**Broughton Astley Carnival 10km,** Broughton Astley (3pm)
**Rolvenden 10,** Hole Park, Nr Tenterden (10.30am)
**The North Marston 12km Road,** Bucks (3.15pm)

### *Sunday 17th June*
**Scotland v Greece v Bulgaria v Czechoslovakia,** Athens
**USSR v GDR Juniors,** Vladimir (day 2)
**Yorkshire Vet Champs,** (200; 800; 3,000 (W); 5,000 (M); LJ; TJ; HT) Herringthorpe Stadium, Rotherham (2pm)
**Kusocinski Memorial,** Warsaw
**HFC Bank Scottish League,** Div 1/2 – Coatbridge; Div 3/4 – Crownpoint
**National Junior League,** Various venues
**Open Meeting,** Victoria Park, Warrington (1pm)
**Solway League,** Everholm, Annan
**Eastern Young Athletes League,** (round 3) Various
**North Downs Run,** Istead Rise, Gravesend (10.30am)
**Hi Tec Potteries Marathon,** Trentham Gardens (10.30am)
**Derwentside 10**
**City of Norwich Half-marathon,** City Centre (1pm)
**General Portfolio 10km,** Birmingham
**Afton Water 10,** New Cumnock
**Bo'ness 10km Road Race,** Bo'ness
**Falkirk Highland games,** Callendar Park, Falkirk
**Mid Argyll Half-marathon & Fun Run,** Lochgilphead
**Peterhead Half-marathon,** Peterhead
**Kinder Trog & Fun Run,** Swallow House Lane, Scout Hut, Hayfield (11am)
**Bromyard Downs Race,** (11am)
**Culm Valley 10,** Cullompton (10.30am)
**Southdowns 10,** Brighton (11am)
**Braishfield 10km Beer Race,** (11am)
**Oldbury 4,** Bristol (11am)
**Freckleton Half-marathon,** Bush Lane Playing Fields (2pm)
**North Herts Half-marathon,** Fernhill School, Letchworth (10.30am)
**Widnes RUFC 10km,** (11am)
**Guernsey Half-marathon,** (9am)
**Gloucester Ladies Only 'King of Clubs' 10km,** Churchdown (11am)
**Jim Peters Half-marathon,** Southend on Sea (10.30am)
**Whittlesey Show 10,** Peterborough (10.30am)
**Cleveland Half-marathon**
**Borehamwood Half-marathon & Fun Run,** (10am)

# McKoy delayed

**By David Ogle**

**MARK McKOY, the Canadian hurdler who is hoping to join Cardiff AAC, looks likely to fall foul of the BAAB's tough anti-drugs stance which debars all foreign athletes who have either given positive tests or admitted to drug use from competing at all levels below major Games or international matches in this country.**

**British officials are trying to confirm testimony, allegedly given by McKoy last April at the Dubin Inquiry, that he used steroids between the autumn of 1987 and early 1988. Canadian newspaper reports at the time say that 1982 Commonwealth high hurdles champion admitted to using the drugs while part of the squad coached by Charlie Francis, who guided Ben Johnson.**

**McKoy has denied to Cardiff officials that he took steroids. He flew back to Toronto last Sunday week, after a training break in Lanzarote with Commonwealth champion Coilin Jackson. When *Athletics Weekly* contacted McKoy there, he would only say: "I've been advised not to talk about it, it's all pending the release of the Dubin Inquiry."**

**The Canadian plans to return to Britain in two or three weeks' time. When it was pointed out to him that if the BAAB became satisfied that he had admitted to drug-use he would not be allowed to compete in Britain, he said: "There are other places to run. There's not much going on this year. I just want to get in a few meets here and in Europe."**

**British officials are attempting to obtain transcripts of the Dubin Inquiry for the two days that McKoy testified, 25th and 26th April. They are available at Can$300 per day.**

**McKoy's possible membership of Cardiff has caused deep divisions in the club. AAA chairman Bill Evans and treasurer John Lister are both members and are set against the idea. Last month the AAA gave tentative clearance for McKoy to join Cardiff, but in a letter to the club stressed that this was subject to the publication of the Dubin Inquiry report. That is expected some time soon, after several months' delay.**

# Cram out of Bislett Dream Mile

STEVE CRAM will not be contesting the Dream Mile at the Bislett Games, on 14th July, despite the expected attack on his world record of 3:46.32.

Cram will delay his seasonal debut on the international scene, holding back to peak for the European Championships in August. After completing a track session of 10×400 metres with David Sharpe at Jarrow last Wedneday, Cram, fresh from five weeks' altitude training at Boulder, Colorado, said: "I'll not be taking in any of the big Grand Prix races just yet and I'll be concentrating on some local track races for a few weeks.

"I didn't race over there, I just concentrated on some good training sessions and I was on the track quite a lot. I might run in the Northern Championships. If I do, my options are open as I'm entered for the 800, 1,500 and 5,000. Then I'll see how I'm feeling for tackling the big races in Europe."

# Cup confirmed for London

PROBLEMS over American television coverage of the World Marathon Cup have now been resolved and full agreement has been reached between the IAAF and the London Marathon organisers that the Cup will go ahead as part of the capital city event next year. Now that US coverage is guaranteed, London sponsors ADT have agreed to inject extra money into the race.

A significant difference between the 1991 Cup – held as part of a big city marathon for the first time – and previous events, will be that countries need not nominate their team before competing. The first three from any country entered will score.

But Birmingham's bid to host the 1993 track and field World Cup failed. That event was awarded to Havana, Cuba, while the 1992 World Junior Championships will be staged in Seoul. Boston, Massachusetts, will stage the World Cross-country Championships that year.

Talks continue on a united German team, and South Africa, while Namibia became the IAAF's 185th member.

British team for match against Finland in Helsinki tomorrow evening is:

**Men: 100:** J Livingston (Croy), D Clark (CPH), C Rumboldt (Dav). **200:** Clark, C Callender (Har), L Paul (Bel). **400:** T Bennett (TSol), P Brown (Bir), P Sanders (TSol). **800:** K McKay (Sale), S Heard (W&B), M Steele (Long). **1,500:** J Gladwin (Bel), N Horsfield (Newp), R Whalley (Stoke). **10,000:** P Evans (Bel), D Long (MassF), P Cuskin (Valli). **3,000 SC:** C Walker (Gates), K Penney (Box), T Buckner (Hav). **110H:** N Walker (Car), A Tulloch (W&B), N Fraser (Espac). **400H:** M Briggs (Stoke), B Brown (Leeds), C Anderson (TSol). **HJ:** W Caswell (B'heath), J Holman (Craw). **LJ:** S Faulkner (Bir), K Liddington (Bir). **PV:** A Ashurst (Sale), M Edwards (Bel). **TJ:** F Agyepong (SB), J Sweeney (TVH). **SP:** M Simson (Thurr), P Edwards (Wal). **DT:** P Mardle (W&B), A Ekoku (Bel). **HT:** P Head (NEB), M Jones (SB). **JT:** S Backley (CambH), M Cottrell (Soton).

**4x100 relay (from):** Livingson, Clark, Rumboldt, Callender, Walker, Paul.

**4x400 relay:** Brown, Bennett, Sanders, D Redmond (Bir).

**Women: 100:** P Smith (W&B), H Miles (Car), S Short (Torf). **200:** S Jacobs (Read), Smith, L Stuart (M&C). **400:** S Douglas (Stret), P Beckford (W&B), D Kitchen (EWM). **800:** L Baker (CovG), H Thorpe (CambH), M Kitson (Houn). **1,500:** A Wyeth (Park), S McGeorge (B&H), D Gunning (Swin). **3,000:** J Holland (Sale), L Martin (Stret), A Whitcombe (Park). **100H:** K Morley (Car), S Farquharson (Croy), W Jeal (ExL). **400H:** C Sugden (Stret), G Retchakan (Thurr), J Vine (B'mouth). **HJ:** J Bennett (E&E), D Marti (BromL). **LJ:** M Berkeley (Croy), M Griffiths (MxL). **SP:** M Augee (BromL), Y Hanson-Nortey (Hallam). **DT:** J McKernan (B&A), J Picton (Brack). **JT:** M Liverton (Exe), S Holroyd (Sale).

**4x100 (from):** Smith, Short, Miles, Jacobs, B Kinch (Houn), Stuart.

**4x400 (from):** Douglas, Beckford, Kitchen, S O'Connell (B&A), P McLean (Bir).

***SAID AOUITA's season could be over before it has begun, after the Moroccan world record-holder had an operation on an injured thigh on Saturday and seems likely to be out of action for at least two months.***

***A 15-race evening festival of road running, including a men's 10km, women's 5km and 3x2km corporate relay, is being staged by Belgrave Harriers in Morden Park, starting at 7.35pm next Wednesday. Entries will be taken on the night, and further details are available from David Denton on 081-393 1060.***

***AFTER more than a month, the Women's Cross Country and Road Running Association and ADT London Marathon organisers have finally issued team results for this year's national championship, confirming that St Albans Striders' squad of Cox, Lowe and Hill take gold medals, with Glasgow second and Hounslow third. The results were:***

**1,** St Albans Striders 9hr 04min 07sec (Cox 2:56:09; Lowe 2:58:19; Hill 3:09:39); **2,** Glasgow 9:26:38; **3,** Hounslow 9:28:52; **4,** Kendal 9:32:09.

**By The Editor**

AS A piece of stage management, the International Athletes' Club's annual meeting, set in a cramped conference room at a Cardiff hotel last Saturday, was something of which Sir Henry Irving could have been proud.

Yet the director of this little show was Dave Bedford, someone who in his own athletics career was known to engage in the occasional theatricality. Never before, though, could Bedford have been the centre of such drama, nor have had so much at stake.

Originally leading the supporting cast was Bedford's double act partner of recent years, Derek Johnson, though for once he was upstaged by another, younger performer, Linford Christie.

The scenario was this: having made a £68,000 loss in the last financial year, mainly because the IAC's Grand Prix meeting went £57,000 over its £377,000 budget in order to salvage its elite status, the IAC could not afford another bad year financially. Yet unless its international meeting – staged since 1968 to raise cash to pay for athletes' services like warm weather training and physiotherapy – was perceived by television and the IAAF to be successful, there might never again be another IAC meet, and perhaps no IAC. With the Edinburgh event five weeks away, though, there is still no sponsor for this year's meet. No sponsor means little or no success.

A week before, Bedford had offered to mortgage his house to raise £65,000 to "sponsor" the event personally, after talks with the British Board and AAA for a rescue bid worthy of the City's manoeuvres on Eurotunnel, had broken down. Now, at the IAC AGM, Bedford had in his hand a piece of paper. He had had another meeting with the governing bodies, and recommended that the IAC accepted the officials' offer to pay off the debts and save the Grand Prix meet.

Of course, there were catches, like the total emasculation of the IAC, which, ever since it was formed in 1956, had been a thorn in the athletics establishment's side. Under the terms of the agreement, the IAC, and Bedford, would never be allowed to stage a track meeting again, the AAA would take over its responsibilities on medical insurance and welfare of athletes, and the club would be allowed to continue as a sort of washed out ginger group.

Christie posed the question of the night: "The AAA don't care about the athletes. Why should they start caring now?"

Ever since its formation, and more so in the last five years under the radical leadership of Bedford and Johnson, leaders of the South's so-called Militant Tendency, the governing bodies have sought to rid itself of this voice that constantly questioned the actions of what Tom McNab calls The Blazerati. Now, in a move redolent of the way the Board was absorbed into the AAA, the AAA was poised to achieve that end.

But the twist at the end of Act One is that Bedford's recommendation, and the agreement on offer, was rejected by the 40-odd IAC members at the AGM. "Tear it up and send it back to them," one notable was reputed to have said. Many felt that Wendy Jeal's suggestion that they should compete in Edinburgh for nothing, donating their subventions to the club was the only option open to them. After all, total spending on British athletes at last year's event was £75,000 . . .

So, with three more athletes, Christie, Roger Black and Kriss Akabusi, co-opted on to the club committee for five weeks of emergency, we will watch Act Two with interest, leading to the climax of the piece, Act Three on 6th July, much awaited. For the sake of British athletics, which will always need an opposition, questioning voice, we should hope this drama has a happy ending for the IAC.

*THE British women's trial for the World Cup Mountain Races will be held in conjunction with the Skipton Fell Races on 10th July. The women's event will be a separate race, starting at 1.50pm. All pre-entered will have free admission, or £2 on the day.*

*The men's race starts at 1pm, younger age group events begin at 11.30am.*

*THE West German athletics federation is playing it safe with its new sponsor, Duo Condoms. The deal is part of an AIDS education programme, which saw Duo sponsor the* Jumping against AIDS *high jump competition at the country's indoor championships and donate DM300 (just over £100) for every centimetre over two metres achieved by the winner. It is not recorded whether the award was made on a rubber cheque.*

*THE Redrow Ruthin Half-marathon, organised by Prestatyn Running Club, takes place on 22nd July. Any profits from entry fees (£3 for club runners, £3.50 non-affiliated) will be donated to a local charity. Entry forms from the Race Secretary, 39 Bryntirion Drive, Prestatyn, Clwyd.*

*SCOTRAIL will again sponsor the Scottish National Championships, to be held this year on 27th-28th July at Crownpoint, Glasgow. The total sponsorship package is worth £33,000.*

*Ticket prices will be 50p on Friday, £1 on Saturday, half price for children and pensioners. Gates open at 5pm on Friday, 11am on Saturday. For further information, telephone 041-554 8274.*

*JOE FALCON ran the fastest 5,000 metres in the world this year, clocking 13min 20.49sec at the Prefontaine Classic in Eugene, Oregon. The American covered the last lap in 55sec.*

*THIS year's Hokkaido Marathon in Sapporo, Japan, will take place on 26th August. The race is being used as the official trial for selection of the Japanese team for next year's World Championships in Tokyo.*

# Unstoppable Elliott

**From Peter Nichols**

PETER ELLIOTT ran his fastest ever 800 metres in Seville last Wednesday evening, winning from the American Johnny Gray in 1min 42.97 sec.

It was an early season performance that gave credence to the belief of many – not least Eliott's coach and manager Kim McDonald – that a world record or two is within grasp this summer.

In very warm conditions (the temperture during the day rose to over 35 degrees centigrade) the Kenyan Lucas Sang towed Elliott through the first lap in 49.46sec, Elliott 50.22sec, which was about a second faster pacing than the Briton had asked for. When Sang stepped aside at 600 metres, Gray took over, but in the home straight Elliott pulled wide and clear of the American for victory.

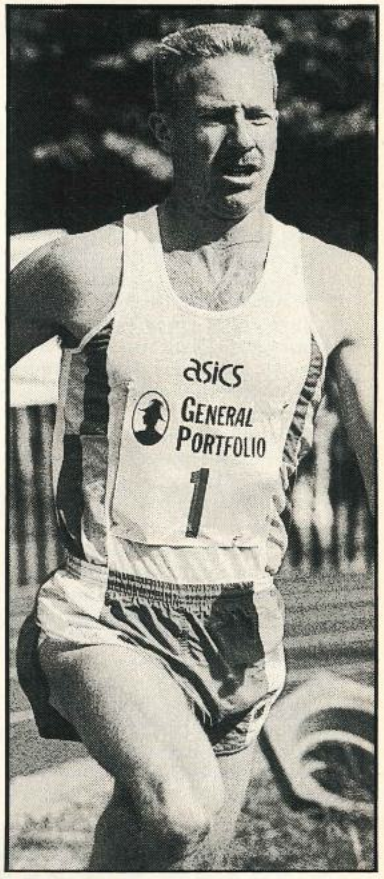
"I felt totally in control and it was a nice feeling," the Yorkshireman, who gave a gesture of surpirse as he saw the clock, said. Elliott's time was not only a PB (his previous PB was 1:43.41) but a track record, the fastest time ever run in Spain, the fastest time ever run in May, and the fastest time in the world since August 1988.

It has, however, caused no hardening of plans for a European Championsip double. McDonald did admit that if Split was "tomorrow" he would have no doubts that Elliott would attempt both the 800 metres and the 1,500 metres. But as it is, they were happy to "wait and see how the season develops".

Jose Luis Gonzalez, the former European indoor champion put matters into perspective. "I am running the 5,000 metres in Split," he said. "Nobody will beat Elliott in the 1,500 metres."

Elliott's next race will also guarantee a track record. He is opening the new track at Herringthorpe in Rotherham and will compete in the General Portfolio mile which will christen the new surface. Lining up agianst him, on the 15th June, will be Mark Rowland, Seve Crabb, John Gladwin, Gary Staines, Rob Denmark and John Doherty.

See page 26 for report and results of Seville.




*ELLIOTT: Fastest 800 since Seoul Olympics.*

# *Douglas ready to return to training*

STEPHANIE DOUGLAS, the 1989 UK 100 metres champion, hopes to return to training this week after a two-week lay-off after shin soreness threatened to escalate into a stress fracture.

The Milton Keynes athlete, who finished fourth in the Commonwealth Games 100 metres, has suffered from shin soreness on and off for several years. Shortly after returning from a warm-weather training break in Torremolinos in late April, where the problem recurred, she visited a specialist to have a bone scan and X-rays. "I tried to keep training, then it got too bad," she said.

She has not run for the last two weeks on the specialist's orders. In the meantime she has been keeping fit by doing weights, circuits and cycling. After about a week of running she will again visit the specialist to monitor her progress.

"They're fine at the moment" she said half-way through her lay-off last week. Until the all-clear is given though, she cannot make plans for the season.

# Fourth test for Johnson

BEN JOHNSON was tested for the fourth time since the 1988 Olympics last week. But in a farcical mix-up an unregistered athlete, a friend training with him, was also inexplicably tested.

A testing officer from the Sports Medicine Council of Canada arrived at the Toronto track where Johnson was training without advance warning, where both athletes were tested. An SMCC spokesman could offer no reason why an unregistered athlete had been tested and admitted that it must have been a mistake.

The doping control officer of the SMCC which carries out testing on behalf of the Canadian Track and Field Association, was instructed to test Johnson and a national team athlete. Bruce Savage, chairman of the CTFA's doping solutions committee, suggested the officer mistook Johnson's training partner, Craig English, for a national team athlete. "The doping control officers have no idea who people are," he said. "The CTFA wouldn't have made that mistake."

Johnson's test was the second in two months, though the CFTA denied the increased frequency of testing is related to the imminent release of the Dubin Inquiry. The Association has announced that it will be published in the near future.

However there is speculation that, to avoid another troublesome controversy, the Canadian government will delay the publication of the report until after 23rd June, the date which could see Quebec split from the Canadian federation.

# Student standards

THE British Student Sports Federation has released nomination standards for the British team to compete in the World Student Games in Sheffield next year.

Leading contenders for places include current men's javelin champion Steve Brackley, and Simon Williams, Nigel Bevan and Geoff Parsons.

The standards must be achieved between 1st May this year and 30th June 1991. It is hoped that a team of 65 to 70 athletes will be selected. All team members must be under 28 years of age on 1st January 1991.

Nomination forms can be obtained from the British Student Sports Federation, 28 Woburn Square, London WC1H 0AA.

| Event | Men | Women |
|---|---|---|
| 100 | 10.50 | 11.70 |
| 200 | 21.10 | 23.60 |
| 400 | 46.80 | 53.50 |
| 1,500 | 3:42.00 | 4:13.00 |
| 3,000 | | 9:08.00 |
| 10,000 | 29:00.00 | 33:30.00 |
| 100H | | 13.60 |
| 110H | 14.10 | |
| 400H | 50.50 | 58.00 |
| 3,000SC | 8:40:00 | |
| 20kmW | 1:28:00 | |
| 5,000W | | 23:30 |
| Marathon | 2:16:00 | 2:40:00 |
| HJ | 2.23 | 1.85 |
| LJ | 7.70 | 6.40 |
| TJ | 16.20 | |
| SP | 17.80 | 16.50 |
| DT | 57.00 | 57.00 |
| JT | 75.00 | 57.00 |
| PV | 5.25 | |
| HT | 67.00 | |
| Decathlon | 7,500 points | |
| Heptathlon | | 5.500 points |

# Regis waits for record

**By Dave Martin**

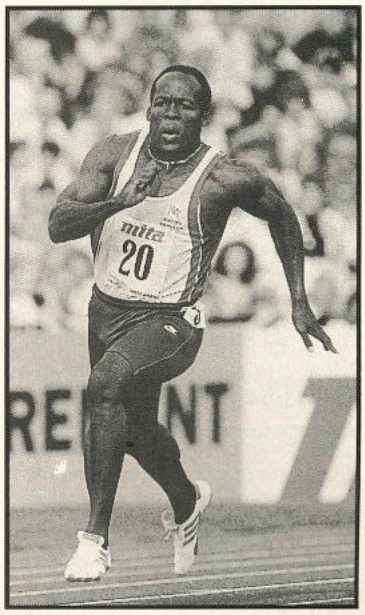
UNCERTAINTY hangs over the time set by John Regis in Nicosia, Cyprus, last Wednesday which may, or may not, prove to be a British 200 metres record.

The 23-year-old Belgrave Harrier was creditted with 20.01sec, into a 2.06ms headwind, compared to Linford Chrisite's 20.09sec record,

"The wind really affected me off the turn, so when I crossed the line and they announced the time, I was jumping up and down," the delighted south Londoner said last week.

"I'm still dubious about the time, though. Even though the entire meeting was electronically timed, they also announced it as 20.1sec hand-timed, so until it is ratified, I'm saying nothing.

"I'll try to get another race in before the England v USA match, but even if I don't, I'll be looking for a good time there. Maybe I can go under the magic 20sec mark this year."



*REGIS*

## UK 200 METRES ALL-TIME LIST

| | | | |
|---|---|---|---|
| **20.01** | John REGIS | Nicosia | 30 May 90 |
| **20.09** | Linford CHRISTIE | Seoul | 28 Sep 88 |
| **20.21** | Allan WELLS | Moscow | 28 Jul 80 |
| **20.36** | Todd BENNETT | Cwmbran | 28 May 84 |
| **20.42A** | Ainsley BENNETT | Mexico City | 12 Sep 79 |
| **20.43** | Mike McFARLANE | Brisbane | 7 Oct 82 |
| **20.47** | Cameron SHARP | Athens | 9 Sep 82 |
| **20.51** | Michael ROSSWESS | Seoul | 28 Sep 88 |
| **20.54** | Ade MAFE | Cottbus | 25 Aug 85 |
| **20.62** | Buster WATSON | Birmingham | 5 Jun 83 |
| **20.62** | Donovan REID | Cwmbran | 28 May 84 |

# Akabusi equals personal best

**COMMONWEALTH champion Kriss Akabusi returned home jubilant from Spain after equalling his personal best of 48.59sec for the 400 metres hurdles in Seville last Wednesday.**

**"I'm really pleased, I've never started a season so fast," the 31-year-old Army Warrant Officer said on returning home to Southampton.**

**Akabusi could not have selected a better field as Danny Harris reduced this season's world best to 47.62sec – the fastest hurdles time since the 1988 Olympic Games in Seoul – ahead of Winthrop Graham, 48.20, Kevin Young 48.45, with the Briton who hit the last barrier in his hurry to catch Harris, fourth. "I deliberately went to race the big guys for a fast time as I believe 48.3 will be needed to win the European title in Split," he said.**

**"I may have hit a plateau and wouldn't like to predict what I will achieve by 1992, but I would very much like to be the first British guy to go under 48 seconds and hopefully this year," he said.**

**Akabusi believes his annual trip to the USA, from which he returned a month ago has this year been far more significant. Both he and Roger Black trained in Irvine, California, with Danny Harris, for whom Akabusi has tremendous admiration.**

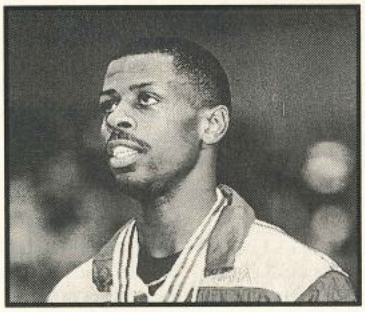
**Next week he will be back to basic competition when he runs the 400 metres at the Army Championships in Aldershot. "I enjoy going along and encouraging the young soldiers, they thoroughly enjoy the sport," he said. What he failed to add was the fact that he had turned down a large appearance fee to run in Madrid on the same weekend.**

**Akabusi will rest for three weeks before running in the international meeting at Portsmouth on 22nd June. A week later he will turn out against East Germany at Gateshead immediately testing his strength with a run in Bilbao the next day. He also intends having tough competition in Malmo in early August before competing in the Brussels and Zurich Grand Prix events.**

# McKay return attacked

AN appeal panel decision to reinstate Antonio McKay, banned in April for stimulant use, on the grounds that neither the athlete nor his doctor realised medication prescribed for 'flu contained a banned substance, has been heavily criticised by TAC president Frank Greenberg.

"I cannot understand how they overturned the decision to suspend," Greenberg said. "This would set a very bad precedent." The Athletics Congress rules contain a provision that ignorance of the regulations is not a valid defence. Chares DesJardins, chairman of the three-man appeal panel, claimed: "We don't believe we are setting a precedent. We made a decision on facts that are unique and that we thought were not sufficient to find McKay guilty. McKay, the 1987 world indoor champion over 400 metres, was tested positive in January for the banned substance phenylpropanalomine, registering a level of 29 micrograms per millilitre. Any level above one is considered positive.



McKay (pictured above) is one of a series of athletes who have fallen foul of the new harder line in America, though all athletes so far suspended have either tested positive for stimulants or, in the case of steeplechaser Henry Marsh, failing to turn up at a test.

World indoor long jump champion Larry Myricks and world 110 metres hurdles champion Greg Foster have received similar bans.

# Los Angeles runner-up suspended

**SOVIET marathon runner Sirje Eichelmann, the second place finisher in the Los Angeles Marathon on 4th March has been disqualified for drug abuse.**

**Eichelmann tested positive on both her A and B samples for nandroline metabolites, a banned steroid and the same drug that Polish runner Toni Niemczak was disqualified for several years ago.**

**Ironically, Niemcazk, now reinstated, finished second in Los Angeles this year.**

**Eichelmann, in a post-race interview with *Running Stats*, had originally attributed her 11-minute improvement to the weather, but the test suggests otherwise.**

**She will now have to forfeit her second place prize money and serve a two-year suspension.**

## QUOTE

"Certain individuals were out to get me and the fact that they didn't succeed is more a triumph of my innocence" **Andy Norman** in an interview in *Scotland on Sunday* commenting on the allegations made against him at the time of last year's AAA Championships.

"He has a habit of treating you like a piece of shit without realising it" **Pat Clohessy,** the Australian coach describing his dealings with BAAB Promotions Officer.

"There's nothing appealing to me regarding the sport today, because as far as I'm concerned, the values in respect of competing for your country are thrown out of the window. I'm a royalist and competing for your country has always been the most important thing to me," **Geoff Capes** claiming that money has taken the place of patriotism as a motivation to compete.

"There isn't anybody out there good enough to coach her. Only Stuart Storey and Mike Winch. And I hate Mike Winch and Stuart's retired." **Capes** on coaches in Britain, who he reckons aren't good enough to coach his daughter Emma.

"We have to iron out a few wrinkles in the system," **Casey Wade**, spokesman for the Sports Medicine Council of Canada who carried out a drug test on a total stranger who just happened to be with banned sprinter Ben Johnson when the drug testing officer arrived.

"I cannot understand how they overturned the decision to suspend," **Frank Greenberg**, TAC president, criticising an appeal panel's decision to reinstate Antonio McKay.

"I think the two-hour marathon is perfectly possible," **Franz Stampfl.**

"Every now and then I get into a mileage kick, running 100, 120, 130, 140 . . . I think you have to burn a few brain cells when you get up to 140," **Rob De Castella** explaining his philosophy of training.

## UNQUOTE

# READERS' LETTERS

***IT IS with deep regret and sorrow that Oldham and Royton H AC announce the sudden death of Mr Frank Hodson on 24th May.***

***Frank was president and secretary of the club and the very hub around which it has revolved, seemingly since time immemorial. He was also president and secretary of the South-east Lancashire Cross-country League, and was a well-known and respected figure at many of the Northern track and cross-country venues.***

***He was a member of that unsung band of heroes who year after year have given freely of their time and expertise in promoting amateur athletics. He will be sadly missed.***

***FOR the Veterans' Area match on 12th August to be held at Solihull, the Eastern Veterans' Athletic Club will be using their track and field championships to be held at Bedford on Sunday 17th June as a guide towards selecting their part of the combined EVAC/SWVAC teams.***

***Further details and entry forms: SAE to Howard Darbon, 1 St Augustine's Road, Bedford, MK40 2NB.***

***If you have views you would like to air, please write to Readers' Letters, Athletics Weekly, Bretton Court, Bretton, Peterborough PE3 8DZ***

## Politicking not race based

IT WAS ironic that John Regis' suggestion of racism in selection appeared in the same issue that *AW* reported Simmone Jacobs' 1990 track campaign had begun at the County Championships.

For it was Jacobs who, in a decision which defies explanation, was chosen for the 1984 Los Angeles Olympic team at the expense of Jayne Christian.

But then Jacobs is black and Christian is white or is that too easy an explanation? And if it is then why does Regis think that politicking among selectors and coaches is racially biased?

There are many of us in this sport whose determination to speak the truth as we see it has alienated us from the "establishment" but unlike John Regis we have no recourse to the easy "racist plot" to blame it on.

John Regis is a fool if he believes the nonsense that appeared under his name in *AW* and one who deserves short shrift.

**Dr Philip R Thomas**
**St Helens, Merseyside**

## Barriers to be faced

TOM McNAB just about hits the racist nail on its head when he refers to John Isaacs' face "not fitting". This situation occurs a lot for black people, particularly in employment where the examples of blacks being denied jobs that similarly or lesser qualified whites obtain are well documented.

The problem is not necessarily a matter of conscious "we don't want any blacks here" discrimination and can even be unintentional. Nevertheless, the resultant unwillingness to accept those "whose face does not fit" is discrimination. Furthermore, it is racial discrimination as it consistently and unequally operates against people who are black.

Being black also is certainly not just a matter of skin colour. Being black may for historical and cultural reasons, entail differing attitudes to those prevalent; it may mean different ways of doing things that are implicitly unacceptable to those in authority. Such perceptions may stop black participation at other than competitor level in each sport.

The poisition in athletics seems to be analgous to that of American Football where black sportsmen have participated for years yet only recently have black quarterbacks emerged and only last year saw the first black coach.

To suggest that racism exists in athletics is not to suggest that racial abuse is prevalent but that there are unseen racial barriers to progress into certain areas, notably the official coaching/governing end of the sport and that this needs to be faced.

**Ken R Johnston**
**Keighley, W Yorks**

## Search for Long Run

A SHORT time ago I was "stoking up" for a 10-mile run around the hills of the village of East Allington where I teach – this involved lunch at the local inn. Here I got into conversation with the owner, Ray Warden, who was Essex Junior 800m champion in the mid-50s.

On hearing of my interest in running and the fact I had produced a book called *Running in Devon* he turned out a small battered case full of *AWs* of the period and programmes concerning London-Brighton relays, British Games and old photographs. One in particular depicted himself with Jim Peters and we discussed the marvellous exploits of this great marathon runner, who broke the world record without money incentives or the aid of high-tech gear.

For many years I have been trying to purchase a copy of his book *In the Long Run* but without success. I wonder if any *AW* readers could help in this search.

**John W Legge**
**Totnes, Devon**

## Tickets too expensive

I TODAY received ticket information for various international athletic meetings due to be held at Crystal Palace and other stadia this summer. I must express my surprise and dismay at the prices being charged at Crystal Palace for many of their meetings. I have long supported athletics at Crystal Palace and frequently brought school groups to the same, but in recent years it has become less easy to justify doing so.

No doubt the big spectacular meetings will be sold out, but I can recall many badly attended meetings and I worry that more athletics fans will become alienated by the present pricing policy.

**L J Couplan**
**Shipley, W Yorks**

## Quality is the magic

NORMAN POOLE and his athletes have always had lessons to teach without going to East Germany. Clearly there is no magic in Germany but the essential difference between there and here is *quality* – quality in discipline (showing my age, using words like that in these sloppy – sorry – liberated times); quality in organisation; in stadium management; in attitude; in methods, aims, athlete support *and* back-up for coaches; self-respect; that's the difference. That's the magic.

Can't imagine them having facilities closed for May Day, Bank Holidays and for football matches, etc.

And when we are training? Sprint hurdlers develop head-up faults checking for posing athletes; sprinters and 400m hurdlers practice emergency stops and body swerves; high jump mats attract every idiot around and jumpers despair of finding peace to concentrate; long jumpers begin training with a treasure hunt; and PLEASE could someone arrange an athletics meeting without dogs, footballs and those noise-producing artificial brains some carry about?

If, by a miracle, we disturbed the sacred cow, the British club structure, one instant benefit would be the removal of the deadliest poison and threat to elite young athletes – the "friendly chat" with those who just happen to be proved and tested elite points scorers (oops) for a rival club at a time when the "friendly chatters" are in a blind panic about keeping their own flattering position in a league. Now a quality club would have the self-respect to produce its own athletes!

Dreams – just dreams.

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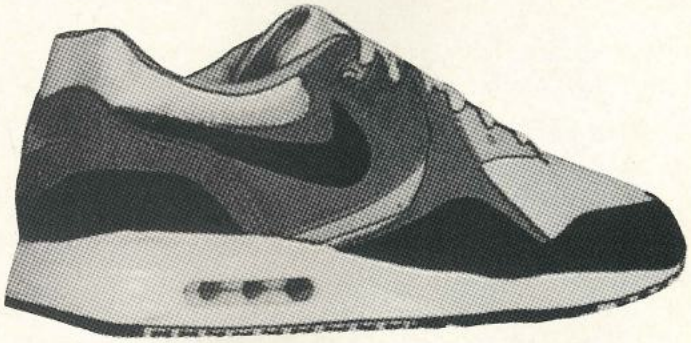
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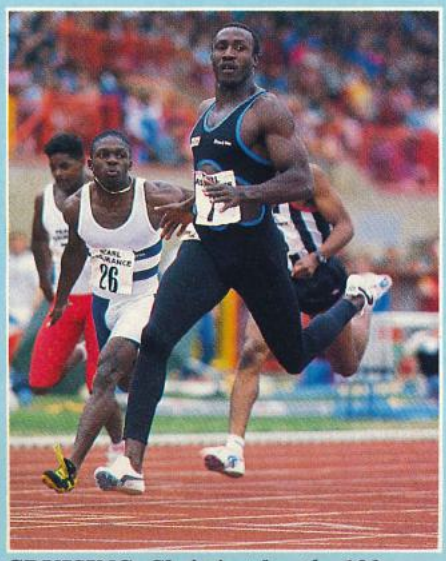
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# World record

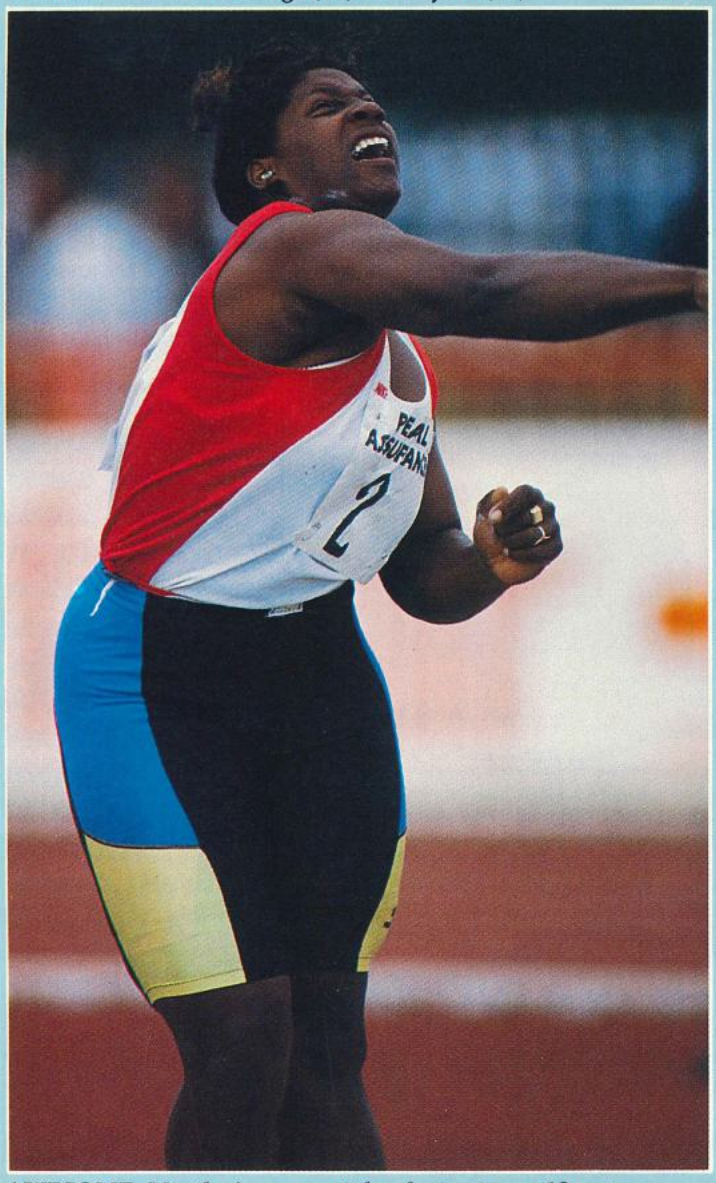



WINNING WALLACE: Torbay's Andrea (24) crosses the line ahead of McGeorge (17) and Wyeth (27)




CRUISING: Christie takes the 100

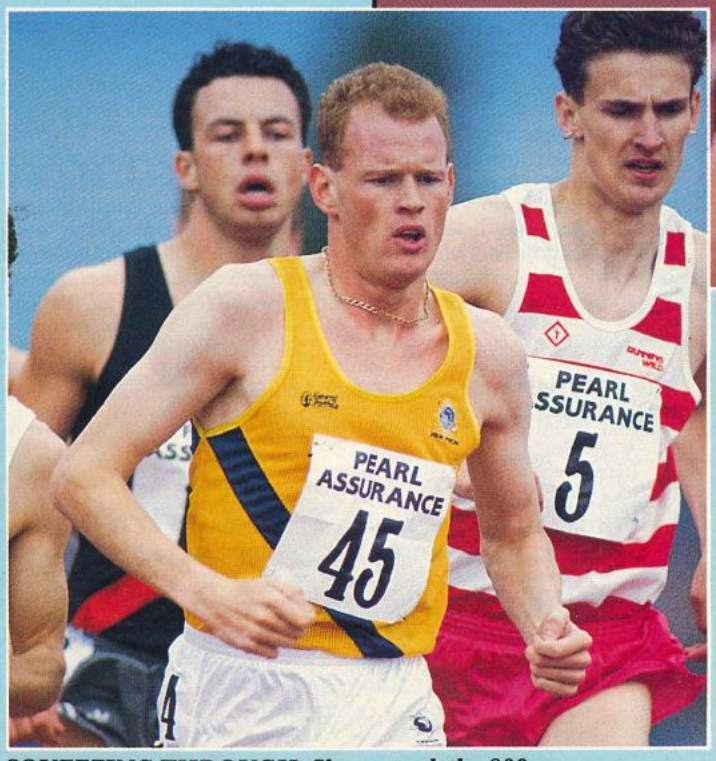





AWESOME: Myrtle Augee sent the shot out over 19 metres

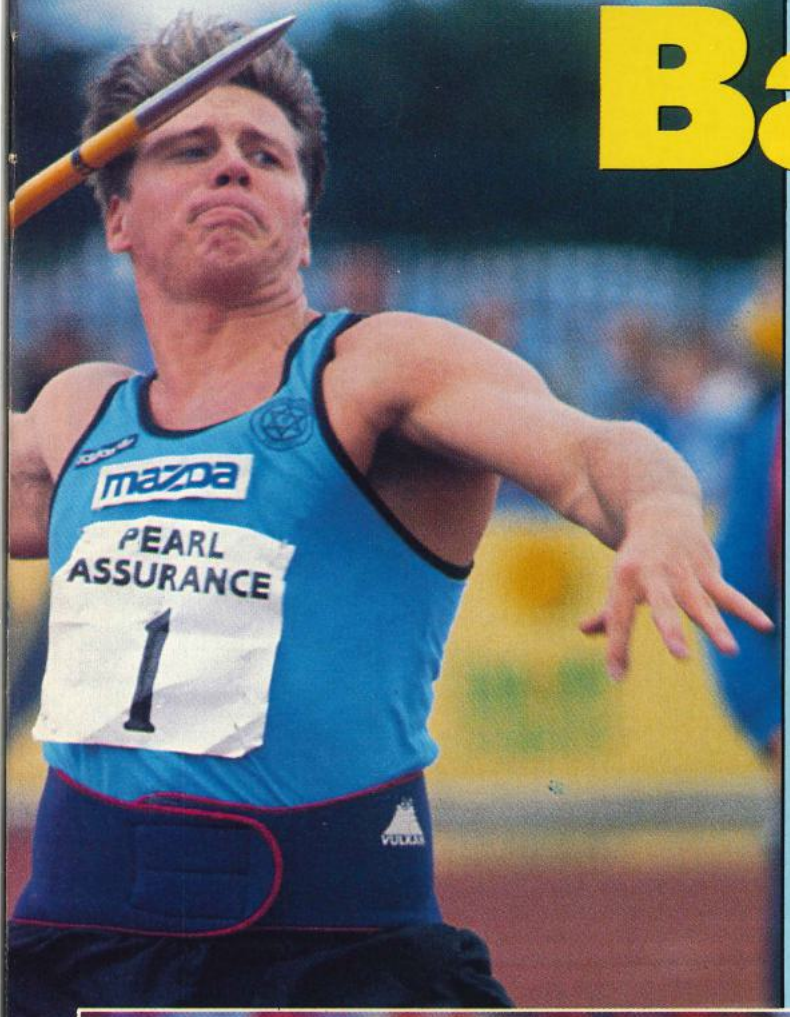


WORRIED: Whitbread




SQUEEZING THROUGH: Sharpe took the 800

# beckons for Backley



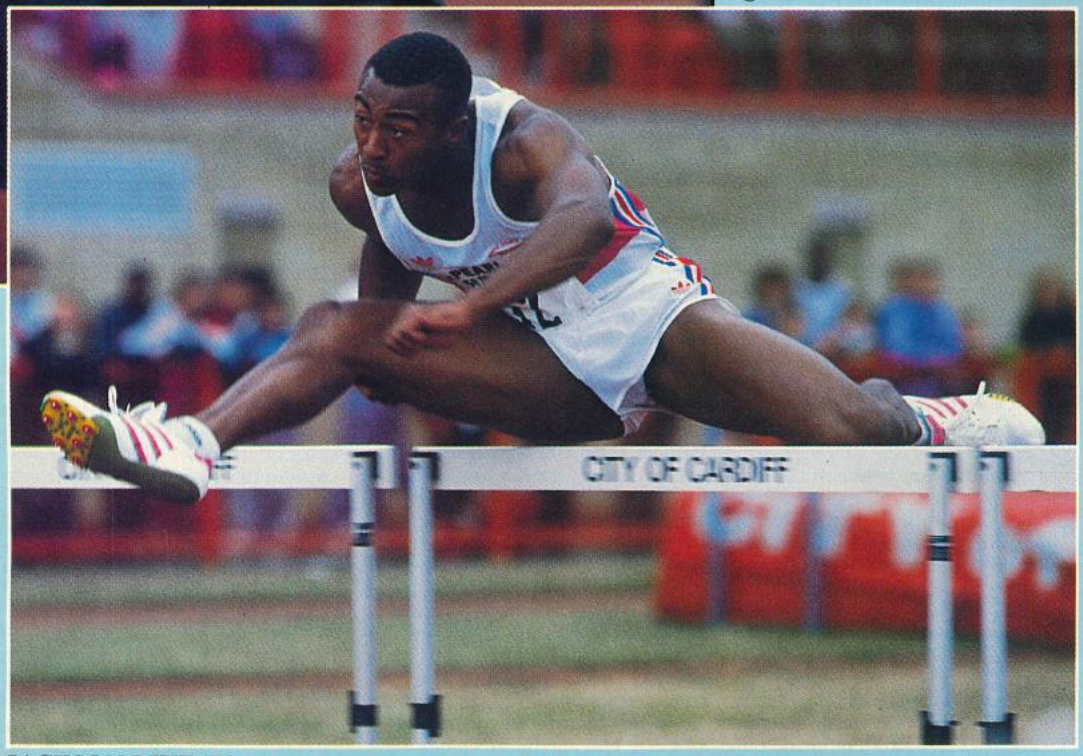

***Great performances from a handful of individuals helped to lift the sometimes mundane UK Champs to world-class level last weekend. Reporters STEVEN DOWNES and DAVE MARTIN took shelter in the new Leckwith stadium's stand as photographers GRAY MORTIMORE and CLARE SLATER/ALLSPORT braved the elements***

**IT HAD already been a good, early-season week for British athletics, what with Elliott's 800 and Regis' (unconfirmed) record run, not to mention Akabusi and Black's encouraging performances in Seville. But the sight of Steve Backley hurling the javelin 88.46 metres through the swirling Welsh winds, and Colin Jackson clipping the barriers on his way to 13.10 seconds, suggested that even the most bullish of claims for British medal hopes in Split might be right.**

**Neither of the young lions felt that they had produced a particularly good performance. "It's still early season", "the conditions weren't ideal", "I've still got things to work on" were typical of both Backley and Jackson's post-event analysis. What was significant was that neither of them were making excuses; both were convincing that better, maybe *world-record* marks, were still to come.**

**More's the pity, though, that such records did not happen on Sunday. But Backley came so close to claiming the £10,000 BAAB bounty on offer for a Briton to break a world record within these shores, and, subject to some close examination of Patrik Boden's claim to fame, may yet do so. More than two months after Sweden's Boden surprised the world with his 89.10 throw in Austin, Texas, doubts remain about the status of the college meet where it was achieved, and whether the mark will be formally ratified. Backley, the £10,000 aside, does not care though. His target is 90 metres.**

**The 21-year-old Cambridge Harrier threw his second-best ever, 86.00, with his first-round effort, and later complained that "I didn't really get hold of it". Yet the steel tape was out again after his next round throw when, presumably, he did get hold of it. As he came down the runway, a nearby windsock swirled around, as the wind shifted from being into Backley's face to blowing over his mighty shoulder. The spear soared for what seemed an age, and came down in the unmarked territory well beyond the 80-metre mark.**




**JACKSON DIVE: The Welshman was not satisfied with his performance**

CONTINUED ▶

Five minutes later, the Commonwealth record of 88.46 – over 290 feet – was announced, and those by the runway wondered what might have been, had Backley managed to throw from closer than nine feet to the foul line.

"You can sound like an arrogant so-and-so if you say that you're going to throw this or that at a particular meet," Backley explained afterwards when asked why, earlier last week, he had talked-down his chances of such a remarkable performance. "But I'm 21 now, I'm getting stronger. Since the Commonwealth Games, I've had no injuries, I've trained well, and I couldn't see any reason why I shouldn't beat my PB.

"Ninety metres has got to be on the cards now." No one was arguing.

Backley retired from the competition after "a lousy" third-round throw of 85.04m, having snagged his elbow. "If you haven't got the competition, you can lose concentration, and that's when you get injured." He expects to get competition from Raty and, perhaps, Boden in the numerous Grands Prix this summer.



*HOME WIN: Sallyanne Short takes the 100 metres title*

In a frantic five minutes just after 4pm last Sunday, Backley's throws followed on from Jackson's dominating run in the 110 metres hurdles. Even with competition from clubmate Nigel Walker and David Nelson, who came through into second over the last two flights, Jackson still finished more than half a second clear, recording 13.10sec so that he now holds the top three performances in the world this year. It was the first time he had ever raced competitively in Cardiff, and this perfectionist, too, complained of a faulty technique that he intends to rectify in pursuit of the world record at meetings like Oslo and Zurich.

However, not all the activity around the Leckwith stadium, filled with a capacity 4,600 spectators, augured medals and records. The afternoon had begun badly for Fatima Whitbread when she fell awkwardly after her first throw in the women's javelin.

By the fifth round, in her first competition in this country after 12 months of injury problems, she was still only third, with a best effort of 51.50. Trying to salvage pride and status by overtaking Sharon Gibson and Mandy Liverton in the final round, the eight-time UK champion stretched her suspect shoulder a mite too much, and afterwards was taken to a local hospital, where surgeons operated overnight on her broken shoulder.

Even the resilient former world record-holder had to admit that this may be the set-back that prevents her defending her European title. "But I'm still walking and still have my sense of humour," she said while in pain and receiving treatment.

Whitbread's below-par performance – she had expected a 60-metre throw, but described the swirling, blustery conditions as difficult – opened the way for consistent Gibson to retain the UK title, while 17-year-old Liverton's potential continued to emerge as she improved her PB to 57.84 metres.

Another of the women's throws was the scene of a breakthrough on Saturday, when Myrtle Augee convinced everyone that her Commonwealth gold medal and defeat of Judy Oakes was no fluke, as she beat her previous PB with her first three putts. Augee's first-round 19.03 metres – moving her to second on the British all-time list and making her ninth best in the world this year – allows her to look forward to a final place in Split. Her problem will be finding sufficient competition to help raise her performance level that extra notch; as at Saturday's date, the south London VDU operator had no invitations to meetings on the European circuit outside her native land.

The women discus throwers, too, provided encouragement, with 15-year-old Emma Merry fifth in her first senior UK Championships, and Jackie McKernan winning a competition in which four women threw beyond 50 metres, rare indeed for Britons.

In the men's shot, Matt Simson threw over 18 metres for the first time this year.

Linford Christie had an in-and-out sort of weekend. He looked masterful in the 100 metres final – his 31st race of the year – which he won in 10.13sec with the wind on this occasion just over the allowable limit, thus denying Jason Livingston a PB of 10.31, which gave the teenaged Croydon Harrier second place ahead of Dave Clark.

In the 200 metres heats, lack of concentration saw Christie eliminated when nipped on the line by Woodford Green's diminutive Ayo Falola. "If it was boxing," Christie was overheard to say to the delighted 21-year-old, "you'd be world heavyweight champion now. But I don't suppose you'd give me a rematch?"

A day later, and the European 100 metres champion admitted that he had made a careless mistake in the furlong heats, but that he would take the 200 metres more seriously elsewhere this summer, notably in Split. His next race, if not in Madrid this weekend, will be in Norway on 13th June. "I think this will be my best ever season. I've been doing everything in training to be the world No.1," he said, adding, "I think I'll go under 9.97; I hope under 9.9." In Christie's absence from the 200 metres final, Ade Mafe had a comfortable margin over Clark, who collected his second medal in two days.

The women's sprints, though lacking the quality of the men's races, certainly provided some thrilling finishes. Sallyanne Short came through in the last 20 metres of the 100 to delight the home crowd with a Welsh win, but she could not hang on to her lead in the 200, where Phyllis Smith, another double medallist, won a blanket finish in which 0.12sec covered the first four. After being left by Wendy Jeal over the first two hurdles, Short's training partner, Kay Morley, wrapped up a good meeting for Malcolm Arnold's squad with her 13.16sec hurdles win.

Few of the women's events were covered in much glory, however. With low entries for most events, performance standards were even lower. Di Edwards' victory in the 400 metres, for instance, pointed to positive things for her 800-metre running this season, but offered precious little encouragement for the state of British female one-lappers. The 800 was, if anything, even more pedestrian, while no one in the 1,500 or 3,000 metres was prepared to take on the pacemaking, resulting in worse-than-ordinary times.

After a string of 75sec laps in the 3,000 on Saturday, therefore, it was perhaps surprising that Andrea Wallace, the discovery of the cross-country season, was able to outkick more experienced track runners. For this was the Devon woman's seventh ever track race, her first ever 3,000 metres, yet she showed poise and confidence to match any breaks from Alison Wyeth and Laura Adam in the last three laps, and the speed to outsprint Sonia McGeorge, Wyeth and Bev Nicholson with a 64sec last lap, 31sec last 200.

North-east runners dominated both the men's 800 and 3,000 metres, events won with dramatic finishes. In the two-lap event, David Sharpe – who damaged his ribs playing soccer with Steve Cram during the week – was overtaken after leading at the bell, and looked well beaten by Jason Lobo, Kevin McKay and Martin Steele. But by launching a 36.1sec last 300, and squeezing through a gap on the inside in the last 50 metres of the home straight, Sharpe was able to squeeze into his palm his first UK Championship gold.

Rob Denmark looked to have judged his finish just right when he cruised past Geoff Turnbull on the last bend of the 3,000 metres, but the Valli Harrier checked his stride, moved out and counter-attacked to show that he should be in the reckoning for a 5,000 metres place in the team for Split.

In those European Championships, it is looking increasingly likely that Roger Black will be able, at least, to defend his 400 metres title. Victory at Cardiff saw him record his third sub-46sec lap within a week. Not the sort of stuff to get Schönlebe quaking in his spikes just yet, but maybe, combined with resurgent Derek Redmond, encouraging for British relay aspirations.

Black, like clubmate Kriss Akabusi, who won the 400 metres hurdles, paid the UK Championships a mild back-handed tribute by saying that he wanted to compete at Cardiff because he wanted to enjoy racing at "that level" again. Often maligned in the past for the poor standard of performances, the UKs do, as shown last weekend, serve a useful purpose, especially for the second-tier of Britain's athletes, the

ones trying to make a breakthrough to international class.

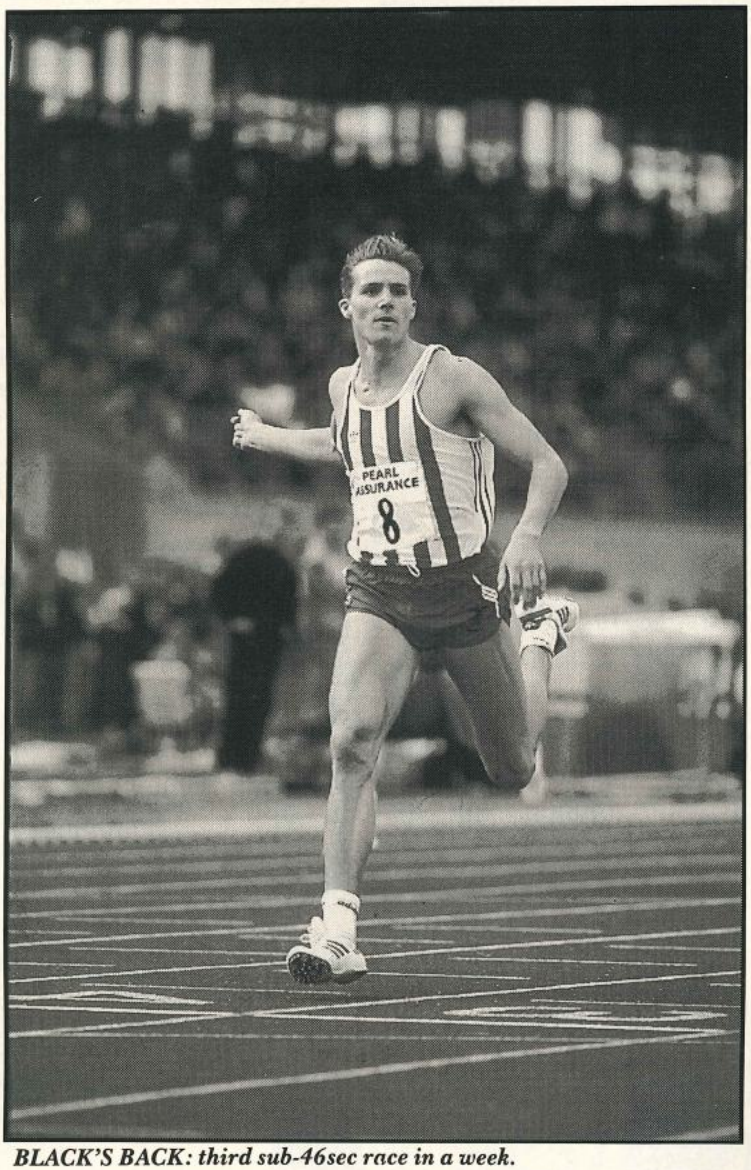
This year, for instance, as well as the reward of having the weekend's expenses refunded for placing in the first six, winners had their "prize" – selection for tomorrow's match against Finland – thrust into their hands by one of Les Jones' busy team managers. This was a useful added element to the meeting, as was the appearance of that clutch of "star" performers, like Backley, Jackson and Christie. Shame, then, that television, for the first time since the closed championships were established in 1977, failed to transmit coverage of the event as it happened.

## RESULTS

**(a) = Saturday 2nd June; (b) = Sunday 3rd June**

### Men

**(a) 100 Ht1 (−3.20):**
**1,** L Paul (Bel) 10.99; **2,** L Christie (TVH) 10.99; **3,** N Will (Camb) 11.26; **4,** M Phills (Old G) 11.39; **5,** H Morgan (HW) 11.49; **6,** R Nettleton (Ash) 11.63; **7,** A Lewis (H'gate) 11.68.
**Ht 2 (−3.50):**
**1,** M Rosswess (Bir) 10.63; **2,** C Rumbolt (SB) 10.67; **3,** A Falola (Wood G) 10.80; **4,** S Fletcher (Der) 10.86; **5,** P Goedluck (Bel) 10.93; **6,** D Turner (New) 11.15.
**Ht 3 (−0.50):**
**1,** A Mafe (Lon I) 10.73; **2,** R Lewis (Ton) 10.78; **3,** N Stickings (GEC) 10.83; **4,** M Forsythe (B&A) 10.91; **5,** B Davis (NEB) 10.98; **6,** H Proctor (B'hth) 11.05; **7,** M Wright (Leeds) 11.06.
**Ht 4 (−0.80):**
**1,** J Kenny (Ilf) 10.68; **2,** M Rey (WSE) 10.79; **3,** A Doris (ESPC) 10.87; **4,** E Cutting (B'stoke) 10.97; **5,** L Murrain (Har) 11.01; **6,** R Samuel (Old G) 11.03; **7,** M Blanchard (Grim) 11.64.
**Ht 5 (+1.20):**
**1,** J Livingston (Croy) 10.58; **2,** D Clark (Cal Pk) 10.73; **3,** R Burke (SB) 10.77; **4,** R Sexton (N Down) 10.79; **5,** M Williams (Team S) 11.12; **6,** P Sloan (Bir) 11.24; **7,** S McKoy (Old G) 11.36.
**(a) Semi Finals (+2.60):**
**1st: 1,** Chrsitie 10.48; **2,** Livingston 10.52; **3,** Kenny 10.67; **4,** Clark 10.67; **5,** Fletcher 10.76; **6,** Stickings 10.77; **7,** Lewis 10.78; **8,** Rey 10.80.
**2nd (−1.20): 1,** Rosswess 10.56; **2,** Rumbolt 10.57; **3,** Falola 10.61; **4,** Paul 10.65; **5,** Mafe 10.67; **6,** Burke 10.73; **7,** Sexton 10.86; 8, Doris 10.89.
**(b) Final (+2.20): 1,** Christie 10.13; **2,** Livingston 10.31; **3,** Clark 10.39; **4,** Rosswess 10.45; **5,** Rumbolt 10.53; **6,** Falola 10.56; **7,** Paul 10.62; **8,** Kenny 10.65.
**(a) 200 Ht 1 (−2.40): 1,** A Falola (Wood G) 21.84; **2,** L Christie (TVH) 21.86; **3,** R Sexton (N Down) 22.09; **4,** S Rees (Swan) 22.26; **5,** P Goedluck (Bel) 22.29; **6,** M Phills (Old G) 22.31; **7,** D Turner (Newp) 22.54.
**Ht 2 (−2.60): 1,** A Mafe (Lon I) 21.69; **2,** M Rey (WSE) 21.69; **3,** M McIntyre (Croy) 22.04; **4,** P Crampton (Spen) 22.15; **5,** J Donley (TVH) 22.29; **6,** R Nettleton (Ash) 22.46; **7,** B Davis (NEB) 22.56.
**HT 3 (–0.20) 1,** S Wariso (Enf) 21.60; **2,** S Weathers (TVH) 21.67; **3,** J Kenny (Ilf) 21.68; **4,** N Will (Camb) 21.70; **5,** D McKenzie (Croy) 22.41; **6,** M Wright (Leeds) 22.50; **7,** A Lester (WSE) 23.05.
**Ht 4 (−0.40): 1,** M Rosswess (Bir) 21.34; **2,** D Clark (Cal Pk) 21.45; **3,** M Smith (S'end) 21.47; **4,** S Fletcher (Der) 21.87; **5,** L Murrain (Har) 22.37; **6,** M Williams (Team S) 22.63; **7,** E Robinson (HHH) 22.77.
**(b) Final (+0.70): 1,** Mafe 21.13; **2,** Clark 21.14; **3,** Rosswess 21.26; **4,** Smith 21.57; **5,** Wariso 21.61; **6,** Kenny 21.62; **7,** Falola 22.00; **8,** Weathers 22.09.
**(a) 400 Ht1: 1,** R Black (Team S) 47.30; **2,** R Hill (Bart) 48.02; **3,** G Bakewell (Roth) 48.19; **4,** G Fraser (Sand) 49.01; **5,** L Fairclough (Ports) 49.05; **6,** R Blaber (Swin) 49.30; **7,** D Morrish (Croy) 49.70; **8,** N Bourne (B'hth) 51.03.
**Ht 2: 1,** P Sanders (Team S) 48.10; **2,** S Coupland (Sheff) 48.55; **3,** S Baggaley (GEC) 49.09; **4,** S Toogood (Chelm) 49.46; **5,** J Gowon (Leeds) 49.66; **6,** G Vickers (Tel) 50.99; **7,** A Vaughan (KPH) 51.92; **8,** D Baptiste (Bel) 55.39.
**Ht 3: 1,** M Morris (WSE) 47.35; **2,** T Odell (Soton) 47.52; **3,** S Hawkins (Enf) 48.11; **4,** R Houchin (Leeds) 49.10; **5,** D Shepherd (Bir) 49.28; **6,** D Donovan (E&E) 49.82; **7,** K Williams (Ports) 50.11; **8,** N Barker (Team S) 51.33.
**Ht 4: 1,** M Richardson (WSE) 48.68; **2,** K Bentham (TVH) 48.76; **3,** D Grindley (Wig) 49.00; **4,** P Roberts (Car) 49.58; **5,** M Iheanacmd (Team S) 51.38; **6,** K Palmer (S'end) 52.70.
**(b) Final: 1,** Black 45.63; **2,** Sanders 46.75; **3,** Richardson 46.88; **4,** Morris 47.28; **5,** Hawkins 47.84; **6,** Odell 48.11; **7,** Bakewell 48.15; **8,** Hill 48.37.
**(a) 800 Ht 1: 1,** D Sharpe (J&H) 1:50.48; **2,** R Barrett (Carm) 1:50.98; **3,** J Rigg (Warr) 1:51.15; **4,** R White (NEB) 1:51.28; **5,** M Aris (WSE) 1:52.54; **6,** D Tullett (Chelm) 1:52.62; **7,** A Whittaker (Sheff) 1:52.94; **8,** S Fairclough (Wig) 1:53.18; **9,** E Betts (QPH) 1:53.65.
**Ht 2: 1,** M Steele (Long) 1:50.64; **2,** P Burgess (Wig) 1:51.05; **3,** L Blackledge (B&F) 1:51.07; **4,** S Price (Car) 1:51.09; **5,** H Smith (B'mth) 1:53.05; **6,** R Turner (Med) 1:53.44; **7,** S Wilson (HW) 1:53.71; **8,** M Ravenhill (TVH) 1:53.91; **9,** K Ducker (Blay) 1:57.95.
**Ht 3: 1,** K McKay (Sale) 1:51.43; **2,** T West (Morp) 1:51.60; **3,** M Sesay (Leeds) 1:51.87; **4,** M Barker (Leic) 1:52.56; **5,** R Miller(SB) 1:53.78; **6,** D Rowbotham (Cope) 1:54.18; **7,** B Brackstone (Brack) 1:55.16; **8,** T Jeal (B'burn) 1:56.59.
**Ht 4: 1,** J Lobo (B'burn) 1:50.71; **2,** C Gilby (Camb) 1:51.00; **3,** J O'Shea (Wok) 1:52.71; **4,** A Walker (Cal Pk) 1:52.90; **5,** M Hibberd (Leics) 1:54.18; **6,** P Duffy (Greenock) 1:54.31; **7,** S Overton (Team S) 2:0032.
**Ht 5: 1,** A Hart (Leam) 1:53.22; **2,** J Griffiths (Sale) 1:53.70; **3,** P Broadley (Notts) 1:54.85; **4,** S Wood (Leeds) 1:54.94; **5,** S Hird (Sheff) 1:55.09; **6,** A Reader (SLH) 1:55.91; **7,** N Fellows (TVH) 1:56.09.
**(b) Final: 1,** Sharp 1:51.46; **2,** Steele 1:51.63; **3,** McKay 1:51.63; **4,** Lobo 1:51.97; **5,** Barrett 1:52.03; **6,** Hart 1:53.01; **7,** Burgess 1:53.59; **8,** Gilby 1:55.72.
**(a) 1,500 Ht 1: 1,** R Whalley (H'fax) 3:47.36; **2,** I Manners (H'gate) 3:47.62; **3,** D Ottaway (Hull) 3:47.63; **4,** S Patton (Bel) 3:49.15; **5,** A keith (H'fax) 3:49.63; **6,** M Clarkson (Sand) 3:50.46; **7,** A Reilly (HW) 3:51.85; **8,** M Forder (GEC) 3:52.25; **9,** B Foster (B'hth) 3:55.22; **10,** R Large (Soton) 3:57.96.
**Ht 2: 1,** A Geddes (Crewe) 3:46.35; **2,** M Kirk (B'mena) 3:46.71; **3,** L Mangleshot (Wood G) 3:47.19; **4,** J Wilkinson (Leeds) 3:47.36; **5,** S Green (Stret) 3:48.28; **6,** G Tromans (Cov) 3:48.89; **7,** I Grime (O&R) 3:48.94; **8,** D Donnett (W&B) 3:48.97; **9,** M Chaston (Bel) 3:50.02; **10,** M Benson (Leeds) 3:56.21.
**Ht 3: 1,** N Hopkins (Reig) 3:46.55; **2,** S Rayner (HW) 3:46.67; **3,** M Howard (Phoen) 3:46.87; **4,** G Owen (Swan) 3:50.99; **5,** M Hicks (Inv) 3:51.43; **6,** S Mosley (Card) 3:53.77; **7,** H McInnes (Old G) 3:54.09; **8,** I Gillespie (C'Bank) 3:54.64; **9,** M Olden (L I) 3:55.12; **10,** S Green (Bing) 3:57.01.
**Ht 4: 1,** N Horsfield (Newp) 3:44.82; **2,** S Fielding (Leeds) 3:45.18; **3,** M Fallows (ESPC) 3:47.46; **4,** R Hollingsworth (Notts) 3:47.82; **5,** K Howard (Phoen) 3:48.82; **6,** D Middleton (RSC) 3:49.34; **7,** S Knight (Car) 3:50.06; **8,** W Speake (W&B) 3:52.10; **9,** G Eames (Car) 3:52.79; **10,** J Dennis (Camber); **11,** P Healy (B'drain) 3:54.72; **12,** D McTeav (Gates) 3:56.37; **13,** P Fitzpatrick (St'port) 3:57.90.).
**(b) Final: 1** Horsfield 3:48:39; **2,** Whalley 3:49.07; **3,** Geddes 3:49.18; **4,** Hopkins 3:49.23; **5,** Kirk 3:49.53; **6,** Howard 3:50.01; **7,** Fielding 3:50.68; **8,** Fallows 3:51.33; **9,** Mangleshot 3:52.01; **10,** Wilkinson 3:52.23.
**(b) 3,000 final: 1,** G Turnbull (Valli) 8:11.35; **2,** R Denmark (Gates) 8:11.90; **3,** T Hanlon (Cal P) 8:12.71; **4,** C Ridding (Cov G) 8:14.40; **5,** J Hartigan (Tip) 8:16.27; **6,** B Hussain (St'port) 8:16.35; **7,** D Mead (Bel) 8:18.96; **8,** J Mayock (Rock) 8:20.06; **9,** A Johnson (Els) 8:20.36; **10,** C Udall (Bur) 8:22.15; **11,** K Howard (Phoen) 8:22.48; **12,** M Clarkson (Sand) 8:23.19; **13,** M Quinn (H'gate) 8:24.25; **14,** E Wedderburn (Tip) 8:31.09; **15,** A Reid (P'head) 8:33.37; **16,** C Payne (AFD) 8:34.54; **17,** S Johnson (Bing) 8:38.85.
**(a) 5,000 final: 1,** S Mugglestone (Ox Un) 13:43.7; **2,** J Richards (Corn) 13:46.3; **3,** D McNeilly (Bris) 13:47.7; **4,** G Nagel (Valli) 13:51.5; **5,** A Bristow (B&H) 13:52.9; **6,** M Harris (Ports) 13:53.9; **7,** M Flint (Tel) 13:54.5; **8,** M King (Har) 13:55.8; **9,** C Sweeney (Tip) 13:57.8; **10,** J Sherban (SB) 14:03.7; **11,** P Cuskin (Valli) 14:04.9; **12,** M Dalloway (Stour) 14:09.2; **13,** R Findlow (A&SV) 14:12.5; **14,** K Harris (Stret) 14:14.4; **15,** D Miles (Gates) 14:23.5; **16,** J Barton (B'heath) 14:40.9.




***BLACK'S BACK: third sub-46sec race in a week.***

**(a) 5,000 Standards: 1,** L Mathews (Sal) 14:06.99; **2,** B Hussain (St'port) 14:07.89; **3,** J Hill (Newp) 14:08.63; **4,** D Buzza (Con) 14:10.96; **5,** R Partridge (AFD) 14:11.68; **6,** P Dugdale (Hor) 14:12.03; **7,** S Platts (Mor) 14:12.36; **8,** S Brace (Bord) 14:12.91; **9,** P O'Brien (O Gay) 14:15.55; **10,** D Banister (SBH) 14:16.73; **11,** T Butler (Read) 14:17.23; **12,** R Quinn (W&B) 14:18.06; **13,** D Neal (RN) 14:19.49; **14,** B Bedell (Tel) 14:21.64; **15,** A Pearson (Long) 14:23.21; **16,** A Jackson (Stu) 14:25.51; **17;** S Brooks (Bing) 14:42.79.
**(b) 3,000SC Ht1: 1,** N Smart (Sale) 8:56.69; **2,** T Buckner (Hav) 8:59.75; **3,** J Chaston (Bel) 9:00.37; **4,** S Newport (B'heath) 9:02.00; **5,** M Hutchinson (Stret) 9:06.36; **6,** C Harry (Har) 9:09.11; **7,** B Matthews (Barry) 9:10.35; **8,** K Usher (Houn) 9:10.78; **9,** T Hodkinson (Bir Un) 9:13.08; **10,** K Stirrat (Ox Un) 9:14.05; **11,** P Brice (Cam Un) 9:21.37; **12,** N Smart (West) 9:26.34; **13,** D Booth (Stret) 9:37.75; **14,** G Hargreaves (Gates) 9:51.57.
**Ht 2: 1,** A O'Connor (RSC) 9:00.62; **2,** G Saker (GEC) 9:05.86; **3,** M Hawkins (Bing) 9:06.37; **4,** K Penney (Har) 9:08.26; **5,** S Parr (Gates) 9:08.99; **6,** M Roscoe (Leeds) 9:09.53; **7,** J Pavis (Rown) 9:14.58; **8,** A Lyons (Hull) 9:17.71; **9,** J Beeden (Sheff) 9:25.25; **10,** D Hoinville (High) 9:26.95; **11,** S Bird (Inv) 9:31.07; **12,** P Cook (Barry) 9:36.15.
**(b) 3,000 SC: 1,** Penney 8:50.90; **2,** Buckner 8:54.84; **3,** Newport 8:56.55; **4,** Chaston 8:58.12; **5,** Hawkins 9:01.26; **6,** O'Connor 9:01.90; **7,** Saker 9:10.20; **8,** Parr 9:11.89; **9;** Hutchinson 9:14.67; **10,** Roscoe 9:29.74.
**(a) 110H Ht 1** (+0.50): **1,** C Jackson (Car) 13:38; **2,** N Fraser (Inv'ness) 14.49; **3,** M Nicholson (Granth) 14:76; **4,** A Smailes (W&B) 14:82; **5,** A Carter (Bel) 15:08; **6,** T Price (NEB) 15:40; **7,** A Leiper (AFD) 15:79; **8,** A Lewis (H'gate H) 15:81.
**Ht 2** (+2.60): **1,** D Nelson (W&B) 13:85; **2,** J Wallace (NEB) 14:40; **3,** R Harbour (B&V) 14:51; **4,** R Davies (Car) 14.61; **5,** R Hunter (Gates) 15:32; **7,** D Brooking (Ply) 15:57; **8,** K Robbins (Bir) 15:73.
**Ht 3** (+0.60): **1,** N Walker (Car) 14:03; **2,** A Tulloch (W&B) 14:11; **3,** P Masters (Morp) 14:82; **4,** E Harrison (TVH) 14:89; **5,** C Hamplett (B'heath) 15:05; **6,** C Iles (O Gay) 15:62; **7,** I Wells (Bel) 15:84; **8,** M Coker (T Sol) 15:86.
**(b) final** (+1.10): **1,** Jackson 13:10 (UK AC rec); **2,** Nelson 13:62; **3,** Walker 13:77; **4,** Tulloch 13:80; **5,** Fraser 14:28; **6,** Wallace (NEB) 14:37; **7,** Davies 14:44; **8,** Harbour 14:50.
**400H Ht1:**
**1,** K Akabusi (Team S) 51.49; **2,** W Robins (Bir) 52.28; **3,** A Palk (Team S) 52.65; **4,** T Shepard (Hill) 53.63; **5,** M Evans (SB) 54.02; **6,** T Price (NEB) 54.57; **7,** R Williams (RN) 55.29; **8,** M Watkins (WSE) 57.32.
**Ht 2: 1,** P Harries (Der) 51.74; **2,** M Briggs (Stoke) 52.42; **3,** G Dunson (SB) 53.15; **4,** N Hammersley (Bel) 53.99; **5,** P Dunston (NEB) 54.68; **6,** M Coker (Team S) 55.21; **7,** J Davenhill (Exe U) 55.41; **8,** S Pratt (QPH) 57.36.
**Ht 3: 1,** R Brown (Leeds) 53.04; **2,** C Anderson (Team S) 53.45; **3,** P Gray (Card) 54.01; **4,** S Harridge (TVH) 54.16; **5,** G Streather (Brent) 54.68; **6,** I Wells (Bel) 55.30; **7,** D Hodge (WSE) 57.07; **8,** C Cholerton (Der) Disq.
**(b) Final: 1,** Akabusi 51.50; **2,** Harries 52.49; **3,** Briggs 53.03; **4,** Brown 53.32; **5,** Anderson 53.36; **6,** Palk 53.54; **7,** Dunson 53.70; **8,** Robins 54.80.
**(a) 10,000 Walk Final: 1,** I McCombie (Camb H) 41:16.00; **2,** M Easton (Surr) 41:45.39; **3,** A Penn (Cov RWC) 44:10.67; **4,** G Holloway (Splott) 44:41.65; **5,** J Ball (Steyn) 44:49.32; **6,** P Chichester (Splott) 45:40.94; **7,** M Young (Leic) 46:37.72; **8,** C Walmsley (Cov RWC) 46:42.12; **9,** G Jackson (Cov RWC) 47:35.89; **10,** A Pryor (Splott) 47:55.86; **11,** K Butler (Trow) 51:57.20.
**(b) PV Final: 1,** A Ashurst (Sale) 5.30; **2,** M Edwards (Bel) 5.20; **3,** D Mellor (Roth) 5.00; **4,** M Belsham (Sale) 4.90; **5,** N Winter (SB) 4.70; **6,** M Hodkinson (Bir) 4.70; **7,** A Orrell (B'burn) 4.70; **8eq,** M Grant (TVH) & G Price (Swan) 4.50; **10,** W Siley (Stret) 4.50.
**(b) HJ: 1,** D Grant (Har) 2.25 (eqCBP), 2, G Parsons (Lon) 2.20; **3,** B Reilley (Cor) 2.20; **4,** W Caswell (B'hth) 2.10; **5,** D Baker (Enf) 2.05; **6,** J Hopper (Lough S) 2.00.
**(a) LJ Final: 1,** K Liddington (Bir) (7.09, 7.52, 7.62, 7.56, 7.39, 7.53) 7.62; **2,** W Griffith (Enf) (7.40, 7.41, x, 7.45, x, 7.58w) 7.58w; **3,** J Shepherd (Enf) (x, 7.22, x, 7.50, 7,35, 7,34) 7.50; **4,** K Fleming (WSE) 7.38; **5,** G Slade (Leeds) 7.32w; **6,** P Johnson (Bir) 7.24; **7,** I Simpson (Leeds) 7.12; **8,** A Lewis (H'gate) 6.77; **9,** T Hallett (S'hurst Col) 6.27.
**(a) TJ Final: 1,** F Agyepong (SB) (16.06, x, 15.57, x, 15.48, x) 16.06; **2,** J Edwards (Gate) (15.48, 15.49, –, x, –, –) 15.49; **3,** J Sweeney (TVH) (14.14, 14.83, x, 14.95, x, 15.22) 15.22; **4,** M Brown (Har) 15.17; **5,** P Weston (Bris) 14.60; **6,** P Ralph (GEC) 14.41; **7,** P Angus (WSE) 14.18; **8,** P Farmer (Car) 14.17.
**(a) SP Final: 1,** P Edwards (RAF) (17.94, x, 18.51, 18.57, 18.50, 18.0) 18.57; **2,** M Simson

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# PEARL ASSURANCE UK CHAMPIONSHIPS, CARDIFF, 2nd-3rd JUNE 1990

## ◀ CONTINUED

(Thurr) (18.08, 18.52, x, x, x, 17.90) 18.52; **3,** S Whyte (Lut) (16.89 x, 17.24, x, x, x) 17.24; **4,** N Spratley (Read) 17.00; **5,** D Callaway (Soton) 15.95; **6,** M Davies (Ton) 15.51; **7,** G Perryman (Old G) 15.42; **8,** S Armstrong (NEB) 15.12; **9,** L Marar (SLH) 14.43; **10,** N Cooper (W&B) 14.21.

**(a) DT Final: 1,** P Mardle (W&B) (x, 56.56, 57.02, x, 56.28, x) 57.02; **2,** A Ekoku (Bel) (54.58, 56.46, 56.44, x, x) 56.46; **3,** S Casey (Wood G) (x, 53.68, x, x, 54.46, x) 54.46; **4,** G Herrington (Bir) 54.04; **5,** P Gordon (W&B) 53.16; **6,** P Edwards (RAF) 52.10; **7,** D McDonald (NEB) 50.52; **8,** N Thompson (SB) 50.38; **9,** G Smith (S&SH) 48.96; **10,** M Davies (Ton) 48.48; **11,** M Woolcott (Har) 48.32; **12,** M Symonds (TVH) 47.64; **13,** L Marar (SLH) 47.50; **14,** A Kruszewski (Camb) 47.20; **15,** M Proctor (RAF) 46.28; **16,** J Moreland (Cov) 45.08; **17,** E Hollingsworth (Sheff) 44.68; **18,** I Naylor (Tel) 41.54; **19,** J Tranter (Notts) 41.26.

**(a) HT Final: 1,** P Head (NEB) 71.64; **2,** M Jones (SB) 68.24; **3,** J Byrne (WSE) 67.98; **4,** G Cook (TVH) 64.62; **5,** C Howe (Wood G) 61.74; **6,** G Callow (Har) 58.28; **7,** B Baptiste (NEB) 55.48; **8,** S Sammut (G&G) 53.80; **9,** S Sprately (Read) 51.72.

**(b) JT Final: 1,** S Backley (Camb) (86.00, 88.46, 85.04, –, –, –) 88.46 (Comm, UK Nat, UK Ac rec); 2, M Cottrell (Soton) (72.26, 69.38, x, x, x, 72.54) 72.54; **3,** G Jenson (Har) (67.80, 66.74, 68.38, 68.92, 72.20, 69.32) 72.20; **4,** P Yates (B'hth) 71.36; **5,** D Messom (Old G) 69.02; **6,** T Newenham (Car) 63.48; **7,** D Barros (Houn) 58.72.

## Women

**(a) 100 Ht 1 (−0.20): 1,** P Smith (W&B) 11.75; **2,** S Short (Torf) 11.78; **3,** R Kirby (Houn) 12.11; **4,** J Howard (Ply) 12.30; **5,** S Farquharson (Croy) 12.32; **6,** D Burkmar (AFD) 12.57. **Ht 2 (+1.50): 1,** B Kinch (Houn) 11.69; **2,** J Harman (Ex L) 11.73; **3,** L Stuart (M&C) 11.86; **4,** M Thomas (W&B) 12.13; **5,** L Armstrong (Torf) 12.17; **6,** S Williams (Har) 12.58. **Ht 3 (−0.50): 1,** H Miles (Car) 11.82; **2,** C Bloomfield (HHH) 11.98; **3,** L Fraser (Stret) 12.05; **4,** S Collins (Stret) 12.24; **5,** D Cousins (Bas) 12.35.

**(a) Semi-finals: 1st (−1.30): 1,** Smith 11.73; **2,** Kinch 11.74; **3,** Miles 11.81; **4,** Bloomfield 11.92; **5,** Kirby 12.22; **6,** Armstrong 12.38. **2nd (−2.60): 1,** Short 11.87; **2,** Harman 12.00; **3,** Fraser 12.07; **4,** Stuart 12.16; **5,** Collins 12.41; **6,** Thomas 12.56. **(b) Final (+4.60): 1,** Short 11.36; **2,** Smith 11.40; **3,** Miles 11.45; **4,** Kinch 11.46; **5,** Harman 11.63; **6,** Fraser 11.68; **7,** Stuart 11.72; **8,** Bloomfield 11.81.

**(a) 200 Ht 1 (+0.50): 1,** P Smith (W&B) 23.97; **2,** J Harman (Esx L) 24.19; **3,** S Williams (Har) 25.11; **4,** E Spencer (Houn) 25.27; **5,** D Cousins (Bas) 25.28; **6,** N Crowther (Mil.K) 25.44; **7,** C Amede (Mx L) 25.78. **Ht 2 (+1.00): 1,** L Stuart (M&C) 24.45; **2,** C Bloomfield (HHH) 24.69; **3,** H Burkart (Croy) 24.72; **4,** R Kirby (Houns) 24.82; **5,** M Thomas (W&B) 25.38; **6,** J Howard (Ply) 25.43; **7,** L Armstrong (Torf) 25.59. **Ht 3 (−0.20): 1,** S Short (Torf) 23.98; **2,** D Fraser (Croy) 24.85; **3,** K Murphy (Wig) 24.95; **4,** S Collins (Stret) 24.98; **5,** D Burkmar (AFD) 25.50. **(b) Final (+2.60): 1,** Smith 23.97; **2,** Stuart 24.00; **3,** Short 24.04; **4,** Harman 24.09; **5,** Burkart 24.66; **6,** Bloomfield 24.66; **7,** Kirby 24.86; **8,** Fraser 25.01.

**(a) 400 Ht 1: 1,** D Edwards (Sale) 53.97; **2,** S Douglas (Stret) 54.39; **3,** P McClean (Bir) 54.57; **4,** S O'Connell (B'mena) 54.77; **5,** G Honley (SB) 55.38; **6,** E Spencer (Houn) 56.16; **7,** H Patterson (Sale) 56.71; **8,** A Evison (Wrex) 59.81. **Ht 2: 1,** P Beckford (W&B) 54.42; **2,** D Kitchen (EWH) 54.45; **3,** G Macintyre (Monk Shett) 54.79; **4,** T Goddard (Midhants) 55.40; **5,** L Smith (Croy) 55.91; **6,** L Hopkins (Enf) 57.16; **7,** S Elson (Leeds) 58.43; **8,** L Gabriel (Cov) 1:00.44. **(b) Final: 1,** Edwards 54.32; **2,** Douglas 55.02; **3,** Beckford 55.49; **4,** Kitchen 55.56; **5,** O'Connell 55.56; **6,** McLean 55.62; **7,** MacIntyre 56.19; **8,** Honley 56.37.

**(a) 800 Ht 1: 1,** M Kitson (Houn) 2:08.20; **2,** P Fryer (Sale) 2:08.41; **3,** A Coates (Bing) 2:09.78; **4,** W Williams (Salis) 2:10.72; **5,** K Kemp (Leic C) 2:11.64; **7,** C Brook (Lis) 2:12.19; **8,** H Donoghue (Swan) 2:15.56. **Ht 2: 1,** H Thorpe (Camb) 2:08.05; **2,** J Stewart (Glas) 2:09.91; **3,** J Latimer (Oxf U) 2:10.95; **4,** A Davies (Midhants) 2:11.25; **5,** M Wilkinson (Sale) 2:12.60; **6,** V Graham (Wok) 2:13.93; **7,** J Hawthorne (Birm U) 2:14.86; **8,** C Griffin (Camb H) 2:18.70. **Ht 3: 1,** S Wheeler (B'mth) 2:07.83; **2,** C Robinson (Brom) 2:09.10; **3,** J Allen (SB) 2:11.47; **4,** J Swann (W&B) 2:13.59; **5,** S Bell (Enf) 2:13.86; **6,** L Mallows (Cov G) 2:15.52; **7,** N Tait (Cope) 2:17.20. **Ht 4: 1,** S Bevan (Ex L) 2:08.24; **2,** L Thompson (Brom) 2:08.59; **3,** S Porter (Car) 2:09.93; **4,** S Davonport (Cov G) 2:10.35; **5,** J Hansford (B'mth) 2:10.63; **6,** C Weatherill (Chelms) 2:12.35; **7,** D France (Ach) 2:15.60. **(b) Final: 1,** Thorpe 2:05.52; **2,** Kitson 2:06.10; **3,** Wheeler 2:07.36; **4,** Robinson 2:08.43; **5,** Bevan 2:09.15; **6,** Fryer 2:09.51; **7,** Thompson 2:12.58; **8,** 2:15.57.

**(b) 1,500 Final: 1,** A Wyeth (P Har) 4:20.40; **2,** L York (Leic C) 4:21.04; **3,** D Gunning (Swin) 4:21.24; **4,** L Baker (Cov G) 4:21.65; **5,** M Newman (Leic C) 4:21.94; **6,** U McKee (Anna S) 4:22.34; **7,** Z Hyde (Wok) 4:23.29; **8,** L Gibson (Ox C) 4:27.24; **9,** C Funnel (Camb H) 4:28.82; **10,** J Ewing (C&S) 4:29.55; **11,** A Buckley (Leeds) 4:34.60; **12,** J Cassey (O&R) 4:37.67; **13,** K Whetton (Leic C) 4:37.45.

**(a) 3,000 Final: 1,** A Wallace (Torb) 9:08.1; **2,** S McGeorge (B&H) 9:08.7; **3,** A Wyeth (P Har) 9:08.9; **4,** B Nicholson (Tip) 9:12.4; **5,** L Adam (SNH) 9:12.7; **6,** J Holland (Sale) 9:18.9; **7,** L Martin (Stret) 9:19.8; **8,** A Whitcombe (P Har) 9:20.7; **9,** A Hulley (Leeds) 9:21.7; **10,** T Dyer (Leic C) 9:29.7; **11,** D Peel (Craw) 9:34.4; **12,** A Bell (Linc W) 9:35.4; **13,** K Bennett (Grims) 9:38.5; **14,** C Newman (Ex H) 9:39.8; **15,** L Watson (GEC) 9:41.6; **16,** V Marot (Leeds) 9:42.6; **17,** D Manship (Leic C) 9:43.4; **18,** M Sutton (Ply) 9:48.6; **19,** S Bentley (Tip) 9:51.4; **20,** E Foster (Charn) 9:57.1; **21,** J Harrison (Bath) 10:23.9.

**(a) 100H Ht 1 (−1.10): 1,** S Farquharson (Croy) 13.79; **2,** L Fraser (Stret) 14.12; **3,** C Reid (EWM) 14.26; **4,** B Edwards (Car) 14.47; **5,** S Harrison (Dover) 14.75; **6,** C Whiteway (S&E) 15.01; **7,** K Price (Houns) 15.10. **Ht 2 (+1.40): 1,** K Morley (Car) 13.33; 2, W Jeal (Ex L) 13.73; **3,** A Thorp (W'well) 13.87; **5,** E Wren (Brom) 14.68; **6,** R Halstead-Peel (Leeds) 15.08. **(b) Final (+4.60): 1,** Morley 13.16; **2,** Farquharson 13.33; **3,** Jeal 13.40; **4,** Thorpe 13.79; **5,** Reid 13.86; **6,** Edwards 14.05; **7,** Fraser 14.38; **8,** Roker 14.40.

**(a) 400H Ht 1: 1,** G Retchakan (Thurr) 58.48; **2,** C Sugden (Stret) 58.76; **3,** S Vecchi (Croy) 59.95; **4,** L Parry (Der) 61.16; **5,** C Dawkins (Team S) 61.34; **6,** S Elson (Leeds) 61.38. **Ht 2: 1,** J Pearson (Ash) 59.80; **2,** J Vine (B'mth) 60.20; **3,** H Myers (Ports) 60.23; **4,** M Still (Sale) 60.26; **5,** S Dean (Ex L) 61.06; **6,** J Puckeridge (Med) 61.18. **(b) Final: 1,** Sugden 57.52; **2,** Retchakan 58.23; **3,** Vine 59.82; **4,** Still 59.86; **5,** Pearson 59.99; **6,** Myers 60.78; **7,** Vecchi 61.46; **8,** Dean 61.49.

**(a) 5,000W Final: 1,** B Sworowski (Sheff) 22:31.59; **2,** L Langford (W&B) 22:42.47; **3,** J Drake (B&H) 23:03.24; **4,** V Lupton (Sheff) 23:16.67 (UK-J rec); **5,** S Black (Bir) 23:54.38; **6,** V Larby (AFD) 24:02.03; **7,** S Brown (Stey) 24:30.15; **8,** A Crofts (Leic) 25:51.43; **9,** S Pratt (Leic) 25:59.77; **10,** M Venables (Leic) 26:02.09; **11,** C Reader (Ryston) 26:34.05; **12,** T Ashman (Bir) 26:40.97; **13,** C Jarvis (B&R) 27:11.02; **14,** S Morris (Leic) 27:20.47; **15,** L Spreadborough (AFD) 27:41.74; **16,** A Venables (Leic) 27:51.59.

**(a) HJ Final: 1,** J Bennett (E&E) 1.84; **2,** D Marti (Brom) 1.81; **3,** L Gittens (Soton) 1.78; **4,** L Haggett (Croy) 1.75; **5,** S Filce (Wrex) 1.70; **6eq,** J Farrell (Border), C Smith (Cov G), K Mason (Sale), J Falconer (Col) 1.70; **10,** K Evans (Shrews) 1.70; **11,** Fletcher (D&S) 1.70; **12,** B Browne (M'sex L) 1.65.

**(b) LJ Final: 1,** M Berkeley (SB) (6.14, x, 6.07, 6.03, 6.17, 6.15) 6.17; **2,** J Wise (Cov G) (5.90, 5.66, 5.76, 5.90, 6.08, 5.87) 6.08; **3,** M Griffith (WSE) (5.90, 5.73, x, 5.10, 5.75, 5.75) 5.90; **4,** K Hambrook (Ash) 5.88; **5,** E Finikin (SH) 5.85; **6,** J Willoughby (Bris) 5.72; **7,** H Rogers (Bris) 5.67; **8,** A Forbes (Stret) 5.51; **9,** J Bennett (E&E) 5.44; **10,** A Brooks (Hull) 5.40.

**(b) TJ Final: 1,** M Griffith (WSE) (11.48, 12.52, 12.11, 12.77, 12.74, 12.94w) 12.94w; **2,** E Finikin (SB) (x, 11.59, 12.87w, 12.53, x, x) 12.87w; **3,** K Hambrook (Ash) (11.14, 11.79, 11.65w, 11.66, 11.82w, 11.54) 11.82w; **4,** A Forbes (Stret) 11.69; **5,** E Baker (Gates) 11.12; **6,** H Lissenden (Croy) 10.24.

**(a) SP Final** 1, M Augee (Brom) (19.03, 18.87, 18.68, 18.10, 18.35, 18.11) 19.03; **2,** J Oakes (Croy) (17.98, x, 18.77, x, 18.44, x) 18.77; **3,** Y Hanson-Nortey (Hallam) (15.90, x, x, x, x, 16.09) 16.09; **4,** M Lynes (Croy) 15.47; **5,** J Berry (Car) 14.80; **6,** I Duffin (M&S) 14.44; **7,** J Elphick (Soton) 13.11; **8,** W Dunsford (Bel) 12.36.

**(a) DT Final: 1,** J McKernan (Lis) (55.36, 52.40, 52.86, x, x, x) 55.36; **2,** J Picton (Brack) (52.64, x, 52.24, 52.06, 52.54) 52.64; **3,** S Andrews (Esx L) (50.28, 52.06, 50.84, 52.60, x, 49.72) 52.60; **4,** D Bushnell (Chelms) 52.06; **5,** E Merry (Cov) 48.86; **6,** T Axten (Houns) 48.40; **7,** G Bird (Enf) 48.00; **8,** L Bryant (Ex H) 47.80; **9,** J Essex (Harl) 45.34; **10,** R Lister (Haver) 44.62; **11,** J Hope (W&B) 43.94; **12,** Y Hanson-Nortey (Hallam) 43.92; **13,** N Talbot (Telf) 41.64; **14,** T Quartey (T Ham) 40.62.

**(b) JT Final: 1,** S Gibson (Notts) (54.52, 56.22, 53.04, 55.60, 47.92, 58.32) 58.32; **2,** A Liverton (Exe H) (54.72, 57.84, x, x, 50.84, x) 57.84; **3,** F Whitbread (Thurr) (48.88, 51.44, x, 51.50, 46.40, 48.40) 51.50; **4,** J Currie (Monk Shett) 45.08; **5,** K Miller (Craw) 43.44; **6,** C Hatton (Worth) 41.96; **7,** D Everingham (T Ham) 41.02; **8,** P Andrews (Ex L) 39.24.

**Other results: (b) Boys 100 Final (+2.80): 1,** G Evans (Car) 12.71; **2,** S Hallbrook (Y Pant) 12.74; **3,** G Shields (Beddaw) 12.91; **4,** S Palfrey (C Christie) 12.93; **5,** D Bridges (Car) 12.97; **6,** R Lapido (W'bury Sch) 13.14; **7,** K Phillips (St Cyres) 13.24.

**(b) Girls 100 (−0.70): 1,** D Higgins (Car) 12.95; **2,** R Britton (Car) 13.52; **3,** P Kenyon (Car) 13.66.


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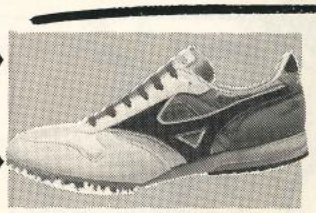
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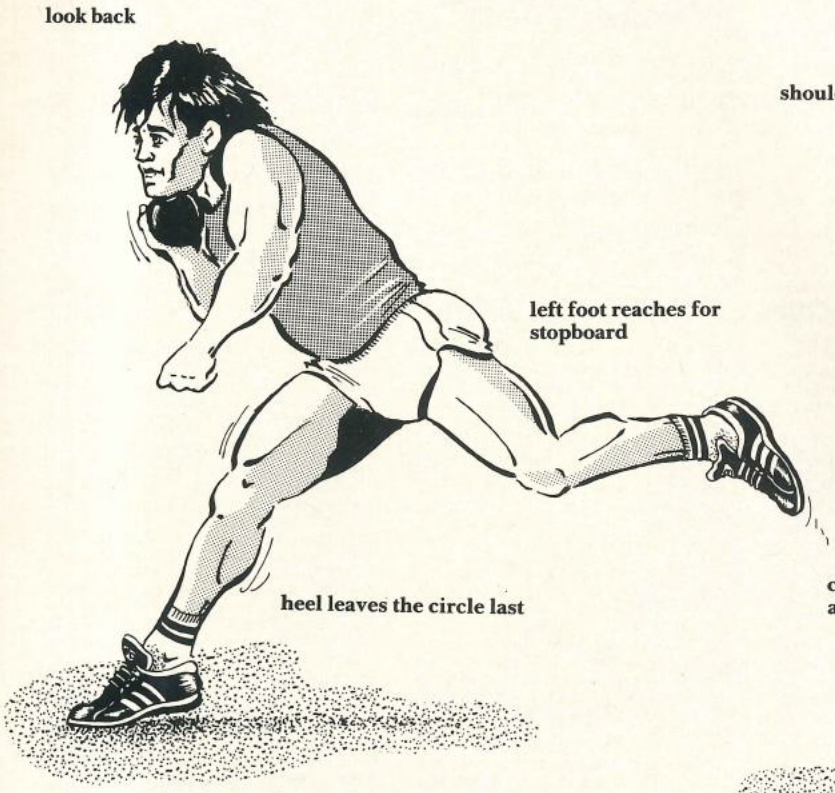
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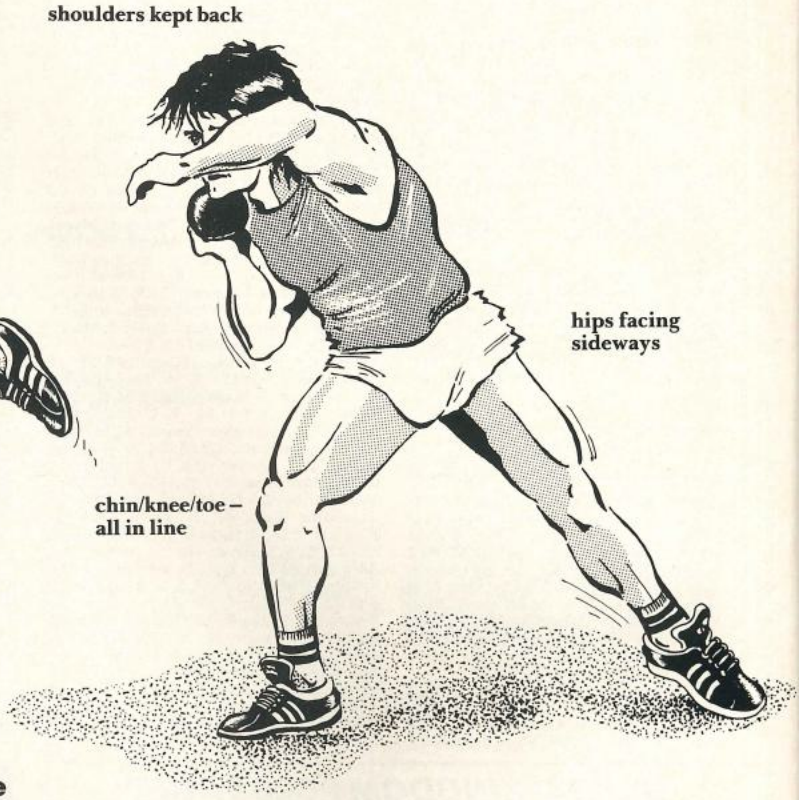
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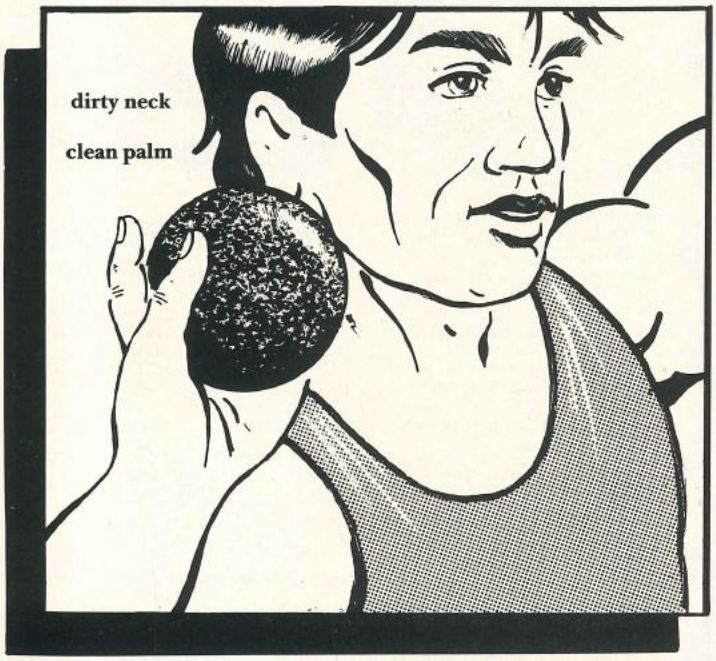
# PUTT IT INTO




**GLIDE – make a long low hop to the centre of the circle. The hop is made by pushing off the right leg and driving the left foot to the front.**




**THE hips are turned sideways, shoulder to the rear. The feet are lined up with the rear heel in line with the front toe.**




**GRIP – The shot should be placed at the base of the first three fingers with the little finger and thumb giving support at the sides of the shot. The shot should be placed under the chin with the elbow held high.**

## Standing Throw

THE standing throw or power position accounts for 90 per cent of the total distance thrown and therefore this simple skill should be mastered initially. Stand sideways with your shoulders facing the rear and your hips facing sideways. Line up your feet so that your front foot is slightly out of line with the direction of throw. Concentrate on the front foot being opposite the right instep. The standing position should result in chin, knee and toe being vertically in line.

From the chin-knee-toe position the movement starts with the rear leg pushing the hips forward over the front foot. The elbow should be kept behind the shot and the throwing arm is used "fast and last" after the leg, hips and back muscles have completed thier movement. The non-throwing side should be blocked, that is kept as rigid and as tall as possible as the arm strikes.

## Using the full width of the circle

HAVING mastered the standing throw, you should use the full diameter of the circle by simply shuffling across it into the standard standing throw position and this extra momentum should add on extra distance.

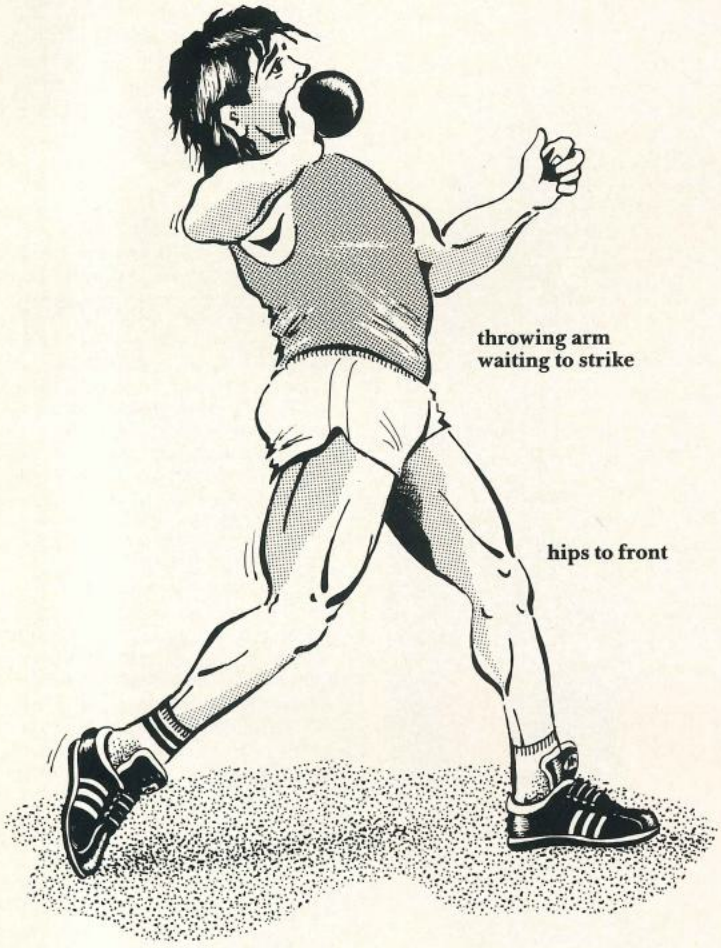
If your maximum potential is to be realised you must learn to glide (or hop) across the circle. This requires a lot of practice if you are to arrive at the end of a three-foot hop in a balanced chin-knee-toe position. The best method of learning a low, balanced, backward hop is to perform multiple backward hops, keeping the left leg straight and the upper body leaning out passively to the rear. Initially you should practise this drill without the shot.

Try to acquire a low, slow hop, keeping your shoulders square to the rear and turning your feet to the side during the glide. It is essential that the right foot is the dominant propelling agent of the glide and that the balanced chin-knee-toe position is adopted after the glide phase. Try initially to practise the full movement with a lighter shot and often try gliding into the power position and stopping in that position to check if (a) you have the chin-knee-toe position and (b) your shoulders are facing the rear and hips to the side and (c) your foot alignment is correct.

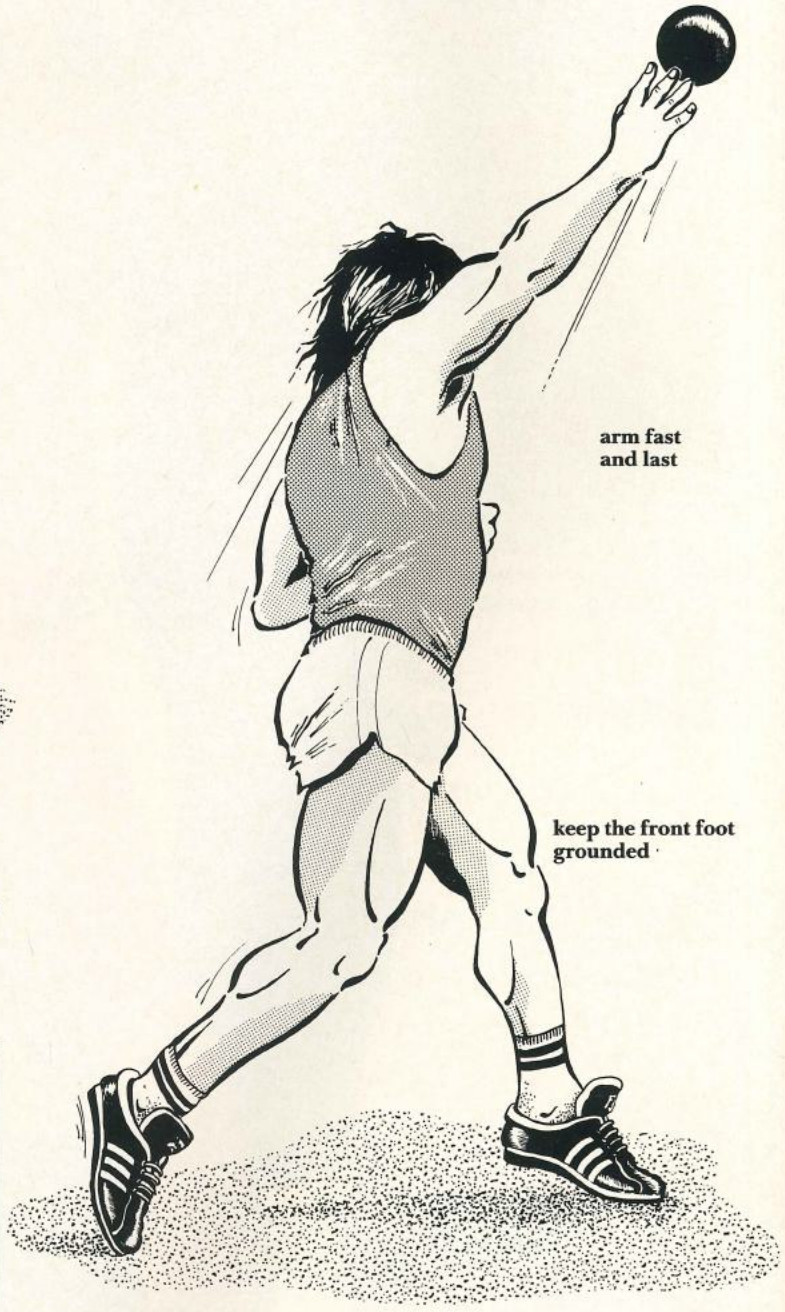
# PRACTICE

***National Coach Max Jones takes you through the basic elements of shot technique, with advice on training for the event.***

***Illustrations by COLIN HODGSON***




**THE rear leg powers the hips to the front. The free arm opens up the chest.**




**ONLY when the hips have driven forwards, does the arm 'punch' the shot away from a braced, tall left side.**

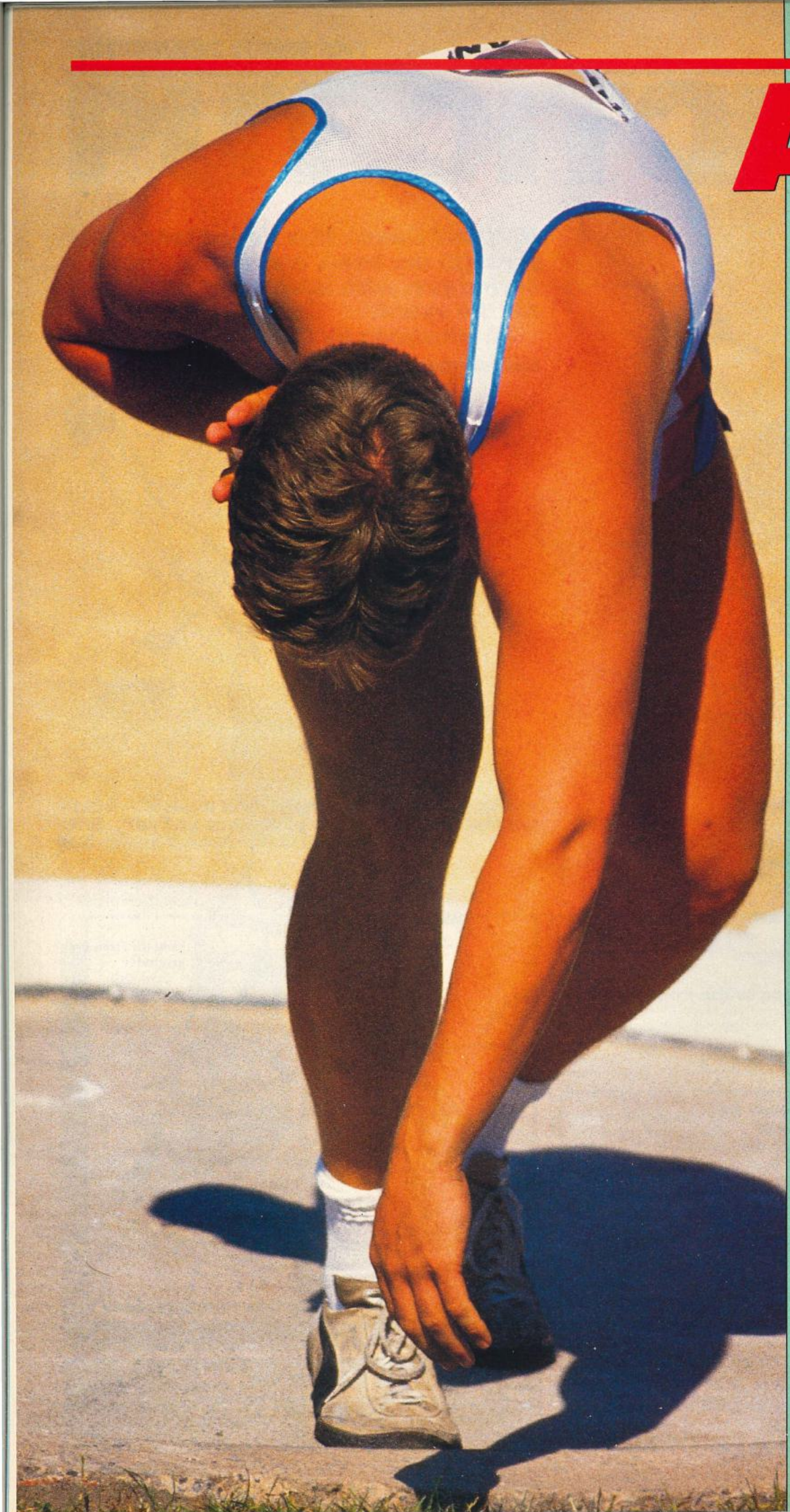
**Good shot-putting is achieved by**
**– starting small, finishing tall**
**– strarting slow, finishing fast**
**– using the large muscles first (legs/back)**
**– using small muscles last(arm)**
**– being balanced**

### Shot session

**1,** General warm-up including mobility.
**2,** Overhead shot throw.
**3,** 10 standing putts – 5 easy, 5 for distance.
**4,** 5 glide-stop-check drills.
**5,** 15 full throws – 5 easy, 5 hard, 5 easy.
**6,** either 5 × 30-metre sprints, **or** 10 standing long jumps.
**7,** 800 warm down jogging.

### Remember

**PERFECT** practice makes perfect **not** practice makes perfect



# Aim

IF Geoff Capes' belief that an engaging personality is a disadvantage to a shot putter is true then Matt Simson is well advised to follow the Muhammed Ali pre-fight ritual of "eating raw meat and chopping down trees" before the summer's major events to stir up sufficient "nastiness" to reach the top-flight.

The highlight of Simson's 1989 season was a bronze medal at the European Junior Championships where he demonstrated his ability to produce the goods on the big day. His third round putt of 18.11 metres is a personal best. "I was happy to get a bronze medal but I wish I could have got the silver," Simson says. "I was shunted out of it in the last round. It was mine until the East German threw about half a metre over his previous best."

Simson wound up the season third in the UK rankings behind Paul Edwards and Simon Williams. This year Simson has almost started where he left off, although 1990 is yet to see his first 18-metre putt.

In the Essex Championships a winning effort of 17.64 metres proved a disappointment. "That wasn't as good as I was hoping for because three days before that I did a training session in which I threw PBs with every single throw," Simson says, "so I was expecting something big but it never really came about. Since then I have been struggling to get a decent distance."

Just over a week later Simson added his name to the roll of honour of the Inter-Counties Championships at Corby with an effort of 17.80 metres. But it could have been better. The Thurrock athlete saw his final putt land beyond the 18-metre line only to overbalance and fall out of the circle. "I blocked out on the left foot," he says. "I only failed it narrowly and if I'd have thought about it I would probably have stayed in. I was trying to see where it was landing because I knew it was a good one."

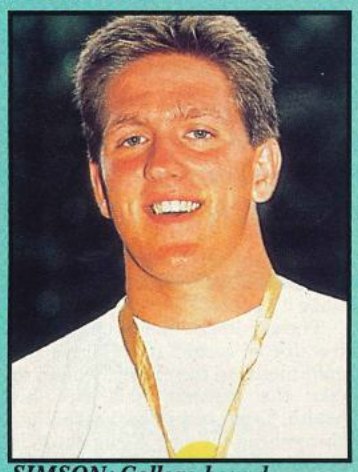
The previous day Simson had competed in a throws and jumps international at Southampton in front of a negligible crowd, a lack of interest in field events that seems to be shared by spectators and meeting promoters alike.

High level competition is difficult to come by and opportunities for British putters to compete on the

## Factfile

**Name:** Matthew Simson
**Born:** 28th May 1970, Rochford, Essex
**Height:** 6ft 5in / 196cm
**Weight:** 18st 5lb / 117kg
**Club:** Thurrock Harriers
**Coach:** Jack Gray
**PB: SP:** 18.11 /18.26i

# is simple for Simson



*SIMSON: College-bound*

***Matt Simpson has an ambition to improve that will soon take him abroad. MARTIN GILLINGHAM interviewed the 1990 Inter-Counties winner. Photographs: ALLSPORT***

continent rare indeed. Simson believes that this, as well as a lack of public exposure, have contributed to the event's demise since the Seventies. "There is a gap between Paul Edwards, Simon Williams and myself at the moment, and we haven't really got any competition apart from among ourselves. What they should be doing is getting us into Europe and putting us up against better people. The only way the event will improve is through publicity. We started to see javelin throwers on the television and all of a sudden everyone's a javelin thrower."

Success breeds success and Simson recognises it. "If people see there is a bit of fame attatched to something or other they are going to be that bit more inclined to try it," he says.

Simson, a former swimming pool lifeguard, now devotes all his time to fulfilling his athletics ambitions. He is self-financed although a warm-weather training fortnight in Cyprus and weights facilities in his back garden on Canvey Island have been provided by a benefactor. Accompanying Simson and his coach, Jack Gray, to the Mediterranean island was Mike Winch's elite group. "I see Mike perhaps every two months. If we get stuck at any time and we can't work it out, we go down and see him and he usually works it out," Simson says.

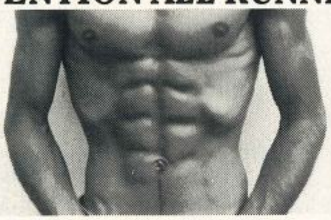
His ambitions are long term. He celebrated his 20th birthday on the same day as winning the Inter-Counties title and competes in an event where full maturity is not expected until an athlete's late twenties. "My immediate aim in the next two or three years is to become the British number one because the two in front of me are doing not bad distances. It's getting better. Paul looks like going over 19 this year and Simon is already over 19 so they are going to push me for the next few years," he says.

To achieve that Simson believes his immediate future lies overseas. "I'll probably go to the States. If I can get myself a degree, or at least an education, then I will have something to go into when I finish."

He expects to start in September and has already sat the Standard Aptitude Tests, the American equivalent of our 'A' levels. "I walked the maths but the English was borderline. Iowa has been in touch once a week for the past two months. They are offering me a full scholarship; room and board, study, extra tuition, everything other than being driven backwards and forwards to college," he says.

It is three years since Simson left school, and the discipline of academic work as well as training holds no fears. "I don't mind doing a bit of work," he says. "Actually, I quite miss it really."


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# Capes` wrath

**Britain's greatest ever shot-putter, 10 years after his retirement, still finds things to get angry about. DAVID OGLE tried not to annoy Geoff Capes. Photograph by TONY DUFFY/ ALLSPORT**

DECAPITATING poultry may not seem a prerequisite for international success in the shot putt, as younger readers may associate such antics with certain rock stars, but according to Geoff Capes it is that sort of "nastiness" that is missing from Britain's present group of heavy throwers; one reason why they aren't up with the best in the world as he was through the Seventies.

"You've got to have the ability to bite off the head of a chicken if it pecks you, and think nothing of it. There's no nastiness in them," he says, referring to the present day throwers. "You've got to be nasty to throw the shot. They're so nice!"

Channelling aggression is the key, something he tries to instill in coaching his 15-year-old daughter Emma. "She hates my guts when we're throwing," he says. With Emma's putt of 14.46m at the international schools meeting, the World Gymnasiade, in Belgium, on 26th May (though with the 3kg implement) Capes senior must be doing something right.

"There's one thing I tell her to do, don't talk to her opponents when she's throwing. And what do I see when I go to Cosford? They're all chatting to each other, all being nice, laughing and joking." Not something Capes reckons happened in his day.

"I hated Mike Winch and he hated me. We got on, but not when we were on the circle, no way. This is what it's all about. Transference of aggression into a channelled area.

"Jeff Teale, Bill Tancred, about a dozen of us, we used to get drunk and go crazy, fight each other. But when we were on the field we used to give 100 per cent. I don't see them doing that nowadays."

Few people would relish the idea of a bunch of drunken, 20-odd-stone, six-and-a-half footers scrapping near them, but then those men are still in the UK Top 10. Capes' British record of 21.68m, set in 1980, the year he retired, stands completely unchallenged. The nearest rival is Mike Winch's 1974 effort of 20.43. They are the only Brits ever to exceed 20 metres. Paul Edwards pitches in among the present day throwers with the third best all-time mark of 19.85m set last year.

"We have the athletes, don't get me wrong. I like Simon Williams and Matt Simson – to me he is the best. He could be better than me. I like the way he is, I like his approach, I like his technique. But until he understands about shot putting he won't improve. It's the instinct. Some people like to call it the killer instinct, but it's not that at all. He's a very nice lad, but without the instinct. Williams is in the right environment to throw, in America, and will probably be motivated," Capes says.

The 40-year-old former Commonwealth and European Indoor gold and European Championship bronze medallist declares firmly that his own motivation came from competing for his country – he still holds the record for the most British international vests, 67 – but he feels that this is missing now. "The motivation for a lot of athletes today is only financial gain. What they must remember is the sport is there for them, the sport is bigger than them. Without the sport they would not be there.

"There's nothing appealing to me regarding the sport today, because as far as I'm concerned, the values in respect of competing for your country are thrown out of the window. I'm a royalist and competing for your country has always been the most important thing to me.

"I've always maintained that you should be given financial backing, but don't make financial gain the inducement, which it is today."

Capes objects to athletes winning prize-money in the sport, though he has no qualms about money earned from promotions, advertising and the like, perhaps not surprisingly as that is how he has made much of his money. Though he runs a gym in Spalding – Creative Bodies – he competes on the professional Highland Games circuit, where he is a world record-holder at the 28lb weight for distance (94ft 8in) and the 56lb weight for height (17ft 9½in).

Financial inducement is also one of the reasons Capes blames for drug-use in the sport. During his career he said that steroids should be allowed to treat athletes with injuries. He still maintains that situation, claiming that it is difficult to ban a drug which is freely available from doctors to treat specific ailments.

"Although it's cheating, and don't forget I can't condone it, I can't condemn it when it's accepted in society willy-nilly," he says. "The alternative is a free-for-all, because a test is created for one drug, then another drug is found. I don't advise a free-for-all, but that's the stage it's got to."

The argument that opening up a free-for-all would simply give the gold medal to the athlete willing to take the greatest risk with his health, Capes responds that this has always been the case. Drug abuse is nothing new, it's simply that in his day people had the blinkered attitude that it was merely a problem of the throwers. Though he is not convinced of it himself, the positve test of sprinter Ben Johnson and East European distance runners and others has changed that attitude.

Capes welcomes truly random testing, but questions whether testing can ever successfully tackle the problem. His tone is a long way from condemnation of drug takers.

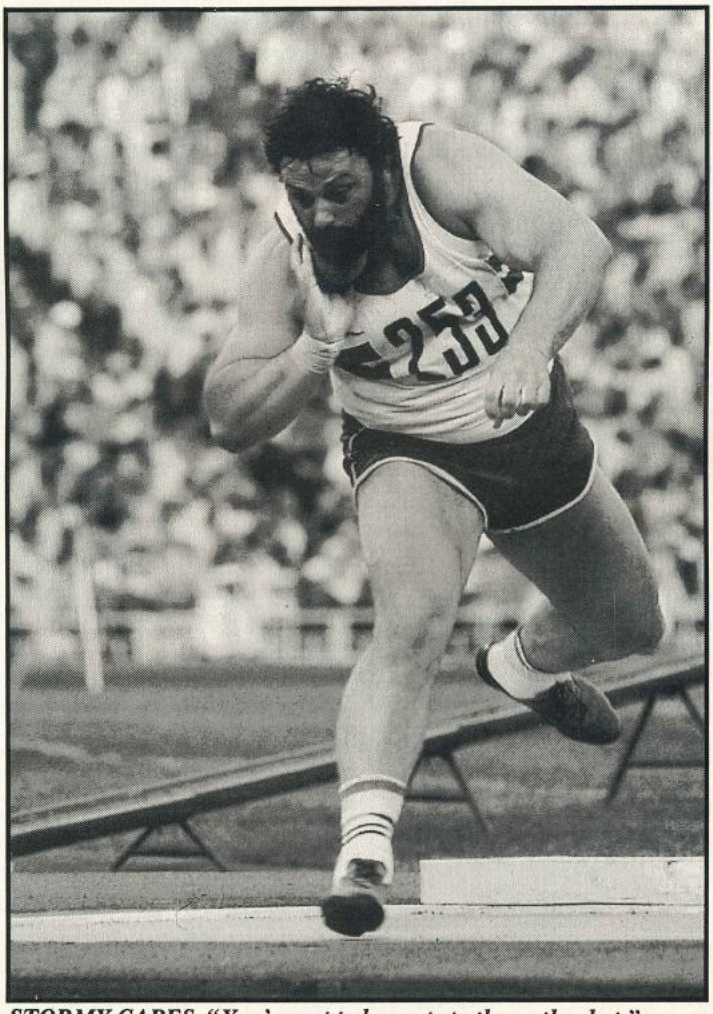
So what sort of sport is this to bring your children into? As well as Emma, Capes' 18-year-old son Lewis has thrown over 16 metres; though now attending Santa Monica College in the USA, his attention has moved largely from the shot to American football. "How do I feel about my kids taking part? They've got talent and I feel you shouldn't surpress talent. I will guide them in the sport to succeed without taking drugs and without running up against authority."

The latter part is one of the aspects Capes wasn't too successful in during his own career. He remains highly critical of the sport's officials and the coaching system fares little better in his opinion. Though he was a Southern Staff Caoch in the Seventies, with a squad of 23 internationals including Mike Winch and Judy Oakes, he was not offered a coaching post after the introduction of the national structure. He says this was because he had no formal qualifications.

But, like many top coaches round the country who are outside the coaching structure, he is highly critical of the set-up and turns down any approaches made by BAAB official coaches to help in Emma's training.

"There isn't anybody out there good enough to coach her," he says. "Only Stuart Storey and Mike Winch. And I hate Mike Winch and Stuart's retired."

Capes has never been one to mince his words. Though in the past he's claimed to be a softy at heart, the shot putter's aggression, even anger, is quite clearly still there. He still lives in the farming area of Lincolnshire, so the county's chickens had better beware.



*STORMY CAPES: "You've got to be nasty to throw the shot."*

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# FIRST-DEGREE BARNES

## Randy Barnes puts no limits to what he may take the shot world record to. PAUL LARKINS went to the States to speak to the Texan

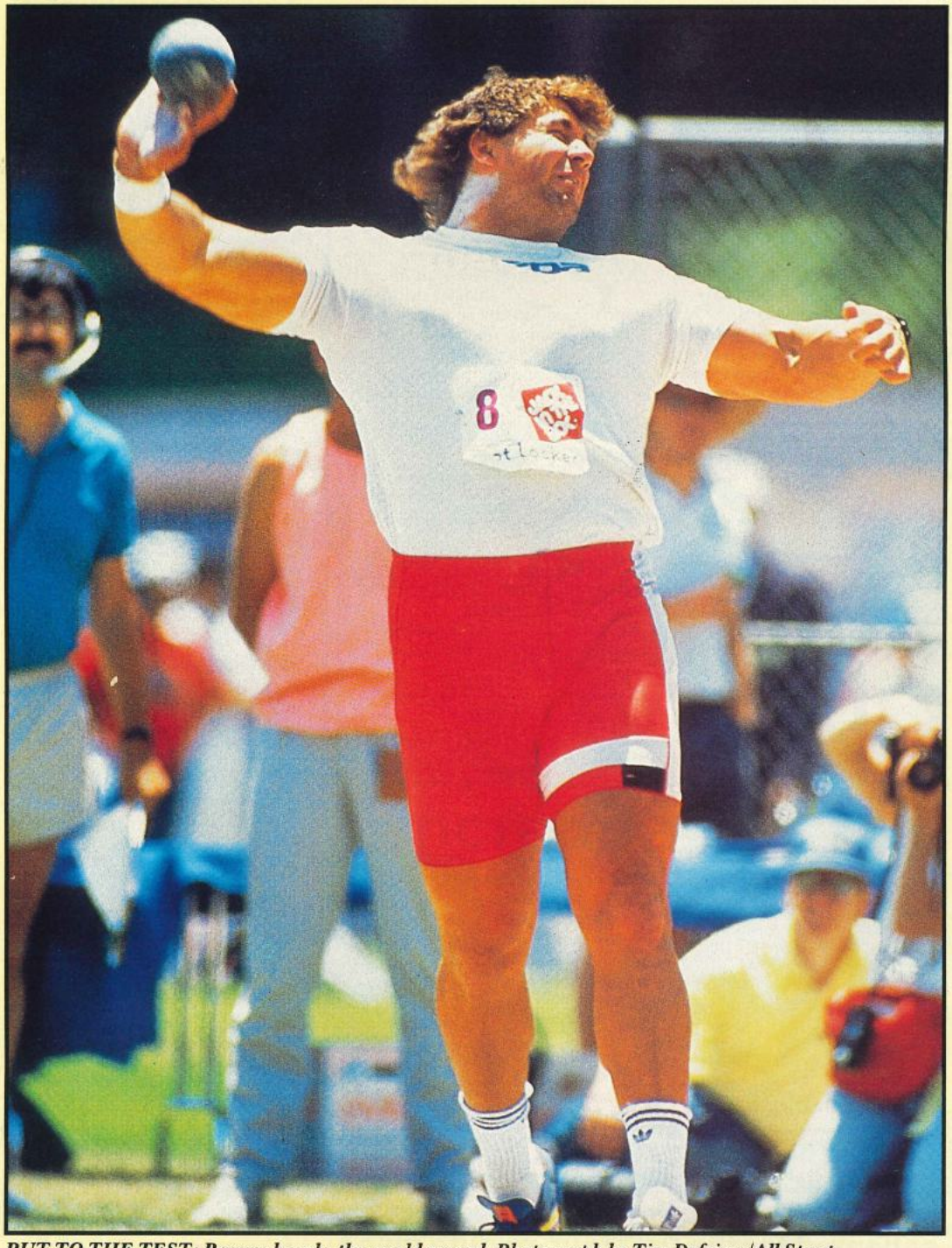
THE EXTENT of shot putt world record-holder Randy Barnes' ambition is easy to see: just drive behind him one day.

On the back of his car, Barnes has a registration plate with "80 feet" written on it, replacing the digits normally seen on American cars. He still has some way to go to meet that figure, but the Texas A and M graduate is moving ever nearer, as his world record of 23.12 metres – or 75ft 10¼in – testifies.

A week after that, he added the second longest throw of all-time to his collection with 23.10m at the Bruce Jenner Meeting confirming he's thinking nothing but big. "I'm going to settle into my schedule now and I think it's going to produce a 77 or 78-feet throw," he says in a typical slow Texan drawl.

Perhaps even more impressive is the fact that all of Barnes' six throws in the Jack in the Box meeting (where he threw the world record) made it simply the greatest ever series, with Barnes averaging an amazing 73ft 10¾in, a mark that only six other men have surpassed.

It turns out that series impressed Barnes much more than one-off giant throws: "consistency in my series is what excites me more than the record," he confirms. Being remembered as a "Bob Beamon", the long jump record holder, is not in his plans.



*PUT TO THE TEST: Barnes breaks the world record. Photograph by Tim Defrisco/All Sport*

What is in his plans, however is another world record. The giant 23-year-old Texan suggests there is much more to come. Training before the Jack in the Box meet Barnes reached an incredible 79ft 2in, over a metre further than Ulf Timmerman's old record.

He has also improved his weight training this season and now feels that he is in the best shape of his life. He is bench-pressing 500 pounds and squating 550 pounds, more than ever before, and his technique is improving with this new-found strength.

"My first one always stinks," Barnes says, referring to his opening throw. "This one was my best ever."

Barnes has long been the main American hope in the shot since impressing everyone with his ability in high school. He set about emulating former world record-holder Randy Matson, a fellow Texan, and looked ready to break onto the international stage in 1986. However, a severe hand injury sustained in the spring of '86 forced him to retire from the College Championships that season.

Undaunted, Barnes forced his way back to the top, surprising many with his silver medal in Seoul.

Last year Barnes, an advocate of the rotational method first introduced by American Brian Oldfield in the Seventies, cracked the indoor world record with 22.66m, a throw he feels was technically better than his outdoor record. But if motivation was needed for the record in Los Angeles he had to look no further than the bonus on offer supplied by Jack in the Box meeting director Al Franker, who offered $50,000 to anyone breaking the record in the shot. Last season he offered $500,000 in the long jump, but was talked into changing it to the shot this season by Barnes. In fact, so confident was Barnes, he put up a quarter of the bonus's insurance premium ($1,250) himself. "I wish we had gone for $100,000 or a milion," Barnes told *USA Today's* Dick Patrick.

A week later in San Jose, California, there was no such bonus publicised, but Barnes' still produced 23.10m suggesting that 80 feet is perhaps not such a far fetched dream destined only for number plates.

# Stampfl's secret

***In the second part of JOHN HOSKEN's Interview with Franz Stampfl, the great coach talks about mental and physical limitations, and the two-hour marathon***

AS THE tape lisped round the spools, Franz Stampfl began to philosophise, as Chris Brasher had told me he might. For seven minutes I didn't have to ask a single question. Franz had caught his Muse.

"The scientific community believed it was impossible to run a four-minute mile. That was utter nonsense. And I'm afraid the physiologists today still believe in utter nonsense.

"I'll tell you why, physiology is not a science without psychology. And Psychology is not a science in itself either. So therefore you can make enormous mistakes. You can set out limitations and then set out to prove them. And you will be quite wrong. We known so little of our real capacity, and of what is possible.

"Long before I came to England, when I saw the 1936 Olympic Games, I thought the performances were so puny. The athletes I saw were not particularly outstanding. They did not look to me in any way supermen. Far from it."

Franz pondered. "What do we know of our world? Our world has altered. Our physical world has altered. Our mental world has altered. We are in the middle of a huge change in time and we know so little about it we can't recognise what is happening to us. Athletics is only a tiny part of it. No one would have thought 50 years ago that people might high jump over seven feet, or nearly 30 feet in the long jump.

## Romancing

"I think they may have done these things long ago, but we have considered such claims as fairy tales. You read the ancient Greeks and you must say they were romancing. I say I think these people may have done it too.

"We are so happy to state that we are getting better because our feeding and our food – and our environment – is becoming better. But is it? We're breathing far worse. We're eating a lot of rubbish. For example, to live in England is not exactly the healthiest of all environments. And yet they have had these terrific athletes.

"When I went to Kenya I saw the Kenyans train. And I saw the conditions under which they trained. It was pitiful. How can they achieve so much? Well, it's perfectly obvious. They do it, not by being scientifically trained, scientifically fed. Most of them are badly educated. Most of them are very poverty-stricken, under-fed, and yet they produce these performances.

"People so cleverly explain it by saying the Kenyans are training at high altitudes. But this is all rubbish and nonsense to my mind.

"It may very well help a little bit. You may have blood a little bit richer in haemoglobin but then it becomes thicker and the turnover of the blood becomes more difficult. And the heart has to work much harder.

"So what makes the man run faster? It is what he believes in, not so much what he's capable of physically. And our horizons at the present time have altered so much that we can believe in better things to come."

All this begged the question any long distance runner would want to ask. But surely, not the two-hour marathon? Franz Stampfl was dismissive; and convincing.

"I think the two-hour marathon is perfectly possible. They're coming close to it now. Only six minutes away. When you think of it, how many strides does a man take in a marathon? Supposing you increase either the length of the stride or divide the time into each stride, why, you'll find it to be a fraction of a hundredth of a second. Goodness sake, this is nothing!

"But again we hear: 'Ah, but the fatigue products in the body will increase to such an extent that the athlete cannot cope with it'. Who says? The physiologists say that. I don't; and I don't believe it at all.

"And I think of course that people will run the two-hour marathon and it will not take so long. I also say that the longer the distance, the easier it will be to knock time off."

So convincing was Franz Stampfl that one could well imagine him presiding over the first two-hour marathon, as he schemed for the first four-minute mile.




**'So convincing was Franz Stampfl that one could well imagine him presiding over the first two-hour marathon, as he schemed for the first four-minute mile'**

**'So what makes a man run faster? It is what he believes in, not so much what he's capable of physically'**

And as the Australian winter began to spread its shadows over the black Melbourne track, the conversation turned back naturally to the four-minute mile itself. When Bannister had run it, and a party was going on, Franz Stampfl had turned his back and walked quietly away. How had he felt at that moment? The familiar features set in a proud fashion.

"I thought I had done a terrific job. I also thought a lot of people would say – including perhaps Bannister – 'I don't know whether he really helped or not'. I felt a bit sorry. I felt a bit sad. I thought a lot of people might have been extremely jealous, and would say that I was collecting all the good athletes. They might have said that Bannister was already a terrific runner and it was easy to improve such as that."

Franz drew in his cheeks with a deep breath. He was on the attack. he said, "But supposing Bannister would not have done it? Then they would have said: 'There is Franz Stampfl, the hack. He ruined him!' That would have been my other reward. So in fact it was this way. I reached just as much, and perhaps more than anybody else."

The tram buzzed away from the leafy university towards the ever-growing skyscrapers of town. The sun had come through again. I thought about the end of a remarkable quest, involving so many remarkble people with so many remarkable achievements.

And so many remarkable words.

**John Hosken's programme on Franz Stampfl will be broadcast on BBC World Service (645m MW) at 1.30am on 12th June and 11am on 13th June.**

# McNab finally finds her true event

VETS' VOICE
WITH MARTIN DUFF

***Pentathlete Pat McNab has found success in an event new to women's competition – the hammer throw. She spoke to MARTIN DUFF***

IN the women's hammer throw Pat McNab, wife of *AW* correspondent and top coach Tom, has found her true event at last.

Initially a hurdler, turned pentathlete, at international level Pat has, with the introduction of the hammer for women, an event at which she can compete again on equal terms with non-veteran athletes.

This summer, Pat has been wherever the event has been scheduled and has found good competition, often against Bracknell's top junior Annette O'Connor.

While O'Connor has thrown over 40 metres, Pat first of all equalled her previous W45 world record of 36.60m, then, in winning the Hertfordshire Senior event on 20th May, raised it to 36.80. Given the increased competition she is likely to better that mark. This could perhaps occur in the Southern Women's AAA, where the hammer is being included for the first time. An ambition is to raise the W45 record to over 40 metres.

That Pat can compete at all owes much to a single-minded determination to overcome the handicap of feet problems. To date, she has had six separate operations on them and yet both ankles are classed as "arthritic and badly worn". The painful ankles have held Pat back in her aerobic training which, in turn, has led to lower scores than she would have liked in pentathlon and heptathlon.

Notwithstanding these problems, Pat's championship record at multi-events is still a good one. She has won medals at four World Championships, including a heptathlon bronze in Eugene last year. The 800 metres though, as for so many, proves difficult, and she says a target for this year is to improve the heptathlon by getting her 800m time under three minutes!

Despite an early entry into international competition, in the 80m hurdles, for England against East Germany in 1965, Pat dropped out of the sport in the late Sixties. It was only, she says, "after meeting Tom and having a proper coach", that she blossomed into a seasoned international. Her first pentathlon selection for Great Britain came in 1970 and was followed by seven years (to age 34) of various GB vests at pentathlon, 100m hurdles and long jump. Pat cites her highest achievement as being a member of the Great Britain team for the pentathlon in the European Cup in Barcelona in 1975.

She was listed in the national top ten at 100H, pentathlon and long jump every year during this period. However, in 1977, now married to Tom, she took time off for the birth of a child and only returned to the sport as a veteran in 1979. This could be said to have been at the birth of veteran international competition at the Hanover European Championships. Two silvers and a bronze resulted, together with fourth places in the sprints. Pat has attended every major veteran championships since then, usually collecting at least one age-group award.

It has been in veteran competition that she has really come good and pays tribute to the effect that Tom has had on her career. "I came to international athletics rather late in life" – she ignores the 1965 vest – "and I have always regretted not having opportunities earlier to develop as an athlete. Maybe this is the spur which keeps me striving for veteran success."

To see Pat flying over the hurdles, as she did in Verona (1988 Europeans) and Eugene (1989 World) for W45 gold medals, is a revelation, as her injuries restrict her work-outs. "During latter years, I have had great difficulty with both training and competition due to my degenerative arthritis. However, the operations have enabled me to carry on, albeit with decreasing success."

Pat has also taken up the triple jump and won gold in Europe with 9.39m, but it was a painful experience. Her attempt at pole vault will be awaited with interest!

Husband Tom has made much of his work with youngsters at St Albans and Pat too has been involved with this and, after many years with Watford Harriers, has now switched to the new St Albans AC.

## Typical Training

| | |
|---|---|
| **Summer** | |
| **Sunday –** | Technical work; hurdles, shot, javelin, repetition sprints. |
| **Monday –** | rest |
| **Tuesday –** | Technical work; hurdles, hammer, high jump, larger sprint reps. |
| **Wednesday –** | Rest (or open competition) |
| **Thursday –** | as Tuesday, plus starts |
| **Friday –** | rest |
| **Saturday –** | Competition |
| | All days have daily mobility. |

**Winter:** Mobility circuits, weights, static bike (previously some cross-country) plus track reps in reasonable weather.

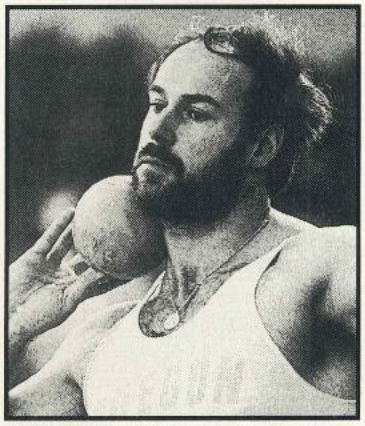
## Fact file

**Name** Pat McNab
**Date of birth:** 25th February, 1943
**Clubs:** St Albans AC/ Southern Vets AC.
**Personal Bests: Lifetime 80H:** 11.4; **Pentathlon** 4123 (old tables); **100H:** 13.7; **200:** 25.0; **HJ:** 1.65; **LJ:** 5.95; **SP:** 11.00; **HT:** 36.80; **TJ:** 9.39. **As W45: 80H:** 12.71; **Heptathlon** 5225; **200:** 28.04; **HJ:** 1.42; **LJ:** 4.75; **SP:** 9.65; **HT:** 36.80; **TJ:** 9.39; **JT:** 27.20.

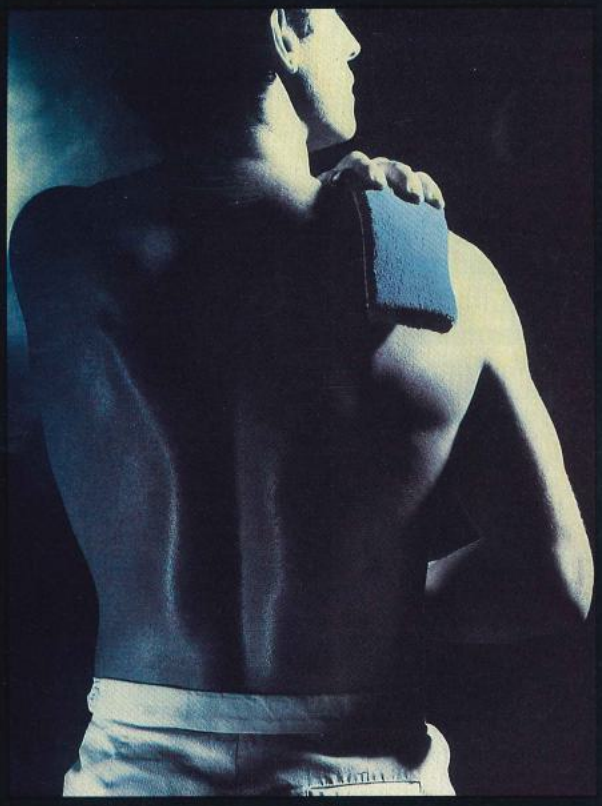
# Tancred takes title

**THROWERS Peter Tancred and Keith Turnbull gained titles in the Kent County Championships. Former Olympian Tancred came out of retirement to win the discus in 50.28m, two-and-a-half metres short of brother Bill's 52.80m record. Turnbull took the javelin title with 59.64m.**

**Peter Banks won the Warwickshire 5,000m in 14:55.6, while Pat Gallagher (44) took silvers n the Avon 800 and 1,500m (2:19.2 and 4:43.8). Mike James was second in the Berkshire long jump (6.92m) but a 30:49.9 by Alan Whitfield in the North-East was good enough for only sixth place. Pete Browne's 1:55.7 resulted in fifth in the Middlesex 800m.**



*PETER TANCRED: Kent victory*



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# Winter's season of contentment

***After breaking the five-metre barrier, Neil Winter hopes to progress even higher this summer. MARTIN GILLINGHAM spoke to the young high-flyer.***

ATHLETES' boldest predictions are often best taken with a bucketful of salt. An hour or so before warming up for the Inter-Counties Championships at Corby on Bank Holiday Monday pole vaulter Neil Winter hinted that a personal best was on the cards.

"I reckon even at this part of the season I can do 5.10 metres," he said, although this was probably a reference to his target for the UK Championships later in the week. It had already been a busy weekend. On Saturday he competed in the Welsh Junior Championships at Cardiff before tackling the Youths' event 24 hours later. The next day meant rising with the larks to make the long trek east to Corby and the Inter-Counties for an event that has seen better days. The competition started in mid-afternoon but it was a further four hours before the bar was raised to Winter's opening height, by which time the few spectators in attendance were already starting to disperse. Hardly a scenario conducive to record-breaking.

It had just gone seven o'clock when, with his final attempt, Winter sailed over 5.10 metres with several centimetres to spare. "I knew it was going to come," he says. "Conditions weren't that good, the wind was swirly, and it was a long, drawn-out competition, but I've done it."

The trip had been worthwhile and a frustrating psychological barrier overcome. "I'd attempted five metres loads of times and it felt as if it was never going to come. In training I've cleared it but in competition I never really got close to it," Winter says.

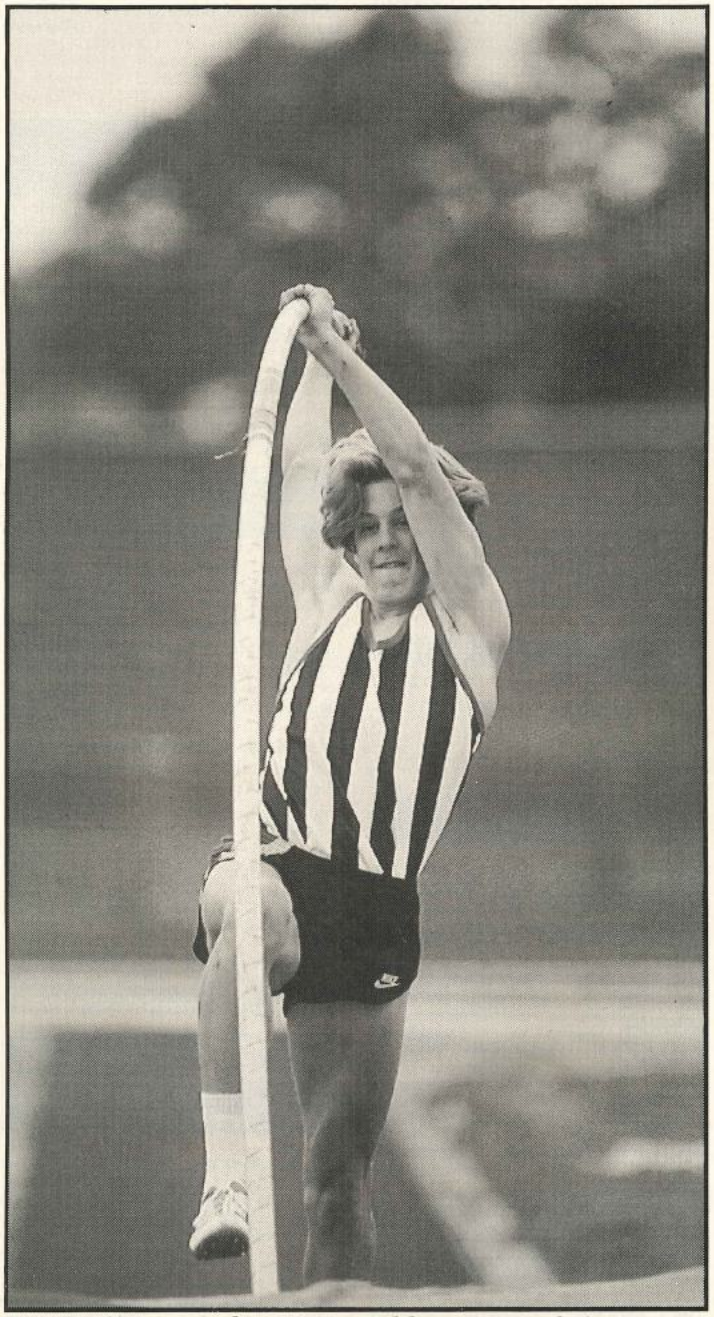
## Conceded

His failure at 5.22 metres signalled the end of the competition and with it he conceded victory to Mike Edwards. But the breakthrough had been made and with a long summer ahead Winter can now look forward to securing a berth in the Great Britain team for the World Junior Championships in Plovdiv, Bulgaria. But having only celebrated his 16th birthday in March, and with four seasons left in the junior ranks Winter is keen to consolidate his progress. "There are a lot of good juniors about at the moment, a couple around five metres, but I'm not really worried about the World Juniors. I'm too young," he says.

Winter is also in the middle of his GCSE exams at Monmouth Comprehensive School, a burden of responsibility that does not appear to be affecting his progress. Finding an equilibrium between the two commitments is difficult, particularly when training venues are so far away. "The nearest track to me is Cwmbran but we don't go down there very often because the facilities are awful," Winter says. "We go down to Cardiff Stadium in the summer and in the winter to the National Sports Centre where once a week, on a Thursday, they do pole vaulting."

"We" refers to the father and son partnership. Ken Winter has coached his son since the age of 10 and comes from a vaulting background. "My father did four metres," Neil says. "It doesn't sound very high but it is a different event nowadays. He did it with metal poles into a sandpit."

These days glass fibre poles are the norm but Winter stresses that they do not come cheap. "They are about £250 each and the Post Office has given me two this year," he says. "In my life I have broken seven of them."



*WINTER'S DAY: On his way to a Welsh senior record of 4.90m at Barnet Copthall last month*

## Headwind

The most recent occasion was three weeks ago in the first National League fixture of the season at Barnet Copthall. "Everything went wrong that day. Conditions weren't that good, there was a headwind. In the middle of the competition I had to go on to my small pole. I didn't have a run-up at all, and just had to guess it," Winter says.

But in keeping with more recent events at Corby, the inconvenience and unlikeliness of the situation spurred him on to a personal best vault and a Welsh senior record. "4.90 just came out of the blue. I don't know how it happened but it just did."

In the meantime Winter is training in preparation for the AAA Under-20 Championships and struggling to cope with a considerable increase in height over the past few months. Although in years to come extra height will benefit him, for now it causes problems. "It can be a disadvantage because like high jumpers when they grow suddenly they become all lopey. The muscles don't always grow at the same rate," he says.

To combat this, Winter goes through an arduous routine of circuits, pull-ups and bar work although he is yet to lift weights.

For now, however, there is only one thing on his mind – the next height. "I am sure I can do 5.20," he says.

### Factfile

**Name:** Neil Winter
**Born:** 25th March 1974, Chippenham
**Club:** Shaftesbury Barnet
**Height:** 6ft 2in / 188cm
**Weight:** 11st 7lbs / 73kg
**Coach:** Ken Winter
**PB: PV:** 5.10

# RESULTS

## OVERSEAS

### International meeting
### Seville, Spain
### 30th May

ON the corner of the Avenida de Portugal, the digital thermometer showed 40 degrees Celcius, **Peter Nichols reports.**

Seville was awash with heat. "It's too hot for me," said Frank O'Mara, who ran the 5,000m. "I found it difficult to breathe."

It was too hot for Andrea Wallace, who chased after a world record pace (set by Romania's Victoria Ghican) in the women's 5,000m. It was too hot for the spectators – well, this one anyway – but it was perfect for the sprinters, and it was not too bad for Peter Elliott either.

The blistering heat had subsided slightly by the time the meeting had begun in earnest at 8pm with Roger Kingdom leading home a hatful of American hurdlers. The Olympic champion looked a touch rusty and his time – 13.22 with a helpful 1.9 m/s wind – confirmed respectability rather than brilliance. It was Danny Everett who supplied the first touch of brilliance with a 400m victory in 44.07 seconds, comfortably the fastest time in the world this year or last. Cuba's Roberto Hernandez was just a foot away, running 44.14.

Roger Black was fifth, fading in the straight, as was inevitable off such a strong pace. However, a 45.36 run, back to back with a 45.25 timing in Granada was reason to be cheerful. "Great . . . great . . . great," said Black. "I made mistakes, but I know what they were. I just enjoy being back up there again."

Merlene Ottey had no Hernandez to push her; currently, she is so far superior to the rest of the world's female sprinters that one is drawn to compare her to Florence Griffith-Joyner. Ottey won the 100M in 10.78, by almost five metres from the world champion Silke Möller. As she crossed the line, Möller just shrugged her shoulders, she might well. Ottey is now the third fastest ever, only Evelyn Ashford (10.76) and Griffith-Joyner have run faster.

If Ottey has still some way to go before she can seriously dream of threatening the world record, Danny Harris is extremely confident of locking away Ed Moses' 400m hurdles record before the summer is out. "You can check it in now," he said after running 47.62 to outscore a quality field.

In fourth place Kriss Akabusi did enough to equal his personal best, 48.59 seconds, set down the road in Jerez last summer.

There was sharp sprinting too from Floyd Heard, to win the 200m in 20.29, Mark Witherspoon to take the 100m in 10.05 and Ana Quirot with a 400m victory in 50.37. In the high jump, Yolanda Henri became the 23rd woman all-time to clear two metres and Dionisi Castro won the 5,000m, swimming through the heat in 13:21:39 (Commonwealth champion Andy Lloyd was ninth in 13:39:58) and of course there was Elliott's 800m, to cap off a meeting which saw nine 1990 world best performances, five national records and three Spanish all-comers'.

**Men**

**100:** (+1.3) **1,** M Witherspoon (USA) 10.05; **2,** D Mitchell (USA) 10.16; **3,** R Stewart (JAM) 10.17; **4,** M Marsh (USA) 10.24; **5,** L Rodriquez (ESP) 10.27; **6,** A Simon (CUB) 10.31; **7,** P Stevens (BEL) 10.32; **8,** C Smith (USA) 10.41.
**200:** (−0.2) **1,** F Heard (USA) 20.29; **2,** D Mitchell (USA) 20.58; **3,** H Thomas (USA) 20.67 . . . **6,** TODD BENNETT 21.36.
**400: 1,** D Everett (USA) 44.06; 2, R Hernadex (CUB) 44.14; **3,** B Cameron (JAM) 44.95; **4,** A Valmon (USA) 44.95; **5,** ROGER BLACK 45.36; **6,** T Schoenlebe (GDR) 45.58; **7,** J Carlowitz (GDR) 45.66; **8,** N Dobeleit (FRG) 46.74.
**800: 1,** PETER ELLIOTT 1:42.97; **2,** J Gray (USA) 1:43.72; **3,** N Kiprotich (KEN) 1:44.49; **4,** T de Teresa (ESP) 1:44.99; **5,** J Arconada (ESP) 1:45.02; **6,** STEVE HEAR 1:45.20; **7,** TONY MORRELL 1:45.61.
**Mile: 1,** M Silva (POR) 3:58.66; **2,** L Hidalgo (ESP) 3:58.88; **3,** J Gonzalez (ESP) 3:59.12 . . . **9,** P Rono (KEN) 4:03.57.
**5,000: 1,** Dom Castro (POR) 13:21.39; **2,** O'Mara (IRL) 13:24.55; **3,** N Morceli (ALG) 13:26.43; **4,** J Albentosa (ESP) 13:27.57; **5,** P Koech (KEN) 13:28.09; **6,** E Biotok (KEN)13:28.24; **7,** M Fitz (ESP) 13:29.48; **8,** F Panetta (ITA) 13:30.07;**9,** A Lloyd (AUS) 13:38.58; **10,** H Haminen (FIN) 13:28.85; **11,** R Gotti (ITA) 13:40.61; **12,** E Enriquex (POR) 13:40.96.
**110H:** (+1.9) **1,** R Kingdom (USA) 13.21; **2,** T Campbell (USA) 13.27; **3,** R Nehemiah (USA) 13.39; **4,** C Clark (USA) 13.40; **5,** C Hawkins (USA) 13.51; **6,** K Talley (USA) 13.53.
**400H: 1,** D Harris (USA) 47.62; **2,** W Graham (JAM) 48.20; **3,** K Young (USA) 48.45; **4,** KRISS AKUBUSI 48.59; **5,** N Page (USA) 49.18; **6,** D Patrick (USA) 49.64; **7,** J Alonso (ESP) 50.86; **8,** E Itt (FRG) 50.99.
**PV: 1,** R Gataullin (URS) 5.83; **2,** I Tradenkov (USR) 5.73; **3,** T Vigneron (FRA) 5.63; **4,** S Bubka (URS) 5.63; **5,** V Bubka (URS) 5.63; **6,** P Collet (FRA) 5.43.
**LJ: 1,** M Powell (USA) 8.02; **2,** L Bueno (CUB) 7.93; **3,** J Jefferson (CUB) 7.88.
**SP: 1,** S Smirnov (URS) 20.13; **2,** Backes (USA) 20.12; **3,** A Andrei (ITA) 19.38; **4,** A Klimenko (URS) 19.25.
**Women**
**100: 1** (+1.7) **1,** M Ottey (JAM) 10.78; **2,** S Moller (GDR) 11.12; **3,** L Allen (CUB) 11.31.
**400: 1,** A Quirot (CUB) 50.37; **2,** S Myers (ESP) 51.18; **3,** L Leatherwood (USA) 52.31.
**1,500: 1,** T Chidu (ROM) 4:05.69; **2,** N Artomova (URS) 4:05.74; **3,** R Chistyakova (URS) 4:11.69.
**5,000: 1,** V Ghican (ROM) 15:09.90; **2,** A Dias (POR) 15:24.86; **3,** L Slegers (BEL) 15:40.42; **4,** E Estevez (ESP) 15:43.86; **5,** A Ropdriquez (ESP) 16:06.97; **6,** ANDREA WALLACE 16:14.67.
**100H: 1,** C Oschkenat (GDR) 13.21; **2,** U Chernysheva (URS) 13.23; **3,** O Adams (CUB) 13.29; **4,** E Sokolova (URS) 13.31; **5,** G Siebert (GDR) 13.33; **6,** L Nastase (ROM) 13.38.
**HJ: 1,** Y Henry (USA) 2.00; **2,** G Astafei (ROM) 1.97; **3,** J Wohlschlag (USA) 1.97; **4,** B Petrovic (YUG) 1.94; **5,** E Panikoraskish (URS) 1.91; **6,** L Ritter (USA) 1.91.
**LJ:1,** M Ilcu (ROM) 6.79; **2,** N Medvedyeva (URS) 6.68; **3,** L Nastase (ROM) 6.66; **4,** N Montalvo (CUB) 6.61; **5,** T Turner (USA) 6.45w; **6,** C Lewis (USA) 6.39.
**DT: 1,** I Wyludda (GDR) 66.34; **2,** F Dietzsch (GDR) 61.10; **3,** A maffeis (ITA) 55.04; **4,** A Barreiro (ESP) 51.20.
(Acknowledgement Manuel Villuendas, ATFS, Spain).

### NCAA North Carolina, 2nd June

**Men:**
**JT: 1,** P Boden (SWE) 79.82; **2,** V Labosky 78.02; **3,** S Matthiasson (ICE) 74.88. **800: 1,** M Everett 1:44.70; **2,** G Kersh 1:45.69; **3,** T Davis 1:45.98; **DT: 1,** K Keshmiri 63.12; **2,** J Nichols 59.72; **3,** B Blutreich 58.14. **PV: 1,** J Bagyula (HUN) 5.60; **2,** K Riley 5.50; **3,** S Arkell (AUS) 5.50. **3000SC: 1,** M Croghan 8:36.19; **2,** D Lopez 8:36.86; **3,** J Gibson 8:40.21. **10,000: 1,** S Butler 23:38.45; **2,** T THORNTON (GB) 28:39.37; **3,** J Koech (KEN) 28:40.67. **LJ: 1,** L Starks 8.07; **2,** E Floreal (CAN) 8.03; **3,** D Bentley 7.87.
**Women: 800: 1,** S Favour 1:59.11; **2,** J Jones 2:00.24; **3,** M Rainey 2:0.48; **LJ: 1,** S Hudson 6.73; **2,** D Boone 6.29; **3,** P Smith 6.28; **3,000: 1,** S O'Sullivan (IRE) 8:56.27; **2,** M Hartzheim 9:04.10. **DT: 1,** T Millet 56.00; **2,** R Lewis 50.42; **3,** C James 50.26. **HJ: 1,** A Bradburn 1.90; **2,** A Welty 1.90; **3,** H Kelly 1.84.

### Prefontaine Classic, Oregon, 2nd June

**Men: HT: 1,** L Deal 75.82; **2,** J Driscoll 72.94. **200: 1,** Z Cunlin (CHN) 20.94; **2,** C Jianming (CHN) 21.71; **3,** C Zheng (CHN) 21.30; **3,000SC: 1** A Raimirez 8:36.98; **2,** D Nelson 8:38.35; **3,** I Huff 8:38.76. **Mile: 1,** M Smith 3:57.36; **2,** B Mathias (CAN) 3:58.83; **3,** J Quade 3:59.52. **PV: 1,** K Tarpenning 5.75; **2,** D Hodge 5.55; **3,** G Duplantis 5.55 & S Huffman 5.55. **5000: 1,** J Falcon 13:20.49 *(1990 World Best);* **2,** D Padilla 13:25.22; **3,** S Plasencia 13:26.47. **10,000: 1,** A Salazar 29:09.22; **2,** R Pierce 29:13.33; **3,** A Bolieau 29:17.24.
**Women: JT: 1,** K Smith 64.46; **2,** D Carr 48.94. **800: 1,** C Crooks (CAN) 2:03.04; **2,** J Jenkins 2:03.34; **3,** A Harvey-Hill 2:03.35. **DT: 1,** C Price 58.84; **2,** N Peer 58.26. **2000: 1,** S Kitova (USSR) 5:41.11; **2,** D Bowker (CAN) 5:41.32; **3,** G Procaccio 5:43.58.

### International meeting
### Nicosia, Cyprus
### 30th May

Men
**200: 1,** J REGIS 20.01 (UK rec); **2,** CLARENCE CALLENDER 21.01; **3,** Zuegel (FRG) 21.17.
**400:** Just (FRG) 46.46.
**110H: 1,** TONY JARETT 13.47; **2,** HUGH TEAPE 13.94; **3,** Shiben (QAT) 14.19.
**400H: 1,** Amike (NIG) 49.96; **2,** Dollendorf (BEL) 50.04.
**TJ:** Henriksson (SWE) 16.72.
**SP:** Dumchev (URS) 17.49.
**JT:** Grib (URS( 77.22.

### Comrades 54
### South Africa
### 31st May

BRUCE FORDYCE, three times winner of the London to Brighton, completed his ninth victory in the 54 mile marathon from Durban to Pietermaritzburg.

Fordyce, who ran his usual conservative first half, was thought at one stage to have left his challenge too late as Rand Athletic Club team-mate Mark Page built up a four minute lead with just over six miles remaining.

However, on the notorious two mile "Polly Shorts" hill, Page started walking due to low blood sugar levels, which left him dizzy and disoriented. Fordyce passed him within a few minutes and ran on to a 5:40.25 win.

In second place was Hoseah Tjale (1985 London/Brighton winner) with Comrades novice Meshack Radebe third, ahead of a battling Page.

Despite protests from the South African Road Runners Association, who have declared a moratorium on International sporting contact, the race committee allowed Frenchman Jean Marc Bellocq to compete. Bellocq finished fifth, after running a 100km race in Italy the previous week, but says he will not be running in the Comrades next year.

**Men**

| | |
|---|---|
| **1,** B Fordyce | 5:40:25; |
| **2,** H Tjale | 5:45:19; |
| **3,** M Radebe | 5:45:40; |
| **4,** M Page | 5:46:42; |
| **5,** J H Bellocq | 5:47:32; |

**6,** E Sekotlong 5:48:01; **7,** B Van Staden 5:48:37; **8,** S Meiklejohn 5:48:58; **9,** G Turner 5:49:11; **10,** N Bester 5:52:43.
**Women**
**1,** N Harrison 7:02:00; **2,** A Scheoman 7:07:35; **3,** D Terreblanche 7:09:42; **4,** T Tearle 7:11:16; **5,** J Cooper 7;17:37.
**Vet:** J Halberstadt 5:57.00.

### European Clubs Champs (Men)
### Jerez, Spain
### 2nd – 3rd June

**Day One**
**100: 1,** B Marie-Rose (FRA) 10.36; **2,** J JOHN (GBR) 10.46; **3,** J Arques Ferrer (ESP) 10.47; **4,** P Curvello (Port) 10.57; **5,** V Davidov (URS) 10.61; **6,** L Sabbadin (ITA) 10.66; **7,** G Reizger (HOL) 10.81; **8,** K Sokolov (YUG) 10.89.
**400: 1,** C Cornet Pamies (ESP) 45.46; **2,** S Brancovic (YUG) 45.45; **3,** V Petrella (ITA) 46.55; **4,** P BROWN (GBR) 46.72; **5,** C Goris 46.90; **6,** A Silva (POR) 47.15; **7,** A Visserman (HOL) 47.23; **8,** V Popov (URS) 47.29.
**1500: 1,** J Moreira (POR) 3:57.57; **2,** L Vandi (ITA) 3:57.70; **3,** R HARRISON (GBR) 3:57.72; **4,** D Kwizera (ESP) 3:57.99; **5,** B Zorko (YUG) 3:59.21; **6,** A Vamishin (URS) 4:00.17; **7,** N Roy (Hol) 4:01.04; **8,** C Boye (FRA) 4:03.92.
**10,000: 1,** B Boutaib (ESP) 27:59.45; **2,** A Pinto (POR) 28:14.32; **3,** P Levise (FRA) 28:51.26; **4,** V Modica (ITA) 29:43.04; **5,** R Godlieb (HOL) 29:49.45; **6,** A Shalacin (URS) 30:17.07; **7,** M Paulovic (YUG) 30:49.21; **8,** P TRANTER (GBR) 31:43.18.
**400H: 1** A Dia Ba (FRA) 49.43; **2,** B Karavlic (YUG) 49.79; **3,** P Rodrigues (POR) 50.33; **4,** P Bellino (ITA) 50.67; **5,** S Fraga Castro (ESP) 51.13; **6,** M Burleson (HOL) 53.72; **7,** L ANTOINE (GBR) 54.33.
**HJ: 1,** S Ortiz (ESP) 2.26; **2,** D Topic (YUG) 2.24; **3,** G Fedorkov (URS) 2.21; **4,** D Pagani (ITA) 2.18; **5,** V Frank (FRA) 2.15; **6,** K McNEELY (GBR) 2.10; **7,** G Borreman 2.10; **8,** M Anibal (POR) 2.05.
**LJ: 1,** S FAULKNER (GBR) 7.90; **2,** Y Hernandez (ESP) 7.77; **3,** A Markinkovic (YUG) 7.62; **4,** R Coltri (ITA) 7.59; **5,** O Kubebatov (URS) 7.37; **6,** P Makon (FRA) 7.00; **7,** A Ferraz (POR) 6.94; **8,** A Linch (HOL) 6.91.
**SP: 1,** G Weil (ESP) 19.56; **2,** A Andrie (ITA) 19.28; **3,** J Lazarevic (YUG) 18.86; **4,** V Jorishkin (URS) 18.77; **5,** F Selle (FRA) 17.46; **6,** J Langeueld (HOL) 16.61; **7,** F Alves (POR) 16.06; **8,** G Lituerland (GBR) 14.01.
**HT: 1,** G Zanello (ITA) 72.68; **2,** W Ciofani (FRA) 72.62; **3,** A Menialo (URS) 65.24; **4,** S Pickering (HOL) 62.32; **5,** D Majstorovic (YUG) 61.40; **6,** R Jimeno Perez (ESP) 59.26; **7,** F Alves (POR) 55.82; **8,** R PAYNE (GBR) 50.24..
**4 × 100: 1,** Racing Club (FRA) 39.44; **2,** Larios (ESP) 39.91; **3,** Lisboa Benefica (POR) 40.51; **4,** Fiamme Oro (ITA) 40.55; **5,** BIRCHFIELD H (GBR) 40.59; **6,** Trade Union (URS) 40.68; **7,** Amsterdansche (HOL) 40.71; **8,** Red Star (YUG) 42.48.

**Day Two: 200 (−0.2): 1,** G Queneherve (RC, FRA) 20.85; **2,** D REDMOND (Bir) 21.06; **3,** I Egbunike (Lar, SPA) 21.30; **4,** J Achihoven (Ams, HOL) 21.47; **5,** P Curvelo (Ben, POR) 21.56; **6,** R Ricciardi (Pad, ITA) 21.80; **7,** I Popov (TU, URS) 21.87.
**800: 1,** P Squella (Lar, SPA) 1:47.89; **2,** V Graudin (TU, URS) 1:48.11; **3,** A Silva (Ben, POR) 1:48.33; **4,** S Popovic (RS, YUG) 1:48.43; **5,** T Viali (Pad, ITA) 1:48.60; **6,** A HUMPHRIES (Bir) 1:48.61; **7,** O Terol (Ams, HOL) 1:52.53; **8,** C Boye (RC, FRA) 2:05.35.
**5,000: 1,** G Di Napoli (Pad, ITA) 13:27.87; **2,** B Boutaib (Lar, SPA) 13:29.08; **3,** J Campos (Ben, POR) 13:53.64; **4,** L Prianon (RC, FRA) 13:57.58; **5,** M Van Rooy (Ams, HOL) 14:10.56; **6,** B Zorko (RS, YUG) 14:23.05; **7,** D PEMBERTON (Bir) 14:25.63; **8,** A Boldirev (TU, URS) 14:34.19.
**3,000SC: 1,** J Junqueira (Ben, POR) 8:34.90; **2,** V Marsimovic (RS, YUG) 8:36.59; **3,** A Gomez Cabral (Lar, SPA) 8:38.20; **4,** H Koelman (Ams, HOL) 8:40.29; **5,** P Bolzer (RC, FRA) 8:46.18; **6,** T Felici (Pad, ITA) 8:49.64; **7,** V Pronin (TU, URS) 9:06.78; **8,** A SYMONDS (Bir) 9:15.74.
**110H (0.0): 1,** M Todeschini (Pad, ITA) 14.00; **2,** V Clarico (RC, FRA) 14.18; **3,** C Sala Molera (Lar, SPA) 14.19; **4,** S BUCKRIDGE (Bir) 14.26; **5,** A Titov (TU, URS) 14.26; **6,** P Barrigana (Ben, POR) 14.64; **7,** M Marjanovic (RS, YUG) 14.71; **8,** A Ott (Ams, HOL) 15.07.
**PV: 1,** T Vigneron (RC, FRA) 5.50; **2,** G Beda (Pad, ITA) 5.30; **3,** D Georgijevski (RS, YUG) 5.00; **4,** P Palma (Ben, POR) 5.00; **5,** I Paradinas Cibrian (Lar, SPA) 5.00; **6,** D WRIGHT (Bir) 4.60; **7,** H Pomper (Ams, HOL) 4.40.
**TJ: 1,** M Gerasimov (TU, URS) 15.90; **2,** Z Obradovic (RS, YUG) 15.79; **3,** F Lebreton (RC, FRA) 15.67; **4,** A Lynch (Ams, HOL) 15.62; **5,** A Corgo Cervantes (Lar, SPA) 15.57; **6,** M POWELL (Bir) 15.40; **7,** L Marto (Ben, POR) 15.22; **8,** P Challancin (Pad, ITA) 15.02.
**DT: 1,** N Tarle (RS, Yug) 58.08; **2,** L Zerbini (Pad, ITA) 58.06; **3,** A Karpov (TU, URS) 57.10; **4,** D Martines Varela 56.88; **5,** F Selle (RGC FRA) 55.58; **6,** K BROWN (BIR) 54.26; **7,** P Santos (Ben, POR) 50.72; **8,** W De Wolff (Arns, HOL) 47.60.
**JT: 1,** C Zyeticanin (RS, YUG) 72.96; **2,** F De Gaspari (Pad, ITA) 72.84; **3,** M Bunck (Ams, HOL) 70.52; **4,** F Prevel (RC, FRA) 70.50; **5,** J Sotelo Madrazo (Lar, SPA) 68.22; **6,** R HOOPER (BIR) 65.62; **7,** K Kunakov (TU, URS) 59.96; **8,** J Reis (Ben, POL R) 55.92.
**4 × 400: 1,** Lar, SPA 3:04.21; **2,** RS, YUG 3:05.48; **3,** Pad, ITA 3:07.94; **3,** Pad, ITA 3:07.94; **4,** BIR 3:07.98; **5,** TU, URS 3:08.84; **6,** Ben POR 3:09.60; **7,** RC, FRA 3:10.43; **8,** Ams HOL 3:11.50.

**Team result: 1,** Larios, SPA 128; **2,** Padova, ITA 113; **3,** Racing Club FRA 108; **4,** Red Star YUG 101; **5,** Benfica POR 84; **6,** Birchfield 74; **7,** Trade Union URS 72; **8,** Amsterdam HOL 58.

## ■ European Clubs Champs (Women) Schwechat, Austria 3rd June

**100: 1,** K Krabbe (Neu, GDR) 11.22; **10,** K Merry (Bir) 12.05.
**200: 1,** Krabbe 22.84; **8,** Merry 24.20.
**400: 1,** G Breuer (Neu, GDR) 51.76; **7,** S Guise (Bir) 54.65.
**800: 1,** C Wachtel (Neu, GDR) 2:02.66; **14,** N Kuhn (Bir) 2:13.59.
**1,500: 1,** S Pajkic (Crvz, YUG) 4:14.60; **10,** D Harris (Bir) 4:29.78.
**3,000: 1,** Y Mai (Neu, GDR) 8:57.93; **5,** S Ellis (Bir) 9:31.14.
**100H: 1,** B Hladka (VitK, TCH) 13.35; **4,** J Simpson (Bir) 13.60.
**400H: 1,** S Wodars (Neu, GDR) 57.64; **2,** L Hanson (Bir) 57.86.
**HJ: 1,** H Henkel (B Lever, FRG) 1.96; **2, 13eq,** C Summerfield (Bir) 1.70.
**LJ: 1,** A Derevgameina (MTU, URS) 6.62; **22,** T Malcolm (Bir) 4.69.
**DT: 1,** A Kumbernuss (Neu, GDR) 65.42; **12,** K Pugh (Bir) 46.40.
**SP: 1,** Kumbernuss 19.95; **8,** J Simpson (Bir) 14.25.
**JT: 1,** P Alafrantti (V Urh, FIN) 62.94; **4,** C Court (Bir) 51.82.
**4×100: 1,** USSR 43.93; **5,** Birchfield H (K Bullen, L Hanson, C Court, K Merry) 45.99.
**4×400: 1,** GDR 3:32.57; **4,** Birchfield H (L Hanson, J Simpson, C Court, S Guise) 3:40.45.
**Match: 1,** Sport Club Neubrandenberg (GDR) 309½; **2,** Moscow Trade Union (URS) 283; **3,** Bayer Leverkussen (FRG) 261; **4,** Athletski Club Crvena Zvezda (YUG) 243½; **5,** GS Suia BPN (ITA) 229; **6,** Stade Francais Paris (FRA) 219½; **7,** TJ Vitkovice (TCH) 218; **8,** Birchfield H (GBR) 216½; **9,** Athletic Vereining Toekomst (BEL) 216; **10,** Club Kelme Madrid (ESP) 205; **11,** Sporting Lisbon E Benfica (POR) 179; **12,** Viipurin Urheilijat (FIN) 161; **13,** Sport-Vereinigung Schwechat (AUT) 151; **14,** If Sparta Copenhagen (DEN) 134½; **15,** TV Unterstrass Benfica (SUI) 133½; **16,** Atletiek Vereniging Rotterdam (HOL) 132; **17,** IFK Lidingo (SWE) 128½; **18,** Panhellinios (Sports Club (GRE) 104; **19,** Gymnastikos Syllogos Ta Olympia (CYP) 87; **20,** Yenimahalle Belediyesi Sport Club (TUR) 87; **21,** Fralsithrottade Il Reykavik (ICE) 81; **22,** CA Spora ASBL (Lux) 22½.

# ■ TRACK

## ■ Woolworths Young Athletes League 3rd June

## ■ Southern Premier Tooting Bec

**Match 1**
**Youths – 100: 1,** J McLoughlin (Enf) 11.4; **2,** A Knight (Lut) 11.5; **200:** a) **1,** Knight 22.6; **2,** F Carver (Enf) 22.7; **'B'** J McLoughlin (Enf) 23.0; **800:** A Hathaway (Enf) 2:03.9; **1500:** S Flack (M&S) 4:14.9.
**400H:** M Reynolds (M&S) 61.00. **DT:** a) B Williams (Enf) 41.75; **2,** C Roberts (Med) 49.98; **'B'** L Loukaides (Enf) 41.75 **HT:** J Goss Mitcham & Sutton 172; **4,** Luton 130½.
Carter (Med) 45.84; **4 × 100:** Enfield 45.8.
**Boys – 200: 1,** K Walsh (Lut) 2:09.5. **1500: 1,** K Hobbs (M&S) 4:20.5; **2,** C Wood (Lut) 4:20.5. **4 × 100: 1,** Enfield 50.2; **2,** Mitcham & Sutton 4:02.5.
**Colts – 200:** R Patis (Med) 27.0. **1500:** J Clyne (Enf) 4:59.9. **4 × 100:** Medway.
**MATCH 1:** Enfield 250½; **2,** Medway 184; **3,** Micham & Sutton 172; **4,** Luton 130.5.
**MATCH 2:**
**Youths – 100:** a) N Ellis (GEC) 11.5; **b)** C Bathews (GEC) 11.5; **200:** Ellis 23.2; **400:** D Bugden (Croy) 52.5; **800:** T Hills (Croy) 2:05.0; **1500: a)** C Barrett (SB) 4:13.8; **2,** R Clifton (N&EB) 4:14.4; **b)** K Bierton (SB) 4:14.8; **100H: 1,** M Owen (Croy) 14.1; **2,** M Colwell (Ox C) 14.8; **400: 1,** T Hills (Croy) 57.9; **2,** M Colwell (Ox C) 58.3; **3,** L Spencer (GEC) 80.1; **HJ:** T McNanan-Smith (Read) 1.88; **LJ:** P Forbes (Croy) 6.44; **TJ:** M Austin (Read) 12.98; **DT:** M Anderson (Croy) 39.28; **HT: 1,** M Harvey (Ox C) 50.18; **2,** B Durrant (Croy) 44.10; **JT: a) 1,** D McDonald (Croy) 61.18; **2,** A Whiting (Read) 52.32; b) S Bird (Rad) 50.06; **4×100: 1,** GEC Avionics 45.8; **2,** Reading 46.2; **4 × 400:** Croydon 3:35.5.
**Boys – 200:** D Sevens (Read) 24.6; **400:** M Page (SB) 54.5; **1500:** A McDougall (GEC) 4:24.1; **LJ:** Stevens 5.84; **HT:** S Looke (Reed) 53.54; **4×100:** GEC Avionics 50.8; **4 × 400: 1,** GEC Avionics 3:57.3; **2,** Croydon 3:58.2; **3,** Reading 4:03.4.
**MATCH – 2,** Croydon 219; **2,** GEC Avionics 200; **3,** Reading 199; **4,** Oxford City 128.
**Man of the Match Award** – S Locke (Read) Boys HT.

## ■ Wood Green

**Match 1**
**Youths – 100: 1,** M Martey (B'hth) 11.4; J Bara-Bara (Har); **200: a) 1,** Martey 22.7; **2,** Bara-Bara 23.0; **b),** B Gardener (B'hth) 22.9; **400:** R Lashkey (B'hth) 52.33; **800: 1,** J Guest (Thu) 2:01.1; **2,** T Macklin (Old G) 2:04.2; **1500: 1,** J Murray (B'hth) 4:12.4; T Kacklin (Old G) 4:13.8; 3, A Draper (B'hth) 4:13.8; **1500S/C:** J Aidridge (Har) 4:41.3; **100H: 1,** D Fletcher (Thur) 14.5; **2,** M Mee (Old G) 15.0; **400H:** N Levy (B'hth) 60.7. **HJ:** M Smith (Old G) 1.80. **SP:** N Enever (Thur) 13.02. **DT:** A Brown (B'hth) 38.28. **HT:** S Timmins (B'hth) 49.78. **4 × 100:** Blackheath 45.2. **4 × 400: 1,** Blackheath 3:36.7; **2,** Thurrock 3:37.7.
**Boys 100:** a) C Gordon (Har) 11.8; **b)** A Christoforou (Har) 12.1. **200:** Gordon 23.5; **2,** J Banks (Old G) 24.7; **400:** D Tyler (B'hth) 52.5; **80H: 1,** J Jackson (B'hth) 12.4; **2,** Gordon 12.5; **HT:** M Massos (Har) 39.56; **4 × 100: 1,** Blackheath 50.8; **2,** Old Gaytonians 51.0; **4×400: 1** Blackheath 3:53.3; **2,** Old Gaytonians 4:03.9.
**Colts – 800: 1,** S Warkham (Old G) 2:21.3; **2,** A Newman (B'hth) 7:24.1; **1500: 1,** Newman 4:51.2; **2,** S Allan (Thur) 4:56.7; T Pesonso (Old G) 4:56.7; **4,** M Townend (Har) 4:58.1.
**MATCH 1:** Blackheath 261.5; **2,** Old Gaytonians 205.5; **3,** Haringey 141.5; **4,** Thurrock 121.5.
**Man of the Match Award** – C Gordon Boys 100m
**Match 2**
**Youths – 100: a) 1,** M Stilwell (Ton) 11.2; **2,** K Hussain (SB) 11.4; **b)** Macrook (SB) 11.5; **200: a)** Stilwell 22.7; **2,** Hussain 23.0; **3,** T Polius (N&EB) 23.2; **b)** D Howard (N&EB) 23.2. **800: a) 1,** I Brankin (Bas) 2:00.7; **2,** B White (SB) 2:01.1; **b)** N Gillingham (SB) 2:03.2; **2,** M Lammin (Bas) 2:04.7; **100H:** M Cochlin (Ton) 14.8; **400H:** Cochlin 60.0; **TJ:** M Hussain (SB) 12.82. **SP:** J Enebli (SB) 13.40. **4 × 100:** Shaftesbury (Barnet) 46.4. **4 × 400: 1,** Shaftesbury Barnet 3:37.1; **2,** Newham & Essex Beagles 3:38.3.
**Boys – 100:** L Pentley (N&EB); 12.0. **200:** L Pentley 24.4; **2,** P Martin (Bas) 24.6. **80H:** a) **1,** P Martin (Bas) 11.7; **2,** S Watts (SB) 11.9; **b)** A Czarnacki (SB) 12.3; **TJ: 1,** R Rowe (Ton) 12.02; **2,** Czarnac 12.00; **4 × 100: 1,** Shaftesbury (Barnet) 48.8; **2,** Newham & Essex Beagles 48.8.
**Colts – 100:** I Stewart (N&EB) 13.0; **200:** Stewart (N&Eb) 25.7; **800:** S Dillon (Ton) 2:23.9.
**MATCH 2: 1,** Shaftesbury Barnet 254; **2,** Basildon 184.5; **3,** Tonbridge 171; **4,** Newham & Essex Beagles 155.5.

## ■ Southern One East

## ■ Hayes

**Match 1**
**Youths – 100H:** K Harriss (Hill) 14.1; **400H:** I Peachey (Bed) 59.1; **HT: a) 1,** G Kerr (Bed) 51.04; **2,** I Park (Hill) 45.70; **b)** A McNicholas (Bed) 47.16; **JT:** J Gocienough (Houn) 48.22; **4 × 100:** Bedford 47.0.
**Boys – 100:** A Parker (Houn) 12.1; **200:** Parker 24.5; **HT: 1,** A Brogan (Hill) 45.38; **2,** S Thurgood (Harl) 43.04.
**MATCH 1:**, Bedford 215; **2,** Hillingdon 208; **3,** Hounslow 188; **4,** Harlow 135.
**Man of the Match Award** – S Thurgood (Harl) Boys HT.
**Match 2**
**Youths – LJ:** K Ellis (WS&E) 6.20; **TJ:** C Eldride (WS&E) 12.57; **SP:** S Biddlecombe (Brack) 14.43; **DT:** Biddlecombe 45.38; **JT:** Ellis 45.70.
**Boys – 100:** J Bottomley (WS&E) 11.7; **200:** Bottomley 24.5; **80H:** J Glover (Ver) 12.5; **HJ:** M Glover (WVer) 1.68.
**Colts – 800:** D Siddons (WS&E) 2:24.4; **1500:** S Child (WS&E) 4:56.9.
**MATCH 2:** Windsor, Slough & Eton 228; **2,** Stevenage & North Herts 198; **3,** Verles 178; **4,** Bracknell 85.

## ■ Hornchurch

**Match 1**
**Youths – 100H: a)** R Forrest (W Gn) 14.8; **b)** S Carroll (WGn) 13.9; **DT:** M Cupid (WGn) 44.98.
**Boys – 80H: 1,** R Hall (Hav) 12.5; **2,** J Lovell (Dart) 12.5; **HJ:** C Davidson (Dart) 1.65. **SP:** S Carlaw (Hav) 12.87. **4 × 400:** Woodford Green 4:01.3.
**Colts – 800:** G Maley (Hav) 2:25.8; **1500:** Maley 4:47.0.
**MATCH 1:** Dartford 222; **2,** Havering 181.½; **3,** Woodford Green 188.½; **4,** Bexley 153.
**Man of the Match Award** – M Cupid (WGn) Youths DT.
**Match 2**
**Youths – 800: a)** J McLoughlin (Ips) 2:01.4; **b)** C Bailey (Ips) 2:02.1; **400H:** R Blackett (Walth) 59.4; **LJ:** A Osei (Ips) 8.38; **TJ:** Ossi 13.37; **4 × 400(** Walthamstow 3:43.0.
**Boys – 800:** N Laud (Ips) 2:08.1; **1500: a)** Laud 4:27.2; **b)** D Wilson (Ips) 4:38.1; **HJ:** K Miller (Walth) 1.65; **4 × 100:** Ealing & Southall 49.7; **4 × 400:** Ipswich 55.9.
**MATCH 2 – 1,** Ipswich 227½; **2,** Old Southall 150; **3,** Ealing & Southall 150; **4,** Walthamstow 129.

## ■ Southern One West

## ■ Southampton

**Match 1**
**Youths – 1500:** M Laffer (Havant) 4:10.9; **400H:** J Goldsmith (Team S) 61.0; **Boys – 100:** S Bussell (Soton) 12.0; **1500:** R Hamshar (E&E) 4:23.3; **3000:** D McMulkin (Soton) 9:33.5; **80H:** A Barsh (Team S) 12.3; **JT:** S Leggett (Havant) 49.72.
**Colts – 1500:** T Evans (E&E) 4:53.4; **MATCH 1:**, Epsom & Ewell 217; **2,** Team Solent 204; **3,** Southampton City 201; **4,** Havant 111.
**Man of the Match Award** – D McMulin Boys 3000m
**Match 2**
**Youths - PV:** M Richards (Worth) 3.80; **LJ:** D Fagan (G&G) 6.34.
**Boys – 400:** M Cardy (Ports) 55.3; **SP:** R Snow (G&G) 13.72. **DT:** Snow 34.52; **HT:** Snow 48.18; **MATCH 2** Guildford & Godalming 211; **2,** Worthing 197; **3,** Porsmouth 193; **4,** East Grinstead 123.

## ■ Woking

**Match 1**
**Youths – 100H: 1,** A Jones (Wok) 14.7; **2,** S Davies (HW) 15.0; **PV: 1,** L Moffatt (Wok) 4.05; **2,** N Kemp (Craw) 3.40; **DT:** J Green (Wok) 40.59; **HT:** T Rooks (B'mth) 45.78; **4 × 100:** Crawley 47.0.
**Boys – 80H:** A Capoor (Wok) 12.4; **4 × 100: 1,** Crawley 49.8; **2,** Hercules Wimbledon 50.8; **4 × 400:** Crawley 4:00.0.
**Colts – 1500: a)** R Crossan (Wok) 4:50.8; **b)** R Cannon-Wailes (Wok) 4:59.9.
**Teams – 1,** Hercules Wimbledon 181; **2,** Crawley 189; **3,** Woking 187; **4,** Bournemouth 181.
**Man of the Match Award** – M Girand Colts 100m
**Match 2**
**Boys – HJ:** D Clark (AF&D) 1.75; **4 × 400:** Aldershot, Farnham & District 4:04.0.
**Teams – 1** Hastings 218; **2,** Fareham 182; **3,** Aldershot, Farnham & District 176; **4,** Camberley 89.

## ■ Southern Two South Thames

## ■ Hoo

**Match 1**
**Youths - 1500S/C:** J Cossell (Inv) 4:39.2.
**Boys – 4 × 100:** Croydon 50.8.
**Colts – 1500m:** T Davies (Inv) 4:58.5.
**MATCH – 1,** Invicta East Kent 180; **2,** Holland Sports 179; **3,** Croydon B 172; **4,** Ashford 82.
**Match 2**
**Youths – 100H:** G Stirling (Lang) 14.8; **HJ: a)** S McLean (Bel) 1.80; **b)** S Osuide (Bel) 1.85.
**Boys – 200:** A Hawkey (B&H) 24.8.
**MATCH 2:** Langto 219; **2,** Brighton & Hove 208; **3,** Belgrave 111; **4,** Redhill & Surrey Beagles 96.
**Man of the Match Award** – B Sullivan (Lang) Colts 200m.

## ■ Horsham

**Youths – 100H:** S Short (Hors) 14.8; **400:** Short 60.2.
**Boys – 200:** P Burrow (Hors) 24.3; **PV:** A Sorivener (Hors) 3.10; **4 × 400:** Horsham 3:47.8.
**MATCH: 1,** Horsham 394; **2,** Haywards Heath 263; **3,** Kingston & Polytechnic 178; **4,** Swales Combined 76.
**Man of the Match Award** – P Burrow (Hors) Boys 200m

## ■ Southern Two North Thames

## ■ Colchester

**Match 1**
**Youths 800: 1,** R Grist (C&T) 2:01.7; **2,** N Metcalfe (Norf O) 2:04.3.
**Boys – 100:** S Bryant (C&T) 11.7.
**MATCH 1:**, Norfolk Olympiads 320; **2,** Colchester & Tendring 254; **3,** St Albans 120; **4,** Borehamwood 19.
**Match 2**
**Youths – 800:** M Griffin (Walton) 2:01.3.
**MATCH 2:** Walton 178; **2,** Dacorum 182; **3,** Wycombe 155; **4,** Lowestoft 105.
**Man of the Match Award** – K Kyereme (Lowes) Youths 3000m.

## ■ West London

**Match 1**
**Youths – 800:** P Steele (S'end) 2:03.7; **DT:** J South (S'end) 38.14. **HT:** A Pools (TVH) 42.92.
**Boys – JT:** 1, Eldridge (S'end) 46.78.
**MATCH 1:**, Highgate 185; **2,** Southend 178; **3,** Thames Valley Harriers 142; **4,** Reading B 87.
**Man of the Match Award** – T Eldridge (S'end) Boys JT.
**Match 2**
**Youths – 800:** C Lynoh (N Lon) 2:01.5; **400H:** P Warsham (F&C) 57.3.
**Boys – DT:** R MacKenna (Wat) 34.90.
**MATCH 2:** North London 187; **2,** Fleet & Crookham 185; **3,** Watford 118.

## ■ Midland Premier

## ■ Coventry

**Youths**
**100: 1,** S Buttler (W&B) 10.9; **2,** S Howard (C&S) 11.3; **3,** A Walcott (W&B) 11.3
**200: 1,** M Walcott (W&B) 22.4; **2,** Buttler (W&B) 22.7
**400:** C Southam (Leic) 50.6
**100H: 1,** P Stubbs (Stoke) 13.5; **2,** N Cameron (Stoke) 14.0; **3,** J Hughes (Car) 14.3; **4,** P Donavan (Leic) 14.4; **5,** M Simcox (Sol) 14.7; **6,** N Sutton (C&S) 14.8;
**JT: 1,J** Hurrion (Cov) 68.18; (league record) 2, G Ghent (C&S) 49.86
**HJ:** M Simcox (Sol) 1.85
**PV:** G Gregory (W&B) 4.00
**HT:** M Tully (Stoke) 48.38
**SP: 1,J** Tyler (Stoke) 15.31; **2,** S Jones (C&S) 13.78
**TJ:** D Ricketts (W&B) 13.65
**LJ: 1,** P Dundas (W&B) 6.94; **2,** E Whittaker (W&B) 6.58; **3,** C Millward (C&S) 6.42
**4 x 100:** Wolverhampton 45.2
**4 x 400: 1,** Wolverhampton 3:36.4; **2,** Cardiff 3:38.8
**Boys**
**100: 1,** D Brown (W&B) 11.5; **2,** D Smith (C&S) 11.5
**200:** D Brown (W&B) 24.0
**400:** A Parks (W&B) 54.9
**3,000:** K Farrow (Der) 9:21:2
**80H:** P Batchelor (Cov) 12.0
**DT:** I Brown (W&B) 41.74
**SP:** T Wyatt (C&S) 13.99
**HJ:** M Adderley (Stoke) 1.70
**LJ:** J Clawley (C&S) 6.17
**4 x 100: 1,** Cannock 48.1; **2,** Wolverhampton 48.6
**4 x 400:** Solihull 3:54.6
**Colts**
**100: 1,M** Tietz (Der) 11.9; **2,** N Morgan (Leic) 13.2; **3,** R Weaver (C&S) 13.3
**200:** Tietz 26.1
**MATCH 1: 1,** Cannock 225; **2,** Cardiff 182; **3,** Stoke 176; **4,** Coventry 163
**MATCH 2: 1,**Wolverhampton 209; **2,** Solihull 208; **3,** Leicester 172; **4,** Derby 111

## ■ Plymouth

**Youths: 200:** M Wise (Bris) 24.1
**400:** R Smith (Brist) 52.2
**TJ:** B Davies (Bir) 13.68
**DT:** M Cowley (Ply) 37.36
**JT:** J Singh (Bir) 49.19
**Boys: 100: 1,** C Browne (Bir) 12.1; **2,** R Hayes (Corn) 12.1
**TJ:** J Bennett (Bir) 12.68
**HT:** I Farrugia (Bir) 42.5
**Man of the Match:** Elton Hunt (Youth Pole Vault 4.30)

**MATCH: 1,** Birchfield 255, 2, Bristol 189, 3, Plymouth 155, 4, Cornwall 121.

## ■ Cheltenham

**MATCH: 1,** Cheltenham 206½; **2,** Yeovil Olympiads 201; **3,** Swansea H 172½; **4,** Torfaen 156

## ■ Midland Div 1

## ■ Braunton

**Youths**
**100:** J Smith (N Dev) 11.4
**SP: 1,** J Phipps (N Dev) 14.49; **2,** A Squires (N Dev) 13.26
DT: A Squires (N Dev) 38.16
**Boys**
**100:** D Godfrey (N Dev) 12.1
**SP:** M Green (Newp) 12.98
**MATCH: 1,** Newport 235; **2,** North Devon 207; **3,** Gloucester 196;

## ■ Northern Premier ■ Jarrow

**Youths**
**800: 1,** P Soloman (Sund) 2:04.3
**1,500:** Soloman 4:10.2
**1,500SC:** D Hopson (Warr) 4:41.1
**400H:** J Finlay (Morp) 59.4
**PV:** P Ayre (Morp) 3.50
**LJ:** H Thompson (Stret) 6.26
**SP:** E Cole (Warr) 14.35
**DT:** E Cole (Warr) 49.15
**HT: 1,** S Dolan (Sund) 47.57; **2,** S Thompson (Sund) 46.78
**JT:** J Taylor (Stret) 46.67
**4x100:** Sunderland 3:44.3
**Boys**
**400:** D McCormack (Sund) 55.9
**1,500:** D Clark (Sund) 4:28.3
**100H:** A Brooks (Warr) 14.5
**4x100:** Sunderland 50.5
**4x400: 1,** Morpeth 4:02.7; **2,** Sunderland 4:03.3

Reebok London Marathon Competition winners 14th April issue First prize winner is Edwin Bartlett from Ashford, Kent. The second prize winners are Mike Evans from Dyfed; Emma Allison from Thirsk; Dennis Mullen from Surrey; Carole Lowans from London; Mr Coleman from Romford; Peter Dovey from Aylesbury; D Watson from Tyne and Wear; and Mr D Todd from Davyhulme.

Runners-up are Edward Morton of Oxford; Mr P J Turley of Banstead; Richard Stead of N Yorks; Mrs P Sizer of Chelmsford; Mrs H Cervantes of Northumberland; Guff Bowe of Lanchester; Tim Plumridge of Epsom; John Tinn of Barnsley; Alan Cubin of Cumbria; Jacqueline Cooke of Ratford; John Balmer of Merseyside; D J Diamond of Aylesbury; Andy Money of Birmingham; A Hellyer of Huntingdon; A Bowles of Bolton; James Howett of Grantham; N Pearman of Plymouth; Brian Parsons of Warley; Thanassis Kontzedakis of London; Alan Maddocks of Loughborough; Barry Peatfield of Bury; R A Freeman of Crawley; Kevin Russell of Royston; David Jenkins of London; John Spencer of Sheffield; Ian Mitchell of Huddersfield; Zane Maynard of Swansea; Paul Bellamy of Stilton; Steve Torrance of Southampton; Rob Sargent of Dagenham; Eric Thomson of Gwent; A Barr of Liverpool; P Bowles of Bolton; Mrs B Holy of Shropshire; R F Ruston of Grimsby; Aidan Welpole of Preston; A Fitzjohn of Werrington; M Hunt of Taunton; M A Dark of Bristol; Miss V Miller of Enfield; S J Masters of Somerset; Richard Inchley of Leighton Buzzard; Jeffrey Matthews of Leicester; Bill Pritchard of W Glamorgan; Roy Grist of Essex; John Watson of Tyne and Wear; J Griffiths of Swansea; Graham Bennett of Congleton; Gunnar Hansson of Sweden; Andy Richbell of W Sussex; J Stanley of Hertford; Mark Coasdale of Lancaster; Ian Batson of Reading; M J Beange of Leicester; Gareth Lloyd of Berkshire; Alan Morris of Chester; Patrick Chance of Ashford; C Thomson of Glasgow; Paul Curphey of Isle of Man; Jonathan Rogers of Faversham; Peter Cheatle of Chigwell; Mr P O'Hare of Ashton under Lyme; Paul Clark of Cambridge; Ian Wainwright of Sheffield; Tim Inchley of Leighton Buzzard; Nicholas Rhys of Devon; Mr A Champion of Bexley; Brian Lee of Sevenoaks; Mr G Malmstrom of Hereford; David Jordan of Derbyshire; Mr S Walker of Clwyd; Allan Lee of Sevenoaks; Charles Stead of N Yorks; J Bowles of Bolton; Jimmy Sleight of Rotherham; Kenn Saffery of London; Mr Burns of Co Durham; Miss Catherine Piecourt of Mortlake; Mr L Thorn of Wood Green; R Jackson of Swinton; R Thomas of Hastings; M Skipsey of Sowerby Thirsk; Mrs Stead of Yorkshire; D Mansbridge of Telford; Steve Thorn of London; Steven Bishop of Surrey; P Grogan of Oakham; M Mixter of Uxbridge and M Parry-Billings of Oxford.

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THE EDGE.

● **Correct answers: There were 189 finishers in the ADT London Marathon inside 2:30, and Wanda Panfil won the women's race in 2:26:31.**

# WIN A TRIP TO SPLIT

*ATHLETICS WEEKLY*, in association with Sportsmans Travel, is offering you the chance to win a trip of a lifetime, with an expenses-paid trip to the European Championships in Split later this summer.

Britain's team is expected to surpass the record gold medal haul achieved in Stuttgart four years ago – none other than Andy Norman has predicted 10 golds for Britain – and you could be there to see every day's action.

The fantastic prize includes flights from the UK to Yugoslavia, transfers to and from Split airport to the Medena Hotel, where you will stay for eight days, and from where a coach will take you daily to the stadium, where you will have a grandstand seat. The overall value of the prize is £520.

All you have to do to win this free-to-enter competition is answer six simple questions. The first three questions appeared in last week's magazine. Here are questions 4 to 6:

**Q4.** Who won the men's 800 metres in the last European Championships?
**a) Sebastian Coe;**
**b) Tom McKean;**
**c) Steve Cram.**

**Q5.** The last major international sporting event staged in Yugoslavia was the 1984 Winter Olympics. In which city did those Games take place?
**a) Split;**
**b) Sarajevo;**
**c) Bucharest.**

**Q6.** In which British city were the European Indoor Championships staged earlier this year?
**a) Birmingham;**
**b) Sheffield;**
**c) Glasgow.**

Send your six answers on a postcard, along with your name, address and daytime telephone number, to Split Competition, *Athletics Weekly*, Bretton Court, Bretton, Peterborough, PE3 8DZ, To arrive no later than second post on Monday 11th June. Usual *AW* competition rules apply, and the first all-correct entry drawn after the closing date will win the prize, and be notified within 14 days of the competition closing. The Editor's decision is final and no correspondence will be entered into.

Sportsmans Travel has exclusive rights in the United Kingdom and Republic of Ireland to offer tickets and tours to the European Championships. Further details of the packages available from Sportsmans Travel, PO Box 269, Brentwood, Essex. Tel: 0277 222260/ 26444.

SPORTSMANS TRAVEL

## Win a Mace scholarship

**ONCE again *Athletics Weekly* is joining ranks with Mace stores to give one of our under-16 readers the opportunity to improve his or her skills at the Mace Sports Scholarship week at Eton College which starts on Sunday 22nd July.**

**As well as an intensive week of sporting activity, the youngsters will also have sightseeing trips, a sports quiz hosted by Dickie Davies, and the opportunity to train with Sebastian Coe.**

**Specialist athletics coaches will be present throughout the week and the winner of the competition will take part in specific sessions every morning.**

**To be considered for a Mace Scholarship we would like you to write a 500-word report on an athletics event of your choice that takes place in the next fortnight. It may be an open graded meeting, a National Young Athletes fixture, the UK Championships, your county championships or a local road race. The choice is entirely yours.**

**We would also like to know something about yourself and your athletics interests. Therefore, on a separate piece of paper would you in no more than 200 words prepare a personal factfile.**

**We must receive your entry by first post on Friday 15th June.**

● ***Entries by first post on Friday 14th June to: Mace Scholarship Competition, Athletics Weekly, EMAP Pursuit Publishing Ltd, Bretton Court, Bretton, Peterborough PE3 8DZ.***

Mace SPORTS SCHOLARSHIP

**Colts**
**800: 1,**C Ayres (Warr) 2:22.1; **2,** P Simpson (Sund) 2:23:8
**MATCH: 1,** Sunderland 238; **2,** Morpeth 205; **3,** Warrington 199; **4,** Stretford 87;

**MATCH TWO: 1,** Liverpool 228; **2,** Sale 226; **3,** Wirral 212; **4,** E Cheshire 58.
**Man of the match:** D Hunte (Sale) – 200 – Colts: 27.0.

## ■ Cleckheaton

**MATCH ONE: 1,** N Shields Poly 214; **2,** Blackpool 193; **3,** Gateshead 172; **4,** Rowntrees 168.
**MATCH TWO: 1,** Middlesbrough 248; **2,** Bolton 189; **3,** Barnsley DH 160; **4,** Mandale 152.
**Man of the match:** W Gibson – HT – Boys: 39.28.

## ■ Northern One
## ■ West Liverpool

**MATCH ONE: 1,** Liverpool 177; **2,** Chesterfield 162; **3,** Preston 154; **4,** Southport 141.
**MATCH TWO: 1,** Wakefield 223; **2,** Oldham 198; **3,** Frodsham 139; **4,** Wrexham 91.
**Man of the match:** K Trotter (Wake) – 3,000 – Boys: 10:06.6.

## ■ Sheffield

**MATCH ONE: 1,** Hallamshire 218; **2,** Spenborough 193; **3,** Liv Pembroke 176; **4,** Blackburn 108.
**MATCH TWO: 1,** Rotherham 245; **2,** Bury 184; **3,** Stockport 171.5; **4,** Sale B 133.5.
**Man of the match:** M Wilson (Rother) – PV – Yths: 3.60.

## ■ Northern One East
## ■ Richmond

**MATCH ONE: 1,** Stainforth 181; **2,** Richmond 174; **3,** Wallsend 172.
**MATCH TWO: 1,** Imperial 190; **2,** Tynedale 146; **3,** Skyrac 139; **4,** Bingley 106.
**Man of the match:** C Purviss (Rich) – HJ – Yths: 1.88.

## ■ Northern 1E
## ■ Leeds

After some confusion over his eligibility, Paul Godwin was awarded the Man of the Match for his win in the Youths Javelin, **Roger Norton reports.**

A splendid series by the Grimsby first year youth gave him two throws over 60 metres, his best being 60.66m.

**Match one**
**Youths:** 400H: M Spoors (Cls) 58.7
**HJ:**D Otter (Don) 1.90
**SP:**P Godwin (Grim) 13.16
**DT:**Godwin 39.48
**JT:**Godwin 60.66
**Boys**
**200:** M Fox (Grim) 24.4
**MATCH: 1,** Leeds City 219½; **2,** Chester-le-Street 167½; **3,** Doncaster PW 148; **4,** Grimsby 132
**Match two**
**Youths**
**100H:** M Fowlie (CoH) 14.7
**1,500:** M Simpson (HS) 4:11.2
**HT:** C Wheelhouse (CoH) 40.64
**JV:**D Ingleson (CoH) 45.40
**4x400:**City of Hull 4:04.0
**Boys**
**400:**S Hill 56.0
**800:**M Burt (CoH) 2:06.7
**1,500:**M Brooks (CoH) 4:25.5
**MATCH 2: 1,** City of Hull 249; **2,** Hull Springhead 234; **3,** Blaydon 123; **4,** Hartlepool 113

## ■ Northern Tyne Elswick

**MATCH:**
**Men of the match:** S Gaines (Bord) **PV – Youths** 4.10. G Graham (J&H) **HJ – Boys** 1.70. K Corr (J&H) **800 – Colts** 2:26.6.
**1,** Jarrow 326; **2,** Border 292; **3,** Llswick 237; **4,** New Markse 176; **5,** Loftus 66; **6,** Heaton 52.

## ■ Northern Ouse Lincoln

**MATCH:**
**Man of the match:** P Cribson (Linc) Yths 800: 1:59.1.
**1,** Scarborough 361; **2,** Cleethorpes 261; **3,** Hull Spartan 108; **4,** Lincoln 77; **5,** East Hull 56; **6,** Barton 16.

## ■ Northern Irwell Rochdale

**Match:**
**Man of the match:** Andrew Morros (H'burn) **200C** 27.1.
**1,** Salford 231; **2,** Manchester 216; **3,** Sutton 199; **4,** Hyndburn 160; **5,** Rochdale 153.

## ■ Eastern Young Athletes League Div 1 Cambridge 27th May

**Youths**
**100H:** S Cook (C&C) 14.8.
**800:** M Smith (C&C) 2:05.
**100:** P Wright (IPS) 11.4.
**LJ:** A Osei (IPS) 6.47.
**TJ:** Osei 13.22.
**Boys**
**DT:** A Evatt (SNH) 34.54.
**Colts**
**80H:** M Clements (C&C) 13.1.
**200:** Clements 27.0.
**HJ:** D Quinn (C&C) 1.54.
**SP:** L Gormer (IPS) 9.18.
**Inters**
**80H:** M Gant (IPS) 12.4.
**DT:** R Ellis (C&C) 32.10.
**Girls**
**75H:** S Collins (IPS) 12.2.
**JT:** K Bunday (C&C) 31.72.
**4 x 100:** Ipswich 52.5.
**Minors**
**70H: 1,** L Collins (Es) 12.5; **2,** J Pratt (Ex) 12.4.
**MATCH: 1,** Ipswich 357; **2,** Cambridge & Coleridge 351½; **3,** Stevenage & North Herts 274½; **4,** Walthanstow & Essex Ladies 271.

## Div 2 Lowestoft

**MATCH: 1,** Decorum 354; **2,** Lowestoft 212; **3** West Norfolk 114; Tring DNC.

## Watford

MATCH: 1, Huntingdon 350; **2,** Braintree 234½; **3,** Barnet 123½; **4,** Ilford 71.

## ■ Scottish NE Aberdeen

**Youths: 800:** S Comve (Arb) 2:03:3;
**Boys: 400: 1,** S Lee (Inv) 54.7; **2,** J Bridges (Arb) 56.0;
**1,500:** S Mckay (Inv) 4:25.1;
**4x100:** Inverness 48.5;
**Colts: 400:** S Sutherland (Inv) 59.2;
**TJ:** W Stark (Aber) 10.86;
**SP: 1,** W Stark (Aber) 8.93; **2,** A Christie (Tay) 8.08;
**DT:** C Chishlom (Inv) 22.94;
**4x100: 1,** Inverness 53.7; **2,** Aberdeen 54.6;

**MATCH: 1,** Aberdeen 710; **2,** Inverness 675; **3,** Arbroath 552; **4,** Tayside 431; **5,** Dundee 410; **6,** Banchory 276;
**North East Girls League**
**MATCH: 1,** Aberdeen 115; **2,** Arbroath 107; **3,** Banchory 102; **4,** Dundee 94; **4,** Tayside 84;

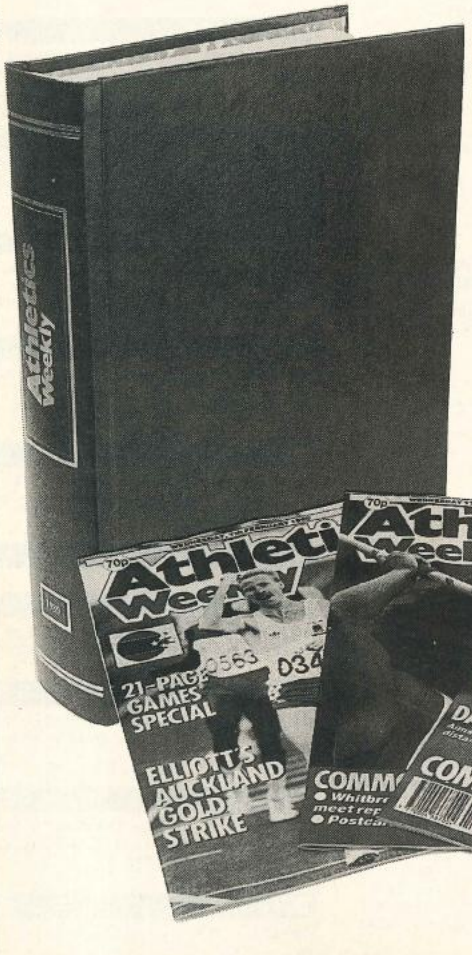
**Under 11 Colts League**
**MATCH: 1,** Aberdeen 180; **2,** Banchory 166; **3,** Arbroath 165; **4,** Dundee 150; **5,** Tayside 54;

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## North Staffs League
## Stoke
## 30th May

**Men**
**1,500: 1,** A Spelman (Stoke) 3:50.1; **2,** G Harvey (C Bay) 3:53.4.
**Colts**
**PV: 1,** M Parley (K Ed) 2.60; **2,** E Richard (K Ed) 2.15; **3,** T Robins (K Ed) 2.15.
**Girls**
**75H:** N Murray (Newc) 12.2.

## AAA Multi-events Champs
## Derby
## 2nd-3rd June

**Women**
**Junior Heptathlon** (100H, HJ, SP, 200, LJ, JT, 800)
**1,** E Beales (Mil K) **4916** (15.57, 1.68, 11.97, 26.19, 5.25, 35.04, 2:31.17)
**2,** E Cave (Park) **4768** (15.12, 1.71, 8.44, 26.67, 5.13, 34.56, 2:25.59)
**3,** J McCoy (Wirr) **4654** (15.87, 71, 8.78, 26.34, 5.62, 28.76, 2:33.42)
**Northern Counties Senior**
**1,** W Laing (Liv H) **4939** (14.61, 1.65, 10.92, 26.48, 5.30, 31.28, 2:24.79)
**2,** J McCoy (Wirr) **4654** (15.87, 1.71, 8.78, 26.34,5.62,28.76,2:33.42)
**3,** J Brown (Ash) **4327** (16.39, 1.62, 9.89, 28.00, 4.98, 35.42, 2:36.46)
**Northern Counties Inters**
**1,** A Cartmell (Cope) 4362; **2,** S Ditchfield (Pres H) 4035; **3,** E Horrocks (Ross) 3897
**Northern Counties Girls (Pentathlon)**
**1,** L Dickinson (Bing) 2748; **2,** N Alcock (Pend) 2708; **3,** M Gee (Roth) 2642

## Aberdeen AAC Championships
## 8th, 22nd, 23rd May

**Men**
**10,000: 1,** J Doig 30:34.0; **2,** C Youngson (V40) 31:51.6; **3,** M Murrary 31:57.0; **4,** S Wright (J) 32.02.7.
SP: P Allan 13.40.
**Youths: SP:** D Minty 12.62.
HJ: 1, P Allan 1.94; **2,** D Mathieson 1.94.
**Women: SP:** H Cowe 12.51.

## Midland Womens League Div 2
## Solihill
## 3rd June

**Senior**
**100:** J Smith (Charn) 12.6
**200:** Smith 25.8
**400:** R Bowen (Leam) 1:00.0
**'B':** A Shuttleworth (Leam) 1:00.1
**800:** A Donaghue (Swan) 2:16.6
**3,000: 1,** J Davies (Charn) 10:10.9; **2,** J Jackson (Derby) 10:19.8;
**100H:** D Baker (Derby) 14.8
**400H:** M Cooke (Swan) 1:03.5
**HJ: 1,** A Clode (Car) 1.60; **2,** A Evans (Sol) 1.60
**SP: 1,** J Berry (Car) 14.02; **2,** C Hardy (Charn) 11.34; **3,** A Everton (Leam) 10.53
**DT: 1,** A Everton (Leam) 39.56; **2,** R Hardy (Charn) 37.72; **3,** J Berry (Car) 35.86; **4,** M Wright (Sol) 35.12
**4x400:** Swansea 4:02.7
**Girls: 1,500:** H Evans (Sol) 5:00.7
**75H:** E Hanson (Car) 12.1
**HJ:** E Hanson (Car) 1.53; **2,** A Merry (Sol) 1.53;
**DT:** K Shepherd (Charn) 29.20
**4x400:** Derby 53.1
**MATCH: 1,** Derby 300; **2,** Solihull & Smallheath 294; **3,** Cardiff 292; **4,** Charnwood 275½; **5,** Leamington 275; **6,** Swansea 256½;

## Midlands Women League Div 6
## Daventry
## 3rd June

**Women**
**LJ: 1,** L Rolfe (North) 5.53; **2,** D Rigby (Dav) 5.42
**SP: 1,** N Talbot (Telf) 10.95; **2,** T Oldfield (SinA) 10.63
**DT: 1,** N Talbot (Telf) 40.08; **2,** T Oldfield (SinA) 34.44
**Inters**
**80H:** J Thomas (Newp) 12.7
**Girls**
**75H: 1,** S Hunt (Telf) 12.2; **2,** S Price (RSC) 12.2; **3,** M Jones (Newp) 12.2
**JT: 1,** C Taylor (Telf) 31.68; **2,** S Flynn (Dav) 30.22
**MATCH: 1,** Northampton 329; **2,** Royal Sutton Coldfield 326; **3,** Telford 319; **4,** Newport 272; **5,** Sutton in Ashfield 220; **6,** Daventry 173

## Scottish Womens AAA Combined Champs
## Grangemouth
## 2nd-3rd June

**Senior Heptathlon: 1,** S Simpson (Pit) 3626; **2,** A Dutch (EWM) 3303
**Junior Pentathlon: 1,** D Church (Ayr S) 2867; **2,** S Ramminger (Arb) 2682; **3,** F Allen (Rudd) 2540
**Girls Pentathlon: 1,** D Palmer (ESPC) 2289; **2,** G Reid (Banch) 2261; **3,** D Smith (Annan) 1984

## Scottish AAA/WAAA Relay Champs
## Grangemouth
## 3rd June

**Men**
**4 x 100: 1,** Shettleston Harriers 43.5; **2,** Lothian 44.7; **3,** Ayr Seaforth AC 45.8
**4 x 400: 1,** Shettleston H 3:19.2; **2,** Ayr Seaforth 3:31.0; **3,** Lothian 3:34.6
**Junior Men**
**4 x 100: 1,** Victoria Park 45.2; **2,** Falkirk Victoria H 45.8; **3,** Clydebank 46.7
**4 x 400: 1,** Victoria Park 3:25.6; **2,** Clydebank 3:26.4; **3,** Pitreavie 3:35.6
**Youths**
**4 x 100: 1,** Pitreavie 46.0; **2,** Clydebank 46.2; **3,** Falkirk Victoria H 48.4
**4 x 400: 1,** Caledon Park H 3:30.1; **2,** Clydebank 3:32.0; **3,** Pitreavie 3:37.1
**Senior Boys**
**4 x 100: 1,** Ayr Seaforth 46.5; **2,** Clydebank 46.6; **3,** Pitreavie 46.9
**4 x 400: 1,** Clydebank 3:41.5; **2,** Ayr Seaforth 3:41.5; **3,** Central Region 3:51.5
**Women**
**4 x 100: 1,** Edinburgh Woollen Mill 48.6; **2,** Edinburgh Woollen Mill B 50.8; **3,** Ayr Seaforth 51.1
**4 x 400: 1,** Edinburgh Woollen Mill 4:00.0; **2,** ESPC 4:00.5; **3,** Monkland Shetteston 4:00.9
**Euro Juniors: 1,** Pitreavie 50.3; **2,** Edinburgh Woollen Mill 50.6; **3,** Fife 53.8
**Juniors**
**4 x 100: 1,** Glasgow AC 49.3; **2,** Edinburgh Woollen Mill 50.5; **3,** Aberdeen 52.1.
**4 x 200: 1,** Glasgow AC 1:44.7; **2,** EWM 1:46.1; **3,** Aberdeen 1:50.2
**3 x 800: 1,** JW Kilmarnock 7:26:4; **2,** ESPC 7:32:0; **3,** Ayr Seaforth 7:33.3
**Girls**
**4 x 100: 1,** Fife 55.4; **2,** ESPC 56.0; **3,** Glasgow AC 56.8
**4 x 200: 1,** Pitreavie 158.6; **2,** ESPC 1:59.2; **3,** EWM 2:01.0
**3 x 800: 1,** Pitreavie 7:31.6; **2,** Glasgow AC 7:55.0; **3,** Kirkolymp 7:56.9

## Southern Vets Track and Field Champs
## Croydon
## 3rd June

PAT McNAB was the outstanding performer of a rain swept Southern Vets Champs, with another new W45 World Hammer record, **Martin Duff reports.**

Setting new World bests on her second (37.24), fourth (38.70) and final rounds, her 39.62 was not only a new Vets best, but moved her to second on the UK 1990 Senior list. McNab also took the W45 100m, 80H and Shot putt!

M40 Mike James scored a jump and hurdle quadruple success, with a Long jump of 6.73 standing out, whilst Neil Griffin, his Windsor club mate, doubled in Shot and Discus.

Elsewhere in the field, Keith Turnball added the Southern M40 Javelin to his Kent Senior title, but world M60 Pole Vault champion Alf Woods bombed out at his opening 2.80 height!

Keith Penny scored in the M40 5,000m ahead of Ian Emery, whilst wife Glynis took the womens W35 title. Barbara Blurton had a good 200/400 W40 double in what proved a strong age group, where Anna McDonald after placing 2nd in the 400 won the 800 in 2.24.2.

Judy Vernon narrowly won the 80H in 12.4 after taking the 100 flat in 13.4.

In the older groups, Ali Kalirai took five M60 sprint hurdles and jumps titles, whilst Jo Ogden collected three W60 golds.

**M40**
**100:** P Webber 12.0
**200:** S Wiles 24.9
**400:** A Roker 56.3
**800: 1,** D Spencer 2:02.7; **2,** A Painter 2:05.7
**1,500: 1,** P Molloy4:13.5; **2,** P Hamilton 4:15.8; **3,** K West 4:17.4
**5,000: 1,** K Penny 15.19.5; **2,** I Emery 15:29.3; **3,** P Molloy 15:32.3
**3,000SC: 1,** B Dabrowski 10:17.1; **2,** L Lyons 10:25.1; **3,** A Stedman 10:32.2
**110H:** M James 16.2
**400H:** Roker 59.8
**HJ/LJ/TJ:** James 1.60/6.73/13.14
**SP: 1,** N Griffin 13.17; **2,** A Richards 11.71
**DT: 1,** Griffin 44.84; **2,** Richards 35.24
**HT:** A Stark 37.54
**JT: 1,** K Turnball 57.30; **2,** Richards 49.54
**M45**
**100: 1,** I Foster 12.0, 2, W Thomas 12.0, 3, R Austin 12.2
**200: 1,** Thomas 24.3, 2, Foster 24.5, 3, Austin 24.6
**400:** Thomas 55.3,
**800: 1,** J Treadwell 2:06.6; **2,** I Pearce 2:08.6
**1,500: 1,** S Warzee 4:19.0; **2,** G Wootton 4:24.7
**5,000: 1,** Warzee 15:38.5; **2,** M.Duff 15:44.8; **3,** S Birkin 15:54.5
**110H:** G Long 17.9
**400H: 1,** F Bush 1:03.7; **2,** D Barrington 1:04.7
**HJ:** Long 1.45
**LJ:** C Brooks 5.37
**TJ:** A Cheers 11.16
**SP: 1,** C Ellis 12.11; **2,** E Barker 11.80
**DT:** Ellis 39.24
**HT:** Barker 42.86
**JT: 1,** M Turner 47.00; **2,** P Cramp 44.14
**3,000W/5,000W:** P Hannell 13:36.5/24:18.8
**M50**
**100: 1,** J Swannell 12.7; **2,** B Gray 12.8; **3,** J McNamee 13.0
**200: 1,** McNamee 24.9; **2,** Swannell 26.0
**400:** McNamee 58.4
**800: 1,** B Bartholomew 2:13.7; **2,** D Frampton 2:16.1
**1,500:** M Robinson 4:31.8
**5,000:** G Harrold 16:33.3
**300H:** A Carter 51.8
**HJ:** A Chapman 1.45
**PV:** J Webster 2.70
**LJ:** M Burrell 5.05
**TJ: 1,** E Whiton 10.50; **2,** Burrell 10.42
**SP/ DT:** T Clegg 10.98/34.58
**HT:** A Cook 37.90
**JT:** R Bartlett 51.16
**M55**
**100/200/400:** A Blackman 12.8/26.0/61.2
**800:** J Seymour 2:37.6
**1,500:** L O'Hara 4:43.3
**5,000:** J Hogan 17:23.7
**100H:** G Darborn 18.4
**HJ/PV/LJ:** J Day 1.25/2.70/4.27
**SP:** D Telford 10.73
**DT:** Briggs 39.16
**HT: 1,** D Bayes 47.22; **2,** J Caton-Mason 41.78
**3,000W/5,000W:** J Dunsford 16:27.1/28:18.2
**M60**
**100: 1,** A Kalirai 14.3; **2,** A Woods 14.4; **3,** T Baigent 14.5
**200:** Kalirai 30.9
**1,500:** Forster 4:58.0
**5,000: 1,** Forster 18:07.6; **2,** H Foord 18:42.3; **3,** R Franklyn 18:59.0
**100H:** Woods 18.9
**300H:** Kalirai 54.5
**HJ:** Woods 1.25
**PV:** B Thomas 2.60
**LJ/TJ:** Kalirai 4.62/9.29
**SP:** Woods 10.35
**JT:** K Brookman 39.64
**3,000W/5,000W:** D Fotheringham 15:42.4/ 27:06.7
**M65**
**100:** L Williams 14.4,
**200:** P Munn 31.0
**400/800/1,500:** B Nielsen 1:10.2/2:40.5/5:24.0
**5,000: 1,** R Hale 20:53.5; **2,** J Fitzgerald 20:54.2
**3,000S:** G Brindley 13:20.8
**300H/HJ:** Williams 55.3/1.25
**TJ/JT:** J Swinton 7.13/25.86
**M70**
**100:** A Philcox 15.9
**800:** O'Bree 2:41.5
**1,500/5,000:** D Eyres 5:38.4/21:08.9
**SP:** B Metcalfe 9.21
**M80**
**1,500:** W Champman 7:55.2
**W35**
**100/200:** H Godsell 13.4/27.9
**800:** A Bragg 2:18.0
**5,000:** G Penney 17:32.2
**HJ/LJ/TJ:** V Thompson 1.35/4.58/8.93
**SP: 1,** B Carter 12.80; **2,** Thompson 10.90
**DT:** Carter 39.54
**JT:** Thompson 34.06
**HT:** G Hockerday 25.00
**W40**
**100: 1,** J Vernon 13.4; **2,** B Blurton 13.5
**200: 1,** Blurton 27.5; **2,** Vernon 28.0
**400: 1,** Blurton 59.9; **2,** A McDonald 1:01.2; **3,** B Foord 1:03.2
**800:** 1, A McDonald 2:24.2; **2,** Ford 2:27.0
**1,500:** S Corkwell 5:28.2
**80H: 1,** Vernon 12.5; **2,** J Wills 12.5
**400H:** J Farrey 1:07.8
**HJ:** A Plongeon 1.25
**LJ:** Wills 4.83
**SP/HT:** B Terry 10.36/27.60
**W45**
**100:** P McNab 14.3
**800/1,500:** K Yewer 2:37.7/5:16.2
**5,000:** S Gandee 20:24.7
**80H: 1,** McNab 13.5; **2,** N Cross 14.5
**HJ:** I Marti 1.40
**LJ/TJ:** J Charles 4.54/8.97
**SP:** McNab 9.15
**JT:** D Morris 32.14
**HT:** McNab 39.62 (World rec)
**W50**
**100/200:** B Colwell 15.0/32.3
**400/800:** G Plater 1:08.8/2:40.2
**LJ:** Colwell 3.91
**SP:** J Hulls 7.77
**W60**
**100: 1,** J Ogden 15.3; **2,** H Farmer 16.2
**200:** Ogden 32.4
**5,000:** B Forster 22:45.9
**80H:** Farmer 17.4
**SP/JT:** Ogden 8.56/27.10
**W65**
**1,500/5,000:** J Waller 6:38.3/23:24.3

## Panasonic Southern League
## 26th May

### Division 4

#### Windsor

**MATCH: 1,** Windsor 120; **2,** Cornwall 119; **3,** Ashford 111; **4,** Hillingdon 93; **5,** Guernsey 87.5.

#### Harrow

**MATCH: 1,** Verlea 114; **2,** Basildon 113; **3,** Dartford 105; **4,** Old Gaytonians 91; **5,** Luton 84.

#### Bedford

**MATCH: 1,** Team Solent 144; **2,** Epsom & Ewell 126; **3,** Southampton 99; **4,** Bedford 82; **5,** Wycombe Phoenix 81.

#### Walthamstow

**MATCH: 1,** Walthamstow 139; **2,** Victoria Park 126; **3,** Highgate 111; **4,** Herne Hill 76; **5,** Tonbridge 73.

#### Welwyn

**MATCH: 1,** Stevenage & North Herts 147; **2,** Watford 111; **3,** Hastings 109; **4,** Overton 100; **5,** Invicta 47.

### Division 5

#### Watford

**MATCH: 1,** Kent 124; **2,** Hounslow 123; **3,** Tring 105; **4,** Barnet 98; **5,** Cambridge 87.

#### Hendon

**MATCH: 1,** London Irish 30; **2,** Medway 118; **3,** North London 110; **4,** Woking 92½; **5,** Redhill 59½.

#### Horsham

**MATCH: 1,** Eastbourne 132.5; **2,** Horsham 131; **3,** Vale of Aylesbury 116.5; **4,** Kingston & Poly 79.5; **5,** Havering 74.5.

#### Yeovil

**MATCH: 1,** Fleet & Crookham 137½; **2,** Dorchester 128; **3,** Aldershot Farnham & District 102; **4,** Andover Doves 83½; **5,** Ealling 73.

## Crawley

**MATCH: 1,** Peterborough 127.5; **2,** Camberley 125.5; **3,** Crawley 121.5; **4,** Bracknell 97.5; **5,** Eton Manor 64.

## Division 6

## Basingstoke

**MATCH: 1,** Aldershot Services 153; **2,** Guildford & Godalming 118; **3,** GEC 103; **4,** Langton 94½; **5,** Winchester 69½.

## Battersea Park

**MATCH:** 1 Belgrave 143½; **2,** Worthing 118; **3,** Chelmsford 115½; **4,** Sevenoaks 93; **5,** Hertford & Ware 47.

## Bromley

**MATCH: 1,**Thurrock 125½; **2,** Gravesend 118; **3,** Mitcham & Sutton 117½; **4,** Biggleswade 101; **5,** Stevenage 42.

## Milton Keynes

**MATCH: 1,** White Horse 141; **2,** Milton Keynes 123; **3,** Newham & Essex Beagles 109½; **4,** Lowestoft 76; **5,** Reading 74½.

## Woodford

**MATCH: 1,** Basingstoke 128; **2,** Loughton 119; **3,** West Suffolk 103½; **4,** Bexley Borough 92; **5,** South London H 86½.

## Cleethorpes Open meeting Grimsby 2nd June

**Men**
**LJ:** N Longhorn (Hull S) 6.73
**Youths**
**100H:** R Leggate (Linc W) 13.9
**Boys**
**100:** 1, M Fox (Grims) 12.0; **2,** K Hagerup (Grims) 12.1
**HJ: 1,** M Walton (Grims) 1.68; **2,** R Hucksford (Grims) 1.65
**Colts**
**800: 1,** L Baird (C'thorpes) 2:22.8; **2,** J Edwards (Bourne) 2:24.9
**LJ: 1,** B Saville (C'thorpes) 4.72; **2,** S Bonnett (Ridd) 4.67; **3,** R Churchill (Stain) 4.66
**SP:** R Walker (Scun) 8.70
**Women**
**1,500:** S Wallace (Linc City) 4:42.2
**JT: 1,** M Fields (Lin W) 37.44; **2,** P Simpson (Spen) 36.76; **3,** J Moorhouse (Scun) 29.80; **4,** K Atkin (C'thorpes) 26.60

## Avon v Midlands v South West v RAF Whitchurch, Bristol 23rd May

**100:** R Moel (SW) 11.1.
**200:** D Game (Avon) 21.9.
**400:** P Clark (M) 50.0.
**800: 1,** S Overton (SW) 1:53.1; **2,** S Barr (M) 1:54.5; **3,** D Woodman (R) 1:55.3; **4,** K Miles (A) 1:55.7.
**1,500: 1,** A Johnstone (RAF) 3:51.9; **2,** D Middleton (M) 3:52.5; **3,** R Phillips (Guest) 3:53.5; **4,** W Speake (A) 3:54.2.
**3,000: 1,** D McNeilly (RAF) 8:01:2; **2,** M King (SW) 8:15; **3,** M Flint (RAF) 8:17:4; **4,** A Crane (A) 8:17:7; **5,** C Buckley (A) 8:18:9; **6,** M Hula (A) 8:20:5; **7,** J Sharpe (Guest) 8:22:2.
**110H: 1,** A Smales (R) 14.9; **2,** D Brooking (SW) 15.5; **3,** T Watson 15.8.
**3,000SC: 1** C Harry (RAF) 9:05:0; **2,** N Smart (A) 9:11:9.
**HJ: 1,** E Harper (SW) 1.95; **2,** A Powesland (SW) 1.95; **3,** A Holbrook (A) 1.95.
**TJ: 1** P Weston (A) 14.39; **2,** J Hayes (A) 14.33; **3,** E Hechevarria (Guest) 14.14.
**PV: 1,** N Winter (A) 4.60; **2,** D Robinson (M) 4.15; **3,** M Spivey (A) 3.80.
**SP: 1,** B Holden (SW) 13.68; **2,** A Turner (SW) 13.45; **3,** J Daniels (RAF) 13.03.
**DT: 1,** P Edwards (RAF) 50.20; **2,** A Turner (SW( 44.60; **3,** W Kingston (A) 37.84.
**HT: 1,** M Spicer (A) 57.70; **2,** K Weeks (SW) 50.20; **3,** E Berry (SW) 49.70; **4,** C Beresford (A) 48.00.
**JT: 1,** L Medcroft (M) 61.90; **2,** J Drennan (M) 61.76; **3,** M Nurrows (A) 54.24.
**4×100: 1,** Midlands 43.4; **2,** S West 43.9.
**4×400: 1,** Midlands 3:22.9; **2,** S West 3:24.8.
**Women**
**100:** K Greenland (Durs) 12.8.
**200:** M Ash (Bris) 26.5.
**BMC 800: 1,** D Gunning (Swin) 2:08.3; **2,** W Williams (Salis) 2:12.3; **3,** S Hodge (West) 2:12.7; **4,** S Smith (Bris) 2:15.6; **6,** M Donahue (Swan) 2:16.2; **6,** D Howard (West) 2:17.0; **7,** R Powell (Bris) 2:17.3; **8,** P Gallagher (West-V ) 2:17.7.

## GM Buses Open Meeting Stretford 15th May

**Men**
**400:** J Lobo (B'burn) 49.8.
**800: 1,** I Grime (O&R) 1:52.6; **2,** S Green-J (Stret) 1:52.6; **3,** A Donnelly (Linc) 1:532.7; **4,** T Jeal (B'burn) 1:53.8; **5,** D Wilkinson (Unatt) 1:54.3; **6,** R Berry (Liv P) 1:54.7.
**1,500:** D Dudley (Liv P) 3:53.7.
**3,000: 1,** G Horne (Sale) 8:13.4; **2,** M Deegan (Salf) 8:13.8; **3,** B Hussain (Stock) 8:18.5; **4,** S Brooks (Bing) 8:20.4; **5,** P Wynn (Warr) 8:29.5; **6,** I Robinson (Pres H) 8:33.3.
**400H:** P Campell (Stoke) 55.9.
**SP:** G Tyler (Sale) 12.40.
**DT:** Tyler 45.02.
**Youths**
**800:** D Rankin (O&R) 1:59.7.
**1,500: 1,** S Royle (Wirr) 4:10.6; **2,** R Scholes (O&R) 4:11.3; **3,** K Wright (Liv H) 4:15.0.
**JT:** T Greenwood (Stret) 45.56.
**Boys**
**400:** M Petecki (Stret) 55.3.
**800: 1,** C Beswick (E Chesh) 2:03.3; **2,** P Carey (Stret) 2:07.0.
**Women**
**400: 1,** K McPherson (Stret) 58.4; **2,** T Milward (Stret) 60.4.
**800: 1,** N Tait (Cope) 2:10.3; **2,** U English (Man U) 2:11.7; **3,** J Casey (O&R) 2:13.0; **4,** A Coates (Bing) 2:13.4; **5,** M Friend (Wig I) 2:16.3.
**1,500:** A O'Kearney-Flynn (Macc) 4:44.2.
**400H:** L Parry (Derb) 62.7.
**Inters**
**300H:** J Yates (Spen) 50.2.

## GM Buses Open meeting Stretford 6th May

**Men**
**100: 1,** P Knowles (Sale) 11.1; **2,** E Norford (Sale) 11.1.
**200: 1,** S Thomas (Bir) 22.5; **2,** P Walker (Sale) 22.5.
**HT: 1,** S Pearson (W&B) 57.52; **2,** J Sanderson (Stret) 48.38.
**Youths 100: 1,** D Williams (Stret) 11.5; **2,** A Clegg (B&F) 11.5; **3,** H Thompson (Stret) 11.5.
**Boys**
**800:** C Beswick (E Ches) 2:08.8.
**1,500:** P Carey (Stret) 4:29.7
**HJ:** N Small (Stret) 1.65.
**JT:** S Price (Leigh) 40.00.
**Women**
**100: 1,** C Sugden (Stret) 12.3; **2,** L Oladoyin (Stret) 12.3; **3,** B Annan (Bury) 12.5.
**200: 1,** Sugden 25.4; **2,** Annan 25.9.
**400: 1,** Sugden 55.3; **2,** S Peak (Stret) 58.3.
**100H: 1,** N Davies (Stret) 14.6; **2,** A Mills (NSP) 15.2.; **3,** L Tapping (Wig) 16.0.
**HJ: 1,** C Phythian (Wig) 1.65; **2,** J Carter (Wig) 1.65; **3,** L Shaw (Musac) 1.65.
**Inters 80H: 1,** A Park (Stret) 12.6; **2,** V Jensen (Sale) 12.8.
**Girls**
**100: 1,** C Maxwell (Mid C) 12.9; **2,** R Rowlands (Warr) 13.0; **3,** H Jackson (Warr) 13.0.
**800:** S Fotherley (Keigh) 2:21.6.
**1,500:** K Jennings (Warr) 4:55.0.

## Tyneside League Gateshead 30th May

**Men**
**5,000: 1,** K Bell (Blay) 14:26.8; **2,** M Hudspith (Morp) 14:32.1; **3,** P Saint (NSP) 14:43.4; **4,** G Forster (Sund) 14:48.6; **5,** W Watson (J&H) 14:49.6; **6,** P Johnson (Gosf) 14:53.8; **7,** G Woods (Morp) 14:57.2; **8,** W Gilroy (Gosf) 14:59.6; **9,** E Thompson (Els) 14:59.9; **10,** P Gardiner (Els) 15:01.0; **11,** P Embleton (Durh) 15:03.9
**SP: 1,** P Reed (Morp) 15.66; **2,** D Eastlake (Morp) 13.8
**Boys**
**1,500: 1,** T Maughan (Wash) 4:28.2; **2,** P Smith (Durh) 4:30.2
**Colts**
**1,500: 1,** C Major (Sund) 4:54:5; **2,** A Brookes (Sund) 4:55.9; **3,** C Old (Houghton) 4:57.8; **4,** A Swinburn (Cram) 4:58:7; **5,** D Bell (Els) 4:58:7; **6,** M Birkett (J&H) 4:58:7
**Senior Girls**
**1,500:** S Priest (Morp) 4:41:1;

## Avon Champs Yate 19th-20th May

**Men**
**HJ:** A Holbrook (Bristol) 1.95
**PV: 1,** D Minter (Windsor) 4.00; **2,** M Spivey (Bris) 3.80
**LJ:** M Spivey (Bris) 6.40
**TJ:** E Hechevarria (West) 14.47
**DT:** B Kingston (Bris) 38.16
**HT:** M Spivey (Bris) 43.70
**Junior Men**
**TJ:** B Anderson (West) 13.11
**SP:** P Vinyard (Bath) 11.39
**HT: 1,** M Spicer (Yate) 62.08; **2,** C Beresford (Yate) 52.48
**Youths**
**400:** R Smith (Bris) 52.3
**800: 1,** B King (Bris) 2:02.6; **2,** L Hendy (West) 2:03.0; **3,** J Swift-Smith (King Edwards School) 2:03.1
**HJ:** P Gillespie (West) 1.83
**PV: 1,** J Bridgens (KES) 3.60; **2,** M Weaver (KES) 3.60
**LJ: 1,** T Wall (Bris) 6.41; **2,** G Coulon (Bris) 6.24
**SP:** K Andrews (West) 12.24
**HT: 1,** K Andrews (West) 48.36: 2, D Key-Pugh (KES) 40.42
**JT:** D Warburton (Bris) 48.10
**Boys**
**400:** M Wyatt (Bris) 56.5
**800: 1,** M Wyatt (Bris) 2:07.8; **2,** E Corrigan (Wsm) 2:14.1
**1,500: 1,** M Wyatt (Bris) 4:30.0; **2,** E Corrigan (Wsm) 4:30.2
**80H:** C Mark (Nailsea) 13.0
**HJ:** M Roscoe (Bath) 1.65
**PV:** M Stoaliegh (KES) 2.95
**LJ: 1,** S Parley (KES) 5.82; **2,** J Gardener (Bath) 5.60
**SP:** M Roscoe (Bath) 11.52
**JT:** G Dix (Bris) 39.39
**Colts**
**200:** I Hobbits (WSM) 28.4
**800:** K Harris (West) 2:33.0
**1,500:** L Grogan (Bris) 5:02.6
**LJ:** M Parley (KES) 5.14
**SP:** M Parley (KES) 9.16
**Women: 200: 1,** D Bryant (Bris) 26.9; **2,** L Harvey (West) 26.9
**400:** C Powell (Bris) 57.9
**800: 1,** S Daniels (West) 2:18.0; **2,** P Galleagher (West) 2:19.2
**1,500: 1,** D Howard (West) 4:42.7; **2,** P Galleagher (West) 4:43.5
**3,000: 1,** J Thompson (Bath) 9:47.3; **2,** L Morton (West) 9:54.1
**LJ: 1,** J Willoughby (Bris) 5.95 (CBP); **2,** C Angell (Bath) 5.38
**DT:** C Adam (Bris) 32.02
**JT:** J Hannam (West) 30.52
**Junior**
**800:** S Morton (Bris) 2:18.2
**SP:** S Moore (Bris) 11.92
**DT:** S Moore (Bris) 33.00
**Inters**
**400:** L Galleagher (West) 2:21.3
**LJ:** M Hending (Bris) 5.22
**Girls**
**800:** S Swift-Smith (Bath H) 2:26.6
**75H: 1,** H Houlder (Yate) 13.3; **2,** C Willars (Bath) 13.4
**HJ:** K McCabe (Bris) 1.48
**LJ:** L Fox (Yate) 4.86

## Belfast Open Meeting Antrim 30th May

**Men: 100:** M Forsythe (B&A) 11.01
**200: 1,** M Forsythe (B&A) 21.94; **2,** I Craig (B&A) 22.32; **3,** P Sinclair (Ban) 22.47
**800:** J Lyster (Anna) 1:55.1
**3,000: 1,** B Farren (Sparta) 8:25.42; **2,** P Herty (FV) 8:27.34; **3,** K Murphy (Dro) 8:38.65; **4,** A Keys (Anna) 8:41.25
**400H: 1,** R Robinson (B&A) 55.78; **2,** L Mulholland (Lisb) 55.81
**PV: 1,** R Ramsey (Anna-J) 4.00; **2,** M Ramsey (Anna) 4.00; **3,** C Cummings (Anna) 3.70; **4,** I Condron (Lisb) 3.70
**HT:** K Hutton (Lisb) 45.50

**Northern Ireland Vets Champs**
**100: 1,** B Smith (ND) 12.75; **2,** J Glover (LV) 12.79
**200:** J Glover (LV) 25.28
**PV:** M Bell (ND) 4.20
**Women**
**200: 1,** K Mills (LV-I) 25.10; **2,** L Gaylor (Lisb) 25.60; **3,** A Summerville (LV-I)25.90; **4,** F Kingman (Lisb) 25.97
**800:** C Brook (Lisb) 2:14.57
**3,000:** A Gorman (Olympic) 10:10.2
**LJ:** S McLoughlin (FV) 5.53
**HJ:** J Ross (Lisb) 1.65
**DT: 1,** J MCKernan (Lisb) 49.00; **2,** J Kirkpatrick (Lisb-J) 36.22 **B** S Shirlow (LV-I) 31.00

## Irish Schools Champs Dublin 2nd June

**Inter Boys: 400:** G McCawley (Brownlow) 51.14
**800/1,500:** S Young (SHS) 2:03.29/ 4:04.37
**1,500SC:** M McDowell (Dro) 4:28.21
**HJ:** P Hazlett (Rbai) 1.90
**PV:** R Finlay (MCB) 3.60
**SP/DT:** S McCawley (St.Col) 15.13/44.44
**JT:** T Barber (BRA) 52.72
**Jun Boys**
**LJ:** A Steel (RHS) 6.00
**TJ:** T Turkson (MCB) 12.60
**SP:** J Howard (CHS) 14.70
**JV:** M McBriar (MCB) 44.60
**Sen Girls**
**200:** C Riley (BAL) 25.68w
**100H:** S McGeary (ACSE) 14.68w
**DT:** J Kirkpatrick (MCB) 38.80
**Inter Girls**
**100/200:** K Mills (MCB) 11.95w/24.74w
**SP:** D Norris (RHS) 10.12
**JV:** M Camlin (MCB) 40.60

# ROAD

## Peelers and Weavers 5¼ Rochdale 30th May

**Men**
**1,** C Moore (Bing) 24:16;
**2.** S Tunstall (Pres H) 24:58;
**3,** S Tobin (Swan) 25:45;
**4,** M Peters (Salf) 25:49;
**5,** S Duckworth (Rad) 25:50;
**6,** N Horsfield (Newp) 26:01; **7,** M Lavender (Barns) 26:08; **8,** A Selby (Bolt) 26:14; **9,** K Holloway (O&R) 26:18; **10,** S Timmins (Barn) 26:23; **11,** P Moon (EH) 26:37; **12,** S Winspear (HF) 26: 41;
**M40: 1,** P Moon (EH) 26:37; **2,** T Keller (ManH) 27:15; **3,** C Fay (B'burn) 27:41
**M45:** T Keller (Man) 27:15
**M50:** K Summersgill (N Vets) 28:55
**M55:** J Kirk (Middleton) 34:57
**Jnr:** D Beech (H) 27.43
**Women**
**1,** K Drake (Spen) 31:06
**2,** P Turtan (Midd) 31:55
**3,** L Wright (LC) 32:34
**W35:** A Booth (Rad) 32:41

## Redcar 10km, 20th May

**Men**
**1,** S Markley (Man) 31:51;
**2,** P Simms (N Maske) 32:30;
**3,** B Firth (Man-V) 32:45;
**4,** M Anderson (Loft) 32:59;
**5,** G Potts (Man) 33:16;
**6,** P Buckby (N Maske) 33:30.

## Stockton 10km, 13th May

**Men:**
**1,** D Grover (Har) 30:37;
**2,** S Markley (Man) 30:43;
**3,** B Firth (Man-V) 32:23;
**4,** T Field (Sund) 32:24;
**5,** Other 32:27;
**6,** Other 32:30; **7,** M Anderson (Loft) 32:33; **8,** J Williams (Man-V) 32:37; **9,** G Potts (Man) 32:39; **10,** G Grieve (Man) 32:50.

## Melton Mile Classic, 28th May

**Men:**
**1,** B Hussein (Stock) 4:07.52;
**2,** P Davies (RN) 4:07.85;
**3,** A Hart (Unatt) 4:12.46;
**4,** D Henson (Unatt) 4:16.60;
**5,** J Wilson (Stilt) 4:17.63;
6, J Masterson (Leic) 4:18.09; **7,** S Needs (Leic) 4:19.72; **8,** D Guess (Charn) 4:20.99; **9,** D Baker (Stilt) 4:21.67; **10,** D Ridines (Leic) 4:22.17.

## Pork Farms National 100km Champs National Water Sports Centre Nottingham 3rd June

MAKING light of both the blustery conditions and 100 strong multi-national field Don Ritchie of Forres AC captured the national 100kM title in 6:46:29, and the M45 world best, at Holme Pierrepont Nottingham on Sunday **Barry Trowbridge reports.**

The race comprised of 21 circuits of the international regatta course at the National Water Sports centre. Up to 50km Ritchie was content to run in a small group at the head of the field, but not happy with his split he took matters in hand in the second half and floated away to a handsome victory.

Until the last couple of laps, Charles Khudube, of Botswana, who had won his entry with a successful run 72km Kalahari desert race, held second place, but as a result of staying with Ritchie longest of all, suffered in the closing stages and conceded second place to Ralph Hennemann of West Germany.

With the women's race all but over, Valentina Enachi of the Soviet Union looked set for top honours but she too faltered at the death leaving Hilary Walker, with a perfectly judged effort clear to retain the title she won last year.

# FUTURE FIXTURES

## COLCHESTER & TENDRING ATHLETIC CLUB
## TENDRING OPEN and MINORS MEETING

Sponsored by Mr Pictures

**at Eastcliff Sports Ground, Clacton (Grass Track)**
**on Sunday July 1st 1990**

(Under AAA/WAAA Rules)

**First Event at 11.00 a.m.**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **Minors** | 100 | 200 | 800 | 1500 | LJ | SP | | |
| **Girls** | 100 | 200 | 800 | 1500 | LJ | SP | JT | |
| **Inters/Seniors** | 100 | 200 | 400 | 800 | 1500 | LJ | SP | JT |
| **Colts** | 100 | 200 | 400 | 800 | 1500 | LJ | SP | |
| **Boys** | 100 | 200 | 400 | 800 | 1500 | LJ | SP | JT |
| **Youths** | 100 | 200 | 400 | 800 | 1500 | LJ | SP | JT |
| **Jun/Sen Men** | 100 | 400 | 1500 | 5000 | SP | JT | | |
| **Under 11 Boys** | 100 | 800 | LJ | Cricket Ball | | | | |
| **Under 11 Girls** | 100 | 800 | LJ | Rounders Ball | | | | |

(not under AAA/WAAA Rules)

Please supply best performances and name of club or school. Entry fee 75p per event (£1 on day if space available), £2.00 for 3 events.

Entries to: Mr T. Lonsdale, 131 Frinton Road, Kirby Cross, Clacton, Essex CO13 OPN. Telephone: 0255–673693 by 23rd June 1990. Medals to first three in each event (subject to sufficient entries). Note for Diaries – Colchester Open – 27th August, 1990.

## O&K ESCALATORS
## 10K ROAD RACE and 2 MILE FUN RUN

Starts from Worth Bridge Road, KEIGHLEY.
ON SUNDAY 12th August 1990

**Quality T-shirt to all 10k finishers**
**Extensive 10k Prize List**

1st 20 men/1st 10 ladies
3 male teams/3 female teams
Vets to BVAF Grade1

1st male prize: **£300** subvention
1st female prize: **£250** subvention

Fees: 10K £3.00 (+50p U/A)
Fun Run £1.00

Limit 500. Entries close: 6/8/90
Entries to: Richard Nelson
Eagle St., Haworth, Keighley
W. Yorkshire. BD22 8AE

## GLOUCESTER A.C.
## 14TH ANNUAL GOODRIDGE VILLAGE FELL RACE

4 Miles, 750 feet climb

**Wednesday 27th June**
**7.30 p.m.**

prizes 1st 6, 1st & 2nd O/40, 1st O/50.
1st two ladies.

Entry £1.00, £1.50 unatt.

Late entry surcharge to T. Haines, 48 The Triangle, Gloucester, GL2 ONG

By June 24th enclose S.A.E.

## ALNWICK HARRIERS SUMMER PROMOTIONS

(Under AAA Rules)

**Sunday July 1st**
**ALNWICK FAIR '5'**
**11.30 a.m. £1.00/£1.50**
**Commemorative badge to all finishers**

**Sunday July 15th**
**NORTHUMBERLAND COASTAL RUN**
**£5.00/£5.50**
**The Phoenix 14, Beadnell to Alnmouth.**
**T-shirts to all finishers.**

Good prizes for both races. Individuals, teams, ladies, veterans. Entries & S.A.E. (payable to Alnwick H) to K. Martin, 52 Church St., Amble, Northumberland.

## WALTHAMSTOW ATHLETIC CLUB
## GRADED OPEN MEETINGS 1990

(Under AAA and WAA Laws)

at WALTHAM FOREST ATHLETICS TRACK (adjacent to Waltham Forest Pool), CHINGFORD ROAD, WALTHAMSTOW, E.17 (Two minutes – Crooked Billet Roundabout, North Circular Road)

All Weather Eight Lane Track – maximum spike length 6mm

### WEDNESDAY, 20TH JUNE

| | | |
|---|---|---|
| 7.15 | 110m H/100mH | SM, SL and IL only |
| 7.40 | 110m | all age groups – M/W |
| 8.00 | 800m | all age groups – M/W |
| 8.15 | 200m | all age groups – M/W |
| 8.30 | 3000m | SM, JM, Y, SL, IL |
| 7.30 | Long Jump | all age groups – M/W |

### WEDNESDAY, 15TH AUGUST

| | | |
|---|---|---|
| 7.15 | 100M | All age groups – M/W |
| 7.40 | 400M | All age groups – Men |
| 8.00 | 200M | All age groups – M/W |
| 8.30 | Mile | All age groups Men |
| 7.30 | High Jump | All age groups – M/M |

### WEDNESDAY, 19TH SEPTEMBER

| | | |
|---|---|---|
| 7.15 | 200M | All age groups – M/W |
| 7.40 | 800M | All age groups – M/W |
| 8.00 | 1500M | All age groups – Women |
| 8.10 | 100M | All age groups – M/W |
| 8.30 | 3000M | Men – SM JM Y |
| 7.45 | Long Jump | All age groups – W |

All times approximate

**Fees: SM/SW £1.00 per event. Other age groups 50p per event.**

**Enquiries: Ken Gilby 0279 722907 (H) – 081 527 5544 Ex. 4209 (B)**

## THORNEY RUNNING CLUB

Presents

**THE WHITTLESEY SHOW '10'**
**SUNDAY 24TH JUNE, 1990**
**START 10.30 A.M.**

★ Entry fee £1.50 (£2.00 unattached). ★ Entries on the day 50p extra and not eligible for prizes. Entries to: Keith Hall, 190 Wisbech Road, Thorney, Peterborough PE6 OSG.

## MANCHESTER HARRIERS AND HARRISON SPORTS
## CHESHIRE CHASES

**at Davenport Rugby Club, Bramhall, Wednesdays**

| | |
|---|---|
| **6th June** | **27th June** |
| **11th July** | **25th July** |
| **5K** | **7.00 p.m. start** |
| **10K** | **7.30 p.m. start** |

**Fee: £1.50 per race, £5 series + per race £1 for medal, 50p unattached, 50p late entry. Entries/enquiries (sae) to George Lawson, 29 Hylton Drive, Cheadle Hulme, Cheadle, Cheshire SK8 7DH.**

**Tel: 061 485 2261**

## KERRIDGE
## ROAD RACE

**INCORPORATING BERKS 10 MILE CHAMPS**

(Under AAA, WCC & RR Laws: RRC Measured)

**NEWBURY ATHLETIC CLUB : KERRIDGE COMPUTER COMPANY**

**SUNDAY 9TH SEPTEMBER 1990**
**12 o'clock**

★ Fast, rural course from Newbury Town Centre.
★ Ample parking ★ changing ★ showers ★ refreshments at Northcroft Leisure Centre.
★ Medical cover ★ Radio 210 ★ T-Shirts to all finishers ★ computer results on day.
★ Kerridge Hot Air Balloon and Rally Car.

**Prizes:** Individual Male and Female 1st-5th Male Veterans 40+; 45+; 50+. Female Veterans 35+; 40+; 45+. Teams (3 to score) no extra fee. Special non-athletic club category.

**Entry Fees:** £3.00 attached, £3.50 unattached. Additional fee of 75p for Berks Champs.

**Entries/Enquiries:** Mr. A. Killberry, 8 Beverley Close, Thatcham, Berks, RG13 4AB. Tel: (0635) 63532.

SAE essential. Closing date: 1st September. Cheques made payable to Newbury Athletic Club.

## THOMAS COOK 8TH ANNUAL '10' SOUTHPORT BEACH RACE

**Organised by Southport Waterloo A.C.**
(Permit No. 1377)

**SUNDAY 1ST JULY**

**Start 11.00 a.m. on the beach next to the pier. Entry Fee £2.50 affiliated. £3.00 unattached. 50p extra on the day.**
**Minimum age 17 on 1st July**
**Prizes 1st 10 Male, 1st 3 Ladies. 1st 3 Team Men. 1st 1 Team Ladies (4 to count). Vets Men Over 40/45/50/60 Ladies over 35/40/45**
**Slate Coasters to all finishers.**

**For further details send SAE to Mr Marshall 53 Oak Street, Southport, Merseyside or Tel: 0704 545809**

## TEESDALE AC
## GLAXO 25 KILOMETRE OF TEESDALE

**Sunday, 19th August, 1990**
Organised by Teesdale Athletic Club

Under AAA, WAAA, NCVWCC and RRA rules. Competitors must be 17 years of age or over on the day of the race. An undulating scenic road circuit through beautiful Teesdale. Starting outside the Glaxo factory in Barnard Castle the course follows: Lartington, Cotherstone, Romaldkirk, Eggleston and returning to Glaxo to the finish. Start time 10.30. Race permit number 778. Course measurement certificate number NCAA/88/64.

**PRIZES TO THE VALUE OF £1,500**

1 – Prizes awarded to first 15 males, first 10 females, 1st prize value £75, male and female 2 – 1st, 2nd, 3rd Glaxo male employees, 1st, 2nd, 3rd Glaxo female employees 3 – Veteran classes to BVAF Grade 1 for male and female 4 – Teams: Men's and ladies' Glaxo teams (mixed any combination) all teams of four, three to count 5 – Souvenir T shirts to all finishers.

ENTRIES to: The Glaxo 25 Kilometre of Teesdale, c/o R Deacon, 19 Marwood Drive, Barnard Castle, Co. Durham DL12 8DF. Closing date for entries 20th July, 1990 (late entries will not be eligible for prizes) 1 –£5.00 AAA club members, £5.50 unattached athletes . 2 – Cheques postal orders made payable to: The Glaxo 25 Kilometre of Teesdale. 3 – Please enclose a SAE (10" × 8" minimum) 4 – The organisers' reserve the right to change the prizes dependent on the number of entries.

ENTRY FORM I wish to enter The Glaxo 25 Kilometre of Teesdale and hereby declare that I am an amateur as defined by AAA, WAAA rules and certify that I am medically fit to participate. Furthermore I agree that the organisers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event. I also declare that I shall have attained the minimum age of 17 years on the day of the race.

Surname..... Christian name.....

Address.....

Post Code..... Tel: ..... Date of birth .....

Age on day of race..... Sex (M/F) Signature..... Date .....

AAA club..... Team entries: I am eligible to compete for my AAA Club or Glaxo team and I wish to enter the team event.

Entry Fees £5 ☐ £5.50 ☐ Results first £1 ☐

Signature.....

A comprehensive results list will be mailed after the event. Single sheets available on the day cost 10p per sheet. Official entry form Photocopies accepted.

(Team entry void unless signed)

T-Shirt Sizes S ☐ M ☐ L ☐ XL ☐

Club Team.....

## Widnes Wasps Ladies Running Club

present

## 4TH WIDNES R.U.F.C. 10K

British Association of Road Races.
Permit Granted – AAA Measured Course.
Under AAA Rules

**Sunday 17th June, 1990 at 11.00 a.m.**

Start & Finish at Widnes RUFC, Heath Rd. Widnes

Main Sponsors **FARNWORTH GARAGE (Main Vauxhall-Opel Dealers)**

Entry Fee:- £2.00 Affiliated – £2.50 Non-Affiliated
Entries Close on 11 June, 1990
Full Prize List. Award to ALL Finishers.
Parking Facilities, Showers and Changing at Clubhouse

Return to:
K Roe, 3 Cradley, Ditton, Widnes, WA8 7JP. Telephone 051-420-7309. All cheques/postal orders payable to Widnes RUFC.

Full Name .....

Address.....

Club/Team Name.....

Male ☐ Female ☐ Age on Race Day (Minimum Age 16) ..... years

I declare I am an amateur as defined by the WAAA/AAA rules, and that I abide by their rules. I also understand that Widnes RUFC or its members cannot be held responsible for any injury caused by participation in the above event, or any loss or damage to personal property.

Signed.....

**Please enclose a stamped addressed envelope for race number etc.**

## BURNHAM JOGGERS

present

## THE 11TH BURNHAM BEECHES HALF MARATHON

**SUNDAY, 19TH AUGUST, 1990, 11 A.M.**

★ Accurate rural course
★ Medals, prizes, fun run

Entry fee £4. (unattached £4.50)

**Entry Forms from: PO Box 406, Slough, Berks, SL1 6EQ.**

GENERAL PORTFOLIO
Mizuno
HOT 100

# FUTURE FIXTURES

City of Westminster

# STOP PRESS!

## WESTMINSTER MILE

**SUN 23RD SEPTEMBER** WESTMINSTER Sport **WHITEHALL CIRCUIT**

- RACES FOR MEN, LADIES AND CHILDREN
- 8 DIFFERENT AGE GROUP RACES
- OPPORTUNITY TO SEE TOP CLASS ATHLETES IN ACTION

For an entry form and details please return this form to Westminster Mile, 6th Floor Westminster City Hall, 64 Victoria Street, London SW1E 6QP

NAME _____
ADDRESS _____
_____
TELEPHONE _____

---

## L.O.A.C.

Present the

**HARRY & HELEN REYNOLDS TROPHIES**

Sponsored by HIGHLAND SPRING STILL & SPARKLING Natural Mineral Water

**For the:**

**Ladies '5' mile road race**
(Holder: Debbie Heath L.O.A.C.)

**Mens '5' mile road race**
(89' Winner D. Cowan, Box Hill)

**Battersea Park,**
**Wednesday July 11th at 7.30 p.m.**
(Run under A.A.A. and W.A.A. Rules)



**Extensive Prizes**
Including Vets and Team Prize

**Entry Fee: £2**
Together with 9" × 4" S.A.E. for Numbres: Cheques & P.O.'S. Payable to L.O.A.C.
Entries on the Night £3.
Note: Only One individual prize
Closing Date: 4th July, 1990

Entries to: L.O.A.C. 5 NORFOLK COURT, LINTHORPE AVENUE, WEMBLEY, MIDDLESEX HAO 5HT.

✂ .....

Name ..... Club .....

Address .....
Please tick Category

Senior Male ☐ O/40 ☐ O/45 ☐ O/50 ☐ O/55 ☐ O/60 ☐ O/70 ☐
Senior Lady ☐ O/35 ☐ O/40 ☐ O/45 ☐ O/50 ☐ O/55 ☐ O/60 ☐

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## ROCHFORD
L·E·I·S·U·R·E

presents

# CIRCLE SERVICES ROAD RACES

Entries to
Mike Watts
Freight House
Bradley Way
Rochford, Essex SS4 1BU
Closing date:
Friday 17th August 1990

**SUNDAY 2nd SEPTEMBER 1990**
commencing at
CLEMENTS HALL LEISURE CENTRE
Hawkwell, Hockley, Essex

**Entry Fee**
**£4.00 each individual**
Races start:
11.45am 10k Fun Run
12.15pm Half Marathon

**Men**
**1,** D Ritchie (Forres) 6:46:29;
**2,** R Hennemann (FRG) 7:30:56;
**3,** C Khudube (BOT) 7:36:44;
**4,** J White (E Lon) 7:45:08;
**5,** C Hunn (S Lon) 7:50:33;
**6,** T Glare (Woodstock) 7:52:40;

## ■ Tetra Pak 10km Wrexham 3rd June

WITH the biggest prize ever awarded in North Wales athletics history going to the winner this race attracted a 500-strong field **David Williams reports.**

David Neil, Steve Emson, David Locke and Jeremy Hall made the early running but by the 2km mark the pre-race favourite Chris Robison joined Royal Navy colleague Neil, Emson and last year's runner up Mark Cooper at the front.

At half-way 1988 winner Andy Green was just behind the Royal Navy pair but he soon moved alongside and took Robison with him as they moved clear of Neil. Into the final straight it was Green who proved strongest.

Both Green and Robison ducked under 30 mins but the £250 subvention went to the Warrington man.

**Men**
**1,** A Green (Warr) 29:51;
**2,** C Robison (Omega) 29:54;
**3,** M Cooper (W&B) 30:20;
**4,** D Neil (RN Plym) 30:25;
**5,** G Harvey (Col B) 30:33;
**6,** K Lamb (W&B) 30:39; **7,** S Emson (W&B) 30:42; **8,** A Hartveld (Stoke) 30:48; **9,** H Piotrowsky (Sand 30:54; **10,** D Locke (S Chesh) 31:06; **11,** M Girvan (Warr) 31:10; **12,** K Woodhouse (Prest-M40) 31:15; **13,** J Hall (Swan) 31:24; **14,** M Price (Row) 31:31; **15,** J Lewis (High) 31:41; **16,** R Keemey (Telf) 31:41; **17,** A Kenchington (Row) 31:47; **18,** P Clarke (Hales) 32:01; **19,** K McGee (Salf) 32:12; **20,** H Griffiths (Heb) 32:15; **21,** P Wheeler (RRW) 32:21; **22,** T Cahill (Prest) 32:30; **23,** T Morrey (Stoke) 32:30; **24,** J Wycherley (BIC Hels) 32:39; **25,** R Elliott (NWRRC-M45) 32:43
**M40: 2,** G Owens (Prest) 33:24; **3,** M Griffin (T'hall) 33:28
**M45: 2,** N Boyle (Shrews) 34:25; **3,** A Price (Aber) 34:44
**M50: 1,** T Harper (Wirr) 35:23; **2,** J Mills (Spark) 35:57; **3,** R Harrison-Jones (Prest) 36:26
**M55: 1,** A Mansley (Seft) 38:57; **2,** G Gartrell (Wrex) 40:10; **3,** D Morris (Osw) 40:52
**M60; 1,** E Hubbleday (Spark) 46:24; **2,** J Tant (Liv P) 47.38; **3,** R Jones (Wrex) 48:00
**Teams: 1,** Prestatyn 116; **2,** Wrexham 141; **3,** Warrington 158;
**Women**
**1,** W Breed (Unatt) 33:38; **2,** S Youngberg (Warr) 36:02; **3,** A Wright (B'north) 36:22; **4,** A Pugh (Alt-W35) 37:07; **5,** J Littler (Whit) 37:22; **6,** A Whitelaw (Wrex) 37:49; **7,** L Austin (C&S) 38:34; **8,** L Clarke (Col B) 38:46; **9,** L Hardley (Wrex-W35) 38:49; **10,** K Gurney (Rowh) 39:12
**W35: 3,** K Scott (BICC Hels) 45:15
**W40: 1,** J Hallard (Col Bay) 42:42; **2,** S Jenkins (Riva) 44:23; **3,** P Stranack (Penny Lane) 45:54
**W45: 1,** P Matthews (T'hall) 42:00; **2,** J Bryan (C&S) 42:12; **3,** M Gartrell (Wrex) 46:30
**Teams: 1,** Wrexham 610; **2,** Colwyn Bay 782; **3,** Rivacre 1329;
**Wheelchair: 1,** M Hayes 33:42; **2,** M Gillison 40:36; **3,** C Williams 50:34
**Clwyd Championships**
**1,** G Harvey (Col B) 30:33; **2,** J Hall(Swan) 31:24; **3,** J Lewis (High) 31:41
**M40: 1,** G Owens (Prestatyn) 33:24; **2,** R Bell 34:01; **3,** R Robson 34:53;
**M45: 1,** A Price 34:44; **2,** A Egan (Wrexham) 36:17; **3,** J Morris (Mold) 36:25
**M50: 1,** T Harper 35:23; **2,** R Harrison-Jones 36:26; **3,** T Miles 37:44
**M55: 1,** G Gartrell 40:10; **2,** G Jones (Wrex) 55:25
**M60:** R Jones 48:00
**Women**
**1,** A Whitelaw 37:49; **2,** L Clarke 38:46; **3,** H Griffiths (Wrex) 42:04;
**W35: 1,** L Hardley (Wrex) 38:49; **2,** J Spence (Wrex) 49:47; **3,** M Robson (Prest) 54:16;
**W40: 1,** J Hallard (Col B) 42:42; **2,** S Hall (Aberg) 50:04; **3,** M Brayshay (Col B) 54:33
**W45: 1,** M Gartrell 46:30; **2,** C Bebbington (Col B) 49:37; **3,** N Lloyd (Wrex) 50:26
**Boys (3km)**
**13 – 15: 1,** N Jones (Mid C) 9:47; **2,** H Warburton (Mid C) 9:47; **3,** R Pierce (Wrex) 10:07
**9 – 12: 1,** R Davis (Wrex) 11:07; **2,** S Gorst (Mid C) 11:21; **3,** J Jamie (Telf) 11:39
**Girls**
**13 – 15: 1,** P Simpson (Penin) 11:24; **2,** S Roberts (Ghost R) 11:35; **3,** C Edwards (Wrex) 11:38
**9 – 12: 1,** L Allum (Ghost R) 12:11; **2,** A Jones (Wrex) 12:28; **3,** H Jordan (Telf) 12:43

## ■ Birchfield 10km 30th May

**Men**
**1,** P Dalloway (Stour) 30:39;
**2,** S Poulter (Omega) 30:57;
**3,** S Hinton (Tip) 31:02;
**4,** R Chapman (Omega) 31:05;
**5,** M Flowers (Burt) 31:12;
**6,** D Millington (Tip) 31:18; **7,** E Twohig (Lea) 31:19; **8,** K Holt (Bir) 31:30; **9,** S Keily (Omega) 31:47; **10,** N Gittins (Tip) 31:49; **11,** A Grice (Tip) 31:57; **12,** N Thomas (Roy) 31:58; **13,** A Saker (Tip) 32:01; **14,** P O'Callaghan (W&B) 32:04; **15,** D Jordan (Omega) 32:06; **16,** S Groome (Tip) 32:10; **17,** D Ellis (Bir) 32:16; **18,** J Walton (W&B-M40) 32:19; **19,** S Edmonds (Bir) 32:20; **20,** M Farnell (W&B) 32:31; **21,** P Taylor (Cent) 32:34; **22,** F.Costigan (Tip) 32:41; **23,** P Knight (B&R-M40) 32:42; **24,** P Buckley (Omega) 32.45; **25,** R Wright (SV) 32:48; **26,** S James (Cov) 32:49; **27,** K Bright (HO) 32:50; **28,** P Singh (Bir) 32:53; **29,** P Parker (RSC) 32:59; **30,** H Lambert (Stour-M40) 33:01
**M40: 1,** J Walton (W&B) 32:19; **2,** P Knight (B&R) 32:42; **3,** H Lambert (Sp) 33:01; **4,** D Rydes (D&S) 33:10; **5,** B Russell (DK) 33:37
**M45: 1,** P Davies (Bir) 33:07; **2,** R.Kelley (Sneyd) 33:40; **3,** M Hawkins (B&R) 34:06; **4,** R Phipps (Cent) 34:55; **5,** T.Bull (BTri) 35:31
**M50: 1,** R Cashmore (R&S) 36:03, 2, E Knight (HO) 36:13, 3, M Knight (Der) 37:39
**M55: 1,** P Mulvaney (Tip) 38:19; **2,** R Windall (Cent) 38:38;
**M60: 1,** J Day (DK) 38:54; **2,** P Ronan (RSC) 40:58
**Women: 1,** B Cardy-Wise (B&R-W35) 34:40; **2,** C Hill (Tip) 35:32; **3,** D Underwood (Cent-W35) 36:37; **4,** S Barbour (Bir) 37:02; **5,** D Harvey (Tip-W35) 38:10; **6,** C Gardiner (Red) 38:42;
**W40: 1,** D Edge (SV) 40:30; **2,** S Smith (New) 41:17; **3,** M Savage (Cent) 41:31
**W45:** E Statham (SMM) 38:27
**W50:** H Shilling (RSC) 48:08
**Wheelchair:** M Agar (B Buzz) 31:48

## ■ Irvine Valley Half-marathon Galston 3rd June

MIKE CARROLL clocked the fastest half-marathon ever seen in Scotland with a dramatic display of front running, **Fraser Clyne reports.**

The 31-year-old Annan and District athlete who has suffered more than his fair share of injuries over the past few years, proved that he is now fully recovered and ready to make a significant breakthrough on the British road racing scene. Adopting his usual carefree, uninhibited style, Carroll sprinted away from his rivals right from the gun and went on to win by over five minutes from Kilbarthan's Gordon Tenney.

It was an astonishing solo performance made even more remarkable by the revelation that he had run an 8:19 3,000 track race less than 24 hours earlier.

Now the organisers of the Dumfries half-marathon later this month will be wondering if Carroll is likely to make an assault on the £1,000 prize on offer for a sub 63:30 minute performance.

**Men**
**1,** M Carroll (Anna) 1:02:19.
**2,** G Tenney (Kilb) 1:07:38;
**3,** J Thomson (Irv) 1:08:20;
**4,** J Harrison (Milb H) 1:08:47;
**5,** D Murray (JW Kilm) 1:08:53;
**6,** A Adams (Dumb-V) 1:09:15; **7,** C Martin (Dumb-V) 1:09:42; **8,** A Stewart (Ayr S) 1:10:01; **9,** B Craig (Irv) 1:10:32; **10,** C Miller (Irv) 1:10:32.
**Team:** Irvine Cable.
**Women**
**1,** J Robertson (Ayr S) 1:18:32; **2,** R Murray (Giff N-V) 1:19:53; **3,** J Byng (Irv-V) 1:26:22.
**Team:** Strathavon Striders.

## ■ NWS Chester Half-marathon 3rd June

WREXHAM'S Tony Holloway was a convincing winner from the field of nearly 2,000 on the difficult Chester course.

He pulled away from Ian Corrins and Dave Mansbridge at six miles to win in 1:07:35, although he was well outside the course record of 1:05:04 held by Steve Brace.

**Men**
**1,** T Holloway (Wrex) 1:07:35;
**2,** D Mansbridge (Chelf) 1:09:05;
**3,** I Collins (Red C) 1:09:32
**4,** S Hendrie (Mid Chesh) 1:10:02;
**5,** I Crilly (Chelf) 1:10:19;
**6,** D Jackson (Chelf) 1:10:46; **7,** B Matthews (East Chesh) 1:11:00; **8,** A Green (Cong) 1:11:06; **9,** S Murphy (Sefton) 1:11:08; **10,** P Boman (Wirral) 1:11:46; **11,** N Haskins (Flint) 1:11:53; **12,** P Jeffs (Wirral) 1:12:46; **13,** M Collins (Liv) 1:13:16; **14,** P Fordsham (Warr) 1:14:02; **15,** A Green (RAS) 1:14:07.
**M40: 1,** R Skinner (North Wales) 1:14:38; **2,** R Hargreaves (Unatt) 1:14:43; **3,** J Cottrell (Wallasey) 1:15:11;
**M50:** J Jackson (Unatt) 1:16:58;
**Team: 1,** Chelford 16; **2,** Wirral 62; **3,** East Cheshire 71;

**Women: 1,** F Mudway (CEPAC-W40) 1:23:47; **2,** L Davies (CEPAC) 1:25:48; **3,** J Colby (Penin) 1:27:03; **4,** C Greasley (MATT) 1:28:10; **5,** C Nevin (Liv) 1:28:28.

## ■ Woodhall Spa Half-marathon Woodhall 3rd June

THE race was dominated by Richard Ironmonger from Notts Athletic club as he led from start to finish, 20 seconds in front of Stephenson from Omega.

A strong head wind over the last three miles appeared to make no difference to Ironmonger who revelled in the conditions and ran out a worthy winner.

**Men**
**1,** R Ironmonger (Notts) 1:09:23;
**2,** J Stephenson (Omega) 1:09:43;
**3,** S Davies (Man) 1:09:51;
**M40: 1,** B Watson (E Hull) 1:17:22; **2,** R Norman (Gt Yar) 1:20:24; **3,** P Hyland (Notts) 1:21:15;
**M45: 1,** R Train (E Hull) 1:20:15; **2,** B French (Notts) 1:23:45; **3,** G Parry (Chesterfield) 1:24:13;
**M50: 1,** R Grove (Unatt) 1:13:53; **2,** J Edwards (Linc C J) 1:17:59; **3,** M Kilworth (Louth) 1:23:20;
**M55: 1,** D Smeath (Linc W) 1:33:22; **2,** P Carrington (Unatt) 1:36:55;
**M60:** D Holt (Clee) 1:40:44;

**Women: 1,** B Gustard (Clee) 1:27:13; **2,** B Stevens (Red R) 1:30:17; **3,** C Willgoose (Hali) 1:39:47;
**W35: 1,** P Elvidge (Mort Str) 2:04:30; **2,** Y Methan (Unatt) 2:19:27;
**W40: 1,** J Watson (Louth) 1:40:47; **2,** M Moffat (Unatt) 1:44:47; **3,** J Waltons (Wold vets) 1:47:04;
**W45:** J Thorpe (Wold vets) 1:33:54;
**W50: 1,** B Edwards (Linc C J) 1:53:33; **2,** P Morley (Linc Lake) 2:19:01;

## ■ Maidstone Marathon 3rd June

ALAN McGEE returned to Maidstone to regain his marathon title having missed last year's race through injury, **Simon Denyer reports.**

Recurring hip trouble caused by a trapped nerve meant that the GEC Avionics runner had put in little training, so he was therefore delighted with his 2:30:17 finishing time.

**Men Marathon**
**1,** A McGee (GEC) 2:30:17;
**2,** S Mitchell (Port) 2:31:10;
**3,** S Hay (Dart) 2:36:33;
**4,** C Fairbrass (Inv) 2:36:44;
**5,** K Greenfield (Maid) 2:37:19;
**6,** T Taylor (Wood) 2:38:27; **7,** T Reavley (Inv) 2:39:20; **8,** D Smith (Inv) 2:39:57; **9,** M Dilan (Leeds Uni) 2:41:55; **10,** K Stanley (Ton) 2:42:12; **11,** M Pickard (E&E) 2:42:26; **12,** R Corbin (Camb H) 2:44:14; **13,** C Chapman (Unatt) 2:44:17; **14,** A McNil (Dover) 2:44:22; **15,** M Rouse (Inv) 2:45:53;
**M40:** A Howlett (Inv) 2:48:37;
**M50:** K Haith (Camb H) 2:53:06;
**M60:** G Booth (Forb) 3:11:26;
**Teams: 1,** Invicta East Kent 19; **2,** Maidstone Harriers 39; **3,** Medway AC 74;

**Women: 1,** J Bright (Maid) 3:07:03; **2,** V Lemmis (GEC) 3:09:19; **3,** K Smythe (Maid) 3:29:46;

**Men 10km**
1, A Girling (Inv) 32:22;
**2,** H Emberton (C&T) 32:42;
**3,** M Knapp (Inv) 33:56;
**4,** J Peters (Inv) 34:03;
**5,** J Wilking (Unatt) 34:08;
**6,** A Brodie (Med) 34:11; **7,** N Sellman (Hast) 34:13; **8,** M Shereden (GEC) 34:14; **9,** I Oliver (GEC) 34:15; **10,** P Tomlinson (Inv) 34:16; **11,** R Smith (B'hth) 34:21; **12,** S Rackstraw (Forb) 34:28; **13,** W Burns (GEC) 34:32; **14,** B Copps (GEC) 34:33; **15,** C Smith (Maid) 34:35;
**M40:** V Hancock (HW) 35:05;
**M50:** L Hughes (Inv) 35:59;

**Women: 1,** H Heasman (Inv) 36:42; **2,** S Martin (Med) 39:23; **3,** M Smith (Unatt) 42:06;

## ■ Michelin 10 Stoke-on-Trent 3rd June

A BRAVE and enterprising front running performance secured victory for Newport's Antony Graham in this hot 100 race, while Scottish 10,000m commonwealth games representative Karen Mcleod was just six seconds adrift of Joyce Smith's record in an emphatic win, **Dave Edwards reports.**

Graham hit the front from the gun running at what appeared to be a suicidal pace, and not surprisingly the pack failed to cover this early move.

By half way, passed in 24:30, Graham was 28 seconds clear of Stoke's Paul Robinson who had emerged from the chasers to give pursuit. With just over a mile remaining Robinson was joined by Dundee's Dave Beattie and the pair ran in tandam gradually eroding Graham's.

But in a tense climax the Newport Harrier just held on to win in 50:14, with Robinson pipping Beattie for runner up spot. Fourth place Dave Hollins, the inter county 20 mile champion, led PMAC to the team prize.

Scottish International Karen Mcleod was in sparkling form, using the race as part of her summer build up to an Autumn Marathon debut. She was never headed as she finished almost four and a halfminutes clear

World over-65 half-marathon record holder, Pat Trickett of Crewe and Nantwich rewrote the record books yet again, knocking over a minute off the world age group record for 10 miles with a 1:15:57 clocking.

**Men**
**1,** A Graham (Newp) 50:14;
**2,** P Robinson (Stoke) 50:18;
**3,** D Beattie (Dund) 50:19;
**4,** D Hollins (PMAC) 51:05;
**5,** G Mant (Notts) 51:32;
**6,** C Demet (PMAC) 51:43; **7,** B Evan (Tip) 51:57; **8,** P Cadman (W&B) 52:26; **9,** J Forster (Notts) 52:32; **10,** M Necak (Nun) 52:42; **11,** J Thornbury (W&B) 52:51; **12,** J White (N Wales RR) 52:55; **13,** T Guy (W&B) 53:20; **14,** L Gowlend (Prest) 53:25; **15,** S Elliott (Notts) 53:28; **16,** M Walker (PMAC) 53:33; **17,** D Miller (C&S) 53:36; **18,** J Wagstaff (Tip-M40) 53:47; **19,** J Eagle (Congleton) 53:56; **20,** R Ibbs (PMAC) 53:58;
**M40: 1,** J Wagstaff (Tip) 53:47; **2,** J Pointon (Ponty) 53:59; **3,** S Griesewck (W&B) 55:34;
**M45: 1,** G Astill (Notts) 54:00; **2,** B Dale (Newc) 55:20; **3,** T Vernon (SMAC) 58:52;
**M50:** A Maxwell (Mitch) 58:03;
**M60:** G Pemberton (PMAC) 1:12:11;
**M65:** R Fernyhough (Mitch) 1:05.52;
**Teams: 1,** PMAC 26; **2,** Notts 29; **3,** Wolverhampton and Bilston 32;

**Women: 1,** K Mcleod (Edin) 55:39; **2,** C Kilkenny (C&S) 1:00:07; **3,** D Underwood (Cent-W35) 1:00:15; **4,** K Shum (C&S) 1:00:35;
**W40:** M Thompson (PMAC) 1:06:12;
**W45:** J Farley (Croff Amberly) 1:19:04;
**W50:** M Fox (Congle) 1:23:37;
**Teams:** Cannock and Stafford

# ■ EARLY RESULTS

## ■ Midland CAA v Northern CAA Alexander Stadium, Birmingham 23rd May

**100:** (+3.2) **1,** S Gookey (NC) 10.7; **2,** S Fletcher (NC) 10.8; **3,** R Wilson (MC) 10.9; **4,** A Carrott (MC) 11.0; **5,** A Bennett (Guest) 11.1.
**200:** (+2.4) **1,** J John (Guest) 21.50; **2,** P Harries (NC) 21.62; **3,** D Myers (NC) 21.92; **4,** A Bennett (Guest) 22.01; **5,** A Carrott (MC) 22.06; **6,** M Waldron (MC) 22.33.
**400: 1,** M Thomas (MC) 48.55; **2,** L Samuels (NC) 49.18; **3,** S Coupland (NC) 49.64; **4,** G Fraser (MC) 49.91.
**800: 1,** A Humphries (MC) 1:54.22; **2,** R White (MC) 1:55.08; **3,** M Benson (NC) 1:55.11; **4,** N Bentham (NC) 1:56.00.
**1,500: 1,** T Spelman (MC) 3:48.43; **2,** S Fielding (NC) 3:48.65; **3,** D Spawforth (Guest) 3:49.21; **4,** I Grime (NC) 3:49.89; **5,** M Clarkson (MC) 3:51.87.
**3,000: 1,** C Udall (MC) 8:04.65; **2,** J Maycock (NC) 8:05.84; **3,** R Brahmia (MC) 8:06.55; **4,** P Tootell (NC) 8:15.40; **5,** A Jackson (Guest) 8:15.59; **6,** M Cadman (Guest) 8:23.81; **7,** H Piotrowski (Guest) 8:36.49; **8,** D Payne (Guest) 8:36.77.
**2,000SC: 1,** W Aylesbury (NC) 5:47.75; **2,** M Roscoe (CS) 5:50.91; **3,** N Smart (NC) 5:56.64; **4,** S Willimott (MC) 5:56.79; **5,** N Cowie (MC)

5:58.72; **6,** N Lawrence (Guest) 6:05.36.
**110H:** (+2.5) **1,** A Tulloch (MC) 13.90; **2,** M Nicholson (NC) 14.71; **3,** J Hazel (MC) 14.72; **4,** P Master (NC) 14.73; **5,** K Robbins (Guest) 15.97.
**400H: 1,** Harries (Guest) 52.3; **2,** R Brown (NC) 53.14; **3,** S Hawkins (NC) 53.94; **4,** P Brown (Guest) 54.00; **5,** L Antoine (MC) 54.86; **6,** M Briggs (MC) 56.67.
**PV: 1,** D Mellor (NC) 4.90; **2,** M Hodgkinson (MC) 4.75; **3,** P Beswick (MC) 4.60; **4,** A Mathews (NC) 4.60.
**LJ: 1,** S Phillips (MC) 7.13; **2,** N Longthorne (NC) 7.03; **3,** R Perry (MC) 6.86.
**TJ: 1,** M Powell (MC) 15.22; **2,** E Burton (NC) 13.84; **3,** B Burbeck (NC) 13.62.
**SP: 1,** C Jennings (NC) 15.26; **2,** N Cooper (MC) 15.04; **3,** G Litherland (MC) 14.19; **4,** E Hollingsworth (NC) 13.83.
**DT: 1,** K Brown (MC) 56.66; **2,** P Gordon (NC) 56.12; **3,** A Britten (MC) 48.48; **4,** G Tyler (NC) 48.08.
**HT: 1,** P Gordon (NC) 52.94; **2,** J Nevis (NC) 51.98; **3,** R Payne (MC) 49.48; **4,** R Brittan (MC) 18.14.
**JT: 1,** K Murch (MC) 67.40; **2,** M Lawrence (NC) 64.82; **3,** A Ravenscroft (NC) 59.48.
**3,000W: 1,** S Martindale (NC) 12:02.05; **2,** A Penn (MC) 12:30.10; **3,** B Care (Guest) 12:46.03; **4,** B Adams (MC) 12:53.85; **5,** E Hollingsworth (NC) 13:58.69.
**4x100: 1,** (MC) 41.96; **2,** (NC) 42.07.
**4x400: 1,** (MC) 3:11.07; **2,** (NC) 3:12.11.
**MATCH: 1,** Northern Counties 153; **2,** Midland Counties 152.
**Women**
**200:** (+2.1) **1,** P Beckford (W&B) 24.6; **2,** E Waldo (Bir) 25.6.
**1,500: 1,** S Davenport (Cov) 4:4:32.31; **3,** K Kemp (Leic) 4:34.72.
**HJ: 1,** C Smith (Cov) 1.71; **2,** C Summerfield (Bir) 1.70; **3,** K Evans (Shrews) 1.65; **4,** K Fletcher (D&S) 1.65; **5,** C Smith (Sol) 1.55.
**LJ: 1,** C Angell (Bath) 5.50; **2,** K Evans (Shrews) 5.47.
**SP: 1,** C Cooksley (Cov) 13.26; **2,** S Damm (Shrews) 11.67; **3,** I Charlton (Bir) 10.58.
**DT: 1,** E Merry (Cov) 46.88; **2,** N Talbot (Telf) 44.82; **3,** L Charlton (Bir) 43.14; **4,** J Hope (W&B) 42.56; **5,** C Cooksley (Cov) 39.62; **6,** A Everton (Leam) 38.20.
**3,000W: 1,** L Langford (W&B) 13:18.64; **2,** S Black (Bir) 13:42.10.

## ■ Loughborough Students v British Police v British Polys Loughborough 23rd May

**100: 1,** C Orr (Lough) 10.8; **2,** D Deacon (Pol) 11.0; **3,** K Ferguson (Lough) 11.0; **4,** A Maxwell (Pol) 11.1.
**200: 1,** I McMullan (Lough) 22.1; **2,** D Deacon (Pol) 22.2; **3,** M King (Pol) 22.3; **4,** Orr 22.4.
**200 Guest B** R Kingsborough (Lough) 22.5.
**800: 1,** M Barker (Polys) 1:50.8; **2,** P Roberts (Lough) 1:51.4; **3,** P Burgess (Lough) 1:52.4; **4,** A Geddes (Guest) 1:53.9; **5,** R Whalley (Polys) 1:54.3; **6,** H McInnes (Guest) 1:54.3.
**800 Guest** P Broadley (Notts) 1:55.6.
**1,500: 1,** S Platts (Guest) 3:47.0; **2,** D Miles (Lough) 3:47.7; **3,** I Gillespie (Polys) 3:47.8; **4,** S Margiotta (Guest) 3:48.0; **5,** A Sinton (Lough) 3:49.7; **6,** A Guilder (Guest) 3:50.4; **7,** M Harris (Pol) 3:51.1; **8,** N Liverton (Guest) 3:56.2.
**5,000: 1,** A O'Connor (Polys) 14:28.1; **2,** S Wright (Lough) 14:30.8; **3,** A Lyons (Lough) 14:38.1; **4,** D Cooney (Polys) 14:45.3; **5,** J Masterson (Leic) 14:54.1.
**3,000SC:** D Minors (Lough) 9:37.6.
**110H: 1,** J Hopper (Lough) 15.3; **2,** I McGillivary (Polys) 15.4; **3,** G Reddington (Polys) 15.9; **4,** A Ferrand (Lough) 15.9.
**400H: 1,** S Freeman (Polys) 54.3; **2,** G Streather (Lough) 54.4.
**HJ: 1,** J Dronfield (Polys) 1.95; **2,** J Wallace (Lough) 1.90.
**PV: 1eq,** J McArdle & D Pearce (Poly) 4.20.
**LJ: 1,** R Horne (Pol) 7.16; **2,** G Slade (Polys) 7.03; **3,** A Starbuck (Lough) 6.78.
**TJ: 1,** B Oyeabo (Polys) 14.25; **2,** S Haunch (Polys) 13.52.
**SP: 1,** J Muirhead (Lough) 14.09; **2,** R Hancock (Polys) 13.26; **3,** P Davies (Pol) 13.23; **4,** A Thomas (Pol) 12.93; **5,** T Brannen (Pol) 12.79; **6,** P McEvoy (Lough) 12.79; **7,** G Herrington (Pol) 12.69.
**DT: 1,** D Morris (Lough) 54.80; **2,** G Herrington 51.96; **3,** T Griffiths (Pol) 44.18; **4,** C Howe (Lough) 41.46.
**HT: 1,** C Howe (Lough) 60.62; **2,** J Pearson (Lough) 60.60; **3,** S McEvoy (Pol) 45.66; **4,** M Broughton (Pol) 45.36; **5,** D Benning (Polys) 40.14; **6,** P Hallam (Polys) 29.84. A Gould (Guest) 42.20.
**JT: 1,** D Smahon (Pol) 56.92; **2,** J Crosse (Pol) 56.86; **3,** R Gandee (Lough) 53.82.
**4x400: 1,** (Lough) 3:21.0; **2,** (Pol) 3:25.8.
**MATCH: 1,** Loughborough 156; **2,** British Polys 131; **3,** British Police 106.
**Women**
**100: 1,** C Bloomfield (Polys) 11.9; **2,** S Lewis (Pol) 12.2; **3,** J Smith (Lough) 12.3.
**100 Guest: 1,** J Riley (Wig) 12.0; **2,** E Williams (Wig) 12.2.
**200: 1,** C Bloomfield (Polys) 24.4; **2,** J Smith (Lough) 24.6; **3,** S Lewis (Pol) 24.8; **4,** M Walker (Polys) 25.8.
**400: 1,** S Crompton (Polys) 56.6; **2,** H Patterson (Polys) 57.4; **3,** J Beavan (Lough) 58.9; **4,** V Andrews (Pol) 59.7.
**800:** A Buckley (Polys) 2:15.9.
**1,500: 1,** R Smyth (Lough) 4:17.6; **2,** S McGeorge (Lough) 4:17.6; **3,** C Newman (Guest) 4:28.8; **4,** A Buckley (Polys) 4:43.5.
**100H: 1,** L Minot (Lough) 14.3; **2,** S Jones Morris (Lough) 15.0; **3,** J Carter (Polys) 15.3; **4,** J Jackson (Guest) 15.6.
**400H: 1,** J Cadman (Polys) 61.2; **2,** J Tootell (Polys) 62.2.
**LJ: 1,** J Jennings (Polys) 5.48; **2,** J Jackson (Lough) 5.40.
**SP: 1,** T Axton (Pol) 12.48; **2,** G Battern (Polys) 12.47; **3,** A Moffitt (Polys) 11.08.
**DT: 1,** Axton 48.24; **2,** K Yoell (Lough) 41.94; **3,** A Moffitt (Polys) 38.10.
**JT: 1,** Moffitt 43.72; **2,** L Pollen (Lough) 42.50; **3,** M Worsfield (Pol) 40.44; **4,** G Batten (Polys) 35.38.
**4x100: 1,** British Polys 49.4; **2,** Loughborough 49.6.
**MATCH: 1,** British Polys 172; **2,** Loughborough 91; **3,** British Police 51.

## ■ Rosenheim League (West Division) Battersea Park 23rd May

**Men**
**400:** J Busk (Bel) 50.5; **800:** A Reilly (HW) 1:56.0; **TJ:** T Blanchard (Bel) 14.34; **4x200: 1,** Hercules Wimbledon 1:32.7; **2,** Epsom & Ewell 1:33.3.
**Match: 1,** Hercules Wimbledon 63; **2,** Belgrave 51; **3,** Bank of England 43; **4,** Epsom & Ewell 40; **5,** BP 15; **6,** Kingston & Polytecnic 1.
**Women match: 1,** Epsom & Ewell 45; **2,** Belgrave 38; **3,** Welton 29; **4,** Bank of England 5; **5,** Hercules Wimbledon 3.

## ■ Rosenheim League (Eastern Division) Tooting Bec 23rd May

**200: 1,** J Shepherd (M&S) 22.3; **2,** L Massey (HHH) 23.0.
**400:** A Reader (SLH) 51.4.
**800:** V Maughan (HHH) 1:39.0.
**1,500: 1,** A Evans (SLH) 4:01.9; **2,** B Dunn (M&S) 4:02.1.
**3,000: 1,** J Parker (HHH) 8:27.3; **2,** A Dalton (Croy) 8:45.7.
**TJ:** A Adedoyin (SLH) 13.27.
**DT: 1,** G Cook (M&S) 46.52; **2,** G Power (HHH) 41.54.
**HT: 1,** Cook 60.28; **2,** E Barker (Croy) 43.64.
**4x200: 1,** SLH 34.4; **2,** Herne Hill 1:36.2; **3,** Croydon 1:38.9.
**Match: 1,** SLH 53; **2,** Croydon 49; **3,** Mitcham & Sutton 45; **4,** Herne Hill 43; **5,** Redhill & Surrey Beagles 19.
**Women**
**200:** M Moore (HHH) 26.5.
**1,500:** C Pritchard (HHH) 4:36.7.
**LJ:** L John (HHH) 5.07.
**DT: 1,** J Offen (M&S) 36.18; **2,** John 29.06.
**Match: 1,** Herne Hill 41; **2,** SLH 15; **3,** Mitcham & Sutton 6.

## ■ Open Meeting Perivale Park 16th May

**100: 1,** R Samuel (Old G) 11.0; **2,** M Phills (Old G) 11.0; **3,** R Johnson (TVH) 11.1; **4,** R Nettleton (ASH) 11.1.
**400: 1,** R Blaber (Swin) 49.7; **2,** P Smith (G&S) 50.3.
**3,000:** P Wilson (WHH) 8:38.3.
**M45: 100:** R Austin (Swan) 12.00.
**400:** Austin 56.4.
**Colts**
**1,500: 1,** H Sidha (S'age) 4;45.7; **2,** D Giltinana (Hill) 4:54.9.

# ■ ROAD

## ■ Denby Dale Half-marathon 27th May

**Men**
**1,** J Taylor (Hal) 1:11:14;
**2,** M Patterson (DP) 1:13:51;
**3,** T Wright (LW) 1:15:39.
**Women: 1,** J Smith (DP) 1:27:27

## ■ Harry Ramsden's 10 Guiseley 27th May

**Men**
**1,** A Symonds (Bir) 51:32;
**2,** R Butterfield (VS) 52:05;
**3,** S Frazer (Ilk) 52:33;
**4,** D Thrupe (Keigh) 52:40;
**5,** S Whetstone (P&B) 53:04;
**6,** J Brown (Ilk) 53:21
**Women**
**1,** S Niedram (P&B) 1:01:10;
**2,** S Dear (VS) 1:03:22;
**3,** J Jones (Bir) 1:03:38

## ■ Carterton 10km 27th May

**Men**
**1,** C J Thompson (USA) 30:59;
**2,** S Corcoran (Ox C) 31:05;
**3,** T Jenner 31:16;
**4,** M Hurd (Brid, V) 31:20;
**5,** J Boyes (B'mth) 31:39;
**6,** E Taylor (W'horse) 32:45; **7,** G Wilson (W'horse) 33:23; **8,** K Roebuck (Swin) 33:32; **9,** M Welland (Ox C, V) 33:36; **10,** R Parsons 33:55.
**Vets: 3,** Matthews (Wok) 34:53.
**Women: 1,** E Thompson (USA) 37:11; **2,** S Wolanski (Ox) 40:53; **3,** Y Hill (Telf) 41:28; **4,** S Pitts 42:58; **5,** K Booth 44:00.
**Vet:** V Bruce 47:58.

## ■ Woodside 5km Grays 23rd May

**Men**
**1,** G Wootton (Pits M40) 15.49;
**2,** F Palmer (Pits) 16.20;
**3,** L Hughes (NWRRC M40) 16.24;
**4,** P Johnson (Thurr N) 16:58;
**5,** D Hayes (Thurr N) 17:02;
**6,** P Pimentel (Thurr N) 17:08; **7,** D Houghton (Thurr N) 17:18; **8,** P McCormack (Pits) 17:23; **9,** D Atkinson (Thurr N) 17:30; **10,** P Wyss (Pits M50) 17:41; **11,** M Ball (Pits M50) 17:53; **12,** W Metcalf (N&E) 18:04.
**Teams: 1,** Pitseas RC **2,** Thurrock Nomads RC.
**Women**
**1,** M Joyce (Pits) 18:36; **2,** D Neild (Pits W35) 19:23; **3,** K Hayes (Pits W35) 21:10; **4,** M Wootton (Pits J) 21:26.
**Team:** Pitsea RC.

## ■ Askern 10km 23rd May

**Men**
**1,** M Thompson (Sheff) 30:12;
**2,** M Ridgeway (Sheff) 30:17;
**3,** C Baighton (Roth) 30:40;
**4,** M Lavender (Barn) 30:45;
**5,** P Venables (Roth) 31:12;
**6,** P Marling (Hull) 31:28; **7,** S Timmins (Barns) 31:32; **8,** L Austin (B'mth) 31:46; **9,** M Batley (Wake) 31:59; **10,** P Buhig (Ryston-M40) 32:07; **11,** K Lilley (DP) 32:09; **12,** D Bond (Askern) 32:09; **12,** R Berry (Unatt) 32:13; **14,** S Elliott (Notts) 32:15; **15,** S Davies (Mans) 32:16; **16,** A Thompson (Sheff) 32:25; **17,** D Brooksbank (Barn) 32:28; **18,** S Winspear (Hal) 32:32; **19,** P Davis (Roth) 32:41; **20,** A Davey (Unatt) 32:43.
**Further Vets:** D Grayson (Stain-M45) 33:35; A Griffiths (Notts-M50) 33:41; **Team: 1,** Sheffield 19; **2,** Rotherham 27; **3,** Barnsley 28
**Women:**
**1,** K Drake (Spen) 36:35;
**2,** C Boyd (Roth-W35) 37:00;
**3,** C Moore (SCity-W35) 37:43;
**4,** J Bundey (Rown) 38:14;
**5,** R Leonnard (SCity-W35) 38:23;
**6,** K Oxley (Donc) 38:39;

## ■ Alveley Half-marathon 20th May

**Men**
**1,** M Dalloway (Stour) 1:06.11;
**2,** A Holden (Tip M40) 1:10.03;
**3,** P Dalloway (Stour) 1:10.31;
**4,** A Grice (Tip) 1:10.43;
**5,** D Foy (W&B) 1:12.20;
**6,** R Bentley (Tip) 1:12.52; **7,** J Wagstaff (Tip M40) 1:13.10.
**M50:** R Griffin (B'north) 1:25.02.
**Team:** Tipton.
**Women**
**1,** S Bentley (Tip) 1:19.27; **2,** P Emery (Tel) 1:36.14; **3,** S Ellcock Tel) 1:42.15.

## ■ Silverstone 10km 15th May

**Men**
**1,** D Long (Mass F) 30:44;
**2,** M Fromant (W&B) 31:14;
**3,** V Clisham (Mass F) 32:30;
**4,** T Egan (North P) 32:37;
**5,** T Meecham (Mass F) 32:42;
**6,** D Hurdwell (M'head) 32:45; **7,** J Peavoy (Mass F M40) 32:55; **8,** B Summers (North P) 33:02; **9,** G Patton (Mass F M45) 33:09; **10,** G Warne (Bed) 33:14; **11,** M Kelly (Mil K) 33:18; **12,** W Johnson (Sund) 33:24; **13,** J Dagnan (Leam M40) 33:24; **14,** K Moreman (North P M40) 33:28; **15,** C Semple (Mass F) 33:30.
**Women:** A Smith (North P W35) 37:48.

# ■ FELL

## ■ Hutton Roof Crags Race Kirkby Lonsdale 27th May

**Men (7M)**
**1,** M Crowsdale (L&M) 45:11;
**2,** E Roberts (Eryri) 45:34;
**3,** A Buckley (Warr) 46:02;
**4,** P Skelton (Kes) 47:37;
**5,** M Crewe (Bing) 47:54;
**6,** C Lyon (Horw) 48:20; **7,** H Jarrett (Cumb) 48:44; **8,** N Lanagon (Kes) 49:26; **9,** G Russell (Amble) 50:12; **10,** G Kenney (S'port W) 50:21.
**M40: 1,** R Bradley 52:46; **2,** A Judd (Leeds) 53:53; **3,** P Branham (Crav) 54:11.
**M50: 1,** R Barker (Red R) 57:00; **2,** M Rosbrook (Orion) 1:57; **3,** J Capenhurst 1:01.2.
**M60:** A Ball 1:22:29.
**Women: 1,** S Parkin (Kend) 58:20; **2,** D Varney (Kend) 59:41; **3,** L Lord (Clay) 1:01:35.
**W35:** D Varney (Kend) 59:41.
**W40:** L Lord (Clay) 1:01:35.

## ■ Two Lads Fell Race Horwich 22nd May

**Men (4M)**
**1,** C Donnelly (Eryri) 25:08;
**2,** E Roberts (Eryri) 25:11;
**3,** W Brindal (Horw) 25:15;
**4,** R Jackson (Horw) 25:58;
**5,** C Lyon (Horw) 26:06;
**6,** J Schofield( B'burn) 26:15; **7,** D Ashworth (Roch) 26:21; **8,** D Wilkinson (Roch) 26:43; **9,** T Boland (S'port W) 26:45; **10,** T Heskith (Horw) 26:50.
**M40: 1,** T Heskith (Horw) 26:50; **2,** S Furness (B'burn) 28:12; **3,** B Crewdson (B'burn) 28:55;
**M45: 1,** M Cunningham (Man H) 28:20; **2,** B Jackson (Horw) 28:30; **3,** D Cairns (Bolt) 28:40.
**M50: 1,** P Flemming (Horw) 29:57; **2,** R Barlow (Red R) 31:31; **3,** E Corley (Horw) 32:53.
**Boys U18: 1,** N Matthews (Horw) 28:24; **2,** R Hope (Horw) 28:32; **3,** M Nuttall (Kers) 34:06.
**Juniors 2½ miles: 1,** A Fellows (BAe) 10:01; **2,** M Moorhouse (Salf) 10:04; **3,** I Munrowe (Horw) 10:51.
**Women: 1,** J Kenyan (BAe) 30:46; **2,** P White (Pres) 34:49; **3,** K Thompson (Clay) 36:24; **4,** B Hardy (BAe) 37:07; **5,** K Bryant (MDOC) 37:47; **6,** M Moran (BAe) 39:01.

## ■ Pengelly Sheds Hill Series Exeter 22nd May

**Men**
**1,** K Bennett (T'stock) 7:41;
**2,** N Jenkins (Erme V) 7:45;
**3,** M Slater (Erme V) 8:03;
**4,** S Thorpe (SWRR) 8:06;
**5,** R Torr (T'stock) 8:09;
**6,** A Davies (Unatt) 8:18; **7,** R Gallios (Unatt) 8:24; **8,** M Steward (Ply) 8:29; **9,** J Uden (Unatt) 8:32; **10,** J Whiteside (Unatt) 8:39;
**M40-49: 1,** B Lambert (SWRR) 8:26; **2,** P Saywood (SWRR) 9:19; **3,** A Silkcott (Erme V) 9:24;
**M50-59: 1,** E Barber (Torb) 9:45; **2,** N Thorne (Gold) 10:08; **3,** D Brown (SWRR) 12.06;
**M60:** D Nutall (Exe) 11:37;
**Women:** N Kelly (SWRR) 11:18; **2,** J Bryan (SWRR) 11:20; **3,** C Palmer (SWRR) 11:46;
**W35-44:** M Macksted (Exe) 9:41; **2,** S Carruthers-Watts (Erme V) 10:08; **3,** C Armstrong (SWRR) 10:36;
**W45-54:** D Routley (Exm'th) 10;13; **2,** M Ronchetti (SWRR) 12:46

## Amendments

**Amendments and additions to previously published results:**
**Surrey Champs, Croydon, 19th-20th May**
**1,500:** Jeina Mitchell's 1,200m split was 3:44.0. She ran her third lap in 77.2 on her way to victory in 4:36.1
**HJ:** Warren Caswell 2.15 (Ground record)
**International meeting, Santander, Spain, 17th May**
**800:** P Elliott (GBR) 1:45.20
**GRE Gold Cup, Barry, 6th May**
**110H:** R Harbour (B&V-J) 14.7
**Penn Relays, Philadelphia, USA, 26th-28th April**
**Women: 4x1,500:** 1, Villanova 17:18.10 (world best); **2,** Oxford/Cambridge 18:16.2 (Sian Pilling 4:27.6; Jo Latimer 4:50.9; Davina Manship 4:33.8; Claire Lavers 4:23.9).

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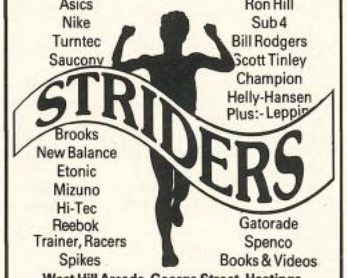
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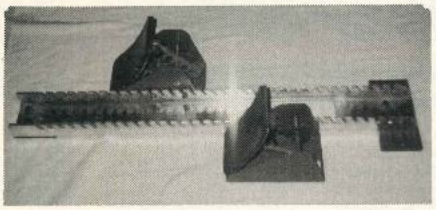
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# OVERSEAS

**Hosted by Dave Martin**

## AUSTRALIA

JOY TERRY ran the second fastest half-marathon by an Australian woman to win the Institute Drug Offensive Half-marathon in Canberra on 20th May, **reports Nick Bideau.**

Terry, an Australian cross-country representative who finished 115th in this year's World Cross-country, broke away from Kerith Duncanson in the final three kilometres to win by 76 seconds. Her time of 1:13:25 smashed Commonwealth Games Marathon runner Tani Ruckle's course record by almost two-and-a-half minutes with Duncanson also inside the old figure. The only Australian woman to have run faster is double Commonwealth Marathon champion Lisa Martin. Former Olympic Marathon runner Gerard Barrett won the men's race in 1:05:15 with student Rod Higgins second in 1:05:44.

Two of the forgotten stars of Australian athletics, Adam Hoyle and Maree McDonagh, returned to winning form at the Victorian Cross-country Championships at Ballarat on 19th May.

Hoyle, 26, was too strong for his Glenhuntly clubmate, brilliant junior Julian Paynter, in the final two kilometres of the state's 8km race to win his first Victorian title since 1987. The 1986 Australian cross-country champion believes he is not far away from his best form since returning from the Australian Institute of Sport in Canberra. In 1986 Hoyle finished 30th in the World Cross-country Championships eight places behind Steve Moneghetti, but while the latter established himself internationally, Hoyle seemed to have lost his way. "I think everything is coming together for me again now and in two weeks' time in the 10km road title at Caulfield I plan to take another step towards regaining my best form" Hoyle said.

McDonagh has also recently returned from the AIS and has been getting back to the form that saw her finish 14th in the 1989 World Cross-country. In Ballarat she beat her in-form training partner Anne Cross who struggled on the uneven ground at the back of the Victoria Park course.

World junior 5,000 metres runner Paul Patrick won the under-20 men's race.

**Victoria Cross-country, 19th May**

**Men 8km: 1,**Hoyle 24.01; **2,** Paynter 24.05; **3,** O'Donnell 24.10; **4,** Johnstone 24.17; **5,** Philip MAKEPEACE 24.25; **6,** Devison 24.28; **7,** Ivanov (YUG) 24.40; **8,** Shevlin 24.42; **9,** Lubofsky 24.43; **10,** Lewry 24.45.

**Women 6km: 1,**McDonagh 19.29; **2,** Cross 19.48; **3,** Baird 20.18; **4,** Lord 20.44; **5,** R MAKEPEACE 20.49; **6,** McKie 20.50; **7,** Turney 20.55; **8,** Leaney 21.43; **9,** Pogue 21.44; **10,** Davies 21.46.

## IRELAND

THE first of the Ballycotton Summer Road Race Series was held at Ballyandreen on 24th May. The remaining three meetings will be held on 28th June (Shanagarry 5); 26th July (Churchtown South 5) and 23rd August (Ballycotton 5).

**Ballyandreen 5, 24th May**

**1,**O'Brien 24.15; **2,** O'Mahony 24,24; **3,** Meade 24.27; **4,** McGrath 24.36; **5,** 24.43; **6,** O'Regan 24.53; **7,** Bergin 25.15; **8,** Kearney 25.22; **9,** Archer 25.25; **10,** Goulding 25.29.

## SPAIN

**Invitation Walk, L'Hospitalet, 6th May**

WALKING for Great Britain, Betty Sworowski broke her personal best in the 5,000 metres road walk, finishing 7th in 21:50. Badly obstructed on the final lap, Betty came through to finish strongly. On this showing there is still more to come. Sylvia Black finished 17th in 23:57 in a race won by Kerry Saxby in 20:40.

The men's race was held on the same 1,500 metres loop course on a dual carriageway. Walking in very hot conditions British walkers Mark Easton (1:26:50) and Andy Penn (1:31:36) finished in 16th and 32nd positions respectively. The winner was Mikhail Shchennikov in 1:21:42.

**Men 20km: 1,** Schennikov (URS) 1:21:42; **2,** Blazer (TCH) 1:22:20; **3,** Mrazek (TCH) 1:22:33; **4,** Prieto (ESP) 1:22:36; **5,** Rodriguez (MEX) 1:22:48; **6,** Baker (AUS) 1:22:55.

**Women 5km: 1,** Saxby (AUS) 20:40; **2,** Pagany (ITA) 21:22; **3,** Rosza (HUN) 21:31; **4,** Essayah (FIN) 21:37; **5,** Oprea (ROM) 21:38; **6,** Gunnarsson (SWE) 21:49.

**Palma, Majorca, 23rd May**

**Men: 800: 1,** Kiprotich (KEN) 1:47.71. **3,000SC:** M Birir (KEN) 8:35.72. **PV:** Javier Garcia (ESP) 5.72 (NR). **LJ: 1,** Hernandez (+2.2) 8.14; **2,** Alli (NGR) 8.06; **3,** Corgos (ESP) 8.04.

**Women: 400:** Myers (ESP) 51.22 (NR).

**Grenada, 26th May**

**Men: 100 (+1.5): 1,** Stevens (BEL) 10.34; **2,** Stewart (JAM) 10.38. **Race 2 (+1.3) 1,** Rodriquez (ESP) 10.34.

**200: 1,** Stevens (CUB) 20.74; **2,** Stevens (BEL) 20.82; **3,** TODD BENNETT 21.28 (legal wind).

**400: 1,** R Hernandez (CUB) 44.67; **2,** Cameron (JAM) 45.14; **3,** ROGER BLACK 45.25.

**800: 1,** Kiprotich 1:45.85; **2,** Arconada (ESP) 1:46.13; **3,** J Birir (KEN) 1:46.33; **4,** L J Gonzalez (ESP) 1:46.67.

**1,500: 1,** Lokol (KEN) 3:40.72;..**11,** P Rono (KEN) 3:45.73.

**3,000:** Dionisio Castro (CUB) 7:49.30.

**400H: 1,** KRISS AKABUSI 48.70; **2,** Graham (JAM) 48.98; **3,** Itt (FRG) 49.00; **4,** Patrick (USA) 49.52.

**3,000SC: 1,** Koech (KEN) 8:29.83; **2,** Ricardo Vera (URU) 8:30.05; **3,** M Birir (KEN) 8:33.35; **4,** Peula (ESP) 8:36.12; **5,** Nogales (ESP) 8:37.28.

**HJ:** Sotomayor (CUB) 2.31.

**LJ: 1,** Corgos 8.08; **2,** Alli 7.91.

**SP: 1,** Smirnov (URS) 21.01; **2,** Klimenko (URS) 19.52; **3,** Salius (URS) 19.31; **4,** Tallhem (SWE) 19.18; **5,** Roca (ESP) 16.90 (NJR).

**Women: 100 (+2.3): 1,**Moller (GDR) 11.16; **2,** Myers (ESP) 11.19 (NR); **3,** Allen (CUB) 11.60; **4,** Cuthbert (JAM) 11.65.

**200 (+0.9): 1,** Ottey (JAM) 22.12; **2,** Fidelia-Quirot (CUB) 23.28, 3, Pérez (ESP) 23.57.

**800: 1,**Chidu (ROM) 2:00.66; **2,** Matuseviciene (URS) 2:02.8.

**1,500: 1,** Artemova (URS) 4:09.49; **2,** Ghican (ROM) 4:09.86.

**100H (+0.9): 1,** Nastase (ROM) 12.94; **2,** Chernysova (URS) 12.97; **3,** Lopez (CUB) 12.99; **4,** Siebert (GDR) 13.02.

**LJ (legal wind): 1,** Ilcu (ROM) 6.96; **2,** Medvedyeva (URS) 6.52; **3,** Nastase 6.51. **JT: 1,**Lopez (CUB) 60.26; **2,** Nekrosaite (URS) 58.62

## USA

**Modesto, 5th May**

**Men 100 (Wind legal): 1,**P Williams 10.06; **2,** Witherspoon 10.08, 3, J Williams 10.23; **4,** Thomas 10.25, 5, DeLoach 10.30.

**200: (Wind legal): 1,**Everett 20.35; **2,** L Daniel 20.50; **3,** P Williams 20.61.

**400: 1,** C Daniel 44.95; **2,** Cameron (JAM) 45.55; **3,** Bridges 45.82; **4,** Matete 45.88.

**3,000SC: 1,**Abshire 8:35.3; **2,** Reese 8:38.28; **3,** Nelson 8:39.5.

**110H (windy): 1,**Dees 13.09; **2,** Campbell 13.38; **3,** Andrade 13.47; **4eq,** Reading/Crear 13.51; **6,** Jett 13.55.

**400H: 1,**Page 49.79.

**4x100: 1eq,** Santa Monica (Deloach, Witherspoon, Everett, Thomas)/Florida Clippers (Goins, Duncan, Lorenzo, Dees) 39.21; **3,** Blinn JC 39.73; **4,** Stars & Stripes 39.76; **5,** Idaho 40.15.

**4x400: 1,** Sports TC (Kerr, Morris, Smith, Bridges) 3:04.24.

**HJ: 1,**Kemp 2.31; **2,** Austin 2.31; **3,** Harkins 2.24.

**LJ (Windy): 1,**Powell 8.40; **2,** Ester 8.25; **3,** McKee 8.24; **4,** George 8.23; **5,** Laine 8.19; **6,** Hickerson 7.94.

**TJ: 1,**Taiwo (NIG) 16.76, 2, Cannon 16.71; **3,** Miller 16.18.

**DT: 1,**Schmidt (FRG) 68.30; **2,** Buncic 65.40; **3,** Keshmiri 63.22.

**PV: 1,**Huffman 5.80; **2eq: Fraley/Duplantis 5.65; 4,** Krupulski 5.50.

**SP: 1,**Doering 20.58; **2,** Zakbini 18.84.

**HT: 1,**Tamm (URS) 77.86; **2,** Flax 77.14; **3,** Logan 71.68.

**Women 100 (Wind legal): 1,**Gaines 11.39; **2,** Cuthbert (JAM) 11.57. 3, Burnham 11.60.

**200 (Wind legal): 1,**Gaines 23.71.

**400:** Kaiser 53.30.

**100H: 1,**Waller 13.20; **2,** Epps 13.25; **3,** Frazier 13.50; **4,** Greiner 13.67; **5,** Smith 13.70.

**400H:** Vickers 57.66

**4x400: 1,** Socal Cheetahs 3:38.89; **2,** California 3:42.66; **3,** Nevada Reno 3:52.9.

**HJ:** Blunston 1.83.

**LJ: 1,**Loud 6.54; **2,** Greiner 6.46; **3,** Simmons 6.40.

**TJ: 1,**Hudson 14.05; **2,** Brown 13.09; **3,** Yendork 12.69; **4,** Ames 12.55; **5,** Moses 12.37.

**SP: 1,**Price 18.11; **2,** Dasse 17.46.

**DT: 1,**Pagel 58.44; **2,** Barnes 58.10; **3,** Price 56.36.

**College Station, Texas, 19th May**

**Men 100 (+2.8w): 1,**Burrell 9.94; **2. Cason 10.08; 3. Drummond 10.17. 200 (+4.0w): 1,**Burrell 19.61; **2,** Johnson 19.91; **3,** Cason 20.11.

**400: 1,**Luke 45.64.

**110H:** Bucknor 13.49w.

**4x100: 1,**Texas A&M 39.26; **2. Baylor 39.52; 3,** Texas Tech 39.60.

**JT:** Boden (SWE) 80.62.

**Women: 200:** Woods 22.14w. **400:** Richards 53.02. **3,000/5,000:** Mota (POR) 9:38.15/ 17:10.94. **100H:** Harper 13.29. **400H:** Roberts 57.03.

**Westwood, California, 20th May**

**Men 100: 1,**Marsh 10.33w. **400:** Everett 44.72; **Cameron (JAM) 45.67. Mile:** Falcon 3:56.22; **2. Scott 3:57.22;. 3,** Padilla 3:57.42. **110H (Legal wind)** Kingdom 13.37; Campbell 13.47; Blake 13.57. **3,000SC:** Abshire 8:32.59; Huff 8:36.69.

**PV:** Hufman 5.69; **2,** Duplantis 5.60; **3,** Fraley 5.60. **LJ:** Powell 8.33w. **SP:** Barnes 23.12 (WR) (21.89, 23.12, 22.55, 22.44, 22.34, 22.76); **2,** Doehring 20.39.

**Women 100 (+1.0w):** Finn 11.41. **400:** Kaiser 51.83, 2, Bakare 52.61, 3, Sheffield 52.99. **800: 1,** Clark 2:02.89; **2,** Jenkins 2:03.59; **3,** Taylor 2:04.65. **Mile: 1,**Plumer 4:29.54; **2,** TEENA COLEBROOK 4:30.92; **3,** Arreola 4:33.91; **4,** Hill 4:35.10; **5,** Paula Ivan (ROM) 4:38.32.

**Revco-Cleveland 10km and Marathon, 20th May**

THE last two years has seen Soviet athletes perform admirably within the USA and dispel the myth of them being a nation of solid stereotypes, **reports Paul Christman.**

Unfortunately on the heels of the disqualification of second placed women's finisher Sirje Eichelmann in the Los Angeles Marathon, the Cleveland race saw Irene Sclyarenko given the same punishment for receiving aid on the course. Problems for the five feet tall woman running in eight- year-old shoes began at the 22-mile mark where she had a comfortable three- minute lead over compatriot Valentina Lounegova and American Christine Gibbons. Her fellow countryman Fedor Rhyhov, sixth last year but reportedly ill this year, stopped to walk, then began to run alongside Sclyarenko. Over the next four miles eye-witness reports said Rhyhov handed her sponges, splits and some sort of inhaler. "He was an athlete not competing in her race" said official Jack Staph. "We think he gave her some type of Vicks sniffer, something for your sinuses to clear your head. You can't give anyone a technical apparatus" he added.

After watching a video of the race, Staph, race director Chris Tatreau and elite athlete co-ordinator Jos Hermens made the decision to disqualify Sclyarenko. "While the violations may have been unintentional they were excessive," commented Staph. "This is an unfortunate situation but it is the only fair thing to do".

Lounegova, 2:44:23, was awarded the race ahead of Gibbons, 2:45:39, with Mexico's Gloria Ramirez third in 2:48:13.

The men's race had been paced by Toni Niemczak and Delmir Dos Santos through a 1:06:02 half, but the increasing temperature and winds caused many to fade. After 25km the rabbits departed and when Mark Donahue next fell back, last year's third-place finisher, Filemon Lopez of Mexico, Columbus marathon winner Sam Ngatia of Kenya and Soviets Mokhametha Nasipov and Valentin Starikov were the only four left. Lopez, after discarding Ngatia at 22 miles, and with a 5:10 mile losing Nasipov between 23 and 24 miles, went on to win in 2:15:12.

The 10km saw Yobes Ondieki go out hard, passing the first mile in 4:25. Portuguese Esequiel Canario went with him leading the Kenyan to an 8:55 two mile but later faded to 18th. Ondieki time trialled it to a 28:32 victory, 24 seconds up on 1984 Olympic Marathon silver medallist John Treacy.

"With quality runners like Michael Musyoki, Ken Martin and Treacy, you have to be very careful not to overextend and run out of gas at the end," Ondieki said.

Treacy added: "Keith Brantly fell back around 3 miles (13.33) and so then it was basically myself, Ed Eyestone and William Musyoki plus Otis Sanders going for second. We ran into a wind between three and five miles on the way back and we were all together until 600 yards to go and then we started kicking. Ed and myself went away from the other two and we battled it out over the last 60 metres. We were really cutting it out, the two of us," he added. Treacy reached the line in 28:56 with Eyestone just behind.

While Monica Joyce accompanied seven-time Lilac Bloomsday winner Anne Audain in the early stages of the women's contest, Audain not only completed her sixth victory at Revco in 32:51 – 18 seconds up on the Irishwoman – but made it clear she didn't have to follow anyone during the race. "I've run this course so many times that I could probably point out every pothole and crack in the pavement" she said."At this stage of my career I know every road course in the country"

**10km Road Race: Men: 1,**Ondieki (KEN) 28:32; **2,** Treacy (IRL) 28:56; **3,** Eyestone 28:57; **4,** W Musyoki (KEN) 29:02; **5,** Sanders 29:05; **6,** Mora 29:27; **7,** Johnson 29:29; **8,** Jacobs 29:31; **9,** Brantly 29:44; **10,** M Musyoki 29:54.

**Women: 1,** Audain (NZL) 32:51; **2,** Joyce (IRL) 33.09; **3,** Schuurmans 33:35; **4,** James 33:42; **5,** Dunston 34.03; **6,** Priscilla WELCH 34.18; **7,** Brown 36:21.

**Marathon: Men: 1,**Lopez (Mex) 2:15:12; **2,** Nasipov (URS) 2:15:40; **3,** Ngatia (KEN) 2:17:29; **4,** Starikov (URS) 2:17:29; **5,** Kaitany (KEN) 2:18:29; **6,** Kamau (KEN) 2:20:58; **7,** Skarzynski (POL) 2:21:37; **8,** Rodriguez (BRA) 2:23:58; **9,** Kurtis 2:24:17; **10,** Rotich (KEN) 2:24:52.

**Women: 1,** Lounegova (URS) 2:44:23; **2,** Gibbons 2:45:39; **3,** Ramirez (Mex) 2:48:13.

**San Marcos, Texas, 21st May**

**HJ:** Austin 2.35.

## YUGOSLAVIA

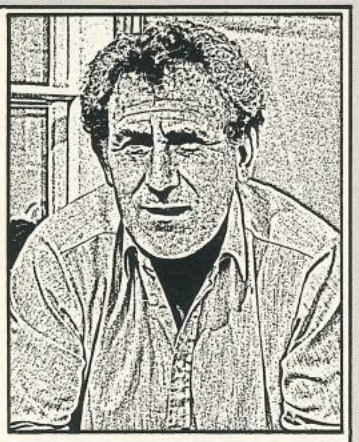
**35th Liberation of Zagreb Road Race, 7th May**

A LARGE leading pack stayed together until the second lap of the 5,400 metres race which featured three laps round a flat city centre course, starting and finishing in the Republique Square, **reports Colin Henzell.**

Then Paul Taylor stepped up the pace with only the Russian Aleksandar Burcev and Paul Cuskin responding. These three stayed together until the final kilometre when Burcev kicked and only Cuskin could go with him. They were shoulder to shoulder with 80 metres to run but the Valli Harrier had to concede defeat in the last 50 metres.

**Result: 1,**Burcev (USSR) 15:12.4; **2,** Paul CUSKIN 15:13.1; **3,** Paul TAYLOR 15:27.0; **...8,** John DOWNES (IRL) 15:53.2; **15,** Anthony SPEELMAN 16:08.7.

# TOM McNAB



SHOULD National Coaches coach? At first glance, this seems to be a pretty silly question. But a little bird has been whispering in my ear that there is a move to take coaching out of the National Coaches' contracts. So if they wish to coach, it will have to be in their spare time.

The argument appears to be that if National Coaches continue to coach, then they will stunt the development of voluntary coaches, by depriving them of potential champions. Being National Coaches, the argument was, they have a glamour, a cachet that the ordinary club coach does not process. Unfair, quite unfair.

So far, so good. But there is a central flaw in this argument. The object of coaching is the performance of the athlete. So, if an athlete thinks that his interests are best served by a National Coach, then so be it. And if in any case, each National Coach has, say, six athletes, then that only comes to about 60 athletes, out of a national pool of excellence which must, if we include juniors, exceed well over 1,000.

The bigger problem is that coaching is not, like mathematics, a static body of knowledge. After 12 years out of coaching, I am, despite considerable reading, a poorer coach than I was back in 1978. This is because coaching is a matter of doing, not of study. And if a National Coach is going to travel his area talking about coaching, with other coaches, then whatever else he does, he must coach for this is the continuing living body of knowledge from which he operates. So, forgetting any other argument, it is like cutting off Samson's hair to deprive a National Coach of his ongoing coaching experience.

John Anderson, Wilf Paish and Malcolm Arnold are a few of the examples who have coached at the highest level while they were employed as National Coaches. They have not only enriched our national teams by their work, they have also fed the benefits of their coaching experience back into the system. The coaching scheme would be the poorer for it if they had not.

The Coaching Scheme must not become simply a body of knowledge handed on, for knowledge is not what coaching is about. Rather, it is about the wisdom gained through knowledge and experience.

So let's hear no more of National Coaches being taken out of practical coaching. Or if they are, then call them something else. And expect the coaching scheme to suffer accordingly.

WHO ARE hurdles for? "For hurdlers, you dummy," comes the answer. I ask the question because I recently attended an East Anglian Young Athletes meeting and a Southern Women's League event and witnessed children making massive leaps between hurdles, using five stuttering strides. Then, a day later, I went to a National Young Athletes meeting and saw only two competitors in a 100m hurdles youths' race, when 18 could have competed.

For, clearly, though the standard height and distances work well for precocious, powerful children, it's no joy for those whose development takes a more conventional path. And I say this as a father whose daughter ran 11.7 last year for 70 metres hurdles to rank fourth in the country and who has no problem with the three-stride pattern.

If we look at the boys' 80m hurdles distance, we see that a boy of 13 (liable to averge 1.55m in height) has to face the same height of hurdle as a mature woman (liable to average 1.64m). My experience is that few except the most precocious boys can cope with this.

Our local schools' leagues show the problem most clearly. Great lunging leaps, followed by running on the spot. Now, part of this is a coaching problem, for the recent club survey shows that 70 per cent of clubs need more hurdles races than the hurdles coaches. But part of it may be that the hurdles are too high and too far apart for all but a few children.

The answer isn't easy. One would be to hold separate races, with non-standard heights and distances, certainly for 'B' strings, but perhaps, with club-agreement, for 'A' strings as well. And if some clubs do have kids who want to run over the standard distance, then that option should remain. And what about hurdles meets (with coaching beforehand) where there are a variety of distances and spacings available? I recognise now that both these options present problems, but if the aim is to get a volume of children enjoying hurdling, then they may be the best available.

## NEXT WEEK

**RANKINGS**

***Exclusive to Athletics Weekly, 1990 European lists, plus Dave Lynch's 1989 women's club rankings.***

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**Our reporters bring you the action from the second round of the National League.**
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**ALL IN NEXT WEEK'S Athletics Weekly OUT FIRST ON WEDNESDAY**


**Athletics Weekly**

**6th JUNE 1990**

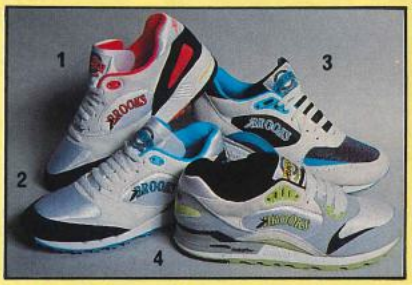
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# BROOKS

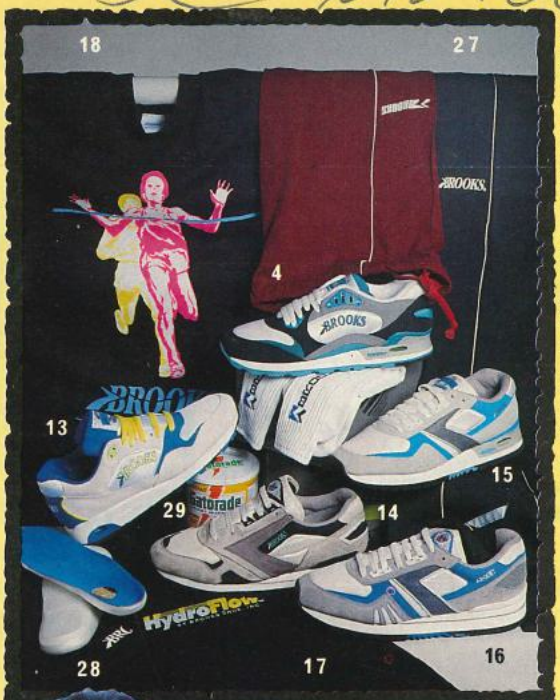
**1. Rage** (Men's) Colour: white/black/neon orange. Special features: full rubber multi terrain outsole, visible Hydroflow set in compression moulded EVA midsole also with flex channels at the forefoot and an integral counter reinforcer, combination lasted, variable width lacing. Sizes: 6-12 inc. ½ sizes + 13. **£39.99**

**2. Rage** (Men's) Colour: white/black/neon blue, features as above. Sizes: 6-12 inc. ½ sizes + 13. **£39.99**




**3. Blast Ultralight Racing/Training Shoe** Colour: white/black/neon blue. Special features: lightweight 'Rubalon' outsole—carbon rubber heel plug Hydroflow custom cushioning, Kinetic wedge, curved and slip-lasted, thermal plastic heel counter. Sizes: 7-12 inc. ½ sizes + 13 **£49.99**

**4. G.F.S. 100** Colour: white/neon/black and white/teal/ blue. Features: exclusive Hydroflow cushioning system, slip lasted, curve last comfort crafted. TPR counter, Kinetic wedge. Sizes: 7-12 inc. ½ sizes + 13 **£59.95**




**13. Enterprise** Colour: white/blue/neon yellow. Special features: carbon rubber multi surface outsole, visible hydroflow custom cushioning, Kinetic wedge, combination last, thermal plastic resin heel counter. Sizes: 6-12 inc. ½ sizes + 13. **£44.99**

**14. Chariot CC** Colour: grey black. The third generation Chariot shoe maintains its reputation as a good motion control shoe. It is recommended for the heavier runner or those seeking motion control to counter any over pronation tendencies. The diagonal rollbar offers increasing support as the foot pronates and further support is provided by the motion control device around the base of the heel. Sizes: 6-12 inc. ½ + 13, 14 & 15. **£49.99**

**15. Regent** Colour: white/light grey/china blue. Special features: exclusive HydroFlow cushioning system, TPR counter, outsole with wear plus, Kinetic wedge and rollbar, comfort crafted. Sizes: 7-12 inc. ½ sizes + 13. **£64.99**

**16. Argent Training Shoe** white/blue/royal. Features include: Kinetic wedge, blown and carbon rubber outsole. moulded EVA midsole for cushioning Sizes: 6-12 inc. ½ sizes + 13. **£49.99**

**17. HydroFlow T-Shirt** Black. Sizes: M, L & XL. **£8.95**

**18. Brooks T-Shirt** Sizes: S, M, L & XL. **£9.95**

**27. Brooks Lightweight Training Pants** 100% stretch polyester, reflective tape on rear legs, ankle stirrups and tie waist, hip pocket. Colours: black, navy or royal with white piping. Sizes: S, M, L & XL. **£10.95**

**Accessories**

**28. Comfort Crafted replaceable Insoles.** Sizes 5-12 **£3.50 pair**

**29. Gatorade Isotonic Sports Drink** (33 servings) **£4.95**

HydroFlow







Eamon Martin, winning Commonwealth 10,000 metres Gold in Auckland.

BROOKS FOR WOMEN




**5. Blast Ultralight Racing/Training Shoe** Colour: white/black/scarlet. Features as 3 above. Sizes: 7-12 inc. ½ sizes + 13. **£49.99**

**6. Conquest D.S. Racing Spike** Colour: white/azure blue/yellow. Featuring special Kinetic wedge feature for middle and long distance track races as worn by Eamon Martin, winning Commonwealth 10,000 metres Gold in Auckland. Full length one piece spike plate with deflection cushioning zone and traction bars. Sizes: 6-12 inc. ½ sizes + 13. **£44.99**

**7. King Conquest Ultralight Racing Shoe** Colour: white/neon pink/black. Features: carbon rubber heel block with blown rubber forefoot. Compression moulded EVA midsole with strong TPR heel counter. Brooks special Phil-i-mesh breathable toe box. Sizes: 4-5½. **£44.99** Sizes: 6-12 inc. ½ sizes + 13. **£49.99**

**8. King Conquest Racing Spike** Colour: white/black/yellow. Features: Kinetic wedge and full length one piece spike plate. Sizes: 4-5½. **£44.99** 6-12 inc. ½ sizes + 13 **£49.99**

**9. Brooks Men's Racing Vest** Colour: navy/white, black/white, royal/white. Sizes: S, M, L & XL. **£9.99**

**10. Brooks Men's Running Shorts** Manufactured from 100% lightweight nylon. Features include: fob key pocket, inner brief, Brooks logo. Colours: red, black, white, navy, royal. Sizes: S, M, L. **£9.95**

**11. Men's Sock Ref. 725B** Polypropylene quarter cushioned training sock. **£3.25 pair**

**12. Brooks Ref. 707B** Thin skin racing sock. **£2.50 pair**

**Ladies Running Shoes**

**19. Lady Blast** Colour: white/lavender/neon pink. Special feature: lightweight outsole, carbon heel plug, HydroFlow custom cushioning, Kinetic wedge. Sizes: US 5-10, UK 3-8 inc. ½ sizes **£49.99**

**20/21. Fascination** Colour: white/blue/fuschia or white/black/neon yellow. Special features: carbon rubber plug in forefoot and heel, visible HydroFlow custom cushioning, Kinetic wedge, slip lasted, thermal plastic heel counter. Sizes: US 5-11, UK 3-9 inc. ½ sizes. **£49.99**

**22. Lady Rage** as Men's specification. Colourway: white/grey/neon pink. Sizes: US 5-10 **£39.99**

**23. Brooks Ladies Vests** Colours: white with jade, black, royal, red, navy and pink. Sizes: S, M & L. **£9.95**

**24. Brooks Ladies Shorts** in 6 colours, manufactured from 100% lightweight nylon. Features include: key fob pocket and inner brief with Brooks embroidered logo. Colours: jade, black, royal, red, navy, pink and white. Sizes: S, M, L. **£9.95**

**25. Ladies Ref. 724B** Polypropylene quarter cushioned running sock. **£3.25 pair**

**26. Brooks Ladies Ref. 706B** Thin skin racing sock. **£2.50 pair**

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