

THE UK'S BIGGEST-SELLING ATHLETICS PUBLICATION

80p

# Athletics Weekly

WEDNESDAY  
24th APRIL  
1991

## ON TOP OF THE WORLD

*Great Britain win World  
Marathon Cup and Rosa  
Mota triumphs at the  
ADT London Marathon*

## YVONNE MURRAY

*Going into battle*

## FIRST FOR YOUR WEEKEND RESULTS

*Glynwed International Young Athletes' Meeting,  
Eastern Counties Championships, Harrow 10km,  
Chris Vose 10km and the Rotterdam Marathon  
PLUS the rest of the action from around your region*



## BRIEFING...

### Bingley's stage set

BINGLEY HARRIERS are set to end the dominance of the midlands in Saturday's 12-Stage Road Relay at Sutton Park, Birmingham.

The National cross-country champions are fielding a team that, if all 12 run to form, could upset Tipton, although the Black Country dozen, as defending champions, are pre-race favourites.

Tipton will be weakened by using runners, including Tony Milovsorov, who competed in the ADT London Marathon, while Bingley will not be able to use the individual winner from the National, Richard Nerurkar.

See page 25 for Bingley profile.

### Liz good for classic

LIZ MCCOLGAN is looking good for Sunday's Indonesian road 10km, the Borodudur Bob Hasan 10km in Java.

She won the Carlsbad 5km 10 days ago in a course record of 15:11 and now heads for the Far East where there is a \$500,000 bonus on offer for a world record.

### Yvonne's a trooper

YVONNE MURRAY, the European 3,000 metres champion, made sure she did her bit for the British war effort in the Gulf - with a top secret visit to the troops.

It took some convincing to get her mum to give the go-ahead and coach, Tommy Boyle, was fully consulted before Yvonne accepted the invitation.

She said: "The RAF gave us each a book, but this guy told me not to bother reading it until we had taken off. It was about how to fight and survive.

"It wasn't a PR exercise for me. It was something that I felt I wanted to do. A lot of people out there had the impression we'd forgotten them."

Full interview on page 32.

### Storey hosting final

STUART STOREY, the former BBC television commentator now with Eurosport, is to host the Sportshall Athletics final at Aston Villa Sports Centre on 6th May.

### Hunter sets world best

BLAYDON's Jill Hunter set a world best on Saturday for 10 miles, taking six seconds off the 51:47 mark achieved by Cathy O'Brien. Hunter's impressive time came at the Trevira Twosome 10, Central Park, New York.

See result and report on page 49.

### O'Mara at Gateshead

FRANK O'MARA, the World Indoor 3,000 metres champion, and Sigrun Grau-Wodars, the world Olympic, and European 800 metres champion, are the latest names to sign up for the General Portfolio Festival of Road Running at Gateshead on 6th May.

He will compete in the 5km against Rob Denmark, Eamonn Martin, Andy Bristow, Steve Tunstall, Martin McLoughlin and Dave Lewis in the 50-strong field.

Miler Tony Morrell is a surprise entry but the strongest challenge to O'Mara might come from European steeplechase silver medallist Mark Rowland.

Grau-Wodars will race over the mile against Ann Williams and Kirsty Wade.

### Athletics on TV

**Eurosport:** Wednesday, 24th April, 5:30pm - Rotterdam Marathon. Highlights and history of event.

**Eurosport:** Thursday, 25th April, 8:00 am - Highlights of ADT London Marathon. 1:00pm - Highlights of Rotterdam Marathon.

# Ginseng go-ahead warning

LINFORD CHRISTIE'S ginseng tea recipe, which landed him in a drugs scare more than two years ago, could be given official Olympic clearance.

But athletes have been warned to exercise caution over taking any kind of ginseng preparation.

Christie failed a routine drugs test after finishing fourth in the 200 metres at the Olympic Games in Seoul. At the time he said he had only drunk ginseng tea and faced an overnight wait before being cleared.

The International Olympic Committee's executive board is advising sporting bodies worldwide that the ginseng root does

not contain any banned substance.

But Bryan Wotton, drug control officer for the IAAF, warns that athletes should be wary of using any kind of ginseng preparation.

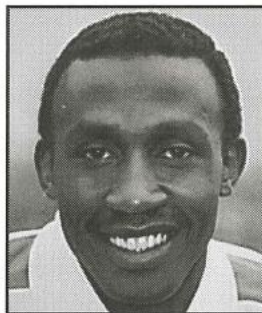
The Sports Council's doping control unit has spelt out the meaning of the IOC decision.

A spokesman said: "Ginseng, a plant root, does not contain forbidden substances. Some properties used in making ginseng products, however, may include banned substances.

"Some herbal preparations may contain banned substances naturally occurring in plants. If taken, they bring about positive finding of a banned substance.

"Presently, there is no requirement for a comprehensive listing of ingredients in the nutritional supplements. It is advisable to avoid products containing the plant Ma Huang (Chinese ephedra).

"This plant contains the stimulant ephedrine. Commercial ginseng preparations may also contain substitute or additional substances."



CHRISTIE: Good news on ginseng

### Marathon reverse route

ORGANISERS of next year's London Marathon are considering an about face.

They may have to reverse the famous route because of building work around Westminster. Work on the extension of the Jubilee underground line means Westminster Bridge and surrounding area will not be available for the finish.

One of the options, according to marathon founder Chris Brasher, is to reverse the course because there is plenty of room at Blackheath. That will mean a new start area, close to Westminster, will have to be found.

Official figures reveal a drop of almost 3,000 starters for the world's biggest marathon. Brasher blamed the Gulf War, saying entries were put aside for overseas competitors, but many of these were not taken up.

The inclusion of the IAAF World Cup boosted the sub-2:30 finishing total to 240.

### Drake's record counts him out

ANDI DRAKE has been left out of Great Britain's team for the World Cup in San Jose, California, on 1st/2nd June because he keeps getting disqualified.

That was the reason given by the Race Walking Association for omitting Drake, who twice broke the UK indoor 5km record this winter but was disqualified over the distance at the World Indoor Championships in Split.

He was also disqualified in the National 20km at Sheffield last month, though he did complete a 20km race in Spain on 13th

April, finishing six seconds behind Ian McCombie.

Another omission is Lisa Langford, who is injured.

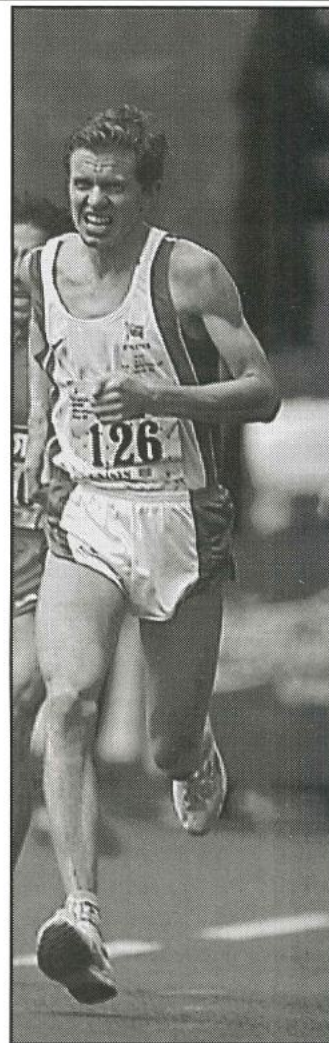
Men

50km: L Morton (Sheff); C Maddocks (Ply); D Jackson (York P); P Blagg (Camb H)

20km: M Easton (Sy); I McCombie (Camb H); M Rush (Lake); A Penn (Cov)

Women

10km: B Sworowski (Sheff); H Elleker (Sheff); V Lupton (Sheff); J Drake (B&H)



NO GO: Hugh Jones refused Tokyo place

### Bridgend take title

BRIDGEND captured the AAA Marathon team title at the ADT London Marathon, but were helped by three unscheduled stops from close runners-up, Westbury.

Maurice Cowman and Chris Buckley fell, losing valuable seconds, while a third runner, Robin Nash, had to stop for a pit stop. In the end Bridgend won the title by just 42 seconds.

Result: 1, Bridgend 6:51:44; 2, Westbury 6:52:26; 3, Ranelagh 6:54:44; 4, Tipton 7:03:18

WEEKLY FIXTURES ON PAGE 50

# British pair turn down Tokyo place

BRITAIN'S World Cup winners, Steve Brace and Hugh Jones, have rejected the chance to go to the World Championships in Tokyo.

"I was fifth in the Rome World Championships, I was 20th here," Jones said. "I just don't see myself beating that position."

Brace said: "I'm in it for the Londons of this world. I only get two pay days a year."

Brace is a full-time athlete, while Jones will be travelling to Tokyo in August to cover the event for a Sunday newspaper.

Others to rule themselves out of consideration for the World Championships are Kevin Forster, 10th in the Tokyo Marathon on

## British World Champs team

**Men:** D Long (Mass F); D Buzza (Corn); A Carey (Warr)

**Women:** S Ellis (Bir); V Marot (Leeds); A Hulley (Leeds) or S Eastall (Ips / St Ed P)

9th February, and Steve Jones, who was forced to withdraw from last week's Boston Marathon.

Paul Davies-Hale, who faded to 12th in Tokyo with 2:12:38 after suffering a calf twinge at 15 miles, had not made a final decision on his availability, but the selectors, who were keen to reward performances in the official trial, have made it for him.

Fourth-placed Dave Long at first expressed doubt over his availability but after discuss-

ing it with his coach, Alan Storey, decided to go. He is joined by Dave Buzza and Sam Carey.

Angie Hulley, who withdrew from the London in favour of the Pittsburgh Marathon on 5th May, has been given that opportunity by the selectors to demonstrate her form. Should Hulley not come up to scratch, Sally Eastall will step in, having run 2:39:19 for 26th place on Sunday. Sally Ellis and Veronique Marot make up the squad.

## LONDON COVERAGE BEGINS ON PAGE 8

# Dick's radical Games plan

FRANK DICK has proposed a radical change in the cycle of major athletics events to prevent the sport becoming "commercially driven" rather than "athlete centred".

The proposal made in a letter to Carl-Olaf Homen, President of the European Athletics Association, comes in response to an International Amateur Athletic Federation proposal that the World Championships take place every two years.

Under Dick's proposal, the World Championships will take place every four years and two years apart from the Olympic Games. He also suggests that the European Cup and World Indoor Championships take place in the same year but only once in the same

Olympiad. Dick would also like to see the creation of World and European Indoor Cups.

In his letter, Dick, president of the European Coaches Association, expresses concern about the escalating fixture list, which he blames for Liz McColgan's unwillingness to compete in the European Cup in June. "Unfortunately such an increase appears to lack order and leads to confusion on one hand and potential danger on the other. This, I believe, is not founded on any sense of responsibility for the healthy development of athletes."

Dick will be canvassing support at a meeting of the European Coaches Association in Sweden, which opens on Friday.

## PROPOSED EVENTS SCHEDULE

	Summer	Indoor	Juniors
1996	Olympics	Euro Champs	Euro U23 Cup World Champs
1997	Euro Cup World Cup	World Champs	Euro Champs
1998	World Champs	Euro Champs	Euro U23 Cup World Champs
1999	Euro Champs	Euro Cup World Cup	Euro Champs

For the proposal to be implemented it would have to be approved by the IAAF Congress. But it is too late for the proposal to be heard in Tokyo on 21st/22nd August and Dick will have to wait until the next meeting in Cuba on the eve of the 1993 World Cup.

The immediate priority is to scupper the IAAF proposal to stage the World Championships on a biennial basis.

## Relay bests in California

THE Santa Monica Track Club leapt to the top of this year's 4x100 rankings with a 38.33 clocking at last weekend's Mt SAC Relays in California, but could not handle the Mazda quartet in the 4x200, Ed Gordon writes.

Helped by a 19.2 split from Michael Johnson, the Mazda club clocked 1:21.50 to Carl Lewis' team's 1:22.98.

A British team that included John Regis ran 1:25.09. Frank O'Mara won the 10,000 metres in a world leading 27:58.1.

# CONTENTS

**4 NEWS**  
AAA U-turn over area rule

**6 AREA NEWS**  
Paul Larkins looks at what's happening around the country

**8 ADT LONDON MARATHON**  
Nine action-packed pages of pictures and reports from the world's biggest marathon with times for more than 1,000 finishers

**19 BOSTON MARATHON**  
The favourites are left behind as Wanda Panfil clocks one of the fastest times ever

**20 ROTTERDAM MARATHON**  
Full report on Rob De Castella's triumph

**25 CLUB CALL**  
Bingley Harriers shape up for their first National 12-Stage Road Relay victory

**27 VETS' VOICE**  
Leading veteran sprinter David Burton's formula for success

**28 READERS' LETTERS**  
Including a look-back through the Athletics Weekly archives

**32 YVONNE MURRAY**  
The European 3,000 metres champion explains life on the front line

**42 RESULTS**  
Full results from the Chris Vose 10km, Harrow 10km, Gwynned International Young Athletes meeting, South African Champs, plus much more

**50 FIXTURES AT A GLANCE**

**54 YOUNG ATHLETE**  
The story behind Bradford Grammar's cross-country success

Cover photo of London Marathon winner Rosa Mota by DAN SMITH/ ALLSPORT



**YVONNE MURRAY:** Why life's good for the women's European 3,000 metres champion

## Sir Jim's double century

SIR Jimmy Savile, the London Marathon's most famous "fun runner" and leading charity fund-raiser, completed his 200th race over the distance on Sunday.

Afterwards he travelled to Southampton and jogged up the gangplank of the P and O flagship Canberra for a Mediterranean cruise.

Savile has finished every marathon he has entered. He also claims the world overtaking record, achieved when he set off last at the 1989 Great North Run.

## Goods gone

VIDEO cameras and recorders are among items that were stolen from the ADT London Marathon Exhibition at Jubilee Gardens, London, last week.

Asics, the Japanese shoe manufacturers, and London-based Capital Road Runners had video equipment stolen from their stands on Wednesday evening, while other companies had clothing and shoes stolen over the four-day exhibition.

## Games plan

MANCHESTER have announced plans for new sports venues in an effort to win the bid to be Britain's representative for consideration to hold the 2000 Olympics.

New facilities will be under construction by 1993, including a stadium that is hoped to be used as a Wembley-type venue for the north.

## Lewis charge

CARL LEWIS, the world record-holder for 100 metres, is to stand trial on 20th May after being charged with driving while intoxicated.

He failed a police breath test on 11th January after his car was in a collision near his home in Texas. The car, which Lewis was allegedly driving, hit a kerb, bursting two tyres.

# Ridgeon to stick with short event

JON RIDGEON, once the golden boy of British high hurdling, is back in contention for a place in the World Championships team after a two-year battle against an Achilles tendon injury.

Ridgeon, the 1987 World Championship silver medallist, joined national event coach Graham Knight at a Post Office Counters elite potential sprint hurdles workshop at the Antrim Forum at the weekend.

The 24-year-old, who last competed in January 1989 at Glasgow's Kelvin Hall, has returned from a successful training spell at the Australian Institute of Sport in Canberra.

"It's been a frustrating three years, but I am very pleased with the work I have done," Ridgeon said. "My tendon feels fine and I have been carefully building up my stamina, speed and hurdles technique."

Despite speculation that he would move up to 400 metres hurdles, Ridgeon is determined to challenge the likes of Tony Jarrett and Colin Jackson. "I'm sticking to the shorter distance," he confirmed.



BACK IN ACTION: Hurdler Jon Ridgeon

# TV WAR FOR TOP EVENTS

A TV coverage war looms over major athletics events like the ADT London Marathon and the Olympic Games amid fears that ordinary television viewers could miss out.

Satellite, cable and foreign television companies look set to up the stakes in the bidding for exclusive rights after a decision by the government to open up competition.

British Sky Broadcasting, already aggressive in staging world premiers of major sports events, says it might consider bidding for coverage of the ADT London Marathon.

A BSB spokesman said: "Athletics is definitely a sport we are looking at. We are already covering the World Student Games at

Sheffield. We could look at the ADT London Marathon when the BBC contract expires."

BSB this week launched another channel, called the Sports Channel, further widening the possibilities for television coverage of athletics.

Under the new regulations, BBC and ITV can still bid, but the cost of the rights look set to soar as organisers are tempted by huge bids for exclusive coverage.

The decision by the government follows talks with broadcasters, rights holders of the events concerned, the Sports Council and the Central Council for Recreation.

Previously, only the BBC and ITV bid for major

sporting events in Britain. Now any station in the world has the chance to buy exclusive rights.

The last Commonwealth Games in New Zealand drew almost 11 million viewers for key events. Coverage cost the BBC £6 million.

A BBC spokesman said: "Nothing will change immediately as we have contracts until 1994."

The spokesman added that the BBC believed organisers of the sport would stay with the Corporation because of its expertise in covering such events.

ITV is confident that the sports authorities and their sponsors will prefer the major events to stay on mainstream television.

## Boost for Samuelson

FORMER OLYMPIC marathon champion Joan Benoit Samuelson signalled her return to the top flight with fourth place in the Boston Marathon, clocking 2:26:54 behind winner Wanda Panfil.

Samuelson had not bettered 2:30 since setting a world record 2:21:21 at Chicago in 1985. She said: "I don't know what I'd have done if I hadn't done it this time. Now that I have, I don't know what I'm going to do."

Her sights are on the 1992 Olympics, although she could switch to the 10,000 metres. "Even if I won another marathon medal, it wouldn't be the same," she said.

Samuelson's main injury worry has been a mysterious back pain, which means she finds speedwork difficult.

Full Boston Marathon report on page 19

# Wembley £1.5m track step nearer

CONSTRUCTION of the athletics track at Wembley Stadium is to go ahead at the end of this year as part of the complex's multi-million-pound facelift.

In January, the International Amateur Athletic Federation awarded the 1993 Grand Prix Final to the stadium that last hosted international athletics during the 1948 Olympic Games.

At the same meeting of the IAAF Council in San Sebastian, Britain submitted an application to host the 1998 European Championships at the same venue.

"There is no date yet for the commencement of the

work but plans are in hand for the end of the year," a Wembley spokesman said.

Over the last three years £50 million has been invested in the improvement of facilities, though only £5 million is available over the coming financial year.

"We have already invested in the bulk of the work," he said. "Very little had been done to improve the stadium until three years ago. The major work has now been done."

The cost of laying the new surface on the greyhound track is estimated to cost around £1.5 million.

## SOUTH AFRICAN ISOLATION ENDS

THE international isolation of South Africa, which has lasted 17 years, now seems virtually certain to end with athletes competing in the World Championships in Tokyo.

Juan Samaranch, president of the International Olympic Committee, has given his blessing and Primo Nebiolo, the International Amateur Athletics Federation president, has gone so far as to say the inclusion of South Africa will make a positive contribution to the championships.

Speaking from Barcelona, Samaranch said he would be,

"very happy" to see South Africa in Tokyo.

The inclusion is still dependent on the removal of apartheid laws and the re-unification of sporting bodies, conditions imposed at the end of an IOC visit to South Africa at the end of March.

An IAAF group visits the republic this week and a positive report by vice-president Lamine Diack is expected to lead to ratification by the full congress in the week before the championships.

# Clubs welcome AAA rule U-turn

CLUBS HAVE welcomed a U-turn by the AAA on its controversial area rule.

The rule, due to have operated from 1st April, would have prevented athletes from competing in inter-area track and road competitions if they did not live, or were not born, in the appropriate area.

It provoked protests from clubs near boundaries wanting to take part in championships in adjoining areas. Nottingham-based Omega, Tipton Harriers and Wolverhampton & Bilston were unhappy with the original decision.

Omega chairman, Dominic Keily, welcomed the AAA's change of heart.

"It is an excellent decision," he said. "Obviously the AAA has given considerable thought to this based upon the problems many individuals in the country have faced, particularly in clubs on the border line of different areas, where a club catchment of athletes is outside the area in which the club is based.

"Clubs such as ours, for

**By David Clarke**

example, have around 60 per cent of our membership living in the north but within five miles of our club HQ in Nottingham in the midlands."

A meeting of the AAA general committee agreed that an athlete could compete provided he had "nine months continuous first claim membership of a club affiliated to the area association immediately prior to the competition".

Tony Ward, spokesman



**RESPONSIVE: Ward says the AAA has listened**

for the AAA, said: "It's the AAA listening. We got a lot of feedback from clubs when we made the original decision, especially clubs near area borders.

"The purpose of the AAA and the governing bodies of the sport is to allow people to compete, not to try to prevent them from competing.

"I think clubs will be pleased, but the sooner one set of rules covers the whole of Great Britain, the better it will be.

"A priority for the British Athletic Federation will be to introduce one set of rules for the whole country. You can't have people running under different sets of rules."

Dominic Keily of Omega added: "I don't think any club would quarrel with the nine-month period of qualification.

"Generally, this applies anyway for members moving from one club to another.

"I would hope this rule applies across the board and would also embrace those athletes coming in from abroad to either

further their athletics career or take up a university post. They, too, should be made to wait nine months, just as anybody who lives and works in the country all their life.

"I also believe that the BAF, when it comes into being, should apply the same rule governing Scottish athletes competing for English clubs. That would considerably help people like Border Harriers, Carlisle.

"They were disqualified from the National 12-Stage because they have a runner who has been with them for six years but lives in Scotland, just 10 miles away. That is a great shame.

"The club has not been able to compete in the National 12-Stage because of its northern disqualification. That can't be right."

Tipton Harriers team manager, Ron Bentley, said: "I think most people in the midlands will go along with the AAA decision. I think the problem is that the north and south might ignore it."

## Mercedes Benz sponsors mile

MERCEDES-BENZ, sponsors of New York's Fifth Avenue Mile, have brought the concept to this country, in Milton Keynes.

The company will sponsor the Mercedes-Benz Silver Mile on 26th August, a straight road mile, based on the American event.

The Milton Keynes version will include races for men, women and disabled athletes, and Hans Tauscher, managing director of the UK operation, commented: "We could have up to 1,000 runners. It's an ideal opportunity to put Milton Keynes on the athletics map."

## Fixtures changes

### Changes to Woolworths Young Athletes League Fixtures

#### North-east Midlands 2

28th April: Sutton in Ashfield, not Leicester promoted by Berry Hill Mansfield  
23rd June: venue to be confirmed

#### Southern Premier

Bromley track is not available this season - Blackheath may use Crystal Palace instead.  
Southern 1 West

2nd June: Hastings still hosting, venue to be confirmed

23rd June: Croydon still hosting at Tooting Bec

#### Southern 2 North Thames

Walthamstow have withdrawn from the league

28th April: Aldershot hosting match at Aldershot Military Stadium.

#### Southern 2 South Thames

12th May: Bexley match at Tooting Bec  
23rd June: Cambridge match at Norbiton Sports Centre

#### Northern Premier

2nd June: Middlesbrough track closed - North Shields Polytechnic hosting match at Whitley Bay instead

#### Northern 1 West

28th April: Hallamshire - venue changed to Don Valley Stadium

#### Northern 2 Humber

28th April: Venue - King George V playing fields, Grimsby

#### Northern 2 Mersey

Add new club - Chorley Harriers

#### Northern 2 Pennine

2nd June: Venue - Richmond Park Stadium, Ashton-under-Lyme

## Protests over race promotion

THE team manager of Shaftesbury Barnet has protested against George Gandy's promotion of two elite 10,000 metres races, as both men's events clash with GRE British League fixtures.

"They are bad weekends as far as the British League is concerned," Keith Moyle said. "It is vital that national coaches take the league seriously, instead of organising weekends like this off the top of their heads."

Moyle has written to Gandy asking him to reconsider the dates.

The first race, on either 11th or 12th May, falls on the same weekend as the opening fixture of the GRE British League. It is Shaftesbury's own first division match at Cophall Stadium and Moyle has received notice from John Sherban that he is not available.

"Virtually all teams in the league will be affected," Moyle said. "It is very unfortunate because both George and the league are pursuing the same objective, to improve the standard of British athletics."

## "QUOTE

"I was running on empty after the half-way mark" Joan Samuelson after the Boston Marathon.

"My pregnancy was hard on me physically. I didn't have enough training. My legs weren't ready for the race" Ingrid Kristiansen on why she could 'only' run 2:29:24 for sixth place at Boston.

"I was on 47 metres and making the extra is an enormous task. I'm 40 and realise I'm not going to great heights, but I'm very happy with the new steroid rules. You have more chance against somebody naturally formed" Joe Bugner on why he thinks he can make the Australian team for the 1992 Olympics in the discus.

## UNQUOTE"

NOTICEBOARD

THE officers elected at the Stone Masters Marathoners Annual General Meeting are: Chairman, Dave Mason; Captain, Dave Gillick; Vice-captain, Bernard Berry; Secretary, Simon Barber (tel: 0889 590272); Membership secretary, Monica Darlington; Treasurer, Peter Quine; Editor, Kevin Uzzell.

ANY county team interested in competing against Devon colts and boys athletics teams in late August/early September should contact Paul Gregory on 0404 812829.

THE Secretary of Chesterfield and District AC is Norma Barrass, 5 Hawthorne Avenue, Mastin Moor, Chesterfield, S43 3AT. Tel: 0246 475363.

THE Dell athletics stadium in the West Midlands is to host all 10 meetings of the West Midlands Evening Track and Field League for 1991.

The meetings take place on 14/15th May; 4/5th June; 2nd/3rd July and 3rd/4th September.

THE Championships Secretary of the Staffordshire AAA is now TCB Spencer, 34 Cambridge Drive, Clayton, Newcastle, Staffs, ST5 3DD and all entry forms for the County Championships on 17/18th May should be obtained from, and returned to him by 4th May.

THE Reebok Humberston Half-marathon, on Sunday 5th May, will incorporate the Women's Northern-counties Championships. Team prizes for men and women veterans have been added to the prize list. Entries close on Sunday and should be sent to L Brown, 24 Westfield Road, Waltham, Grimsby, South Humberside.

JIM JOHNSTON has been appointed as arena manager of the National Indoor Arena in Birmingham.

"This arena is probably the most important sports and leisure building to be constructed in Britain this decade. I look forward to the challenge of making the National Indoor Arena a local, regional, national and international sporting success," he said.

# In search of the real Alf Tupper



Alf Tupper, the "Tough Of The Track".

He writes: "Alf's working-class background, his ceaseless struggle to find time to train after a gruelling day's work and his doggedness, usually against all the odds, to never give up until the finishing tape was broken, has inspired many runners over the years; most notably, distance runner and ex-Commonwealth marathon champion, Ron Hill.

"Do any readers know of, or are members of, the athletics club that even went as far as calling them-

JOHN CRUMPTON, a media studies student at Manchester is looking for any information about comic book characters, particularly

selves after the great man? Does the Tough of the Track AC really exist?"

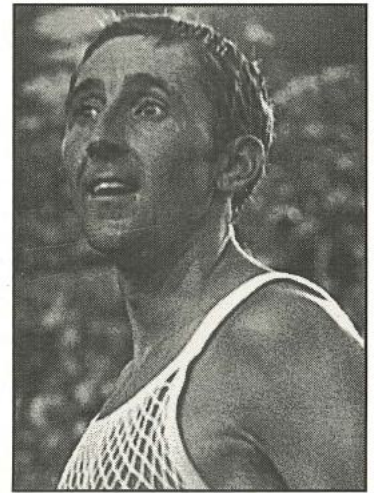
If you can supply any information, call John Crumpton on 061-905 2267.

Ron Hill, who modelled himself on Tupper, has missed his first run in 26.2 years. He has trained twice a day, everyday except for one run on Sundays for more than 26 years, but ended the sequence on 6th March.

"I could have carried on but it was becoming counter-productive, and looking for a significant number, I came up with 26.2 years, 26.2 miles being the distance of the marathon," Hill said.

However, he has only missed a training run. His streak of at least one run per day continues.

"It means that I can now prepare for races not feeling fatigued and, I hope, with extra vigour," he added.



RON HILL: Fan of Alf Tupper

## Sandwell's athletics incentive



UP to £250,000 will be spent by Sandwell Metropolitan Borough Council in an effort to promote athletics in the west midlands.

A sports development unit has been created, aimed at halting the decline in sporting activity at schools in the area. It will also be used to train staff in new sports and recreation programmes.

A pilot scheme will get under way in June, and Steve Burns, the Sports Development Officer, hopes that the real thing will start in July. He also intends to expand the scheme by introducing Sports Hall athletics and a primary schools plan.

## Three Peaks plan

ON Sunday, 500 runners line up for the Three Peaks mountain race in Yorkshire.

The event takes in Pen-y-Ghent (2,273ft), Wharfedale (2,414ft) and Ingleborough (2,373ft), a total of 24 miles.

The record, set by Jeff Norman in 1974, cannot be broken as it was over 22 miles rather than the 24 used now, but a fast run is expected from this year's favourites, led by Ian Ferguson and Jack Maitland.

### Past Winners

1954	F Bagley (Pres)	3:48:00
1955	G Brass (Clay)	3:28:45
1956	J Bloor (Leeds H)	3:33:15
1957	P Dugdale (Clay)	3:33:50
1958	G Brass (Clay)	3:08:25
1959	F Dawson (Salf)	3:13:25
1960	F Dawson (Salf)	2:58:33
1961	G Hodgson (B'pool)	3:05:10
1962	G Hodgson (B'pool)	3:00:07
1963	D Hopkinson (Clay)	3:18:37
1964	P Hall (Barr)	2:53:00

1965	M Davies (Read)	2:47:00
1966	M Davies (Read)	2:53:22
1967	M Davies (Read)	2:47:19
1968	M Davies (Read)	2:40:34
1969	C Robinson (Roch)	2:44:44
1970	J Norman (Alt)	2:48:11
1971	J Norman (Alt)	2:36:26
1972	J Norman (Alt)	2:36:27
1973	J Norman (Alt)	2:31:58
1974	J Norman (Alt)	2:29:53
1975	J Norman (Alt)	2:41:37
1976	J Calvert (B'burn)	2:43:59
1977	J Calvert (B'burn)	2:51:04
1978	H Walker (B'burn)	2:43:34
1979	H Walker (B'burn)	2:53:11
1980	M Short (Horw)	2:43:32
1981	H Walker (B'burn)	2:56:34
1982	J Wild (RAF Cos)	2:37:30
1983	K Stuart (Kesw)	2:53:34
1984	H Symonds (Ken)	2:50:34
1985	H Symonds (Ken)	2:49:13
1986	S Livesey (Ross)	2:56:40
1987	H Symonds (Ken)	3:00:01
1988	I Ferguson (Bing)	2:57:29
1989	S Livesey (Bing)	2:51:45
1990	G Devine (P&B)	3:00:51

## Rising to the challenge



AN Inter-Cities Challenge is being staged at Cardiff on Saturday 18th May as part of Europe Week with Cardiff, Stuttgart and Dublin bidding for honours.

Closing date for entries is Friday. Any athlete who would like to compete as a guest should write to Athletics Challenge, Entry Director, Cardiff Athletics Stadium, Leckwith Road, Cardiff, CF1 8AZ. Details should be given of PBs, date of birth, address and telephone number.

The programme of events is: Senior Men: 100, 200, 400, 800, 1500, javelin, pole vault, triple jump, hammer and 400 metre hurdles; Senior Women: 100, 200, 400, 800, 1500, shot putt, high jump, long jump, discus, 100 hurdles; Boys (Under 15): 100, 200, 800, 1500, triple jump, javelin, discus, 80 metre hurdles; Girls (Under 15): 100, 200, 800, 1500, long jump, high jump, shot putt, 75 hurdles.

**If you have any news from your club or in your area, write to: Athletics Weekly, Bretton Court, Bretton, Peterborough, PE3 8DZ, or telephone 0733 261144**

## A tribute to Trowell



A FIVE-mile pack run will be held in memory of Adrian Trowell, formerly of Lauriston Running Club and Hercules Wimbledon.

Trowell died on 17th April, aged 47, from injuries sustained in a car crash on 2nd April near his Somerset home. He leaves a wife and two children.

His best times for 1,500 (3:58.8) and 10,000 metres (31:55) were hard earned, but he was perhaps happiest representing his club in road relays.

When working in Hong Kong in the Seventies, he won the island 10,000 metres and marathon championships.

# SCAA & SCWAAA JOINT SENIOR CHAMPIONSHIPS 1991

(Under AAA & WAAA Laws)

**CRYSTAL PALACE NATIONAL SPORTS CENTRE, NORWOOD, LONDON**

Also

**Intermediate & Youth Championship Sponsored by Dairy Crest**

## SENIOR MENS CHAMPIONSHIPS

### FRIDAY 14 JUNE from 6pm

200m, 400m, 800m, 1500m, Hammer, Long Jump.  
Finals of the 200m, 400m, 800m, 1500m will take place on Saturday 15 June 1991.

### SATURDAY 15 JUNE from 10.30am

110mH, 5000m, High Jump, Discus, Shot Putt, Javelin.

### SUNDAY 16 JUNE from 10.30am

100m, 400mH, 3000m Walk, 3000m S/C, Pole Vault, Triple Jump.

## YOUTHS

(Age 15 & U17 midnight Aug 31/Sep 1 1991)

### SATURDAY 15 JUNE from 10.30am

400mH, 200m, 800m, 1500m, 1500m S/C, Pole Vault, Javelin, Long Jump, Triple Jump.  
Finals of the 1500m, 800m, and 1500m S/C will take place on Sunday 16 June.

### SUNDAY 16 JUNE from 10.30 am

100m, 400m, 100mH, 3000m W, Discus, Shot Putt, High Jump.

## SENIOR WOMENS CHAMPIONSHIPS

### SATURDAY 15 JUNE from 10.30am

100m, 400m, 800m, 1500m, 3000m, 100mH, Long Jump, Shot Putt, Discus, Triple Jump.  
Finals of the 800m & 1500m will take place on Sunday 16 June, 1991.

### SUNDAY 16 JUNE 10.30am

200m, 400mH, 3000m Walk, High Jump, Javelin.

## INTERMEDIATES

(Age 15 & U17 midnight Aug 31/Sept 1, 1991)

### SATURDAY 15 JUNE from 10.30am

100m, 300mH, 800m, 1500m, 3000m, High Jump, Javelin.  
Finals of the 800m and 1500m will take place on Sunday 16 June.

### SUNDAY 16 JUNE from 10.30am

200m, 300m, 80mH, 3000m, Long Jump, Shot Putt, Discus.

**ENTRY FEE:** £2.00 per event. A separate entry form is required for each event. Entries together with the correct fee must arrive no later than Friday 27th May, 1991. Entries for all Championships should be sent to the Honorary Championships Secretary, Suite 36, City of London Fruit Exchange, Brushfield Street, London, E1 6EU.

Any athlete who has or will have competed in the Championships of any other area since 1st October, 1990 will be ineligible (see AAA rule 110 (B) 2).

**NO LATE ENTRIES WILL BE ACCEPTED.** The Championship Committee reserve the right (if necessary) to restrict entries to those competitors whose previous performances are up to an accepted standard.

## SENIOR MEN (delete as appropriate)

Form of individual entry which must be completed in every detail. A separate form must be filled in for each event. Please enclose a stamped addressed envelope for confirmation of entry.

Date of birth ..... Place of birth .....

Surname..... Christian names .....

(Block letters please)

Full postal address .....

.....Telephone Number .....

Name of Club/School of which I am a member .....

If a resident qualification is claimed the following must also be completed

I have continuously resided at..... since .....

I hereby declare that I am an amateur as defined by AAA/WAAA Laws and eligible to compete.

Event entered ..... (a separate form for each event)

I enclose a crossed cheque ..... (payable to SCAA)

### QUALIFICATION

My THREE best performances in the TWO previous years for the event which can be verified are listed below.

Date	Name of Meeting	Name of Track	Time, Height or Distance

Date ..... Signature of Entrant .....

# Supreme S goes

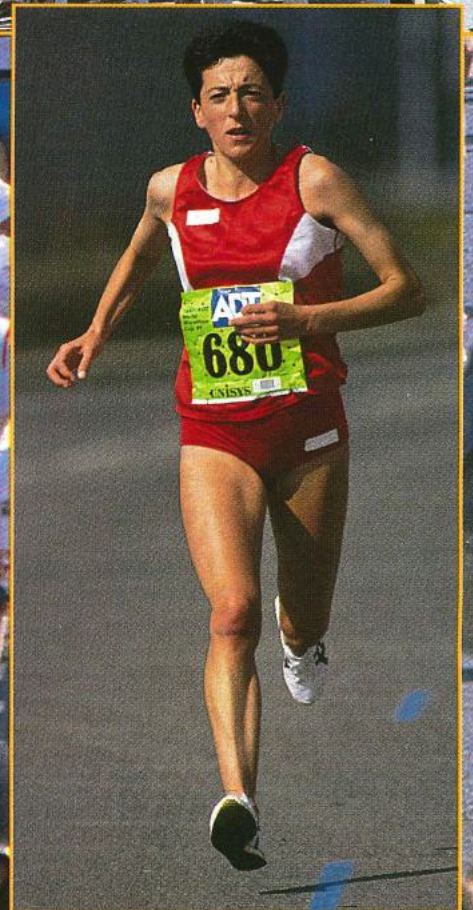
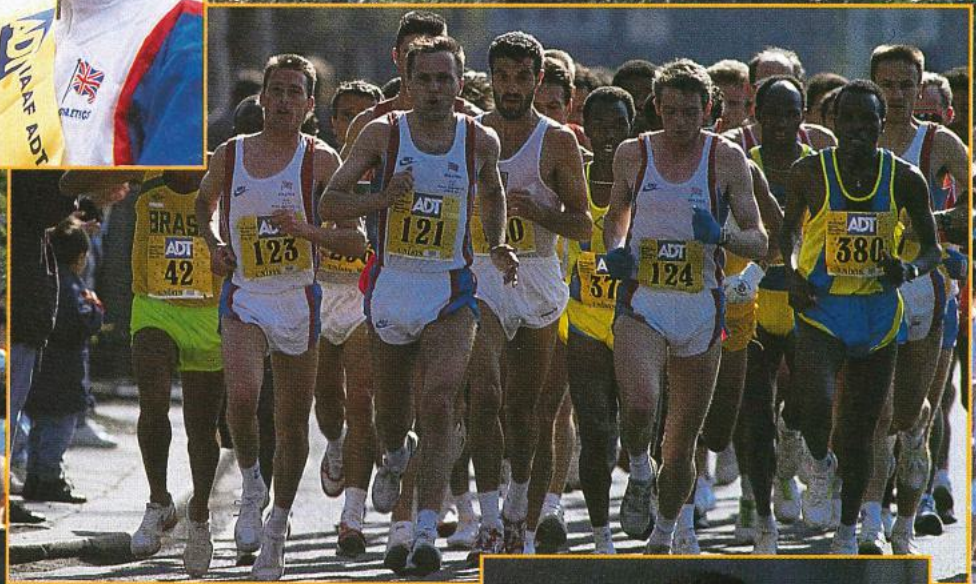


Above: Hugh Jones, Steve Brace and Dave Long win the IAAF World Marathon Cup for Great Britain.

Right: Great Britain was well represented in the early miles with Carl Thackeray, Tony Milovsorov and Brace, surrounding Olympic champion Gelindo Bordin.

Bottom: Rasa Motla won her 14th marathon in 19 starts, totally outclassing the rest of the World Cup field.

Far right: Yakov Tolstikov took the men's title after putting in a fast 15th mile. His winning margin was 64 seconds.



**LONDON, 21st APRIL**

# Soviet solo

**While Rosa Mota cruised to a convincing victory, the big surprise came in the men's race as favourite Gelindo Bordin dropped out and the honours went to Soviet Yakov Tolstikov. Reports from DAVID CLARKE (men), MARTIN GILLINGHAM (women), MARTIN DUFF (vets). Photographs by ALLSPORT**

**S**OVIET Yakov Tolstikov provided part of a double surprise package with his first overseas marathon win on Sunday, while Britain defied the pundits with victory in the team championships.

The 11th London Marathon went anything but to form with the Italian favourite, Gelindo Bordin, crashing out after 21 miles in a race which had striking similarities to the women's event, both victors running solo for the last 11 miles.

Tolstikov broke away just after the 14-mile mark to stamp his authority on a race which had seen a large group bunched together for much of the early miles. The break came towards the Isle of Dogs with the wind behind for a stretch, a cracking 15th mile of 4:39 really telling on the World Cup contenders.

The 31-year-old Soviet made himself space, increasing his lead by the end of the race to a convincing 64 seconds after battling against the second coldest day ever experienced at the London Marathon. It was the seventh fastest time ever over the course.

Temperatures of six degrees Celsius were recorded at the start with a humidity level of 62 per cent and a west-south-westerly wind which was behind the runners at the beginning but very much against towards the finish.

The ADT London Marathon/International Amateur Athletic

Federation's World Marathon Cup began with 60 national teams bidding for honours. They were sent on their way by Jean Pickering, widow of Ron Pickering.

At the start, Olympic gold medallist Bordin had been the firm favourite and in pre-race interviews appeared extremely confident, but the shock of the race came at 21 miles when he had to pull out suffering from hamstring trouble and a high, feverish temperature.

Crowds were in generous mood as someone gave him a sweatshirt to put on. British runner Carl Thackery, who looked very strong until Tower Bridge, was less fortunate, however. He pulled out at 15 miles with tendon problems and then had to walk seven miles back to the Tower Thistle Hotel where most of the top athletes were staying.

Other British hopefuls, Dave Long, Steve Brace, and Tony Milovsorov, had kept well in touch in the leading group with the African challenge headed by Tanzanians Suleiman Nyambui and Alfredo Shahanga.

But for Britain's other big gun, Allister Hutton, who won last year, nothing went right. Between 18 and 20 miles he started to suffer, hurting from stomach cramp and from then on started to lose ground quickly.

The performance of Dave



**CONTINUED** ▶

CONTINUED

Long, however, proved inspirational and he was delighted with a personal best of 2:10:30. The Massey Ferguson man had relied on patience and confidence to resist the temptation to go with the Soviet when he made the break.

"It was a bit cat and mouse until half-way when things started opening up and the Russian shot away from us," Long said. "I am glad I didn't go with him because that might well have killed me off. It was much better to hold back and be cautious."

For Tolstikov, who came second in the Chicago Marathon in 1988, the prompt to go came when he sensed that no one was going to take up the gauntlet.

When he went, the two Portuguese, Joachim Pinheiro and Manuel Matias, were being pressed by Brace and Long, with Thackery still in the pack.

Tolstikov was feeling strong and

confident and felt if he pushed hard the leading group would not be able to keep up with him.

"I made my move just after the 14 miles because I looked round and nobody seemed willing to take it up," he said. "It was very cold and difficult running out there on my own for so long."

With the wind behind and the road sloping away, the start had been reasonably brisk with the first mile split coming at 4:52, the second mile a second longer and then quickening and slowing with some uneven pacing for the 13-mile mark to be reached in 1:04:29.

Until then, the leading pack had been large and closely packed. Early on Brace, Thackery and Canadian Peter Maher were beside Bordin, with Brace, quietly confident beforehand, running a little quicker than he normally does at this stage of a marathon.

At three miles (14:27) Thackery, winner of the 1989 Merseyside Marathon, was able to chat with team mate Brace as the two Brazilians, dos Santos and de Souza, stayed in touch with Shahanga.

The Tanzanian started to make some space with a slight break at the five-mile mark (24:27) but the pack was able to pull him back.

First drinks, specially prepared the night before and stored in a refrigerated lorry, were taken at six miles. By the time Cutty Sark was reached, Milovsorov was making progress to the front.

Pulling away from Cutty Sark he headed the pack, with Brace second, Bordin third and dos Santos fourth. In the chasing group were Pinheiro and Matias, providing the Portuguese challenge for team honours.

After the Soviet made the break, he quickly established a 17-second lead and at 16 miles had stretched his lead to around 50 metres.

At 18 miles, Shahanga and Poland's Jan Huruk were struggling to make an impression and could not make up any ground on the Soviet, whose stride might not have been elegant but was effective.

Huruk said later: "At the half-way stage it was 2:10 pace and Bordin started to drop and that's when I believe the Russian went, but I didn't know whether to go and decided instead to run with Bordin."

Shahanga tried to lead a charge but it quickly faltered. At this point, Long was sheltered at the back of the pack.

Tolstikov had enjoyed an 18-second advantage at the 30-kilometre stage, and by 25 miles he was clocking a time of 2:03:18, finishing in 2:09:17, to set a new Soviet record. He took the tape 64 seconds before Portugal's Matias, who fought off Huruk for second place by a shoulder, both sharing the same time of 2:10:21.

Long (fourth) and Brace (seventh) were separated by 15 seconds.

**LEADING PACK:** Mota (right) started winding up the pace at 12 miles

MEN'S SPLITS

MILE	SPLIT	TOTAL
1	4:52	4:52
2	4:53	9:45
3	4:42	14:27
4	4:53	19:20
5	5:07	24:27
6	5:17	29:44
7	4:52	34:36
8	4:54	39:30
9	4:52	44:22
10	5:06	49:28
11	4:58	54:26
12	5:23	59:49
13	4:40	1:04:29
14	4:55	1:09:24
15	4:39	1:14:03
16	4:53	1:18:56
17	4:45	1:23:41
18	4:50	1:28:31
19	4:56	1:33:27
20	4:55	1:38:22
21	4:57	1:43:19
22	5:00	1:48:19
23	4:57	1:53:16
24	5:03	1:58:19
25	4:59	2:03:18
26	4:52	2:08:10

KM	SPLIT	TOTAL
5	14:56	14:56
10	15:46	30:42
15	15:24	46:06
20	15:46	1:01:52
25	14:44	1:16:36
30	15:08	1:31:44
35	15:18	1:47:02
40	15:35	2:02:37

Mota

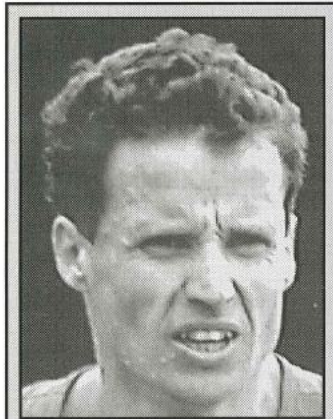
**N**EITHER a rolled-up Portuguese flag thrown into her path within sight of the finish on Westminster Bridge, nor a brush with a Shooters Hill youngster in the first mile, could stand in the way of the world, Olympic and European champion Rosa Mota's relentless progress towards a 14th victory from 19 marathon starts.

From the moment that she reached the front, less than two minutes after the starting flag was dropped at Blackheath, Mota's domination seemed assured.

But marathons are rarely such predictable affairs and before the first mile marker was even reached a fame-seeking youth leapt into the road, right in the path of Mota, to waive to the television cameras.

An hour or so later, with fatigue having taken its toll on her strength and reactions, the 5ft 1in, 45kg Mota may not have been able to give the miscreant the necessary shove. "It happened close to the start so everything was okay," she said.

Of more concern was the equally irresponsible spectator on Birdcage Walk, who, in a fit of patriotic fervour, threw a Portuguese flag to the feet of his or her compatriot.



FACTFILE

**Name:** Yakov Tolstikov  
**Born:** 20th May 1959  
**Home:** Kemerovo, USSR  
**Family:** Married, two children, boy and girl  
**Height:** 5ft 5in/1.65m  
**Weight:** 9st 11lb/58 kg  
**Occupation:** PE Instructor  
**Marathon record:** 1984: Moscow 1st, 2:10:48; Montreal 3rd; 1985: Kosice (TCH) 3rd, 1986: Moscow (Goodwill Games) 3rd, 1987 Ilzgorod 1st, 1988: USSR Champs 1st, Chicago 2nd 2:09:20, 1989: Beppu-Oita 2nd, 2:12:35, Milan (World Cup) 19th, 2:15:35, 1990: London 6th, 2:11:07.  
**PB:** 10,000: 28:33.14.

WINNER'S VERDICT

"I wasn't surprised when Bordin dropped out because someone told me he had a fever two weeks ago."  
 "Of course it is great for me to win but if the team had won as well it would have been greater still."  
 "I will be able to keep about half of the first prize"  
 "The race went to plan. I was looking for an even pace until Tower Bridge and then really to begin racing. While I was running alone I kept looking at the buildings and that kept me going."

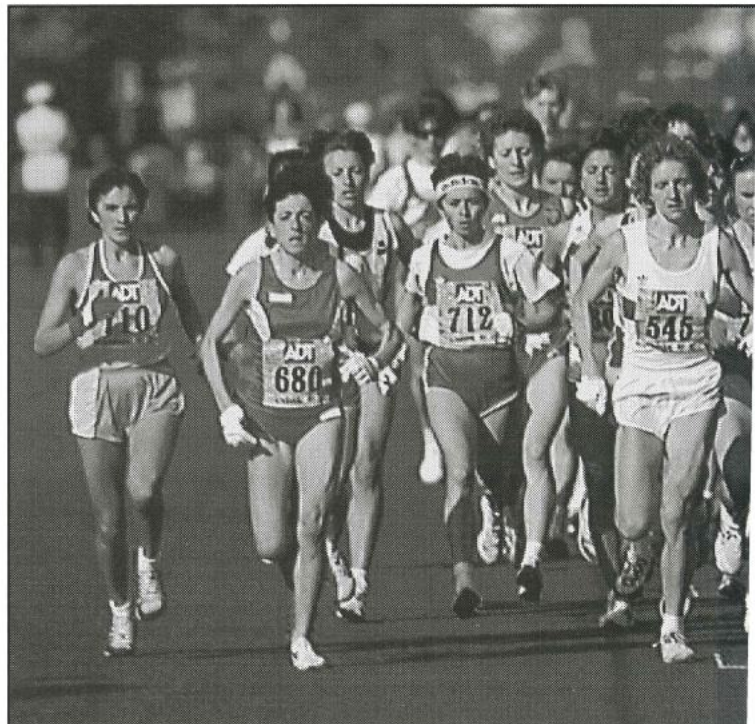
To Siberia with \$60,695

YAKOV TOLSTIKOV revealed after the race that he hoped to receive half his prize money of \$60,695, the rest going to the Soviet Federation.

The winner, variously described as a PE instructor and full-time athlete from Siberia, is reputed to earn around £5 per month and commented: "I am very grateful. I look forward to taking a holiday with my family."

"I enjoy playing football, volleyball and swimming, but I am not the best at any of them."

The Soviet women were also in the money, sharing the team prize of \$30,000. Valentina Egorova earned an additional \$30,000 for third place, Ramilia Burangulova \$10,500 and Titiana Zueva \$5,500.



**LEADING PACK:** Mota (right) started winding up the pace at 12 miles

# motors to victory

## WOMEN'S SPLITS

MILES	SPLIT	TOTAL
1	5:27	5:27
2	5:29	10:56
3	5:26	16:22
4	5:20	21:42
5	5:41	27:23
6	5:43	33:06
7	5:34	38:40
8	5:34	44:14
9	5:30	49:44
10	5:46	55:30
11	5:48	1:01:18
12	5:55	1:07:13
13	5:27	1:12:40
14	5:33	1:18:13
15	5:15	1:23:28
16	5:32	1:29:00
17	5:26	1:34:26
18	5:34	1:40:00
19	5:33	1:45:33
20	5:29	1:51:02
21	5:36	1:56:38
22	5:40	2:02:18
23	5:39	2:07:57
24	5:47	2:13:44
25	5:40	2:19:24
26	5:35	2:24:59

Half-marathon: 1:13:20 (Mota)

KM	SPLIT	TOTAL
5	16:48	16:48
10	17:26	34:14
15	17:26	51:40
20	17:51	1:09:31
25	16:54	1:26:25
30	17:11	1:43:36
35	17:18	2:00:54
40	17:41	2:18:35

"In that case it was worse," Mota said. "The flag's pole hit my foot and I could have fallen down."

But these were the only two occasions of major concern to Mota who described her victory as: "one of the easiest marathons I've done."

With a 30-minute start on the men, the women's event was more of a spectator spectacle though it meant Mota running without even male company once the field was broken. "I prefer to start with the men so that I can always have people running around me," she said.

Contrary to weather forecasts, the race got under way in sunshine but with a gusting westerly wind that was set to make the final seven-mile drag along the north bank of the Thames a stern test.

With sub-5:30 miling for the first five kilometres, a group of 11 with the wind briefly at their backs were soon clear of the remainder. Mota, Katrin Dorre of Germany and the Soviet Valentina Egorova dictated the pace, while Ekaterina Khramenkova, Francie Larrieu Smith, Kerstin Pressler, Laura Fogli, Ria Van Landeghem, Emma Scaunich, Renata Kokowska and Sissel Grottenberg sat in.

Khramenkova was the first to lose touch and it was at that point, Cutty Sark between six and seven miles, that Mota's first move came to reduce the leading pack.

Daylight appeared and Mota took Dorre, the 1988 Olympic bronze medallist, and Egorova, runner-up in Split last year, with her. But Larrieu Smith, in fourth, was quick to cover the break, pulling the remaining six back to the pack.

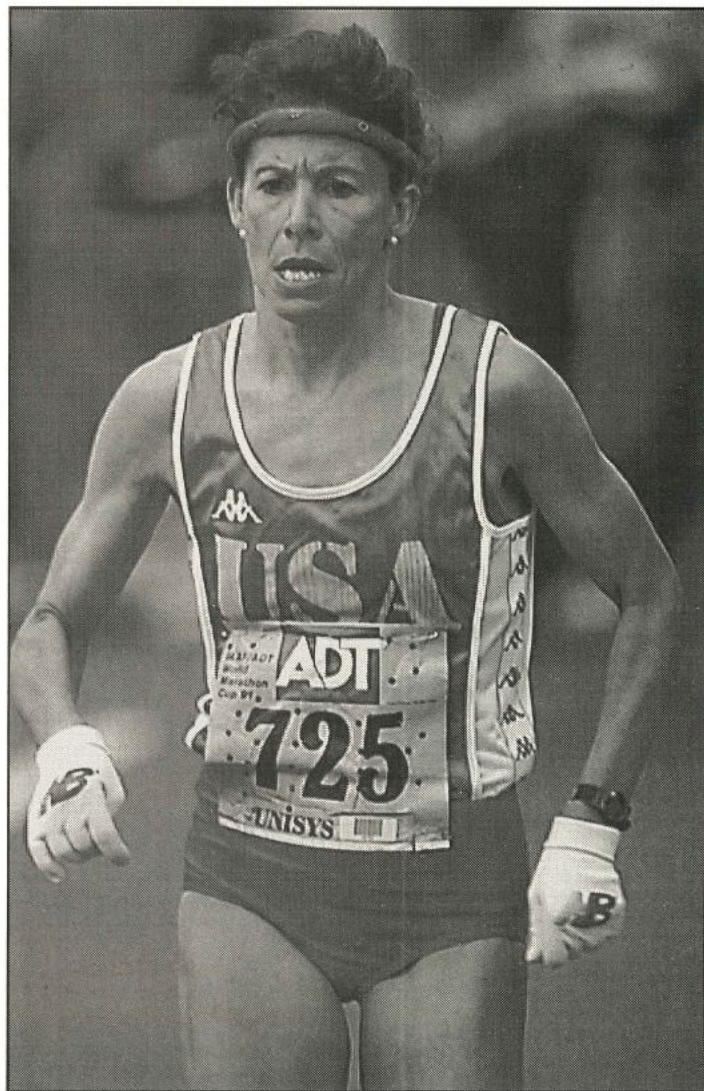
Mota was dictating the race and at 15km, reached in 51:40, Larrieu Smith was again off the pace as Mota, Dorre and Egorova were this time accompanied by Van Landeghem and Fogli.

But once again the four-time Olympian helped claw back the deficit and by 10 miles (55:30) the pack numbered nine with only Scaunich of Italy having slipped out of the back door.

It was the second sightseers' landmark, Tower Bridge at 12 miles, that was the signal for Mota's most committed and most significant kick of all.

Turning away from the wind and with 13th and 14th miles of 5:27 and 5:33, the race was on to hang on to the pace as Mota surged through the narrow, crowd-lined Cable Street towards the Isle of Dogs.

For the first time runners were no longer packed three-wide around the broken blue line that indicates the race's shortest route, but filed singularly along it. Under the 14-mile gantry, a 20-metre lead on



SECOND AGAIN: Francie Larrieu Smith

Egorova, Dorre and Larrieu Smith appeared.

By 15 miles, with Canary Wharf Tower dominating the landscape, the lead was 12 seconds. The reason - a 5:15 mile - which proved 11 seconds quicker than any other in the race.

Among those caught out, rather than just unable to hang on to the injection of pace, was Larrieu Smith, who found two athletes between herself and her marked bottle at the drinks station. Despite her 38 years, the American admitted to lack of experience over the marathon distance as well as in the intricacies of taking liquid aboard. In her fourth marathon, it was to prove her fourth second place.

"You never know which side of the road it's going to be on," she said. "I did not want to chase after her straight away. My coach told me never to make any sudden moves in the marathon."

There was no way back and by the time Mota returned from the loop around the Isle of Dogs to the welcoming horns sounded by yachts in St Katharine's Dock, her advantage over Larrieu Smith was a minute.

A further 27 seconds behind, Egorova had broken clear of Dorre, while Maria Rebello Lelut of France, who didn't figure during the first half of the race, had worked her

way into fifth.

The closing four miles from St Katharine's Dock proved a graveyard for the early challengers. Fogli lost five places to finish 13th; Grottenberg slipped from 10th to 15th; Van Landeghem faded from 10th to 17th, while Pressler, who saw through a bad patch in mid-race, succumbed along Victoria Embankment to drop from seventh to 25th. Scaunich, the first to lose touch at 10 miles, failed to resist the temptation of an early bath in the athletes' hotel at Tower Bridge, stopping as she passed it at 22 miles.

A British challenge failed to materialise with Veronique Marot running almost nine minutes slower than she did in victory two years ago. "At 10 miles I was told I was doing 5:50 pace and I thought 'I could do that in training,'" she said.

Marot (21st) ran much of the race with Sally Ellis (20th), 1:16:36 for the first half and more than three minutes off the pace, before allowing the Birchfield Harrier to gain a four-second advantage. Sally Eastall was the third Briton home in 26th, while Marian Sutton, in her debut at the distance, reached halfway in 1:16:54 before slowing to 38th in 2:40:03.

CONTINUED ►

# Larrieu Smith stays second

**F**RANCIE LARRIEU SMITH repeated her 1990 second overall place with a time of 2:37:35, which, in addition to being a personal best, maintains her second position on the London Marathon vets' all-time list, behind Priscilla Welch.

Larrieu-Smith was timed through the half-marathon point in 1:13:21, where, not only was she still with Mota, but also had fellow veteran Maria Lelut for company.

The 35-year-old Frenchwoman hung on behind Smith, to place an excellent fifth overall and move to third on the London vets' all-time list, with a personal best of 2:29:04, in this, her 15th marathon.

After going through half distance in 1:15:42, Mary O'Connor hung on well against the wind in the second half, to place third vet, in 2:34:31, just ahead of Veronique Marot.

With a time of 2:34:46, nearly four minutes slower than her Houston performance in January, the Leeds veteran was far from happy.

"It was terrible," Marot said. "Every time I went up, I was caught again by the pack."

Coach Brian Scobie summed up what he thought of her performance when he said: "The time speaks for itself."

If Marot was displeased with her time, then Zina Marchant, the first W40, was more than happy to have knocked more than 10 minutes from her previous best, with 2:39:26, to move up to fourth on the British W40 all-time list.

Marchant passed the half-marathon point in 1:17:54 and held on well to the finish on

Westminster Bridge, to place fourth Briton overall.

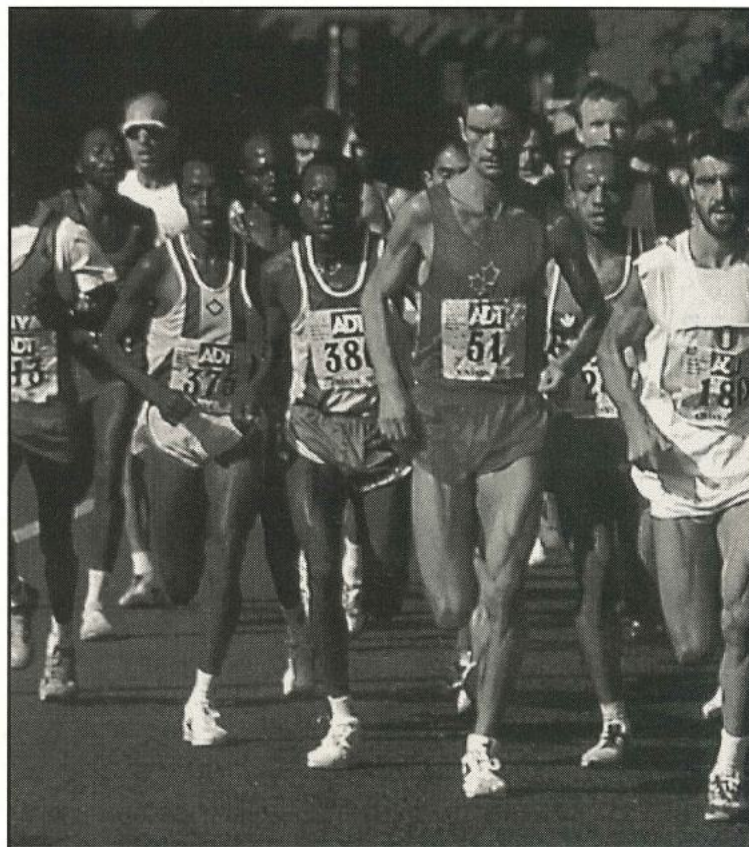
"We were at a good pace," she said after the race, "but looking back, I should have worked a bit harder, but I am pleased."

All of the veteran women expressed the sentiment that it was tough into the wind, none more so than W40 runner-up Anne Roden, who ran with W35 Rosemary Ellis much of the way. "It was blowing a gale at Canary Wharf Tower," she said, "and it was tough into the wind."

Lola Smal, who set a British W55 best in London last year and improved it to 3:14:17 in the BVA Flying Fox Marathon in October, was looking forward to again lowering the record, but had to be satisfied with an age-group win in 3:20. "All the anticipation of beating the record gone, it was disappointing to say the least," she said.

Official W65 world record-holder Jose Waller ran the race "to see if I could really keep going at 69". She did just that, heading all the other green start women, to be the first over-60 women's finisher in 3:41:10. "I feel pleased with the run and now look forward to getting the W70 world record next year," she said.

While Waller was pleased with her effort, one disappointed athlete was men's world record-holder John Campbell. Lured from the lucrative John Hancock American circuit by a substantial start fee, the 42-year-old New Zealander failed to even set the best-ever London time. After going through the half-marathon point in 1:06:30,



Campbell finished the race completely drained, in 2:17:22, limping badly and as white as a sheet, having "suffered from diarrhoea for the whole race".

Stan Curran, too, had planned to break a record. It was the British best of his boss, Ron Hill, that the Salford man was after.

However, after hitting 10 miles in 52 minutes, Curran dropped out at half-way (1:10:10), suffering from sciatica. That let Dave Hill in as leading British vet and a narrow overall second place, ahead of Portuguese Antonio Riscardo.

Hill, the BVA 5km winner the

previous week, passed the 13.1 mile point in 1:10:25 and, like so many others, also slowed on the second half to finish in 2:25:41.

Les Davis was another who was complaining of the difficult return journey, as he placed first M45 in around 2:27:16, after a 1:11:31 first half. "I was glad I finished," Davis said. "It was tough coming back."

Turning 50 the day before the race was Bromsgrove and Redditch's Mike Hawkins. "It nearly killed me today," he said, but he did appear to be the first M50 over the line.

## ADT LONDON MARATHON NEWS

CROWDS lining the London streets appeared to be down in numbers on previous years, but both winners praised the support they received.

After winning her fourth successive marathon, world, Olympic and European champion Rosa Mota said: "I would like to thank the people of London for all their support, especially the crowds today. They helped me."

Yakov Tolstikov, winning his first marathon on foreign soil, having prepared for a month in Florida, expressed thanks to all those who had shouted for a runner they had never heard of. "My biography is not very big. My aim now is to make people know who I am," he said.

THE total number of runners registering at the start of ADT London Marathon was 23,559, nearly 3,000 less than 1990. Finishers numbered 23,078.

"WHO'D be a marathon predictor?" quipped 1984 London winner Charlie Spedding as favourite Gelindo Bordin limped back to the race headquarters.

That was a sentiment echoed by *Athletics*

*Weekly's* Pauls - Richardson and Larkins - who made their joint forecasts last issue.

On the women's race, our men were on target, predicting that Rosa Mota would win by a street and putting Francie Larrieu Smith in the second to fourth category, along with Katrin Dorre. They also tipped Maria Lelut for a top 10 placing, while Laura Fogli and Irina Bogacheva were just outside their anticipated finishing positions.

But the men's race produced a pair of red faces. Of their 10 predictions, only two finished in the top positions, Manuel Matias (predicted for positions from third to fifth) was second, while Salvatore Bettiol, anticipated to be in the top four, was 10th.

SEBASTIAN Coe finished his first marathon in 2:59. Coe ran to launch the ADT Health Quest campaign. Coe said: "I always wanted to run in a marathon. I wanted to be a part of it rather than spectate. But I'm not going to make a profession of it."

ONE MILLION bottles of Spa mineral water were made available at the 24 drinks stations. Replay, an isotonic and electrolyte drink, was

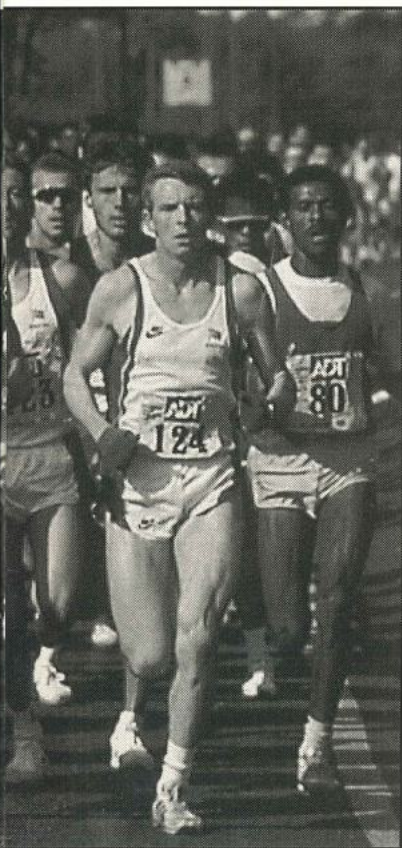
available at every third station and sponges at five, 10, 13, 15, 18 and 23 miles.

YAKOV Tolstikov's winning time puts him fourth behind Douglas Wakiihuri (2:09:03) Steve Moneghetti (2:09:06) and Ahmed Salah (2:09:09) in the London Marathon's top fastest foreign men and seventh on the all-time list behind Steve Jones' 1985 course record of 2:08:16.

ROSA Mota's time places her third on the women's London list behind Ingrid Kristiansen's 1985 world record of 2:21:06 and Grete Waitz's best (2:24:54).

OLDEST entrant was Reg Davies, born in 1907. Youngest was Simon Worthington, who celebrated his 18th birthday eight days before the race.

JOURNALISTS were angry that substantial results were not available after the race with Unisys only releasing the ratified top 200 men and 100 women by 6pm on the day of the race. Unofficial results were printed in Monday's edition of *The Independent*.



**EARLY LEADERS:** Bordin (left) dictates the pace as the leaders jockey for position

T Kaneko (JAP) 2:17:18; 17, B Bedell (Tel) 2:17:21; 72 J Campbell (NZL,M40) 2:17:22; 73, M Abdi (DJI) 2:17:25; 74, K Won-Tak (KOR) 2:17:27; 75 A Symonds (Bir) 2:17:27; 76, J Da Silva (BRA) 2:17:35; 77, K Karunaratna (SRI) 2:17:45; 78 J Protais (FRA) 2:17:45; 79, J Watson (THH) 2:17:49; 80, B Leger (FRA) 2:17:54; 81, J De Souza (BRA) 2:17:58; 82, M Johnstone (AUS) 2:17:59; 83, W Grommisch (GER) 2:18:01; 84, G Newhams (B'end) 2:18:08; 85, H Burger (GER) 2:18:09; 86, H Jorgenson (DEN) 2:18:15; 87, T Gutierrez (ARG) 2:18:20; 88, O Faustini (ITA) 2:18:30; 89, I Bloomfield (CleS) 2:18:32; 90, Y Doukal (DJI) 2:18:35; 91, S Andriopoulos (GRE) 2:18:42; 92, M Brochu (CAN) 2:18:47; 93, E Cortina (ESP) 2:18:48; 94, G Muylaert (BEL) 2:18:50; 95, R Foley (AUS) 2:18:53; 96, B Foster (B'ith) 2:19:03; 97, A Altun (TUR) 2:19:03; 98, J Sumawe (TAN) 2:19:19; 99, T Shibutani (JAP) 2:19:28; 100, P Fonseca (CAN) 2:19:31; 101, R Lopez (COS) 2:19:31; 102, O Schoop (SUI) 2:19:47; 103, M Tomasek (FRA) 2:19:52; 104, B Hadj (ALG) 2:19:54; 105, M Cowman (West) 2:19:56; 106, D Korir (KEN) 2:20:02; 107, M Gormley (Chelm) 2:20:06; 108, P Plancke (FRA) 2:20:10; 109, K Brown (Man) 2:20:11; 110, A Said (DJI) 2:20:21; 111, I Higginbottom (Beau L) 2:20:23; 112, T Hole (NOR) 2:20:29; 113, N Tarimo (TAN) 2:20:30; 114, E Hyland (IRE) 2:20:31; 115, P Redder-Madsen (DEN) 2:20:40; 116, C Papachristos (GRE) 2:20:56; 117, I Hagen (Sun) 2:20:57; 118, D Knight (B&H) 2:21:02; 119, M Gruning (GER) 2:21:11; 120, M Dalton (AUS) 2:21:17; 121, R Johnson (USA) 2:21:20; 122, P Smith (Les C) 2:21:24; 123, C Sottropoulos (GRE) 2:21:36; 124, J Fitzgerald (IRE) 2:21:37; 125, A Carman (AUS) 2:21:44; 126, J Varela Calvino (ESP) 2:21:48; 127, G Davies (B'end) 2:21:51; 128, R Kashapov (URS) 2:21:52; 129, G Agikoglu (TUR) 2:22:01; 130, A Girling (Inv) 2:22:02; 131, J Duparfait (FRA) 2:22:02; 132, B Michel (BEL) 2:22:12; 133, Ciaran O'Flaherty (IRE) 2:22:14; 134, M Boyle (HHH) 2:22:28; 135, M Rios (ESP) 2:22:41; 136, M Halvorsen (DEN) 2:22:42; 137, S Schweickhard (SUI) 2:22:49; 138, S Acon (Swan) 2:22:56; 139, D Bond (Ask) 2:23:02; 140, J Barnard (Rane) 2:23:05; 141, T Hiroyama (JAP) 2:23:19; 142, C Penny (Stour) 2:23:33; 143, J Wheway (Tip) 2:23:46; 144, R Anex Jr (USA) 2:23:50; 145, T Clark (Poole) 2:23:53; 146, K Hegvold (NOR) 2:24:05; 147, S Emson (W&B) 2:24:13; 148, G Georgitsas (GRE) 2:24:21; 149, Bruneau (FRA) 2:24:23;

**RESULTS**

**MEN**  
 1, Y Tolstikov (URS) 2:09:17  
 2, M Matias (POR) 2:10:21  
 3, J Huruk (POL) 2:10:21  
 4, D Long (Mass F) 2:10:30  
 5, J Pinheiro (POR) 2:10:38  
 6, A Shahenga (TAN) 2:11:20; 7, S Brace (B'end) 2:11:45; 8, P Maher (CAN) 2:11:46; 9, J Assemat (FRA) 2:11:49; 10, S Bettiol (ITA) 2:11:53; 11, K Doblin (GER) 2:11:57; 12, J Monteil (ESP) 2:11:59; 13, T G Salasie (ETH) 2:12:05; 14, A Faustimo (ITA) 2:12:12; 15, M Gozzano (ITA) 2:12:26; 16, D Buzza 2:12:37; 17, I RICO (MEX) 2:12:38; 18, S Gurny (POL) 2:12:39; 19, M Cristanto (MEX) 2:12:42; 20, H Jones (Rane) 2:12:46; 21, C Ayala (MEX) 2:12:51; 22, I Soares (FRA) 2:12:53; 23, D Garcia (ESP) 2:12:54; 24, P Zilliox (FRA) 2:12:59; 25, T Belayneh (ETH) 2:13:09; 26, W Perszke (POL) 2:13:12; 27, T So (JAP) 2:13:15; 28, P Daenens (BEL) 2:13:16; 29, V Anton (ESP) 2:13:38; 30, S Carey (Warr) 2:13:54; 31, J Silva (BRA) 2:14:11; 32, A Hutton (EWM) 2:14:13; 33, M Selmi (ALG) 2:14:20; 34, G Miccoli (ITA) 2:14:30; 35, K Manyisa (KEN) 2:14:31; 36, W Durbano (ITA) 2:14:39; 37, J Griffin (IRE) 2:14:42; 38 R Gavela (ESP) 2:14:48; 39, R Dooney (IRE) 2:14:50; 40, P De Vocht (BEL) 2:14:54; 41, J Crespo (ESP) 2:14:54; 42, S Taylor (USA) 2:14:56; 43, A Godinho (POR) 2:14:56; 44, T Milovsorov (Tip) 2:14:57; 45, J Padel (FRA) 2:14:59; 46, P Tarusiek (POL) 2:14:59; 47, G Olmedo (MEX) 2:15:00; 48, A Carrero (CUB) 2:15:00; 49, Z Gizaw (ETH) 2:15:08;  
 50, P Dall (DEN) 2:15:11; 51, N Tabak (URS) 2:15:20; 52, N Dube (ETH) 2:15:22; 53, R Shagiev (URS) 2:15:33; 54, M Sousa (POR) 2:15:39; 55, C Buckley (West) 2:15:48; 56, R Ligneel (BEL) 2:16:05; 57, A Espinoza (MEX) 2:16:07; 58, A Khelil (ALG) 2:16:16; 59, T Tounsi (FRA) 2:16:24; 60, D Bornasard (FRA) 2:16:28; 61, K Kudo (JAP) 2:16:31; 62, R McCandless (USA) 2:16:36; 63, R Nash (West) 2:16:42; 64, D Clarke (HW) 2:16:57; 65 G Spring (Lut) 2:16:59; 66, M Deleze (SUI) 2:17:00; 67, R Castano (ESP) 2:17:11; 68, G Tagliaferri (ITA) 2:17:11; 69, L Adsuara (ESP) 2:17:17; 70,

150, J Barrios Menendez (ESP) 2:24:24; 151, S Davies (Mans) 2:24:30; 152, B Evans (Tip) 2:24:35; 153, S Watson (Chor) 2:24:37; 154, P Cadwallader (Seft) 2:24:49; 155, P Bousseton (FRA) 2:24:53; 156, P Bennett (Car) 2:24:56; 157, T Knowles (Unatt) 2:24:59; 158, C Sanford (St Ed) 2:25:00; 159, V Samarasinghe (SRI) 2:25:09; 160, M Miner (USA) 2:25:12; 161, J Estall (Dul) 2:25:31; 162, S Salazar (COL) 2:25:32; 163, V Mozgovoj (URS) 2:25:35; 164, T Power (W&B) 2:25:37; 165, D Hill (THH) 2:25:41; 166, S Faulkner (IRE) 2:25:45; 167, A Riscado (POR) 2:25:51; 168, M Walton (W&B) 2:25:53; 169, S Jourjon (FRA) 2:25:56; 170, C Dargnat (FRA) 2:26:09; 171, F Lujan (BOL) 2:26:17; 172, E Langer (BEL) 2:26:20; 173, R Gasht (ISR) 2:26:30; 174, R Boreham (Har) 2:26:37; 175 J Bristow (B&H) 2:26:50; 176, W Tweed (Jers) 2:26:50; 177 D General (USA) 2:26:54; 178, H Sogaard (DEN) 2:26:57; 179, M Navartna (SRI) 2:27:03; 180, D Brown (Tel) 2:27:05; 181, P Embleton (DCH) 2:27:07; 182, D Green (WHH) 2:27:13; 183, K Lilley (DPFR) 2:27:14; 184, B Peacock (G&S) 2:27:16; 185, L Davis (Glos) 2:27:16; 186, J Kazanecki (POL) 2:27:17; 187, J Critchlow (Wat) 2:27:28; 188, T Burke (Leigh) 2:27:35; 189, M Lee (Enf) 2:27:37; 190, V Kalnes (NOR) 2:27:40; 191, M Mateos (ESP) 2:27:45; 192, L Ghalmi (MOR) 2:27:49; 193, A Kindley (B&C) 2:27:49; 194 C Baxevasis (GRE) 2:27:51; 195, P Nicault (FRA) 2:27:57; 196, C Mercado (PUE) 2:27:58; 197, M Abaidia (ALG) 2:27:58; 198, K Wilkinson (S.Dom) 2:27:59; 199, M Mack (BOT) 2:28:02;  
 200, D Walmsley 2:28:15; D Pearce 2:28:16; R Wachenbrunner 2:28:21; D Kennedy 2:28:22; F Kaiser 2:28:24; G Matthews 2:28:25; J Pietremont 2:28:29; M Longthorn 2:28:29; P Cadman 2:28:41; B Heywood 2:28:41; J Kanyi 2:28:44; M Abass 2:28:47; I Schiemeyer 2:28:50; D Rydes 2:28:50; S Moore 2:28:58; M Henderson 2:28:59; P Craig 2:29:04; M Bradley 2:29:04; J Hood 2:29:05; L Von Stein 2:29:07; D Hurdwell 2:29:10; J Dingwall 2:29:20; R James 2:29:22; T Bean 2:29:23; J Shaw 2:29:24; J Thornbury 2:29:32; S Kemp 2:29:33; J Mwalithwa 2:29:34; B Longirois 2:29:41; R McLeary 2:29:41; M O'Sullivan 2:29:41; A Davini 2:29:41; G Smith 2:29:48; A St. Leger 2:29:49; P alden 2:29:50; J O'Grady 2:29:54; L Reilly 2:30:01; D Jones 2:30:04; A Mogensfeldt 2:30:16; W Chance 2:30:20; D Matthews 2:30:21; P Dent 2:30:23; A Soares Da Silva 2:30:25; D Cowie 2:30:30; B Gaffney 2:30:33; J Rees 2:30:34; c Loizou 2:30:41; I Donmez 2:30:42; B Wallsten 2:30:43; R Fuller 2:30:46  
 250, L Rhone 2:30:46; E Wilson 2:30:46; G Hetherington 2:30:46; W Domoney 2:30:46; A Gerard 2:30:48; P Hull 2:31:05; M McGeoch 2:31:12; G Williams 2:31:14; G Bagnall 2:31:14; T Eglan 2:31:15; A Higgs 2:31:15; D Miller 2:31:17; R De Tena Munoz 2:31:17; K Swadkins 2:31:19; R Smith 2:31:19; D Knee 2:31:23; T Lavender 2:31:23; H Gommersen 2:31:24; I Ramirez 2:31:24; B Brown 2:31:26; J Parker 2:31:43; S Milford 2:31:46; M Higginbottom 2:31:48; V Gonzalez Martin 2:31:52; R Hubbard 2:31:52; F Kaye 2:31:56; G Lightwood 2:31:57; R Jacobs 2:32:01; I Patten 2:32:04; J Redmond 2:32:06; T Kontzedakis 2:32:09; P Rogers 2:32:11; J Rhoades 2:32:14; S Sears 2:32:21; J Davies 2:32:22; S Smith 2:32:28; G Astill 2:32:32; P Belcher 2:32:33; F Duran Bote 2:32:33; G Steiert 2:32:37; M Rosales 2:32:42; D Moseley 2:32:43; N Nicholson 2:32:48; J Priest 2:32:53; G Biles 2:32:54; D Chalfen 2:32:58; J Davis 2:33:02; A Harran 2:33:12; D Carroll 2:33:13; P Russell 2:33:14  
 300, S Parker 2:33:15; P Lowery 2:33:16; D Wilde 2:33:18; W Speake 2:33:19; N Moore 2:33:20; G Burchielli 2:33:20; A Gill 2:33:23; M Walsh 2:33:25; J Beck 2:33:26; S Bell 2:33:31; R Watt 2:33:35; K Purvis 2:33:44; P Bates 2:33:45; M Skopine 2:33:46; C McLoughlin 2:33:48; C Fowler 2:33:50; G Ricci 2:33:51; R Gardner 2:33:53; S Thirkell 2:33:53; K

**WE BEAT THE WORLD**

GREAT BRITAIN'S surprise victory to take the World Cup team gold medal was achieved despite not having a man in the first three.

Dave Long from Coventry produced a personal best to take Britain to its first victory since the competition began in 1985.

His time of 2:10:30 for fourth place was a vast improvement on his first marathon which took him more than three hours.

Long had been told coach Alan Storey to dismiss thoughts about World Championship place in Japan and instead concentrate on doing his best time.

He said: "Alan told me to put everything else out of my head but today's race. He said if I didn't I could think myself out of contention."

Long, who works in the schedules office of West Midlands Travel, said he did not know until afterwards that the first Briton home was certain of a World Championship spot.

He spent half the race with a chasing group of four runners after Soviet Tolstikov made the break just over half way round.

Steve Brace, who came seventh in 2:11:45 and Hugh Jones who made 20th with 2:12:46, helped to achieve the British aggregate time of 6:35:01, 54 seconds better than Portugal.

Britain's winning margin would have been wider if Cornwall's Dave Buzza had been nominated for the team in his first marathon. His time of 2:12:37 was inside the world championship qualifying standard.

**WOMEN'S RESULTS**

- 1, Soviet Union 7:30:23
- 2, Italy 7:36:37
- 3, France 7:38:52
- 4, USA 7:40:05
- 5, Germany 7:40:44
- 6, Poland 7:45:26

**MEN'S RESULTS**

- 1, Great Britain 6:35:01
- 2, Portugal 6:35:55
- 3, Poland 6:36:12
- 4, Italy 6:36:36
- 5, Mexico 6:38:11
- 6, Spain 6:38:31

See selection story - page 3

**QUOTES**

"I feel real positive about the women-only race, it was nice to be able to see your competitors." Second woman, Francie Iarriue Smith.

"Things started to go wrong between 18 and 20 miles. I got a lot of stomach cramps and generally started to feel very heavy and fired and from then on people just ran away from me" Last year's winner, Allister Hutton.

"I found it very disturbing to still be running in a big pack at the 20-mile point and a lot of us were tripping over each other and generally feeling uncomfortable" Britain's third scorer, Hugh Jones.

Farmer 2:33:54; D Boswell 2:33:58; M Rouse 2:33:59; J Carnell 2:34:02; N Clark 2:34:10; J Mills 2:34:12; R Francis 2:34:15; K Bassett 2:34:15; A Geen 2:34:20; M Hawkins 2:34:24; D Nankivell 2:34:27; C Fairbrass 2:34:32; J Barker 2:34:36; E Francis 2:34:37; K Luetchford 2:34:46; s Rendu 2:34:48; P West 2:34:52; S Cornelius 2:34:52; W Adams 2:34:53; P Clarke 2:34:53; R Stanier 2:34:57; I MacDonald 2:34:58; P Round 2:34:58; M Eddarai 2:35:01; N Hardman 2:35:03; D Lacy 2:35:05; I Darley 2:35:06; D Cox 2:35:10; R Marshall 2:35:12; N Saunders 2:35:14; P Murray 2:35:14  
 350, A Hollis 2:35:15; N Berrill 2:35:17; J Hudspith 2:35:17; V Haugen 2:35:17; P Bailey 2:35:18; T Saunders 2:35:20; B

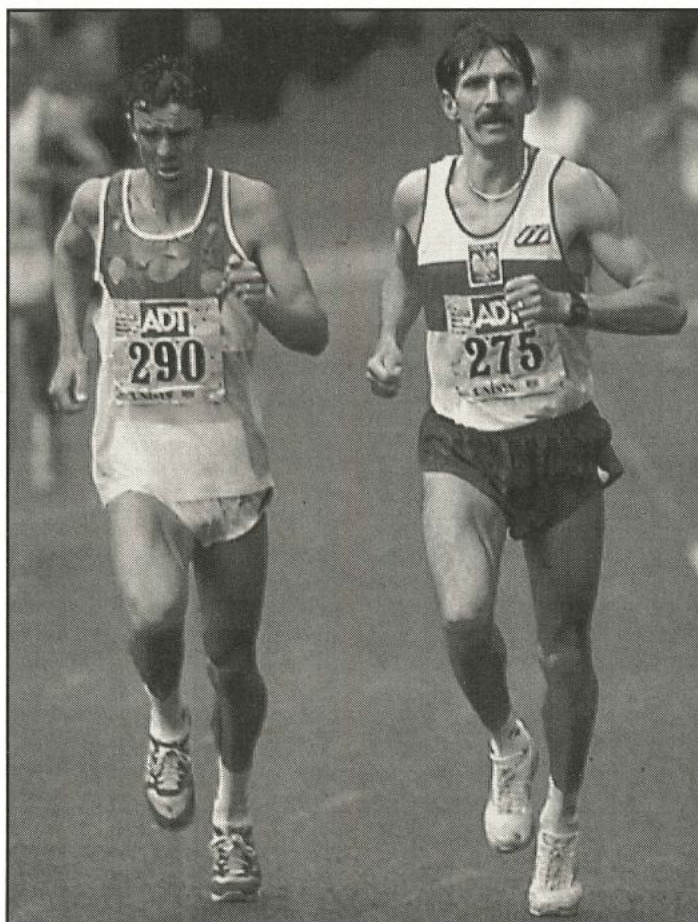
## CONTINUED

Saetre 2:35:21; E Dahl 2:35:24; J Moore 2:35:25; C Finill 2:35:26; I Barnes 2:35:29; P Milligan 2:35:32; N Bateson 2:35:33; S Sheard 2:35:34; R Douglas 2:35:34; D Gordon 2:35:34; M Taylor 2:35:34; C Chandler 2:35:35; M Ormrod 2:35:44; R Carruthers 2:35:45; B Webb 2:35:46; B Aford 2:35:51; A Norman 2:35:55; N Price 2:35:59; A Metcalf 2:36:00; H Bowen 2:36:02; P Johnson 2:36:12; C Cheeseman 2:36:16; C Bloomfield 2:36:16; J Hannesson 2:36:16; C Hibberd 2:36:21; P Collinge 2:36:23; S Gair 2:36:24; K Bell 2:36:26; J Mahatana 2:36:31; O Evans 2:36:32; H McEwan 2:36:34; A Livingstone 2:36:34; C Blomme 2:36:35; P Maggs 2:36:36; M Hill 2:36:40; M Ratcliffe 2:36:41; K Bazeley 2:36:42; C Jenkins 2:36:46; B H Bughes 2:36:48; J Lindop 2:36:48; M Ede 2:36:54; B Hall 2:36:55; H Day 2:36:55; K Griffiths 2:36:56

400, A Duncan 2:37:01; C Hughes 2:37:02; N Wilson 2:37:03; V Stamp 2:37:09; J O'Reilly 2:37:10; M Lapieyok 2:37:14; M Collins 2:37:14; D Lee 2:37:14; I Thompson 2:37:19; P Clark 2:37:22; A Radeconde 2:37:23; S Hobson 2:37:28; P McDonald 2:37:28; A Almog 2:37:29; K Thornton 2:37:30; S Jones 2:37:30; D Seymour 2:37:32; D Mills 2:37:32; T Simmons 2:37:33; A Stedman 2:37:34; S Watts 2:37:34; A Griffiths 2:37:34; F Hall 2:37:34; G Armstrong 2:37:34; B Russell 2:37:34; M Green 2:37:34; M Hayley 2:37:36; B Wyss 2:37:37; M Woods 2:37:38; R McIlmurray 2:37:38; C Steptoe 2:37:38; A Mould 2:37:38; V Bedford 2:37:38; S Johnston 2:37:40; A Leverton 2:37:40; B Attwell 2:37:44; M McNally 2:37:45; G Gee 2:37:52; A Bagley 2:37:53; L Chapman 2:37:53; T Parkinson 2:37:55; P Vesey 2:37:56; T Temmink 2:37:58; V Samaha 2:37:59; I Tack 2:38:01; S Waters 2:38:01; R Stevens 2:38:05

450, C Baker 2:38:07; K Johnson 2:38:07; T De Brucker 2:38:07; P Holloway 2:38:08; H Dogan 2:38:08; S Skinner 2:38:09; A Peacock 2:38:13; A Bottomley 2:38:13; K Franklin 2:38:18; R Womald 2:38:19; P Zuell 2:38:20; T Palmberg 2:38:22; B Prased 2:38:22; C Smith 2:38:23; J Vergez 2:38:23; M Peace 2:38:23; R Hartford 2:38:23; G Thomas 2:38:23; C Morgan 2:38:23; N Benbow 2:38:23; C Abbott 2:38:23; L Ball 2:38:23; S Finch 2:38:23; A Carruthers 2:38:23; P Wood 2:38:23; A Stewart 2:38:23; P Ingoe 2:38:23; G Scott 2:38:23; M Kelsall 2:38:23; R Amor 2:38:23; J Harrington 2:38:23; R Wallace 2:38:23; R White 2:38:23; K Stephenson 2:38:23; A Austin 2:38:23; D McKenna 2:38:23; P Kujawa 2:38:23; R Smyth 2:38:23; S Veal 2:38:23; A Algeri 2:38:23; P Tomblin 2:38:23; G Stewart 2:38:23; S Marland 2:38:23; G Malliaris 2:38:30; R Williams 2:38:31; A Scaife 2:38:32; D Walker 2:38:35; M Flower 2:38:38; T Noel 2:38:38; D Thompson 2:38:39

500  
H Bell 2:38:39; S McHugh 2:38:40; M Keating 2:38:41; T Bamford 2:38:41; S Meen 2:38:45; D Brmes 2:38:45; A Wood 2:38:46; S Daley 2:38:48; R Corkish 2:38:49; A Lambourne 2:38:50; D Wright 2:38:51; A Jones 2:38:52; A Deane 2:38:52; Y Katai 2:38:55; M Molyneux 2:38:55; A Gerst 2:38:56; M de Grande 2:38:56; F Thomas 2:39:00; B Barrett 2:39:01; M Latestere 2:39:02; M Jackett 2:39:02; E Gelsion 2:39:02; P Trott 2:39:06; C Cantwell 2:39:07; S Partington 2:39:09; J Lumb 2:39:09; A Smith 2:39:10; J Young 2:39:10; A Pocock 2:39:12; S Littlewood 2:39:14; W Harvey 2:39:15; G Cunliffe 2:39:16; P King 2:39:17; D Wood 2:39:17; F Macedo 2:39:22; C Bailey 2:39:23; S Proctor 2:39:24; F Rodriguez Ponton 2:39:27; C Pondikas 2:39:27; T Frost 2:39:27; B White 2:39:27; K Woulfe 2:39:29; P Pointu 2:39:31; C Tucker 2:39:31; P Sibbett 2:39:32; B Jones 2:39:33; S Fraser 2:39:34; Y Sullimani 2:39:43; G Consani 2:39:43; T Goulding 2:39:46



**SPRINT FINISH:** Manuel Matias got the better of Jan Huruk on Westminster Bridge for second

550  
R Hyland 2:39:46; A Maxwell 2:39:51; P Bettsworth 2:39:52; M Bradley 2:39:53; D Smith 2:39:55; M Hamer 2:39:52; R Shun 2:39:57; L Heath 2:40:08; D Kent 2:40:09; D Grayson 2:40:13; E Marope 2:40:15; A Egan 2:40:19; J Sues 2:40:20; P Smith 2:40:20; A Aukim 2:40:21; M Bond 2:40:21; S Beardsmore 2:40:22; S Trump 2:40:23; K Bailey 2L40:23; D White 2:40:26; W Halliday 2:40:26; M Hill 2:40:26; E Thomas 2:40:26; B Morris 2:40:27; T Pollard 2:40:31; J Ralph 2:40:31; D Sanderson 2:40:31; D Kilmurray 2:40:32; R Suffed 2:40:33; K Greenfield 2:40:44; B Vollenstein 2:40:45; A Desborough 2:40:47; C Price 2:40:47; A Lee 2:40:47; J Jagielak 2:40:49; R Platts 2:40:49; G Gilhooley 2:40:50; P Osbourne 2:40:52; J Segarra Vallerou 2:40:53; U Koczulap 2:40:56; R Gardner 2:40:57; D Jarvis 2:40:58; M Weedall 2:40:59; N Brown 2:41:01

600  
P Matcock 2:41:02; M Summers 2:41:05; J Miller 2:41:05; N Thomas 2:41:05; A Matson 2:41:05; M Bleasdale 2:41:06; E Dorling 2:41:07; J O'Connell 2:41:13; I Richardson 2:41:15; R Broadley 2:41:17; S Doyle 2:41:19; L Barbach 2:41:20; J Secker 2:41:21; S Tew 2:41:21; J Maddison 2:41:22; C Carter 2:41:27; M Santoni 2:41:30; T Coe 2:41:30; P Farrell 2:41:31; P Rickards 2:41:32; B Courtney 2:41:32; N Russell 2:41:32; S Bricker 2:41:37; O Phipps 2:41:38; P Carbonnel 2:41:39; W Goldie 2:41:39; J Humphries 2:41:47; M White 2:41:48; A Rachide 2:41:49; T Coyne 2:41:50; D Dionnet 2:41:51; M Packer 2:41:54; J Walker 2:41:57; P Dewberry 2:41:59; D McDougall 2:41:59; I Scott 2:41:59; J Doherty 2:42:03; J Kerr 2:42:05; R Starkey 2:42:07; K Blades 2:42:07; K Blades 2:42:08; B Clinton 2:42:08; D McDonald 2:42:08; J Tellaa 2:42:08; R Lindsay 2:42:10; C Lelain 2:42:13; C Routledge 2:42:15; S Geslop 2:42:16;

650  
N Farrow 2:42:17; C Rieley 2:42:18; M

2:42:50; N Withers 2:42:50; G McGugan 2:42:57; A Heath 2:42:58; L Mussett 2:43:00; S Rice 2:43:05; L Selogni 2:42:08; B Copeaux 2:43:08; M Poppy 2:43:12; P Whitlock 2:43:14; A Brown 2:43:17; N Pollard 2:43:19; D Rocv 2:43:23; R Wright 2:43:24; R Chew 2:43:25; R Derbyshire 2:43:25; J Hunter 2:43:25; G Fletcher 2:43:25; B Croguennek 2:43:26; T Quigley 2:43:29; M Hanik 2:43:30; K Chylinska 2:43:30; M Walker 2:43:32

700

A Mansi 2:43:34; T Allen 2:43:34; D Roderick 2:43:37; D Alexander 2:43:40; G Coxon 2:43:42; C Mingorance 2:43:42; C Okuma 2:43:44; S Almond 2:43:45; J Hicks 2:43:48; P Sugden 2:43:49; M Gaughan 2:43:49; K Courtney 2:43:49; R Ferris-Kaan 2:43:50; R Wiggins 2:43:50; S Catford 2:43:50; K Pester 2:43:51; D Talbot 2:43:52; 2:43:52; I Rankie 2:43:52; C Litson 2:43:53; S Smythe 2:43:53; P Griffin 2:43:56; T Temple 2:43:58; N Tomkins 2:44:02; F Milletto 2:44:02; J Molloy 2:44:02; D Gibson 2:44:02; G Minghini 2:44:02; M Goderski 2:44:02; Z Bouzy 2:44:02; P Bowker 2:44:05; J Chandler 2:44:07; J Guyon 2:44:09; B Standen 2:44:09; M Bernard 2:44:09; R Burn 2:44:09; M Harrison 2:44:09; R Jardine 2:44:13; G De Greef 2:44:14; N Joseph 2:44:16; P Muller 2:44:18; C Murdoch 2:44:19; M Davis 2:44:19; P Carter 2:44:19; P Kinsella 2:44:20; A Daly 2:44:20; J Barber 2:44:21; C Gill 2:44:23; V Gelibert 2:44:23; M Valentine 2:44:23; P Norton 2:44:25;

750

T Kearn 2:44:26; G Dingley 2:44:27; D Maddison 2:44:30; J Davis 2:44:33; D Dale 2:44:35; C Goncalves 2:44:39; E Designy 2:44:40; S Greenhalgh 2:44:41; M Broadbent 2:44:42; M Kgaotsang 2:44:44; A Franceschelli 2:44:44; J White 2:44:45; K Wilson 2:44:45; H Tall 2:44:46; I Mitchell 2:44:46; G Wilson 2:44:47; I Price 2:44:48; J Payne 2:44:48; R Ruston 2:44:50; A Gough 2:44:51; I Head 2:44:52; M Stuart 2:44:53; J Heselton 2:44:54; P Gould 2:44:57; M Mondon 2:44:58; R Ayres 2:45:01; D LeFrys 2:45:04; B Stankard 2:45:04; D Findel-Hawkins 2:45:05; D Bow 2:45:05; H Billings 2:45:06; E Daley 2:45:07; D Hollingworth 2:45:07; H Gamble Thompson 2:45:08; A Payne 2:45:09; S Gee 2:45:12; L Simmons 2:45:13; D Clough 2:45:13; M Anglim 2:45:16; I Greenhalgh 2:45:17; T McClenaghan 2L45:18; S Kellett 2:45:20; J Buick 2:45:20; B Panton 2:45:23; D Buckle

Palmer 2:42:19; D Emery 2:42:20; P Christmas 2:42:20; J Parker 2:42:21; S Scheuber 2:42:22; W Murphy 2:42:24; A Gray 2:42:26; R Battaglia 2:42:27; J Austin 2:42:28; G Craddock 2:42:30; M Jellis 2:42:32; K Bennett 2:42:35; M Starr 2:42:37; J Akriche 2:42:39; P Daws 2:42:40; K Folland 2:42:41; S Courtney 2:42:42; A Blocquel 2:42:44; A Del Prado Atilano 2:42:44; M Jelley 2:42:47; I Page 2:42:49; C Jackson 2:42:49; T Maguire



**LONDON VICTORY:** Yakov Tolstikov and Rosa Mota celebrate

2:45:24; R Caulfield 2:45:27; E Rowlands 2:45:27;

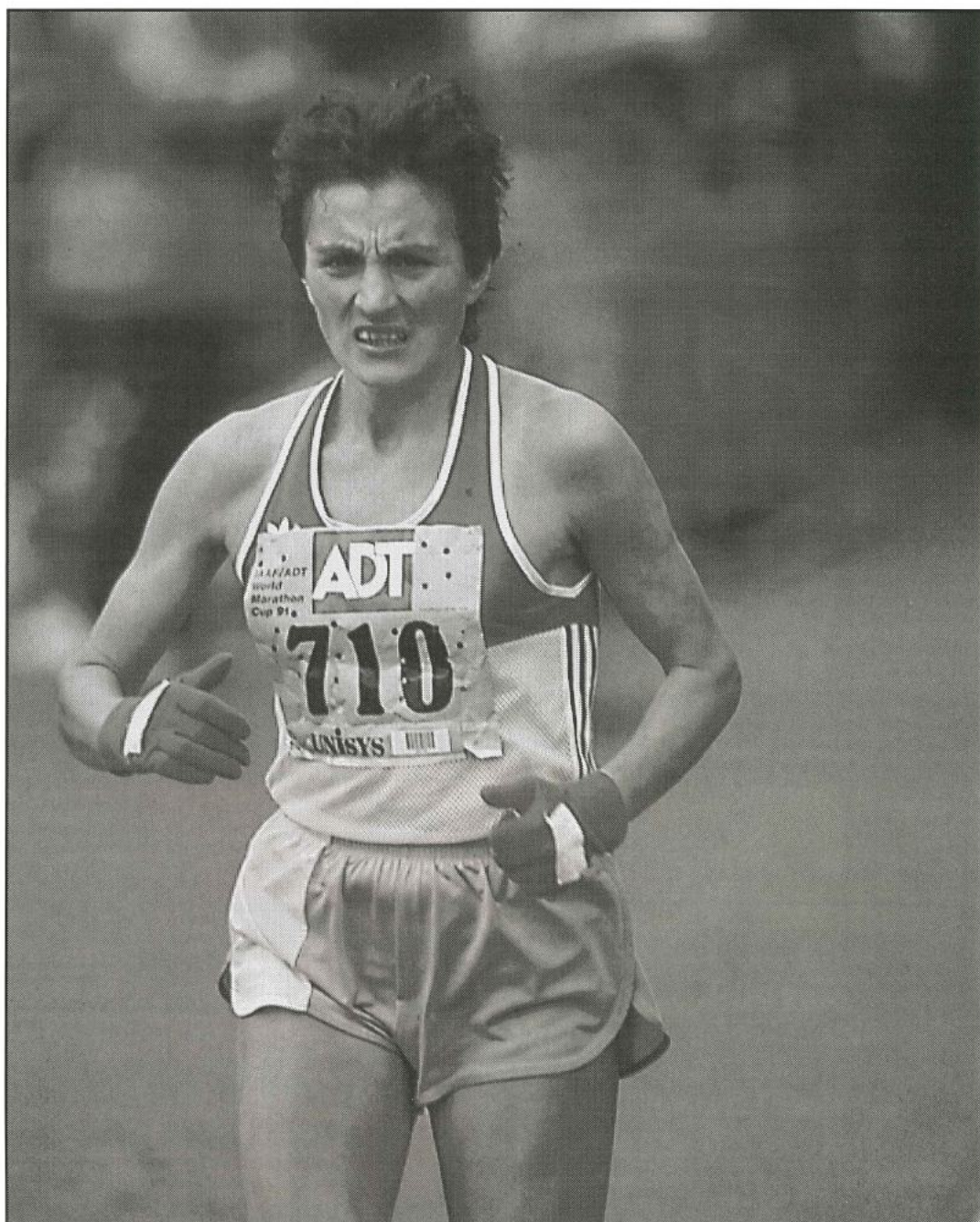
**800**

T Ashley 2:45:27; D Francis 2:45:29; B Ellams 2:45:29; B Ellams 2:45:29; P Gooding 2:45:30; C Daniels 2:45:30; P Pellicchia 2:45:30; K Banyard 2:45:31; P Lockett 2:45:32; M Tinsley 2:45:33; A Branagan 2:45:33; V Van Buggenhout 2:45:34; J Jackson 2:45:37; M McMains 2:45:38; J Casey 2:45:39; R Spirett 2:45:39; J Sanchez Perez 2:45:39; T Savary 2:45:40; C Wright 2:45:41; D Walker 2:45:43; T Merrington 2:45:43; J Ryle 2:45:43; A Shedden 2:45:44; L Tincelin 2:45:47; E Mandelli 2:45:47; D Morris 2:45:47; W Willmitt 2:45:47; N Fowler 2:45:48; P Dunn 2:45:48; C Smyth 2:45:49; R Hart 2:45:49; R Hancock 2:45:51; K Minshall 2:45:51; R Bober 2:45:51; C Chapman 2:45:52; A Jones 2:45:54; G Bell 2:45:54; P Grey 2:45:55; F Hughes 2:45:56; G French 2:45:56; A De Jesus 2:45:57; A Pleimer 2:45:58; K Bowers 2:45:59; P Russo 2:45:59; N Wilson 2:45:59; K Horn 2:45:59; J Edwards 2:46:00; K Jones 2:46:04;

**850**, M Clarke 2:46:04; A Roper 2:46:06; P Toulmin 2:46:08; R Parles 2:46:09; T Allsopp 2:46:09; W McPhail 2:46:10; R George 2:46:10; T Parker 2:46:10; K Holden 2:46:10; P Nolan 2:46:16; P Spick 2:46:21; J Ward 2:46:22; A Foster 2:46:22; H Aiken 2:46:23; D Birch 2:46:26; R Pearson 2:46:26; I Carden 2:46:26; M Winstone 2:46:27; K Etebar 2:46:29; A Pead 2:46:29; M Wilkinson 2:46:30; S Watson 2:46:32; G Brennan 2:46:32; F Day 2:46:34; K Cook 2:46:35; V Tindle 2:46:35; D Bacon 2:46:35; T Cronin 2:46:35; D Tomkins 2:46:35; J McCreadie 2:46:35; B Sweeney 2:46:35; C Van Put 2:46:36; C Tomlin 2:46:39; D Manley 2:46:41; M Tambling 2:46:44; S Page 2:46:45; J Doret 2:46:48; J Grant 2:46:48; D Ritchie 2:46:49; G Ineson 2:46:50; J Dooley 2:46:51; I Penny 2:46:51; A Flett 2:46:52; J Kemp 2:46:53; C McLatchie 2:46:53; J Matyaszek 2:46:54; N Hazelhurst 2:46:54; T Shields 2:46:57; J Howarth 2:46:58; K Chambers 2:46:58

**900**, E Baldwin 2:46:59; M Baggott 2:46:59; R Davies 2:46:59; N Cole 2:47:00; G Boucher 2:47:00; K Robertson 2:47:00; D Monaham 2:47:01; W Hill 2:47:01; R McCormick 2:47:01; J Crabtree 2:47:01; M Watson 2:47:01; P King 2:47:03; A Millett 2:47:05; M Medina 2:47:05; K Epstein 2:47:06; P De Bertrand 2:47:06; H Bernreiter 2:47:07; R Hurley 2:47:08; I Ure 2:47:09; J Gillo 2:47:10; J Brady 2:47:10; A Dunn 2:47:11; D Jones 2:47:11; M Van Vlierberghe 2:47:12; B Small 2:47:12; M Speake 2:47:14; A Emmitt 2:47:14; P Rissen 2:47:15; M Reyna 2:47:16; B Kennedy 2:47:17; A Evans 2:47:18; G Langlois 2:47:19; C Chambers 2:47:20; T Greenwood 2:47:21; S Parsonage 2:47:21; K Holmes 2:47:21; A Cooper 2:47:25; D Reynolds 2:47:26; M Porter 2:47:27; L Collins 2:47:27; J Rackham 2:47:27; K Fotherby 2:47:27; C Casanovas 2:47:27; K Pratt 2:47:35; J Prett 2:47:36; R Cassidy 2:47:38; P Robertson 2:47:39; B Murphy 2:47:41; L Evans 2:47:43

**950**, A Ward 2:47:44; M Pengilly 2:47:45; R Noko 2:47:45; P Etheridge 2:47:46; G De Lenos 2:47:46; C Taylor 2:47:48; S Fitzpatrick 2:47:49; L Hughes 2:47:49; L Carr 2:47:50; I Barber 2:47:51; P Tremain 2:47:51; C Clegg 2:47:51; W Ferguson 2:47:52; W Gardner 2:47:52; B Worthington 2:47:53; J Roberts 2:47:54; N Romani 2:47:55; I Hagyard 2:47:56; R Morandini 2:47:59; G Taylor 2:47:59; J Dermody 2:48:00; K Drake 2:48:02; P House 2:48:02; G Lock 2:48:02; A Cole 2:48:02; J Kelly 2:48:03; G Wale 2:48:07; M Lucy 2:48:08; A Dominey 2:48:10; G Finch 2:48:12; A Barker 2:48:12; R Yardley 2:48:13; R Rawlins 2:48:13; G Bornaghi 2:48:13; A Sykes 2:48:14; A Benford 2:48:14; G Stapley 2:48:15; J Fourle 2:48:16; K Oakley 2:48:16; G Baillie 2:48:16; G Giacomelli 2:48:16; R Phipps 2:48:16; K Braithwaite 2:48:16; P Scarles 2:48:16; W Hadley 2:48:16; P Moseley 2:48:17; R Wilson 2:48:18; A



**SOLO SOVIET: Valentina Egorova picked up third after a strong second half**

Henegan 2:48:19; S Crockford 2:48:19  
**1000**, B Cheney 2:48:20; A Gaskell 2:48:20; T Chalmers 2:48:23; B Mackey 2:48:24; S Pearce 2:48:24; D Mewse 2:48:26; J Oakley 2:48:27; S Moller 2:48:29; M Storr 2:48:31; T Vincent 2:48:32; P Loftus 2:48:32; E Langford 2:48:32; B Bowers 2:48:33; J Clay 2:48:33; M Fugate 2:48:34; R Gurney 2:48:34; M Pearce 2:48:35; M Rue 2:48:36; M Powell 2:48:36; G Davies 2:48:38; R Parkes 2:48:38; D Cowx 2:48:40; D McCabe 2:48:42; J Martin 2:48:46; M Healey 2:48:47; T Kemp 2:48:47; R McDonald 2:48:48; P Goreham 2:48:49; M Pauley 2:48:49; J Boland 2:48:49; D Holley 2:48:49; P Clark 2:48:49; A Brown 2:48:49; J Brel 2:48:50; W Laurence 2:48:50; A Peacock 2:48:50; M Ralph 2:48:51; M Harding 2:48:51; H Pritchard 2:48:51; C Owens 2:48:53; A Jones 2:48:55; G Oliver 2:48:56; R Seldon 2:48:56; K Dickson 2:48:56; M Buglione 2:48:58; B Copps 2:48:58; A Ebdon 2:49:00

**1050**

G Schofield 2:49:01; A Webber 2:49:02; J Atkinson 2:49:02; S Jones 2:49:04; M Sadula 2:49:08; P Clarke 2:49:09; A Feeley 2:49:10; D Hibbert 2:49:10; J

Aspinall 2:49:12; A Livett 2:49:13; M Zecconi 2:49:13; A Garland 2:49:14; K Inoue 2:49:15; A Ferreira 2:49:15; P Motyer 2:49:15; E Staig 2:49:16; A Taylor 2:49:17; D Fereday 2:49:17; K Kettridge 2:49:18; A Barrable 2:49:18; M Salmon 2:49:18; S Goodland 2:49:19; C Klattborg 2:49:19; P Wang-Norderud 2:49:20; R Robson 2:49:21; A Semple 2:49:22; J Aston 2:49:23; M Collingbourne 2:49:25; K Cottam 2:49:26; M Prigent 2:49:26; R Cocks 2:49:28; M Floymo 2:49:29; E Malthouse 2:49:30; L Pratt 2:49:30; C Dino 2:49:31; G Guderley 2:49:32; L Skinner 2:49:32; S Renna 2:49:32; H Doe 2:49:32; R Bennett 2:49:32; A Thompson 2:49:32; G Bainbridge 2:49:33; A Hansen 2:49:33; D Tartois 2:49:34; R Ingles 2:49:35; E Hill 2:49:35; M Grist 2:49:36; C Finney 2:49:37; M Winter 2:49:38; A Safrand 2:49:38

**1100**

A Cadwallader 2:49:40; G Croon 2:49:40; G Hughes 2:49:43; D Thomas 2:49:43; M Bradley 2:49:44; S Curwood 2:49:45; K Song Suk 2:49:46; P Courtney 2:49:46; R Baines 2:49:46; S Dillon 2:49:47; R Burt 2:49:47; L Dewdney 2:49:48; D Hislop 2:49:50; P Springborn 2:49:51; I Ellis 2:49:52; S Coleman 2:49:53; C Walker

2:49:55; N Pippard 2:49:57; R Cope 2:49:59; A Pope 2:50:00; D Bradley 2:50:00; C Downs 2:50:00; S Fortune 2:50:00; J Price 2:50:00; J Verot 2:50:00; S Ball 2:50:01; V Vallarsa 2:50:02; C Smith 2:50:02; M Richardson 2:50:03; R Allison 2:50:06; J Boyd 2:50:06; P Dancer 2:50:08; R Clouter 2:50:09; B Short 2:50:09; J Hawryszczuk 2:50:10; R Lawrence 2:50:10; R Polley 2:50:11; P Hazell 2:50:12; R Cashmore 2:50:11; M Oglesby 2:50:16; Z Lowe 2:50:16; M Walford 2:50:19; M Ritchie 2:50:19; M Noonan 2:50:21; P Jackson 2:50:22; G Merfield 2:50:22; B Wing 2:50:24; E Lambert 2:50:26

**WOMEN**

1, R Mota (POR) 2:26:14  
2, F Larrieu Smith (USA) 2:27:35  
3, V Egorova (URS) 2:28:18  
4, K Dorre (GER) 2:28:57  
5, M Lelut (FRA) 2:29:04  
6, R Kokowska (POL) 2:30:12; 7, R Burangulova (URS) 2:30:41; 8, N Watanabe (JAP) 2:31:23; 9, T Zueva

**CONTINUED** ▶

# IAAF/ADT WORLD MARATHON CUP, LONDON, 21st APRIL

▶ **CONTINUED**

(URS) 2:31:23; 10, A Villani (ITA) 2:31:26; 11, I Bogacheva (URS) 2:31:35; 12, A Bizzioli (ITA) 2:32:30; 13, L Fogli (ITA) 2:32:41; 14, M Tanigawa (JAP) 2:33:16; 15, S Grottenberg (NOR) 2:33:21; 16, C Rogiers (BEL) 2:33:41; 17, R Van Landeghem (BEL) 2:33:49; 18, J Smith (USA) 2:34:20; 19, M O'Connor (NZL) 2:34:31; 20, S Ellis (Bir) 2:34:42; 21, V Marot (Leeds) 2:34:46; 22, F Bonnet (FRA) 2:34:49; 23, I Zatorska (POL) 2:34:55; 24, M Ohier (FRA) 2:34:59; 25, K Pressler (GER) 2:35:09; 26, S Easthall (Ips) 2:36:19; 27, B Jerschabek (GER) 2:36:38; 28, M Rybicka (POL) 2:36:41; 29, J Villton (FRA) 2:37:04; 30, D Rembert (FRA) 2:37:05; 31, L Camberg (POL) 2:37:13; 32, T Schmidt (USA) 2:37:32; 33, S Laville (FRA) 2:37:51; 34, J Peterson (USA) 2:38:10; 35, S Geffray (FRA) 2:38:56; 36, Z Marchant (Bath) 2:39:26; 37, P Wangui (KEN) 2:39:39; 38, M Sutton (Ply) 2:40:03; 39, U Noctor (IRE) 2:40:18; 40, M Laurent (FRA) 2:40:52; 41, L Rushmere (Redh) 2:41:17; 42, R Ellis (LOAC) 2:41:21; 43, A Roden (SLH) 2:41:22; 44, K Scholte (USA) 2:41:54; 45, C Kelley (IRE) 2:42:18; 46, T Dzhabrailova (URS) 2:42:27; 47, E Pucurull (ESP) 2:42:31; 48, M Tanaka (JAP) 2:42:40; 49, S Bentley (Tip) 2:42:54; 50, E Khramenkova (URS) 2:43:12; 51, K Chylinska (POL) 2:43:30; 52, C Mingorance (ESP) 2:43:42; 53, S Catford (Leeds) 2:43:50; 54, P Griffin (IRE) 2:43:56; 55, M Legallo (FRA) 2:44:31; 56, J Davis (Charn) 2:44:33; 57, B Stankard (IRE) 2:45:04; 58, V Van Buggenhout (BEL) 2:45:34; 59, J Casey (BFAC) 2:45:39; 60, C Smyth (IRE) 2:45:49; 61, A DefJesus (MEX) 2:45:57; 62, E Aguijo (ESP) 2:45:58; 63, P Nolan (IRE) 2:46:16; 64, C Van Put (BEL) 2:46:36; 65, C



**WHEELS AWAY:** The wheelchair Marathon gets off to a flying start. The finish was equally close.

McLatchie (USA) 2:46:53; 66, M Medina (CUB) 2:47:05; 67, M Reyna (MEX) 2:47:16; 68, C Casanovas (ESP) 2:47:27; 69, B Murphy (IRE) 2:47:41; 70, L

Hughes (Car) 2:47:49; 71 K Drake (Spn) 2:48:02; 72, J Kelly (Glos) 2:48:03; 73, J Oakley (Maid) 2:48:27; 74, E Staig (Settle) 2:49:16; 75, M Floyomo (NOR) 2:49:29; 76, S Renna (NOR) 2:49:32; 77, A Hanson (DEN) 2:49:33; 78, E Hill (IRE) 2:49:35; 79, K Song Suk (KOR) 2:49:46; 80, Z Lowe (St Alb) 2:50:16; 81, P Vilma (COS) 2:50:48; 82, C Weyman (BHAC) 2:50:52; 83, J Burnett (Corre) 2:51:33; 84, S Shield (CleS) 2:51:53; 85, G Caizabanda (FRA) 2:51:56; 86, S Martin (Unatt) 2:52:01; 87, J Ince (BHAC) 2:52:02; 88, G Reeves (Unatt) 2:52:16; 89, I Slavutanu (ROM) 2:52:48; 90, M Prat (ESP) 2:52:49; 91, K Howe (BHAC) 2:53:29; 92, M Ryzner (USA) 2:53:57; 93, O Moe (NOR) 2:54:25; 94, E Griffin (Gard C) 2:54:32; 95, E Clarke (CBAC) 2:54:37; 96, M Colin (MEX) 2:54:38; 97, T Tuohy (IRE) 2:55:22; 98, M Levy (NMH) 2:55:32; 99, C Boyd (Roth) 2:55:43; 100, M Pyndiah (MRI) 2:55:47.

**Boys 11-13**

1, S Tempsett (Hillingdon) 13:06; 2, D Roohan (Richmond) 13:20; 3, T Bestonso (Harrow) 13:30

**Girls 16-17**

1, J Mitchell (Merton) 12:11; 2, T Blake (Bromley) 12:32; 3, K Nott (Greenwich) 13:39

**Girls 14-15**

1, S Murphy (Barnet) 13:17; 2, R Garland (Hounslow) 14:08; 3, A Braham (City of London) 14:17

**Girls 11-13**

1, H Yasse (Camden) 14:18; 2, K Dulle (Harrow) 14:26; 3, D Ross (Barnet) 14:32  
**OVERALL:** 1, Harrow 1181; 2, Barnet 1340; 3, Enfield 1375

**WHEELCHAIR MARATHON**

1, F Amarouch (FRA) 1:52:52  
2, B Lindkvist (SWE) 1:52:55  
3, J Poitevin (FRA) 1:52:57  
4, D Wesley (CAN) 1:52:59  
5, H Ericsson (SWE) 1:53:02  
6, D Holding (GBR) 1:54:39; 7, C Pickernell (AUT) 2:04:11; 8, D Gray (GBR) 2:04:51; 9, I Newman (GBR) 2:04:55; 10, R Wickham (ZIM) 2:05:01; 11, C Hanson (DEN) 2:04:40; 12, I Thompson (GBR) 2:08:02; 13, D Todd (GBR) 2:08:51; 14, J Gardette (FRA) 2:12:20; 15, C Bagley (GBR) 2:12:22; 16, I Lea (GBR) 2:15:47; 17, S Peaudeau (FRA) 2:16:24; 18, K Doran (GBR) 2:20:44; 19, C Hallam (WAL) 2:20:54; 20, C Madden (GBR) 2:20:59; 21, B Norman (GBR) 2:22:31; 22, M Ager (GBR) 2:22:40; 23, R Hill (GBR) 2:21:49; 24, M Ford (GBR) 2:22:51; 25, B Cooper (GBR) 2:22:57; 26, J Mattsson (SWE) 2:24:05; 27, M Wildig (GBR) 2:27:06; 28, G Turner (GBR) 2:27:31; 29, C Sadler (GBR) 2:28:55; 30, M Geelan (IRE) 2:28:56; 31, J Harris (WAL) 2:30:45; 32, K Breen (IRE) 2:35:08; 33, P Carruthers (GBR) 2:35:56; 34, T Grey (WAL) 2:38:42; 35, P Gest (GBR) 2:45:32; 36, T Lewis (GBR) 2:45:33; 37, P Scaysbrook (GBR) 2:48:03; 38, G Perry (GBR) 2:51:25; 39, Y Holloway (GBR) 2:51:47; 40, M Karaphillides (GBR) 2:57:19; 41, S Anderson (GBR) 3:06:46; 42, E Rowbottom (GIB) 4:03:36.

**VETS**

**M40:**

1, J Campbell (NZL) 2:17:22; 2, D Hill (THH) 2:25:41; 3, A Riscardo (POR) 2:25:51; 4, T Burke (Leigh) 2:27:35; 5, J Wilkinson (S Dom) 2:27:59  
M45: L Davis (Glouc) 2:27:16.

**W35**

1, F Larrieu-Smith (USA) 2:27:35; 2, M Lelut (FRA) 2:29:04; 3, M O'Connor (NZL) 2:34:31; 4, V Marot (Leeds) 2:34:46; 5, J Villaton (FRA) 2:37:04; 6, D Rembert (FRA) 2:37:05; 7, S Geffray (FRA) 2:38:56; 8, R Ellis (LOAC) 2:41:21; 9, E Khramenkova (URS) 2:43:12; 10, C McLatchie (USA) 2:46:53; 11, B Murphy (IRE) 2:47:41; 12, J Kelly (Glouc) 2:48:03

**W40**

1, Z Marchant (Bath) 2:39:26; 2, A Roden (SLH) 2:41:22; 3, M Prat (ESP) 2:52:59; 4, K Howe (Bord) 2:53:29.

**ADT MINI-MARATHON**

**Boys (16-17)**

1, T Mackin (Harrow) 11:34; 2, R Godden (Harrow) 11:42; 3, R Ashe (Hill) 11:55

**Boys 14-15**

1, J Lovell (Barnet) 12:13; 2, M Waldan (Haringey) 12:50; 3, A Tappin (Barnet) 13:02

## Help us give young people a place to run to.



Peter Elliott  
Gold Medallist  
1990 Commonwealth Games

"98,000 young people go missing in England and Wales each year. The Children's Society is the only organisation running 'safe houses' for runaways under the age of 17. The Central London Teenage Project has helped more than 1,000 young people since it opened and The Society has similar projects working in Bournemouth, Birmingham, Leeds, Manchester and Newport. These cost £2,000,000 each year to run."

"Will you join me in supporting The Children's Society. Run for Runaways and together we can make young lives worth living."

**PETER ELLIOTT**

For your free running vest and sponsorship pack write to:

**RUNNING**  
The Children's Society  
FREEPOST  
Alpha House, Carver St., Sheffield S14FS  
or Telephone 0742-729420

YOUR NAME .....

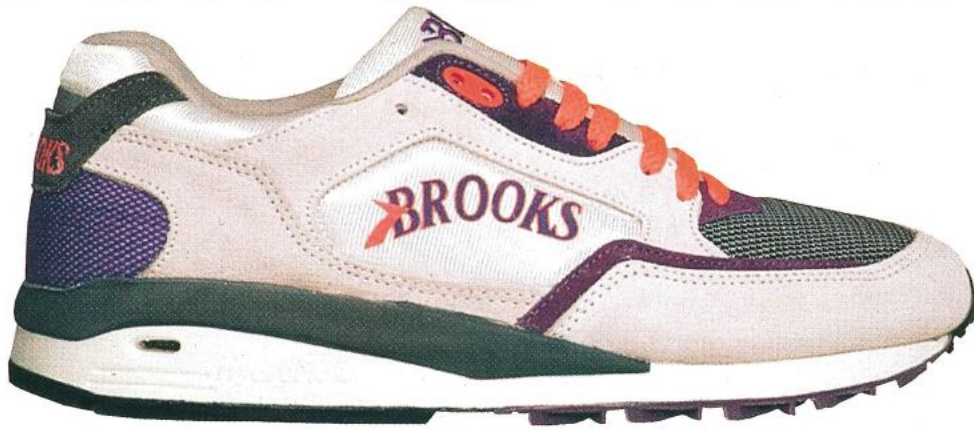
ADDRESS .....

SIZE  S  M  L  XL



**The Children's Society**  
MAKING LIVES WORTH LIVING

# WANT TO TRAIN?



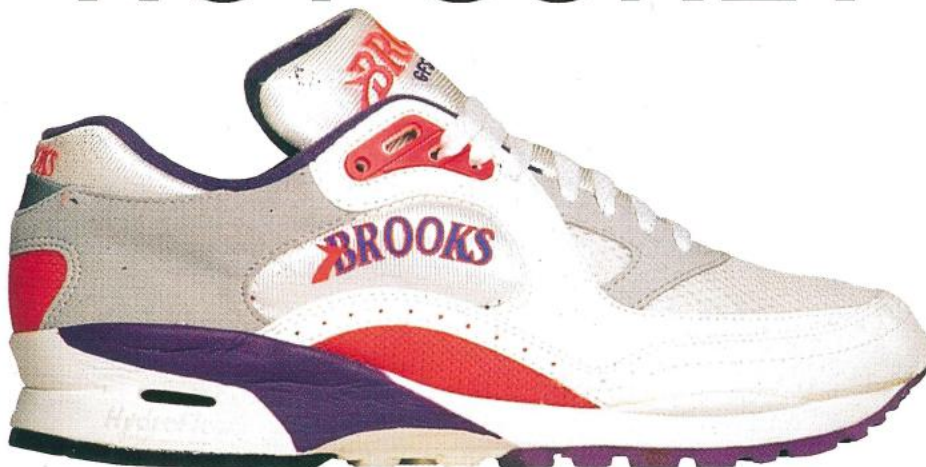
THE FLASH  
FOR THOSE ENDURING MILES

# WANT TO RACE?



THE KONA  
FOR WHEN SPEED IS OF THE ESSENCE

# NOT SURE?



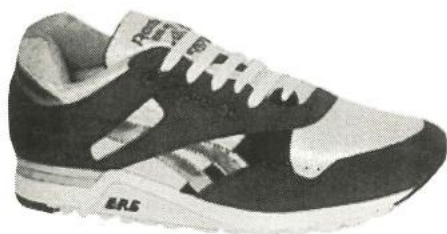
GFS 110  
FOR THE BLEND OF BOTH WORLDS

**BROOKS**

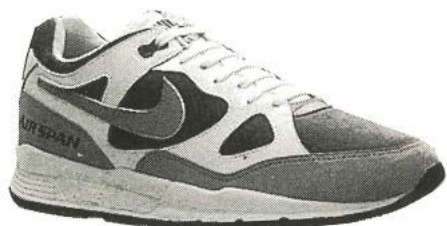
# GREAT SHOES AT EXCELLENT PRICES



**REEBOK CONCORDE.** Reebok's current top of the range running shoe, is now being discontinued, hence we can bring you this excellent offer. Designed for the normal runner who wants a light responsive training shoe, or for the heavier runner who wants a shoe for running marathons, the Concorde has Reebok's exclusive 'Hexalite' cushioning system in the heel and forefoot. Further cushioning is provided by the 'Hi-elvaloy' midsole, which is a mixture of compression moulded E.V.A. and P.U. ensuring that the shoe is lightweight, yet retains its cushioning. The upper is made from man-made suede and nylon, with hytel straps at the forefoot for increased support. The sole unit is made from carbon rubber and additional features include a cut down achilles heel tab, variable width lacing and slip lasting. An excellent shoe especially at this price. Colour: White/Fuchsia/Turq. Sizes U.K. 6-12. (No 11½). Weight 240g (U.S. 9). WAS £69.99. **NOW ONLY £39.99**



**REEBOK EXPLORER.** One of our most popular training shoes of the last year. The Explorer has a single density compression moulded E.V.A. midsole with Energy Return Tubes in the heel, giving a mixture of good cushioning and stability. The studded outersole, with a carbon rubber heel piece ensure good grip on the country and long life on the roads. Additional features include: combination lasting for flexibility, a notched heel tab to inhibit tendonitis, variable width lacing and a nylon and suede upper. Colour: White/Green/Silver. Sizes U.K. 8, 9 & 11½. Was £44.99. **NOW ONLY £29.99**



**NIKE AIR SPAN 2:** An excellent lightweight training shoe, designed for the runner who needs optimum stability, cushioning and flexibility. The Air Span has a full length phylon footframe midsole with an encapsulated heel air-sole unit, a footbridge stability insert to inhibit pronation and forefoot flex grooves to enhance flexibility. The shoe has a carbon rubber sole which offers excellent grip. The upper is made from synthetic suede with leather exo-skeletal strapping for increased support. Additional features include: a notched achilles heel tab; variable width lacing and a straight last. Excellent value at this reduced price. Colour: White/Black/Grey/Coral. Sizes: U.S. 7, 8, 9, 10, 11, 12, 13. Was £59.99. **NOW ONLY £39.99**



**NIKE AIRCRAFT.** Now the lowest priced shoe featuring Nike's Air system. The Aircraft has an airbag at heel surrounded by compression moulded EVA giving a combination of good shock absorption and long life. Support is provided by the thermo plastic heel counter and the man made suede and nylon upper. Combination lasting gives good forefoot flexibility, while the hard wearing outersole is made from BRS 1000 carbon rubber. This shoe is an exceptional bargain at this reduced price. Colour: White/Grey-Black/Royal. Sizes: U.S. 7, 8-12. Weight 290g (US 9). WAS £42.99. **NOW ONLY £26.99**



**NIKE AIR MAX:** One of the most shock absorbing shoes on the market today. The Air Max has two air bags, one in the heel and one in the forefoot, giving outstanding, long lasting cushioning. The studded carbon rubber outersole with flex grooves at the forefoot ensures that the grip is excellent on all terrain and that the shoe is flexible. Additional features include: a thermo-plastic heel counter; a man made leather and nylon mesh upper; variable width lacing; combination lasting and a dipped achilles heel tab. Great value at this reduced price. Colour: White/Red/Black. Sizes: U.S. 10 only (UK9). Was £64.99. **NOW ONLY £39.99**

P&P £1.50

MAIL ORDER: Unit 9, Shannon Commercial Centre,  
Beverley Way, New Malden, Surrey KT3 4PT.  
Tel: 081-949 0044

33 Broad Street,  
Teddington,  
Middlesex  
TW11 8QZ  
Tel: 081-943 0239

23 High Street,  
Woking,  
Surrey  
GU21 1BW.  
Tel: (0483) 729221

44 Station Hill,  
Reading,  
Berkshire  
RG1 1NE.  
Tel: (0734) 573826



We're good sports at the Sweat Shop

## BOSTON MARATHON, 15th APRIL

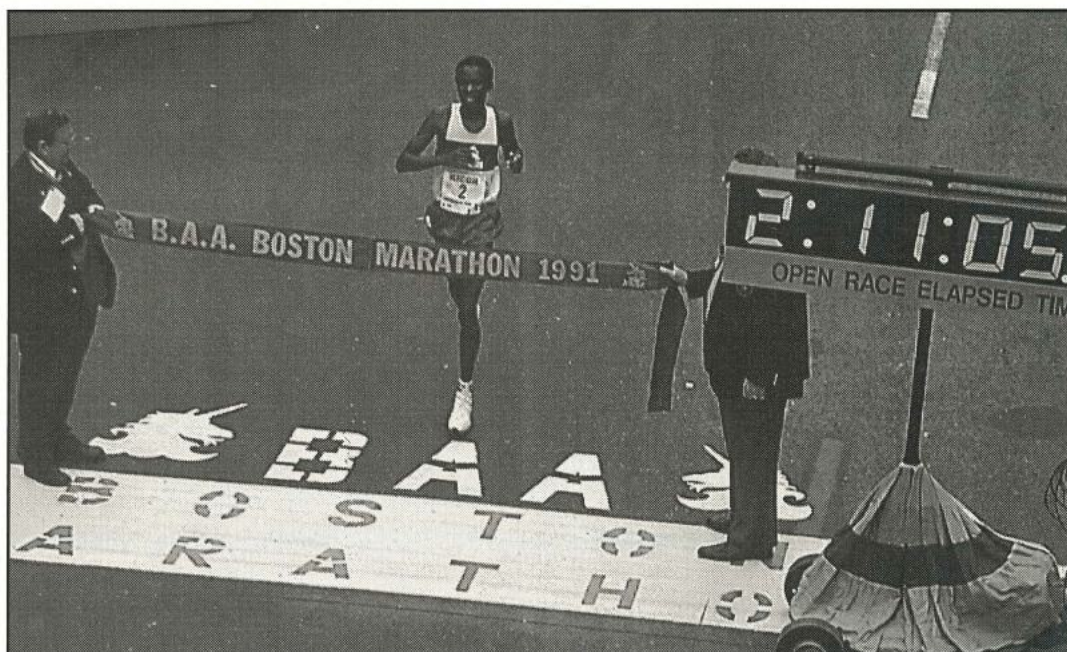
**T**HIS was the most weird and wonderful Boston Marathon in the 95-year history of the event. The men's race was weird and the women's was downright wonderful.

While the women gratefully availed of the perfect conditions, the men sauntered warily through the opening downhill miles, evidently recalling the damage that Juma Ikangaa, Simon Naali and the rest had inflicted with the suicidal pace of 4:06 at one mile, 23:05 at five and 46:53 at 10 a year earlier. Or possibly their attention was directed other than at the early splits.

It was, in fact, only approaching 14 miles (1:10:26) that the event began to assume the semblance of a bona fide race.

Ronan, the biggest surprise of the day, edged his way to the front and hastily jettisoned Naali, Salvador Garcia and Rolando Vera, leaving just himself, Hussein, Eyestone and Cruz as the main contenders.

With 25 miles gone (2:04:53), Ronan, the man who deserved a



**COMFORTABLE VICTORY:** Kenyan Ibrahim Hussein strides home in 2:11:06 for the \$55,000 first prize

# Favourites left in the shade

comfortable run to second place, was embroiled in a battle to withstand Mekonnen's closing rush.

It was a one-sided contest, with the finish line almost in sight, Mekonnen surged hard to dislodge the Irishman and recoup some of Hussein's advantage. That, too, was a lost cause as the Kenyan strode through the finish line still comfortably ahead in 2:11:06, claiming the first prize of \$55,000.

First Briton was Ieuan Ellis from Northumberland, who finished 16th in 2:16:20, two places up on Geoff Smith (2:18:00) the two-time Boston winner, formerly from Liverpool Pembroke and now an American citizen.

While the men dallied through much of the race, the women provided an enthralling display of the fine art of marathon running. Although Ingrid Kristiansen was a favourite in the same mould as Wakiihuri - potentially dominant, actually far from it - Wanda Panfil, victor in New York and London last year, filled that role with aplomb.

At the line, her time of 2:24:18 constituted a PB by more than two minutes, a Polish national record and the second fastest women's time run in Boston. Only Joan Samuelson, with 2:22:43 from 1983, has run faster.

Samuelson, like Ronan among the men, was to be denied the reward of a comfortable run home for her bravery. As she fought to retain second position, Kim Jones

**With Douglas Wakiihuri and Ingrid Kristiansen outside the honours, Boston witnessed its strangest marathon, as JAMES O'BRIEN reports**

from Spokane, Washington, employed her customary late race strength to reel in Boston's two-time winner and gain an advantage of 12 seconds for a 2:26:40 clocking at the finish line.

But still Samuelson was not out of trouble. With just 300 yards to go, Uta Pippig from Germany also hurtled past her, reaching the tape in 2:26:52 with Samuelson two seconds in arrears.

Three minutes later, a beleaguered Kristiansen crossed the line in 2:29:24.

"I was very comfortable during the first 15 kilometres," Panfil said. "They dropped off after that, so I just went with it. After 20 kilometres I sped up a bit. I was running by myself from that point on, I could have run closer to 2:22:50, but it was too windy in the second half of the race for me to make at that time."

### RESULTS

**Men**  
1, I Hussein (KEN) 2:11:06  
2, A Mekonnen (ETH) 2:11:22  
3, A Ronan (IRL) 2:11:27

### MEN'S SPLITS

1M	4:57	14M	5:02
2M	5:02	15M	4:56
3M	4:58	16M	4:48
4M	5:01	17M	4:59
5M	5:01	18M	4:57
6M	5:02	19M	4:55
7M	5:03	20M	5:00
8M	5:07	21M	5:12
9M	5:03	22M	4:50
10M	5:08	23M	4:55
11M	5:07	24M	4:52
12M	4:59	25M	5:03
13M	4:56	26M	5:06
Half	1:05:58		

4, A Cruz (MEX) 2:12:11  
5, C Grisales (COL) 2:12:33  
6, D Wakiihuri (KEN) 2:13:30; 7, T Tafa (ETH) 2:14:07; 8, A Sakauchi (JPN) 2:14:18; 9, L Chengere (KEN) 2:14:28; 10, A Witczak (POL) 2:14:49; 11, JM Charbonnel (FRA) 2:15:22; 12, P Zimmerman (USA) 2:15:32; 13, R Vera (ECU) 2:15:46; 14, J Juarez (USA) 2:15:55; 15, E Eyestone (USA) 2:15:58; 16, Ieuan Ellis (GBR) 2:16:20; 17, J Kortelainen (FIN) 2:17:55; 18, G Smith (USA) 2:18:00; 19, P Roto (FIN) 2:18:04; 20, T Naali (TAN) 2:18:10; 21, K Judson

(USA, M40) 2:18:11; 22, M Kawagoe (JPN) 2:18:22; 23, M Amway (USA) 2:18:26; 24, S Naali (TAN) 2:19:19; 25, T Ohta (JPN) 2:19:46; 26, C Crabb (USA) 2:19:50; 27, A Navaro (MEX, M40) 2:20:23; 28, J Crowhurst (USA) 2:20:52; 29, M Slavin (USA) 2:21:13; 30, M Cuevas (MEX, M40) 2:21:22; 31, J Pashishanga (KEN) 2:21:43; 32, P Rischl (USA) 2:21:47; 33, L Barthlow (USA) 2:23:01; 34, R Tbahti (USA) 2:23:15; 35, H Shiraiwa (JPN) 2:23:27; 36, W Brown (USA) 2:23:34; 37, G O'Hara (USA) 2:23:37; 38, DAVID BROWN (GBR) 2:23:40; 39, MARTIN HOEY (GBR) 2:24:22; 40, G Peters (USA) 2:24:45; 41, J Wells (USA) 2:24:49; 42, T Kashiwara (JPN) 2:24:59; 43, P Moreton (USA) 2:25:00; 44, L Zalcz (NIG) 2:25:09; 45, W Kiplagat (KEN) 2:25:18; 46, A Sorrell (USA) 2:25:41; 47, S Warren (USA) 2:25:43; 48, G Wersinger (USA) 2:26:00; 49, V Kriyoy (URS, M40) 2:26:13; 50, D Nelson (USA) 2:26:21

### Women

1, W Panfil (POL) 2:24:18  
2, K Jones (USA) 2:26:40  
3, U Pippig (GER) 2:26:52  
4, J Samuelson (USA) 2:26:54  
5, K Gradus (POL) 2:26:55  
6, I Kristiansen (NOR) 2:29:24; 7, C Ferreira (POR) 2:30:18; 8, M Birbach (POL) 2:32:13; 9, O Lapierre (CAN) 2:32:55; 10, M Machado (POR) 2:33:08; 11, REGINA BONNEY (GBR) 2:35:35; 12, C McNamara (USA) 2:36:01; 13, G Stiulli (ITA, W40) 2:37:35; 14, K Pauta (FIN) 2:37:35; 15, R Lemettinen (FIN) 2:38:19; 16, GILLIAN HOROVITZ (GBR, W40) 2:40:46; 17, L Binder (USA, W40) 2:43:25; 18, J Hine (USA, W40) 2:44:25; 19, LIZ BULEN (IRL) 2:44:31; 20, J Moss (USA) 2:47:19

# De Castella makes a welcome return

**T**HERE can be no doubt about it, "Deek" is back in the frontline of international marathon racing.

The Australian ace, Robert De Castella, showed that he is still a man to be watched, after beating his Ethiopian, Mexican and Japanese rivals, including the world record-holder Belayneh Densimo.

With De Castella, Densimo and Ahmed Salah in one race, the Rotterdam organisation thought it had gathered a world-class field once again. That Salah stepped out of the race at the start was a big disappointment. The front-running fight that was hoped for did not come. Instead, De Castella ran a dull solo race, except for a chasing dog along the course.

For Salah, this must have been his worst race. He had to be carried away after falling at the start. He did not seem to be seriously wounded by the stampede, but was taken to hospital, where a slight shoulder injury was treated.

Italian steeplechaser Francesco Panetta made his marathon debut, but he had clearly under-estimated the distance and had to quit at 33km.

De Castella's winning time of 2:09:42 ranks 14th on the course all-time list, where the expectations are often high since Densimo's 2:06:50 world record in 1988.

After his disappointing performances in the last two years, nothing spectacular was expected from the Australian, who seemed to be past his best.

In the Commonwealth Marathon in Auckland last year, he finished 13th in 2:18, his worst marathon time ever, and last year's Boston Marathon did not give him the re-launch he hoped for. Victory in Rotterdam proves him to be still one of the world's most outstanding athletes.

"Rotterdam has a special place in my heart," he said before the race and afterwards he certainly had not changed his mind.

In 1983 he won the Rotterdam Marathon when he outsprinted Carlos Lopes, beating him by only two seconds. In the same race, he showed his heels to Alberto Salazar, then world record-holder.

To run in Holland, De Castella had turned down an interesting offer from the Bordeaux Marathon in France.

Pacemakers Nick Rose, Belgian cross-country specialist Vincent Rousseau and Dutchmen John Vermeule and Berr van Vlaanderen were contracted, aiming for finishing times of 2:08; 2:10 and 2:12.

De Castella started in the first group, with Densimo and Bepaso Turbe from Ethiopia. They passed

**While British eyes were on London, another top class field was assembled in Rotterdam, where Rob De Castella signalled a return to form. JAN MOERMAN reports**

5km in 15:14 and 10km in 30:14 a pace which would have led to a finishing time of 2:07. After the first crossing of the Willems bridge, Rose left the leading job to Rousseau, who astonished De Castella by stepping out of the race at 20km, just before the Feyenoord football stadium.

"The deal was that he would make pace to 30km," confirmed athletes' broker Jos Hermens, "but he could not keep up his speed."

De Castella had to continue the rest of the race alone, keeping faith in his strength and experience.

Ethiopian Tesfaye Dadi could not keep up with his compatriot Densimo, just like Negassa, who complained about the cold (seven degrees Celsius) and Dadi fell back, but recovered later on and succeeded in passing Densimo.

The most remarkable result after De Castella's victory was the second place and personal best of Mexican Dionisio Ceron in 2:10:02.

Ceron had started cautiously, but moved forward strongly later on, leaving the rest of the second group behind him and passing all the Ethiopians and Japanese.

At the post-race press conference, he said he felt very proud of leaving the big names behind him, nodding in the direction of Densimo, who had to be content with fifth place in 2:11:34.

Ceron debuted at the distance in Chicago last year in 2:12:28 and ran 1990's world best 15km of 42:42.

The most unusual performer was the young Dutchman Van Vlaanderen. He made an unannounced marathon debut and, such was his run, there is speculation about his future at the distance.

He was contracted here as a pacemaker to the 30km point, a distance that he had never raced at. Although he could not take over the role of Rousseau, who stepped out too early, he felt able to win the Dutch Championship in the absence of Marti ten Kate. So, in one run, he made his debut, won the national title and qualified for the World Championships.

"During the race I decided to go for it," he said. "I felt very good I thought, 'why not, do it now and cut short all speculation on how I would run the marathon!'"



**RETURN TRIP: De Castella**

Joke Kleijweg won the women's race, which, due to the small field, started with the men's. She ran a personal best of 2:34:18 and qualified for the World Championships in Tokyo.

Runner-up Addis Gezahgene ran an Ethiopian national record of 2:35:04 and focussed further attention on the women's side of African world-class distance running.

During the first half of the race, Kleijweg followed a strategy of consciously holding back, but started to move forward after the 30km point in Rotterdam-Zuid.

The early race was led by Murgoczi from Romania, winner of Rotterdam in '89. When she dropped out, her position was taken over by Gezahgene, only known for her 14th place and 2:41 in last year's marathon in Tokyo.

At the Willems bridge, where the course leads back to the inner city

at 40km, Kleijweg passed Gezahgene, who did not seem able to reply to this challenge.

## RESULTS

### Men

- 1, R De Castella (AUS) 2:09:42
- 2, D Ceron (MEX) 2:10:02
- 3, T Dadi (ETH) 2:10:08
- 4, M Castillo (MEX) 2:10:47
- 5, B Densimo (ETH) 2:11:34
- 6, T Sueyoshi (JPN) 2:11:54; 7, K Kitajima (JPN) 2:12:11; 8, B van Vlaanderen (HOL) 2:12:48; 9, T Dirks (HOL) 2:13:10; 10, G Curreli (ITA) 2:13:35; 11, A Stigter (HOL) 2:14:55; 12, J van Rijthoven (HOL) 2:15:46; 13, F Santos (POR) 2:15:48; 14, A Hlynin (URS) 2:15:59; 15, W Buxton (GBR) 2:16:38; 16, C Olafsgard (SWE) 2:17:15; 17, R Negassa (ETH) 2:17:19; 18, J Porotov (URS) 2:17:22; 19, D Tesselaar (HOL) 2:17:50; 20, S Janenko (URS) 2:18:46; 21, V Starikov (URS) 2:19:11; 22, C Verbeeck (BEL) 2:19:31; 23, H Praggt (HOL) 2:19:47; 24, R Stam (HOL) 2:19:49; 25, J van Duivenvoorden (HOL) 2:20:17; 26, J Kanga (TAN) 2:20:35; 27, B Turbe (ETH) 2:20:52; 28, O Abdiflah (DJI) 2:21:44; 29, I Tonina (ITA) 2:22:15; 30, F Meirens (BEL) 2:23:05; 31, G Smit (HOL) 2:24:27; 32, K Kresijeveld (HOL) 2:24:41; 33, P Heffernan (IRE) 2:24:44; 34, M Bachmann (SUI) 2:24:50; 35, J MARTIN (GBR) 2:25:18; 36, G Kappert (HOL) 2:25:31; 37, R MARSH (GBR) 2:25:40; 38, S Pitscheider (ITA) 2:25:45; 39, S Bertrand (BEL) 2:25:48; 40, A Poggiali (ITA) 2:26:03; 41, M van Veen (HOL) 2:26:23; 42, E Innerkofler (ITA) 2:26:42; 43, G van Lent (HOL) 2:27:05; 44, W van Put (BEL) 2:27:12; 45, H Driessen (HOL) 2:27:18; 46, H van Driessche (BEL) 2:27:40; 47, P Rantakari (FIN) 2:27:45; 48, J Ferket (HOL) 2:27:47; 49, A Poyet (FRA) 2:27:51; 50, H Oosterwijk (HOL) 2:26:12; 51, A RICH (GBR) 2:28:20; 52, F Aloschi (ITA) 2:26:45; 53, J van Laarhoven (HOL) 2:29:07; 54, S Bellemans (BEL) 2:29:53; 55, M Leo (BEL) 2:29:56; 56, C Beau (BEL) 2:29:56; 57, H Nordgard (MOR) 2:30:02; 58, C Souldar (FRA) 2:30:59; 59, P Dekker (HOL) 2:31:04; 60, B Morier (FRA) 2:31:05; 61, R de Vries (HOL) 2:31:05; 62, G Saget (FRA) 2:31:11; 63, D Delbe (FRA) 2:31:38; 64, E Kooman (HOL) 2:31:41; 65, L Steenbergen (HOL) 2:31:43; 66, A Toader (ROM) 2:31:48; 67, T Veer (HOL) 2:32:23; 68, H WATKIN (GBR) 2:32:23; 69, J Verhiel (HOL) 2:32:29; 70, D Nienhuis (HOL) 2:32:40; 71, M van Wouterghem (BEL) 2:32:43; 72, A van Moergastel (HOL) 2:32:49; 73, E Dawulf (BEL) 2:33:04; 74, A Belcianas (LIT) 2:33:13; 75, F Bosmans (BEL) 2:33:19; 76, A Peron (FRA) 2:33:21; 77, P van Koppen (HOL) 2:33:29; 78, D GRATTON (GBR) 2:33:33; 79, E Brommert (HOL) 2:33:37; 80, F Schoonbrood (HOL) 2:33:41; 81, F Flacher (HOL) 2:33:50; 82, G Citrain(FRA) 2:34:02; 83, H Bos (HOL) 2:34:02; 84, W Veenman (HOL) 2:34:09

### Women

- 1, J Kleijweg (HOL) 2:34:18
  - 2, A Gezahgene (ETH) 2:35:04
  - 3, A Buia (ROM) 2:38:52
- Dutch Champs
- 1, J Kleijweg; 2, A van Schuppen 2:38:58; 3, M Honbergen 2:40:02



# NICE SHOES AT NIKE PRICES



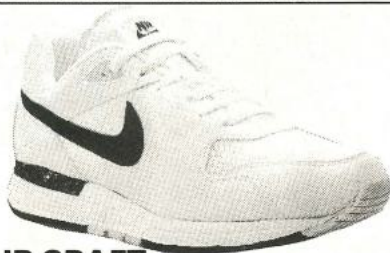
What hasn't been said about this shoe? Superb cushioning gained through its larger air bag which also lends itself to good support. Larger sizes may suit males with a narrow foot.

Colour: White/grey/coral blue.

Sizes: US 6½, 7, 9, 10, 11, 12

~~£64.99~~ Now at **£46.99**

**AIR MAX - WOMEN'S**



1980 price for a 1990 shoe! Excellent mid-mileage shoe for the normal foot plant who requires a lightweight responsive air shoe.

Colour: White/Black/Royal.

Sizes: US 8, 8½, 9½, 10½, 12

~~£39.99~~ Now at **£26.99**

**AIR CRAFT**

## THE LEICESTER RUNNER



Call Tony or Scott with any queries - we're here to help.

All orders under £30.00 add £1.50 P&P.

All other free . . .

104 GRANBY STREET, LEICESTER LE1 1DL. TEL: 0533 540303



## AAA/WAAA 1991 CHAMPIONSHIPS



### U20 Combined Events Championships

Moorways Stadium, Derby

1st, 2nd June, 1991

Junior Mens Decathlon. Junior Womens Heptathlon.

This meeting will also incorporate Junior Mens 10,000m Walk & Junior Womens 5,000m Walk.

Closing Date 14th May, 1991.

### AAA, WAAA 10,000m Championships

Included in UK Closed Championships  
Cardiff

8th, 9th June, 1991

Closing Date 21st May, 1991.

### Dairy Crest

U20 Athletics Championships

Northwood Stadium, Stoke-on-Trent

29th, 30th June, 1991

AAA Junior Mens & WAAA Junior Womens Championships

Closing Date 11th June, 1991

### Panasonic Senior Championships

Alexander Stadium, Birmingham

26th, 27th July, 1991

AAA Senior Mens & WAAA Senior Womens Championships. Closing Date 9th July.

### Dairy Crest U17 Athletics Championships

Crystal Palace, London

17th, 18th August, 1991

AAA Youths & Boys Championships  
WAAA Intermediate & Girls Championships.  
Closing Date 30th July, 1991

### Senior Combined Events Championships

Northwood Stadium, Stoke-on-Trent,

3rd, 4th August, 1991

AAA Senior Decathlon Youths Octathlon & Boys Pentathlon. WAAA Senior & Intermediate Heptathlon Girls Pentathlon incorporating WAAA 5,000m & 10,000m Walk Championships & a non Championship Hammer.

Closing Date 16th July, 1991

Further details for all these Championships may be obtained from:

Championship Secretary, AAA Offices, Edgbaston House, 3 Duchess Place, Hagley Road, Edgbaston, Birmingham, B16 8NM. Tel: 021 456 4050.

Championship Secretary, WAAA Offices, 2nd Floor, Francis House, London SW1P 1DE. Tel: 071 828 4731

# SALE TIME SALE TIME

## Men's Stable Pro



**Etonic Stable Pro Training Shoes.** Designed for the runner who needs strong medial support in a lightweight, flexible training shoe. Equipped with DRP, plus anti-pronation plate that cradles the heel, provides excellent foot stability, while the anatomical slip last construction gives runners a flexible feel of the road. Built for runners who regularly clock heavy mileage in all conditions, sizes UK 7-12, usual £64.99, offer £39.95



**Etonic Stable Speed Racing Shoe.** A road racing shoe offering exceptional stability, weight 255 gms (size 9), sizes UK 7-12 inc. 1/2 sizes, usual £54.99, offer £39.95

**Stable Speed Track Spike.** Lightweight track and country spiked shoe, sizes UK 7-12 inc. 1/2 sizes, usual £44.99, offer £35

## Etonic<sup>®</sup> Built So You Can Last.



**Etonic Ladies Stable Pro.** Specifications as per ends of 388 (built on ladies last) only UK sizes 4, 4 1/2, 5, 5 1/2, 6, usual £64.99, offer £39.95



**Etonic Stable Plus Training Shoe.** Designed for the heavy mileage runner who requires a durable supportive stable platform. Open mesh/synthetic suede upper with non-woven lining for excellent moisture dissipation. Blucher cut for superior fit for medium to wide feet. Equipped with a co-ordinated DRP Plus stability system, incorporating a rear anti-pronation plate and forefoot control plate for extended protection during high intensity training, sizes UK 7-12 inc. 1/2 sizes, usual £75.99, offer £59.95

## Helly-Hansen



**46000 Crew Neck Long Sleeve Top.** Round neck, striped insert on sleeve and shoulder, flatlock seams. Combines with 46005 and 46008, colour navy, vanessa blue, red, turquoise, white and plain yellow, sizes S, M, L, we also stock the following sizes in navy only age 10-12 XS and XL, usual £13.99, offer £11.95.

**46005 Longjohns.** Front fly elasticated waist, elasticated ankles, flatlock seams, combines with 46026. Colours navy, vanessa blue, turquoise, white and red, sizes XS-XL, and 10-12 in navy only, usual £13.95, offer £11.95.

**46090 Thin Sock.** Polypropylene/lycra, colours navy, white, sizes 35/38, 39/42, 43/46, usual £6.20, offer £4.95.

**46092 Jogging Sock.** Polypropylene/lycra, terry sole, colours navy, white, sky, yellow, sizes 35/38, 39/42, 43/46, usual £4.95, offer £3.50.



**46066 Super Briefs.** Broad elasticated waist, nylon windproof front panel, flatlock seams, colour navy, sizes S-XL, usual £9.50, offer £8.50.



**46026 Crew Neck Short Sleeve Top.** Round neck short sleeve, striped insert in shoulder and sleeve, flatlock seams. Colours navy, white, sizes XS, S, M, L, XL, usual £12.99, offer £11.25.

**46299 LIFA Super Hood.** Polypropylene close fitting, colour navy, size standard, usual £3.99, offer £3.50.

**46210 LIFA Super Gloves.** Polypropylene with lycra, colours navy, green, red, yellow, size standard, usual £3.99, offer £3.50.



**ASICS Gel Barcelona Training Shoe.** features include, flex channels for forefoot flexibility, quadra lacing providing optimum support, replaceable insock containing ASICS Gel, shock absorbant material, lightweight, only 295 gms size 9 (Suitable for racing and training)

usual price £29.99, offer £20

## Frank Shorter<sup>®</sup> SPORTSWEAR

**Frank Shorter Ladies Racing Vests.** Colours red/white/navy, royal/white/yellow, sizes XS, S, M, L, XL, usual £16.50, offer £6.95.

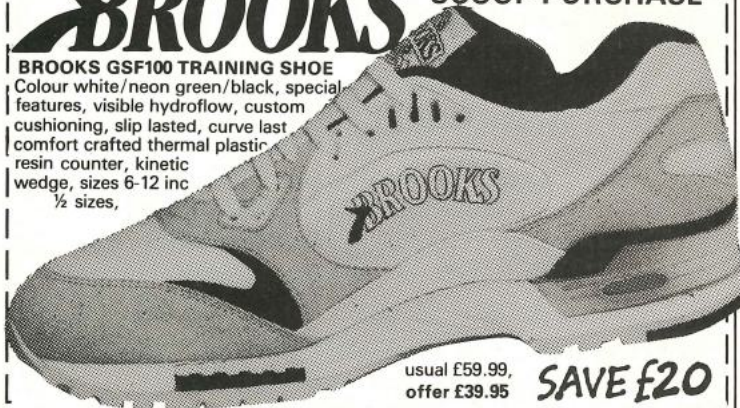
**Frank Shorter Ladies Racing Shorts.** Colours white, navy, royal, red, yellow, sizes XS, S, M, L, XL, usual £16.50, offer £6.95.



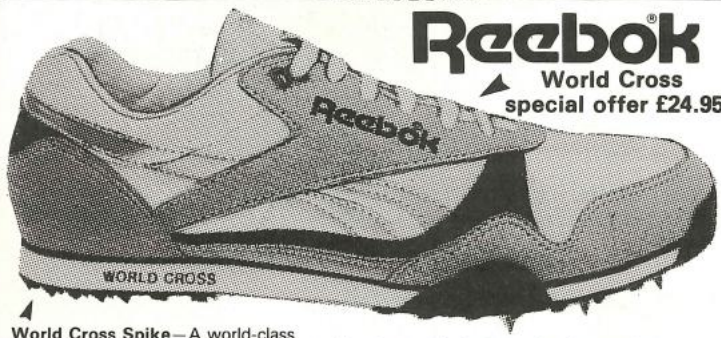
Bourne Sports, Church Street, Stoke-on-Trent, ST4 1DJ. Tel: 0782 410411

## BROOKS SCOOP PURCHASE

**BROOKS GSF100 TRAINING SHOE**  
Colour white/neon green/black, special features, visible hydroflow, custom cushioning, slip lasted, curve last comfort crafted thermal plastic resin counter, kinetic wedge, sizes 6-12 inc 1/2 sizes,



usual £59.99, offer £39.95 **SAVE £20**



## Reebok<sup>®</sup> World Cross special offer £24.95

**World Cross Spike**—A world-class racing shoe for cross country and track. In nylon/synthetic suede with a lightweight skeletal spike plate for extra flexibility. A low profile EVA midsole provides cushioning, and a flat polyurethane insole offers comfort and support. Colour: White/grey/red, sizes 6-12 (Weight: 224 gms size 8 1/2), usual £34.95, now only £24.95

The **Interval** is designed for fast running on a variety of surfaces, great for (1) Cross country courses on the occasions when spikes cannot be used (very dry or frozen ground), (2) for interval training on the track, (3) Road race, particularly the shorter distances up to 10K, (4) Indoor track racing or training, sizes 6-12 inc. 1/2 sizes, usual £34.99, only £19.95

**Interval £34.99, special offer £19.95**



# SALE TIME SALE TIME

SAVE £10.

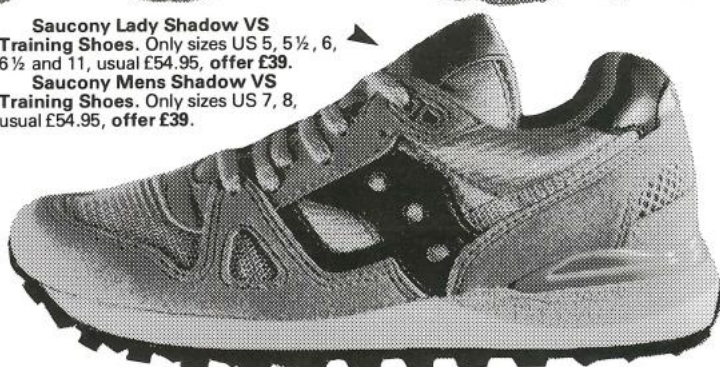


Brooks Conquest DS Spike, special offer, ideal for both track and country, sizes 6-12 inc. ½ usual £44.99, offer £34.99

**BROOKS**

Saucony Lady Shadow VS Training Shoes. Only sizes US 5, 5½, 6, 6½ and 11, usual £54.95, offer £39.

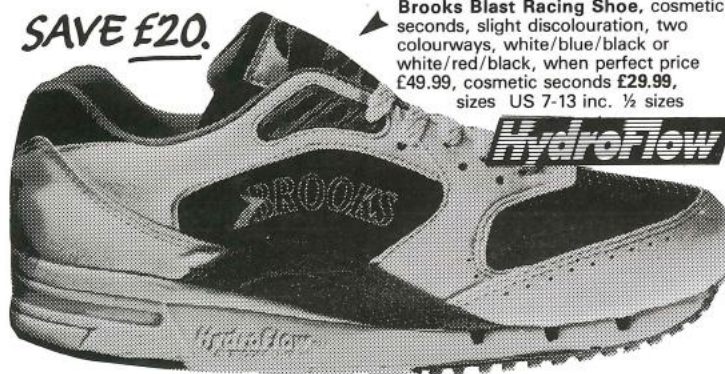
Saucony Mens Shadow VS Training Shoes. Only sizes US 7, 8, usual £54.95, offer £39.



STOP PRESS! •SCOOP PURCHASE• STOP PRESS!

SAVE £20.

Brooks Blast Racing Shoe, cosmetic seconds, slight discolouration, two colourways, white/blue/black or white/red/black, when perfect price £49.99, cosmetic seconds £29.99, sizes US 7-13 inc. ½ sizes



**Saucony**

SAVE £25.



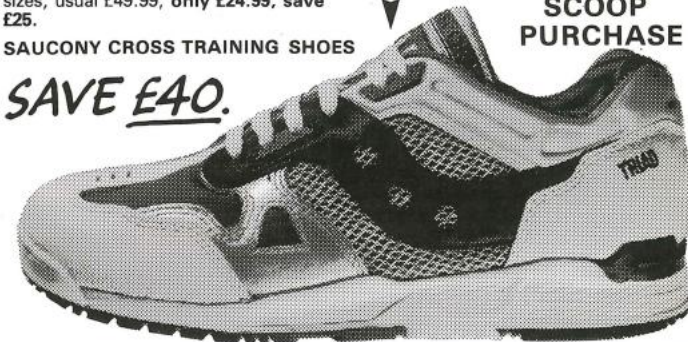
Saucony Crosssport Omni—A cross training shoe designed for multi sports, ie. cycling, running and gymnasium. This shoe is designed to appeal to most versatile athletes, full size range, mens 6-12 inc. ½ sizes, ladies 3-9 inc. ½ sizes, usual £49.99, only £24.99, save £25.

Saucony Crosssport Triad—The flagship of the multi-sports shoes, designed for the serious outdoor athlete, designed for use as a running, cycling and fitness shoe, sizes 6-12 inc. ½ sizes, usual £74.99, only £34.99, save

**SCOOP PURCHASE**

SAUCONY CROSS TRAINING SHOES

SAVE £40.



## RUNNING ACCESSORY SALE

Ralgex Pre Exercise Embrocation, usual £3.25, sale £2.

Reflective Waistcoat for evening training, usual £3.99, sale £2.95

Sorbothane Heels, sizes S(3-5), M(6-8), L(9-12), usual £4.95, sale £2.95

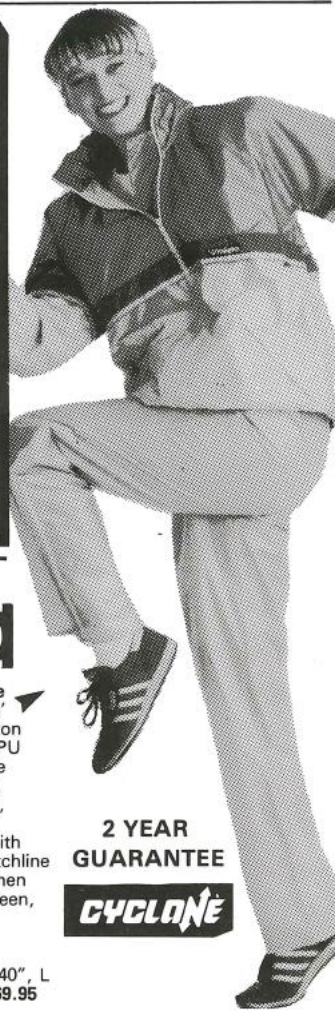
Cotton Interlock Running Gloves, colours gold, green, white, blue or red, sizes ladies, youths or mens, usual £2.99, sale £1.95

Reebok Runners Log, ideal for training guide includes lots of advice and schedules, diary starts any time, usual £4.95, sale £2.95

Reebok Racing Socks, thin skins (slightly imperfect), only size 4-7, usual £3.35, sale £2 a pair

Polisox Running Socks, sizes 4-7 or 7½-11, usual £2.85, sale £1.85, or 3 pairs for £4.50

Polisox Racing Socks, 80% cotton, extra lightweight, only for shoe size 4-7, usual £2.65, sale £1.80 or 2 pairs for £3



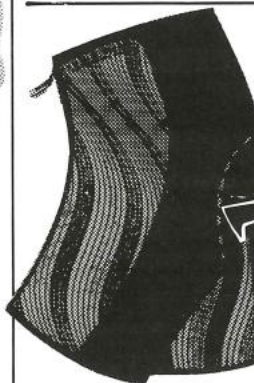
**mileta**

Mileta Blizzard Waterproof Beathable Rainwear Running Suits. Britain's 'Raining' Champion. Fabrics manufactured by Carrington Performance Fabrics. Its unique microporus PU coating permits perspiration vapour to escape whilst preventing raindrops from penetrating. Features include fully machined taped seams, concealed hood in collar, terylene lining for wickability, storm flap behind zip, trousers with extra long gusseted zip to the knee and Scotchlinc high visibility safety trim, 9 colourways for men and women: sky/silver/sky, green/yellow/green, red/silver/navy, Yellow/white/royal, amber/yellow/grey, jade/red/grey, pink/silver/pink, White/pink/white, royal/navy/turquoise, sizes S 34/36", M 38/40", L 42" and XL 44". Usual price £88.50, offer £69.95

2 YEAR GUARANTEE

**CYCLONE**

# SALE



**Tinley BOURNESPORTS**

TINLEY 4 PANEL TRI-SHORT Quick drying polypropylene Terry pad for swim, bike, run. Draw string elasticated waist, gripped elastic legs. Colours all over print jade, ocean or hot pink, or alternating solid and 'strings' print panels. Sizes S, M, L & XL, usual price £18.99, Sale £8.95

SAVE £10.

Church Street, Stoke-on-Trent, ST4 1DJ. Telephone: 0782 410411. Fax: Send cheque/postal order or telephone your orders, quoting Access, Visa, American Express or Diners Card. All orders value £40 and over post free, other orders plus £3 post and packing.

# asics

**END OF SEASON  
CLOTHING  
CLEARANCE!**

AVAILABLE MAIL ORDER OR DIRECT FROM

# THE



## COMPLETE RUNNER



ASICS CLOTHING as shown left to right.

**ANTI-WIND JACKET.** Great value-for-money wind/shower repellant jacket with full zip, 2 pockets, hood, large ASICS logo on the back. S, M, L, XL. Turquoise. Were £19.99 ..... **NOW ONLY £16.99**

**FLAME TIGHTS.** Nylon/lycra with tiecord and contrast side panels. Black with jade and grey or navy with turquoise and red. (Small fitting) L, XL. Were £19.99 ..... **NOW ONLY £14.99**

**WIND SPIRIT JACKET.** Incorporating microfibre fabric for excellent weather protection with breathability. Reflective across front and back. S, M, L, XL. Yellow/violet. Were £49.99 ..... **NOW ONLY £39.99**

**TRAINING PANTS.** Lightweight polyester. Tiecord waist, stirrups. Black with royal piping down leg. S, M, L, XL. Black/royal ..... **£9.99**

**SUPER WIND SUIT.** Highly protective wind/rain suit with reflective allround on jacket and bottoms. Stylish, functional suit. S, M, L, XL. Turquoise/yellow/black. Were £54.99 ..... **NOW ONLY £39.99**

**DRI-TECH SUIT.** Microfibre suit offering superb protection but with breathability. Outstanding style/performance at a great price! S, M, L, XL. Violet/yellow/black. Were £99.99 ..... **NOW ONLY £59.99**

PLUS

**BARGAIN  
BUYS**



AS SHOWN FROM LEFT TO RIGHT

**NIKE GORETEX SUIT.** Stretch Goretex suit with polypropylene lining (and 1/2 of bottoms). Excellent long distance training suit. (Phone for fuller description if necessary - to Ilkley). M, L, XL. Turquoise/yellow. Were £159.99 ..... **NOW ONLY £99.99**

**FASTRAX SHELLSUIT.** Made from quality Tactel fabric this is an ideal windsuit or leisure garment. Royal/white/black. S, M, L, XL. Were £49.99 ..... **NOW ONLY £34.99**

**FASTRAX 'SPLITZ' TRACKSUIT.** Sheen polyester suit for training (tapered leg, zip, stirrups on bottoms) or club use. 4 colours, BLACK with red/white; JADE with royal/white, ROYAL with black/grey, MINT with jade/white. XS, S, M, L, XL. Were £39.99 ..... **NOW ONLY £24.99**

**NIKE 'FRISCO' JACKET.** Ideal for leisure or race day with fleece lining. Green with orange/royal panels. S, M, L, XL. Were £29.99 ..... **NOW ONLY £19.99**

**FASTRAX 'SUPALITE' BOTTOMS.** Lightweight with white piping, Scotchlite, stirrups and tiecord/elasticated waist. Royal, red, navy and black. XS, S, M, L, XL. ..... **£11.99**



ORDERING: Send CHEQUE/P.O./ ACCESS or VISA to 'TERRY LONERGAN SPORTS' BY POST: LEEDS RD., ILKLEY, W. YORKS. TEL. 0943 601581

DESCRIPTION	SIZE	COLOUR		QUANTITY	PRICE	TOTAL
		1st CHOICE	2nd CHOICE			
					P&P.	1.00

ORDER FORM

AVAILABLE PERSONALLY FROM:  
**COMPLETE RUNNER**  
LEEDS RD.,  
ILKLEY  
WEST YORKS  
(0943) 601581

LEEDS RD.,  
NELSON  
LANCS  
(0282) 690111



NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
POSTCODE \_\_\_\_\_ TEL. NO. \_\_\_\_\_

EXPIRY...../.....

**I**T WAS an overcast day in Chorley that proved to be the change in fortune that Bingley Harriers were looking for.

Up until that Six-Stage Saturday last October, Bingley looked to be slipping down the steep road to athletics obscurity. Big names like Jon Solly, winner of the Commonwealth Games 10,000 metres in 1986, and four-minute miler Simon Fielding had already sent resignations to the Yorkshire outfit and others looked to be on the way.

However, a second place in the relay and a change in team management proved to be the catalyst Bingley needed.

First, in the summer before the relay, Peter Moon was appointed to team manager and slowly things began to gel.

"The lads had indicated that someone had to step in," Moon says. "Really, I got the job just too late as Solly had already left, but morale began to change after the Northern Six-Stage.

"It showed runners like Richard Nerurkar, in particular, just what the team could do and runners started to feel commitment to the club again."

That commitment quickly became evident at the National Six-Stage relay. Bingley won for the first time since 1979 when, at that time, juniors Steve Binns and Colin Moore helped put the club on top of the national pile.

"We should have gone on from there," Moon says, "but things just didn't seem to work out."

As the years went by, Moon says, it became a harder and harder job to coax the big names out if there wasn't a team to back them up. As top internationals, they tended to put their careers first and the club second, but with the arrival of Moon they became more and more convinced that the two could mix.

"Richard Nerurkar and Steve Binns had to be convinced that the team was up to standard and not a waste of time," he says. "Once they saw how we finished in the Northern I told them we could win the National and luckily we did."

From there, it was as if Bingley had never been away and by the time the National Cross-country rolled around in February it had become increasingly difficult to find a squad capable of beating them for the team title. With Nerurkar, the defending champion, a confirmed starter even before the World Championships trial was cancelled, and men like Steve Brooks and Mick Hawkins in form, things were looking good.

So it turned out.

Nerurkar retained his title in fine style and was backed up by some impressive team running behind him. Bingley scored just 175 points, far ahead of second-placed Westbury's 403. Brooks finished 13th, Moore 18th, Hawkins 26th, Binns 43rd and Martin Peace rounded off the scoring six in 74th.

Now with two national titles behind them, everyone's attention is very much focused on this Saturday's 12-Stage Road Relay at Sutton Park and Bingley's attempt to complete the hat trick. A team effort like the one in the National

# Stage set for Bingley

**With the National 12-Stage on Saturday, PAUL LARKINS looks at the success story of Bingley Harriers, one of the leading contenders for honours**

Cross-country could see the Yorkshiremen upset the recent dominance of the midlands and, of course, Tipton Harriers.

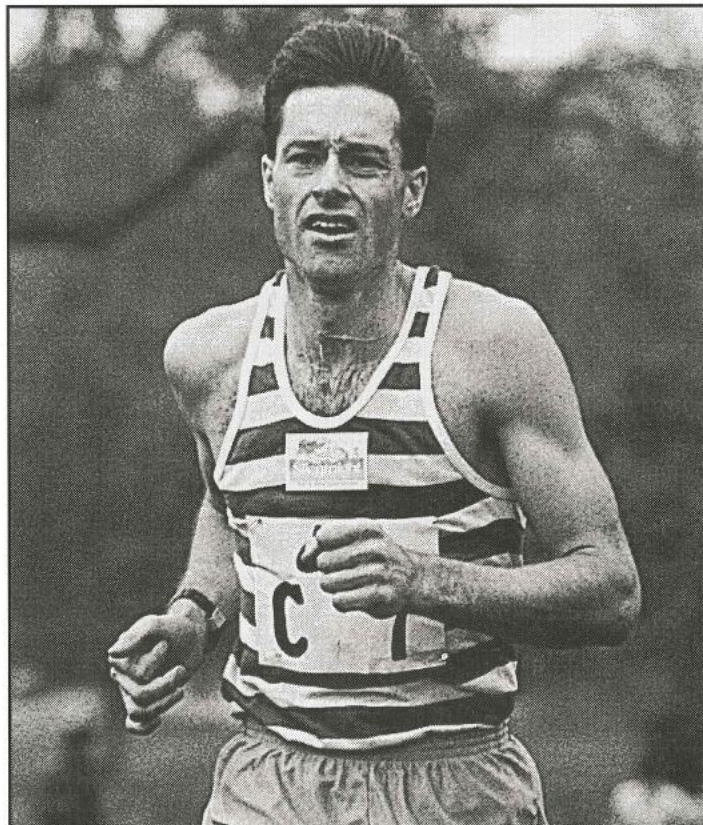
"We fear Copeland and we're taking them very seriously," Moon reveals. "Sale are also strong and if it's a really good day the north could take a one, two, three."

Copeland won the Northern 12-Stage, while Bingley finished third, without Binns and Nerurkar. Moore, a solid club man, was also uncharacteristically below par. With those three in the squad, things could be different. Tipton will have something to say about that, but

## BINGLEY'S 1990/91

### SEASON

2nd, Northern Six-Stage Road Relay  
1st, National Six-Stage Road Relay  
1st, Northern Cross-country Championships  
1st, National Cross-country Relay  
2nd, ECCU Cross-country Relay  
3rd, Northern 12-Stage Road Relay



**MAN IN FORM:** Bingley's Mick Hawkins

the team they will have to face is formidable.

Moon lists 11 of his possible starters for Saturday as Simon Johnson, Martin Peace, Gary Grindley, Steve Brooks, Paul Ogalbe, Steve Binns, Stuart McDonald, Roy Bailey, Mick Hawkins, Colin Moore and Steve Green.

A solid team is how he describes it, with no really weak links. However, there is one serious omission - Nerurkar. He won't be running on Saturday, preferring to concentrate on his training for an early start to the track season.

"It has to be said my appearances are few and far between, but I do feel loyalty to the club," he says.

As an international, he says, you have to concentrate on your own career, sometimes at the expense of the club.

"But it's quite an incentive to run when you're aware that people like Binns and Hawkins are going to run," he says.

"There has always been the potential, but with Steve and Jon Solly concentrating on their careers it was unlikely that we could get everyone out. At least this winter that's changed."

For instance, last year, Bingley failed to even finish the Northern 12-Stage and so were not eligible to field a team at Sutton Park. The reversal has been remarkable.

Last year represented a low the club hadn't experienced since becoming the best road and cross-country team in Yorkshire, wresting that title from Longwood. Since then Bingley have been a formidable harrier club, but one without much track background. Now that, too, is changing.

Tied in with the revival is a growing track section, complete with sprinters. True jumpers are in short supply as Bingley's Greenhead base in Keighley doesn't have any jumping facilities. The other groups, meeting at Nabwood, tend to be steady harriers.

Even so, Bingley are now in Northern League Division Three, moving there in successive seasons from division five.

It may not be the strongest track team in Britain, but runners like Brooks will be competing. "I'll be doing all sorts of events this summer just to take the pressure off and enjoy myself," he says.

When the Bingley boys aren't racing and enjoying themselves they can be found training around the streets of Keighley and Bingley. Moore, Brooks and Binns used to live within half a mile of each other. Only Binns has moved away, leaving Moore and Brooks to meet up on a Sunday, along with five or six others, for the long club run that leaves from Moore's house.

"We meet round there to drag him out of bed," Moon says.

"I make it if I can get up," Brooks adds.

"They all live in the Worth Valley," Moon says. "We have a saying that it's Britain's equivalent of the Rift Valley in Kenya."

There's only one problem with that. Do they breed them that tough in Kenya?

With all the Regional Finals now complete the following teams have qualified for the National Final to be held at Aston Villa on Monday 6th May, 1991:-

Durham	M.
Dunfermline	M.
Devon	M.C.G.
Isle of Wight	M.C.B.
Essex	M.C.G.B.
Cheshire	M.C.B.
Nottinghamshire	M.C.
Birmingham	M.C.G.
Cleveland	C.G.B.
Arbroath	C.G.
Wiltshire	C.
Sussex	G.
Gt. Manchester	G.B.
West Yorkshire	G.
West Glamorgan	G.
Perth	B.
Somerset	B.

which includes the closest runners up (after scrutiny).

The Girls All-Rounder should be an exciting affair with the re-appearance of Sarah Ramming of Arbroath, Leona Dickinson of West Yorkshire and multi-talented Fiona Allan of Nottinghamshire as all three gave good account in last year's final.

In the Boys All-Rounder competition Famy Ukairo the gentle giant from Sale will be leading a very powerful Manchester contingent but it should be excitement all the way with opposition such as Cephas Howard of the Isle of Wight.

All-Rounder individual qualifiers are K. Sotherton, Isle of Wight, C.A. Hill, Wiltshire, K. Daniel, West Yorkshire, L. Parry, Merseyside and D. Hymer, Cumbria.

Athletes who set National bests for the year will be invited as individuals and include P. Park of Cumbria who set a new National Record of 2.67m in the Colts S.L.J. and P. Roles of West Glamorgan with 10.83m in the Minor Girls Shot plus E. Lamer-ton of West Glamorgan S.L.J., S. Worley of North Yorkshire H.J. and M. Smith of Wiltshire H.J. (all Minor Girls) and R. Guevera of N.E. London S.T.J. and R. Toyne of South Yorkshire H.J. (both Colts).

The National Final will be dedicated as a tribute to our late president Ron Pickering and all the 300 competitors who have qualified to take part will receive a special medallion to commemorate the occasion.

Mrs Jean Pickering will be hosting a reception for our special guests who will include Dr. W.A. Evans, Chairman of A.A.A.

John Lister who attended the South West Final with his wife Mary together with Gwenda and Tony Ward told the organisers that they were most impressed with the way Sports Hall Athletics has developed and considered it an excellent form of introduction for young people into our sport.

## SOUTH EAST REGIONAL CHAMPIONSHIP WATFORD SAT. 6th APRIL, 1991 HALL LENGTH 35.5m MINORS U.13

<b>2 LAP</b>			
C. Clement	Essex	24.6	
<b>4 LAP</b>			
L. Hubbard	Oxford	54.40	
<b>6 LAP</b>			
K. Chomka	Hertfordshire	1:28.54	
<b>PARLAAF</b>			
Essex		1:48.80	
<b>STANDING LONG JUMP</b>			
L. Allen	Essex	2.37m	
<b>VERTICAL JUMP</b>			
C. Clement	Essex	65cm	
<b>HIGH JUMP</b>			
D. McIntosh	N.E. London	1.39m	
<b>SHOT</b>			
L. Benson	Essex	9.81m	
<b>CIRCUIT RELAY</b>			
Hertfordshire		1:27.17	
<b>4 x 2 RELAY RESULT</b>			
Essex		1:41.10	
<b>MATCH RESULT</b>			
Essex		271	
Hertfordshire		191	
N.E. London		182	
Oxford		154	
N. Buckingham		72	

## COLTS U.13

<b>2 LAP</b>			
D. Shaddie	N. Buckingham	24.10	
<b>4 LAP</b>			
A. Pease	Essex	53.00	
<b>6 LAP</b>			
W. Luesley	Essex	1:26.34	
<b>PARLAAF</b>			
Essex		1:44.40	
<b>STANDING LONG JUMP</b>			
M. Cox	Essex	2.38m	
<b>STANDING TRIPLE JUMP</b>			
R. Guevera	N.E. London	7.40m	
<b>HIGH JUMP</b>			
A. Thomson	Essex	1.42m	
<b>SHOT</b>			
B. Walker	Hertfordshire	11.17m	
<b>CIRCUIT RELAY</b>			
N.E. London		1:22.33	
<b>4 X 2 RELAY RESULT</b>			
Essex		1:38.80	
<b>MATCH RESULT</b>			
Essex		255	
N.E. London		211	
Hertfordshire		171	
N. Buckingham		143	
Oxford		106	

## GIRLS ALL-ROUNDER U.15

<b>2 LAP</b>			
V. Needham	Essex	24.40	
<b>4 LAP</b>			
E. Green	Essex	54.05	
<b>VERTICAL JUMP</b>			
K. Shreeve	Essex	63cm	
<b>STANDING LONG JUMP</b>			
V. Needham	Essex	2.44m	
<b>SHOT</b>			
D. Wright	N. Buckingham	9.39m	
<b>SPEED BOUNCE (30 secs)</b>			
C. Slater	Essex	79	
<b>PARLAAF</b>			
Essex		1:49.40	
<b>4 X 2 LAP RELAY</b>			
Essex		1:38.30	
<b>BEST INDIVIDUAL ALL-ROUNDER</b>			
V. Needham	Essex	74pts	
C. Slater	Essex	72pts=	
E. Green	Essex	72pts=	
<b>TEAM RESULT</b>			
Essex		367	
Oxford		312.5	
Hertfordshire		284	
N. Buckingham		277.5	

## BOYS ALL-ROUNDER U.15

<b>2 LAP</b>			
D. Sketchley	Essex	23.85	
<b>4 LAP</b>			
M. Smith	Essex	50.77	
<b>STANDING TRIPLE JUMP</b>			
M. Smith	Essex	7.45m	
<b>STANDING LONG JUMP</b>			
S. Hudson	Oxford	2.58m	
<b>SHOT</b>			
R. Nunn	Essex	11.26m	
<b>SPEED BOUNCE (30 secs)</b>			
D. Sketchley	Essex	79	
<b>PARLAAF</b>			
Essex		1:42.30	
<b>4 X 2 LAP RELAY</b>			
Essex		1:36.40	
<b>BEST INDIVIDUAL ALL-ROUNDER</b>			
M. Smith	Essex	73.5pts	
D. Sketchley	Essex	71.0pts	
A. Dryden	N. Buckingham	71.0pts	
<b>TEAM RESULT</b>			
Essex		359.5	
Oxford		328	
N. Buckingham		263	
Hertfordshire		172	

## NORTH WEST REGIONAL CHAMPIONSHIP ALTRINCHAM SUN., 7th APRIL, 1991 HALL LENGTH 30.5m MINORS U.13

<b>2 LAP</b>			
M. Roberts	Merseyside	22.10	
<b>4 LAP</b>			
J. Hancock	Lancashire	47.00	
<b>6 LAP</b>			
N. McDonald	Cheshire	1:17.71	
<b>PARLAAF</b>			
Cheshire		1:37.00	
<b>STANDING LONG JUMP</b>			
R. Oldham	Cheshire	2.27m	
<b>VERTICAL JUMP</b>			
S. Colton	Clwyd	64cm	
<b>HIGH JUMP</b>			
L. Heys	Lancashire	1.35m	
<b>SHOT</b>			
R. Lewis	Cheshire	8.63m	
<b>CIRCUIT RELAY</b>			
Merseyside		1:20.36	
<b>4 x 2 RELAY RESULT</b>			
Merseyside		1:28.90	
<b>MATCH RESULT</b>			
Cheshire		218	
G. Manchester		213	
Merseyside		204	
Lancashire		137	
Clwyd		96	
Isle of Man		56	

## COLTS U.13

<b>2 LAP</b>			
C. Jenkins	Cheshire	21.60	
<b>4 LAP</b>			
S. Walker	Cheshire	46.50	
<b>6 LAP</b>			
S. McCabe	Merseyside	1:13.48	
<b>PARLAAF</b>			
Merseyside		1:34.55	
<b>STANDING LONG JUMP</b>			
R. Tomlinson	G. Manchester	2.50m	
<b>STANDING TRIPLE JUMP</b>			
S. Walker	Cheshire	7.23m	
<b>HIGH JUMP</b>			
A. Wooding	Clwyd	1.50m	
<b>SHOT</b>			
J. Parkin	Clwyd	9.69m	
<b>CIRCUIT RELAY</b>			
Merseyside		1:21.58	
<b>4 X 2 RELAY RESULT</b>			
Cheshire		1:28.20	
<b>MATCH RESULT</b>			
Cheshire		252	
Merseyside		183	
Clwyd		159	
G. Manchester		155	
Isle of Man		112	
Lancashire		62	

## GIRLS ALL-ROUNDER U.15

<b>2 LAP</b>			
K. Jones	G. Manchester	21.11	
<b>4 LAP</b>			
K. Thurston	Cheshire	46.70	
<b>VERTICAL JUMP</b>			
D. Coppin	G. Manchester	66cm	
<b>STANDING LONG JUMP</b>			
C. Adu	Merseyside	2.34m	
<b>SHOT</b>			
L. Raines	G. Manchester	10.38m	
<b>SPEED BOUNCE (30 secs)</b>			
C. Hall	G. Manchester	82	
S. Hughes	Merseyside	82	
<b>PARLAAF</b>			
G. Manchester		1:33.54	
<b>4 X 2 LAP RELAY</b>			
Merseyside		1:26.50	
<b>BEST INDIVIDUAL ALL-ROUNDER</b>			
K. Jones	G. Manchester	69pts	
L. Raines	G. Manchester	69pts	
D. Coppin	G. Manchester	68.5pts	
<b>TEAM RESULT</b>			
G. Manchester		347	
Merseyside		323.5	
Cheshire		295.5	
Lancashire		260.5	
Clwyd		226.5	
Isle of Man		175.5	

## BOYS ALL-ROUNDER U.15

<b>2 LAP</b>			
F. Ukairo	G. Manchester	20.67	
<b>4 LAP</b>			
I. Ithediwa	G. Manchester	44.61	
<b>STANDING TRIPLE JUMP</b>			
F. Ukairo	G. Manchester	8.90m	
<b>STANDING LONG JUMP</b>			
C. Hamilton	G. Manchester	2.55m	
<b>SHOT</b>			
L. Parry	Merseyside	13.86m	
<b>SPEED BOUNCE (30 secs)</b>			
G. Hand	Cheshire	88	
<b>PARLAAF</b>			
Merseyside		1:27.52	
<b>4 X 2 LAP RELAY</b>			
Cheshire		1:22.40	
<b>BEST INDIVIDUAL ALL-ROUNDER</b>			
F. Ukairo	G. Manchester	74pts	
L. Parry	Merseyside	70pts	
G. Brezza	Cheshire	68pts	
C. Hamilton	G. Manchester	68pts	
<b>TEAM RESULT</b>			
G. Manchester		328.5	
Cheshire		328	
Merseyside		292.5	
Clwyd		258	
Isle of Man		221	
Lancashire		151	

## MIDLANDS REGIONAL CHAMPIONSHIP DERBY. SUN. 14th APRIL, 1991 HALL LENGTH 35.5m MINORS U.13

<b>2 LAP</b>			
Z. Hickling	Nottingham	24.80	
<b>4 LAP</b>			
K. Challinor	Shropshire	52.70	
<b>6 LAP</b>			
C. Marriot	Nottingham	1:28.11	
<b>PARLAAF</b>			
Birmingham		1:47.00	
<b>STANDING LONG JUMP</b>			
J. Colegate	Derbyshire	2.28m	
<b>VERTICAL JUMP</b>			
C. Spurway	Birmingham	63cm	
<b>HIGH JUMP</b>			
V. Riggins	Birmingham	1.40m	
<b>SHOT</b>			
L. Tacy	Birmingham	9.01m	
<b>CIRCUIT RELAY</b>			
South Yorkshire		1:26.70	
<b>4 X 2 RELAY RESULT</b>			
Birmingham		1:40.80	
<b>MATCH RESULT</b>			
Nottingham		204	
Birmingham		201	
Shropshire		142	
South Yorkshire		141	
Derbyshire		103	
Warwickshire		81	
Lincolnshire		59	

## COLTS U.13

<b>2 LAP</b>			
D. Law	Nottingham	24.10	
<b>4 LAP</b>			
R. Burgess	Birmingham	51.90	
<b>6 LAP</b>			
S. Pickering	Nottingham	1:25.15	
<b>PARLAAF</b>			
Nottingham		1:44.60	
<b>STANDING LONG JUMP</b>			
D. Law	Nottingham	2.28m	
<b>STANDING TRIPLE JUMP</b>			
R. Churchill	South Yorkshire	7.34m	
<b>HIGH JUMP</b>			
R. Toyne	South Yorkshire	1.55m	
<b>SHOT</b>			
W. Carey	Warwickshire	9.02m	
<b>CIRCUIT RELAY</b>			
Birmingham		1:25.20	
<b>4 X 2 RELAY RESULT</b>			
Birmingham		1:39.00	
<b>MATCH RESULT</b>			
Nottingham		204	
Birmingham		199	
South Yorkshire		147	
Shropshire		133	
Lincolnshire		114	
Warwickshire		97	
Derbyshire		24	

## GIRLS ALL-ROUNDER U.15

<b>2 LAP</b>			
F. Allan	Nottingham	23.95	
<b>4 LAP</b>			
S. Perkin	Birmingham	53.09	
<b>VERTICAL JUMP</b>			
S. Price	Birmingham	64cm	
<b>STANDING LONG JUMP</b>			
F. Allan	Nottingham	2.45m	
<b>SHOT</b>			
C. Andrews	Derbyshire	9.93m	
<b>SPEED BOUNCE (30 secs)</b>			
J. Head	Birmingham	84	
<b>PARLAAF</b>			
Birmingham		1:37.70	
<b>4 X 2 LAP RELAY</b>			
Birmingham		1:32.40	
<b>BEST INDIVIDUAL ALL-ROUNDER</b>			
F. Allan	Nottingham	74pts	
M. Walton	Birmingham	69pts	
S. Price	Birmingham	66pts	
E. Ray	Nottingham	65pts	
<b>TEAM RESULT</b>			
Birmingham		340	
Nottingham		334	
Lincolnshire		255	
Derbyshire		236.5	
Shropshire		234.5	
Warwickshire		209	

## BOYS ALL-ROUNDER U.15

<b>2 LAP</b>			
B. Goddard	Birmingham	23.02	
<b>4 LAP</b>			
J. Cutts	Birmingham	48.90	
J. Parker	Birmingham	48.90	
<b>STANDING TRIPLE JUMP</b>			
J. Parker	Birmingham	8.08m	
<b>STANDING LONG JUMP</b>			
D. Bullock	Birmingham	2.61m	
<b>SHOT</b>			
W. Clarke	Lincolnshire	12.52m	
<b>SPEED BOUNCE (30 secs)</b>			
H. Moberley	Birmingham	81	
<b>PARLAAF</b>			
Birmingham		1:37.70	
<b>4 X 2 LAP RELAY</b>			
Birmingham		1:32.40	
<b>BEST INDIVIDUAL ALL-ROUNDER</b>			
C. Tattersall	Warwickshire	70pts	
D. Bullock	Birmingham	68pts	
J. Cutts	Birmingham	67.5pts	
<b>TEAM RESULT</b>			
Birmingham		325.5	
Shropshire		297	
Lincolnshire		286	
Nottingham		252.5	
Warwickshire		224	
Derbyshire			

# Burton sweeps up sprint prizes

**D**AVID BURTON is one of those veterans who is in the unfortunate position of having a fellow Briton of the same age, competing in the same events, who is world class.

In his case that man is Ron Taylor and, between them, they have cleaned up at international level in the M50 age-group and then M55.

Burton competed for a brief period while in his teens, but did not resume his career until he turned 40 in 1975. In 1977, he began compiling the male veterans' ranking lists for the National Union of Track Statisticians and has done so since.

Although modest about his achievements, Burton was able to take the 200 metres bronze medal in the Rome World Vets' Championships in 23.89, behind Taylor's 23.15 world record, in his first year in the M50 age-group.

A fifth (100 metres) and fourth (long jump) showed that he, too, was of all-round international class.

"Sprinting and long jumping have always been my main priorities," Burton said, "but I have tried other events, such as the decathlon. However, being lightweight, I haven't the necessary strength to throw implements long distances.

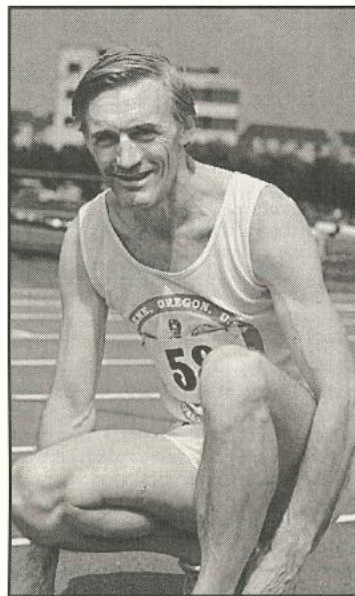
"Not knowing the standards in vets' athletics, I was pleased to find that I could compete with the best nationally and, subsequently, that I was capable of gaining medals at international level."

He collected a pair of silver sprint medals in the 1985 British Vets' Championships at Aldersley, before winning the long jump. The following year, injuries struck and he slipped to third in the 100 metres and missed out altogether in the 200.

In the Malmo European Championships he was a member of the winning M50 sprint relay team despite an Achilles tendon injury, but was unable to make progress in the individual events.

Burton returned to his best in 1987 in the BVAF Championships and, in the absence of Ron Taylor, took gold, with 24.0, in the 200 metres, ahead of Frank Taylor, after just losing out in

**David Burton has a bulging collection of medals from veteran competition. He spoke to MARTIN DUFF**



**BURTON: Medal collector**

the shorter sprint and long jump.

He continued to shine at the half-lap in the World Championships in Melbourne, late in the year, with a bronze medal in 24.17.

In the 1988 Europeans in Verona, Burton struck international gold for the first time, with a win in the 200 metres in 24.09, after a 12.01 second place in the 100.

That good form continued in the British Vets' Championships in Cwmbran when, in atrocious weather, he achieved a sprint double. Another sprint double came his way in the 1989 event at Reading, before heading out to Eugene for the World Championships.

Right at the top of the M50 group, he could only manage a sixth in the 200 and seventh in the 100 metres,

**FACTFILE**

**Lifetime PBs** (all set as a vet):  
**100:** 11.5; **200:** 23.5; **400:** 54.3;  
**1,500:** 5:06.0; **100H:** 17.5; **300H:** 45.7; **HJ:** 1.50; **PV:** 2.80; **TJ:** 10.85;  
**SP:** 8.21; **HT:** 20.48; **DT:** 21.32; **JT:** 29.36  
**PB's as M55:** **100:** 11.9; **200:** 24.1;  
**LJ:** 5.66

but 1990 was to prove a better bet in the M55 section.

Two second places came Burton's way in the European Championships in Hungary, behind Ron Taylor. Burton clocked 24.61 in the 200, behind another Taylor world record of 23.37. Just a couple of weeks later, it was wet and rainy Glasgow for the BVAF Championships and two more silvers behind that man Taylor.

Burton tried the M55 400 metres and came out on top with 58.5, to go with another silver in the long jump.

Alongside the major championships, Burton has organised and competed in the BVAF decathlon, where he has won his own group on several occasions. Indoor medals have also come thick and fast during the last six years.

So how does he see the current set-up of British veteran athletics?

"There are a lot of adverse comments about vets' meetings, but I wonder if the people making these comments have ever been involved in organising events and know the difficulties," he says.

"In general, organisers and officials do a good job and without them, there would be no events, so we should say 'thank you' to them and forget any minor problems.

"I enjoy competing, especially at international level, and also the socialising which goes with all vets' meetings."

**OFFICIALS** are required for the BVAF Championships on 6/7th July at Alexander Stadium. Anyone interested should contact Alan Lovett at Burnham, Grays Lane, Moreton in the Marsh, Gloucs. Tel 0608 50946.

**DAVID BURTON** still has some 1990 men's veteran track and field ranking books available at £1.50. British single age bests are also included. Send an SAE to 71 Nethergreen Road, Sheffield, S11 7EH.

**ARTHUR KELLY**, a British representative in the 1960 Olympic Marathon, bettered the M70 10-mile best with 1:10:22 at Hartlepool on 1st April, finishing three seconds inside Bob Brierley's record.

This partly made up for his disappointment when he beat the M70 half-marathon best on 17th March with 1:31:45, just 11 hours short of his 70th birthday.

The AAA Vets' Half-marathon takes place on 20th October, with the start and finish on the Alexander Stadium track. The event will be organised by John Walker over a six-mile closed road loop.

**JOHN MILLS** has been appointed veterans' overseas team manager for major championships and will take over from the official tour organiser some of the duties associated with team matters on vets' trips abroad.

The Welsh Vets' Championships will be on 31st August and not 1st September. Championship Secretary is Derek Williams, 1 Powys Gardens, Dinas Powys, South Glamorgan.

The new secretary of North East Vets is George Routledge, 5 St Hildas Avenue, Holy Cross, Wallsend, NE28 7AB. Tel 091-263 2837.

## 10km ROAD RANKINGS

COLIN WRIGHT has begun compiling vets' 10km lists for 1991. Here we list the leaders in the first quarter of the year.

Any amendments or unpublished marks should be sent to Wright at 17 Victory Way, Laceby Acres, Grimsby.

<b>M40</b>			
S Curran	30:46	Salford,	29 Mar
K Woodhouse	30:56	Southport,	29 Mar
M Neary	31:03	Salford,	29 Mar
D Francis	31:08	Yate,	13 Jan
P Standing	31:10	Cranleigh,	1 Jan
<b>M45</b>			
M Duff	32:44	Eastleigh,	17 Mar
J Shields	32:54	Eastleigh,	17 Mar
S Grace	33:06	Salford,	29 Mar
J Davies	33:07	Stoke,	1 Jan
G Patton	33:20	Warwick,	24 Feb

<b>M50</b>			
T Davies	33:05	Cranleigh,	1 Jan
R Grove	33:52	Thurmaston,	3 Mar
I Vaughan-Arbuckle	34:44	K'ton,	3 Mar
<b>M55</b>			
B Tulloh	34:34	Hemyock,	31 Mar
G Spink	36:10	W Yorks,	31 Mar
B Gane	36:33	Sale,	1 Jan
<b>M60</b>			
A Hughes	36:44	Cleethorpes,	1 Jan
J Chandler	37:27	Cranleigh,	1 Jan
E Thompson	39:02	Sheffield,	31 Mar
<b>M65</b>			
H McNeil	43:27	Ballyclare,	23 Mar
<b>M70</b>			
R Mathieson	49:42	Hudd'field,	27 Jan
<b>W35</b>			
P Fudge	34:25	Cranleigh,	1 Jan

B Cardy-Wise	35:15	Worcester,	24 Mar
C Benning	35:24	Eastleigh,	17 Mar
S Young	36:07	Cranleigh,	1 Jan
C Kilkenny	36:17	Stafford,	27 Jan
<b>W40</b>			
S Barker	37:42	Eastleigh,	17 Mar
M Beacham	38:28	Eastleigh,	17 Mar
S Kirkup	38:37	Carlisle,	16 Mar
<b>W45</b>			
P Welch	34:38	Charlotte,	5 Jan
E Statham	36:40	Stafford,	27 Jan
S Bear	38:37	Leeds,	3 Mar
<b>W50</b>			
C Robson	45:48	Carlisle,	16 Mar
<b>W55</b>			
L Smal	43:02	Lostock,	24 Feb
<b>W60</b>			
E Quinton	46:50	Cranleigh,	1 Jan

**Send your comments, views and opinions to: The Voice Of Athletics, Athletics Weekly, Bretton Court, Bretton, Peterborough, PE3 8DZ. You can also fax your letter to us on 0733 265515**

# THE VOICE OF ATHLETICS

## All runners deserve same deal

JOHN DISLEY's observations regarding Eamonn Martin's run in the Walkinstown 5 (*Readers' Letters*, 3rd April) relates to the tip of a very large iceberg.

How is it that any race can be advertised as being of a given distance when it hasn't been measured according to the standard recognised by the sport?

John Disley thinks runners of Eamonn Martin's quality should expect courses to be accurately measured before the race. I disagree, all runners should have the right to expect a race advertised as a given distance to be accurate. Why should road races be different from track races? On average, road race entrance fees are four to five times those of track open meetings.

If organisers, for whatever reason, do not want their courses officially measured, they shouldn't include a distance in their advertising, which includes race titles (for example, Walkinstown 5).

The fact that there are so many races in this country advertised as distances that they are not clearly indicates that the AAA has no control over this aspect of road running.

All falsely advertised races detract from not only all the events which are accurately measured and described, but also from all the tireless work done by the panel of AAA's course measurers who offer their time to improve the quality of road races in this country.

However, before we can improve matters, we have to agree a problem exists. On the one hand, John Disley advocates accurate course measurement and on the other, *Athletics Weekly* is of the opinion that race organisers should be free to call their events whatever they like (Editor writes, 6th March). In the meantime, there is only one loser - the runner.

**Martin Taylor**  
Walthamstow, London

## With safety in mind

THE ARTICLE about the conditions contributing to the tragedy at the Round The Reservoirs Relay (*News*,

10th April) was interesting, but more particularly, worrying.

My own club, Horwich RMI Harriers, annually stages fell races under the auspices of the FRA and safety is always uppermost in our minds, as I'm sure it was in the minds of the Rynyddwyr de Cymru club in south Wales.

What I found particularly worrying were the comments attributed to Ken Googer. He seems to be attaching responsibility on the organisers when inexperienced mountain runners were allowed to compete in the relay. Yet, quite clearly, he was competing in his first mountain event and still participated - how are the organisers to know that? Where does the responsibility for his action lie?

Mountain events, arranged with the agreement of the FRA, are keen to point out possible dangers and competitors must take reasonable precautions, such as equipment, clothing and even non-participation. Ultimately, it must be the responsibility of the runners to ensure their own safety when competing on the mountains.

The loss of Carol Matthews is a tragedy and members of Horwich RMI Harriers, who know the pleasures and pitfalls of regular running on the fells, offer their deepest sympathy to her family. Please do not allow this tragedy the opportunity to deny hundreds of fell runners a great deal of pleasure and satisfaction, as I'm sure Carol Matthews would herself have felt at times.

**R Leggett**  
Belmont Village, Bolton

## Grateful for forces

I TAKE great exception to Malcom Pittock's letter (27th March). I am one runner who is grateful that there are men and women in this country who are prepared to risk their lives to protect the helpless against wickedness, tyranny and oppression.

I do not subscribe to the jingoistic views of some of the media, nor do I believe the term hero should be applied to every person who happened to have seen service in the Gulf, but the fact remains that many servicemen and women spent a hot, dirty, uncomfortable, dangerous period in the desert, standing up to and finally vanquishing the forces of evil.

If Mr Mittock finds that a problem

with his conscience, I draw his attention to the parable of the good Samaritan.

I fail to see how granting 200 places in 30,000-person road race is a public celebration of victory or that such an act can be classified as obscene.

Next, who cares what Edward Pearce of *The Guardian* or the Bishop of Durham have to say on the subject? Who elected them to speak on behalf of the people of this country?

Finally, I have to say that I am not sure that the columns of an athletics magazine is the correct venue for a debate on the merits or demerits of the Gulf War but since I have put pen to paper I will end by saying "Good for you. Brendan Foster."

**GAR Adams**  
Farnborough, Hants

## Risking lives for others

CONGRATULATIONS to Brendan Foster for his offer of free entries to the Great North Run for the Armed Forces personnel returning from the Gulf. Malcolm Pittock's naive view (*Readers' Letters*, 27th March) should be countered being seen as approval of a very difficult life-risking job well done. Anyone deploring violence would surely not protest at a policeman's award for gallantry in the execution of his duty. Probably not a lot different.

**Peter Hamilton**  
London SE10

## Still lacking end result

I WOULD like to express my disappointment with certain aspects of the Kidlington 10km on 1st April.

The race itself seemed to be well organised and the twisting course was well marshalled on a bitterly cold morning. When the provisional results were displayed, I pointed out to Colin Gibbens that the time of the winning woman was incorrect.

He said that this was impossible as the race was timed by AAA officials. I assured him that the time for the first woman should be 34:02 and obviously what had happened was that an earlier time had been omitted. As a result, the person in 20th position had been given the 21st person's time and so on throughout the entire results.

**And don't forget our new reader service, LetterLine, where you can record a message by phoning 0898 100735\***

*\*Calls to LetterLine are charged at 33p/min cheap rate, 44p at other times. Callers should prepare a script, to a maximum of 200 words, and provide their name and address with a daytime contact number and address at their message conclusion.*

*Before calling LetterLine, please ensure you have the*

This fact was confirmed by two other runners who, by coincidence, finished either side of the winning woman. At this point, Gibbens said that the list was provisional and that he would look into it. However, 30 minutes later, the official results were announced and the times remained the same. The race director, Peter Kybird, was informed of the problem and he also agreed to look into it.

Five days later, I telephoned Mr Gibbens to ask if the results had been corrected and his response included the following:

- The timekeepers were inexperienced, the AAA's officials had not turned up;
- No one else had complained, so why was I so concerned?
- Several marshals had complained that the winning woman was being coached during the race.

I suggested to Mr Gibbens that all runners, irrespective of their finishing positions, were entitled to an accurate time, having paid £4 entry fee. His response was that entry was only £3 if runners entered early.

As for the alleged "coaching", I find this very difficult as I was standing at the side of the road for the entire race and every time I saw my athlete she was running alone.

Having travelled to events in most parts of the country during the past 10 years, this is the first time that I have encountered such an unhelpful attitude. I fully appreciate the hard work involved in staging a road race but with a little common sense and courtesy, this problem could have been sorted out at the time.

**John Davies**  
Saltford, Bristol

## Acting devil's advocate

HAVING read Terry Lonergan's letter (*Readers' Letters*, 27th March), complaining about runners who cheat at course distance, by running on the wrong side of the road, may I say that while agreeing in principle, in another way I must be the devil's advocate.

Terry has been running in road races for many years, and like me, can remember the days of small fields, courses marked one yard from the kerb and no one thought of cutting across corners at junctions when turning left, the arrows were in the road, actually I remember at one Reading 10, the starter saying, "Keep to the road, no cutting corners, it is a road race."

A few years ago, I attended a AAA course measurer examination and qualified. During that weekend one of the tests was to measure a course, using a Jones Counter on one's bicycle. The instructor often quoted: "Take the shortest distance the runner may use, depending on traffic."

The *Road Race Handbook*, published by the AAA, quotes the following in chapter two, titled Measuring the Course, and in the section relating to pre-measurement the fourth paragraph states:

"Road race courses are now measured along the shortest possible route, eg up to the white line or the whole width. Should information be absent on this subject, then the measurer will measure where they

think the 'clever' runner will run to minimise the distance, this means that if a corner is open to cutting, then the measurer will take a line across the pavement, grass verge or central reservation. The idea is that the runners cannot run less than the distance measured."

I feel the above quotation shows how standards in our sport have changed. In many rural events, for safety, runners are directed to face on-coming traffic, where on parts of the course safety requires so. When the complete road is closed, then some flexibility will be allowed. However, I disapprove of cutting across grass, rather than to follow the road, this practice does not occur abroad. Perhaps with so many runners enjoying those mass events in Europe, they forget when at home.

Never mind Terry, we veterans know that our distance run is not short, we enter that distance and we will run it, not less.

**Ted Smith**  
Ramsgate, Kent

## Following the right line

IN RESPONSE to the comments of Terry Lonergan, courses were measured one metre from the left until a few years ago, but are now calculated by the shortest route a runner is likely to take.

One good example is the London Marathon, with its blue line showing the optimum route.

I also ran in the Norton 9 not far behind Terry and as a course measurer would not chop off a blind bend when measuring or running such a course as I would like a few years running yet.

By keeping to the left, if the race has been measured in the required fashion a runner will always be running along.

Perhaps for safety reasons, it would be better to go back to the old one metre from the left rule and disqualify anyone who crosses the road.

The runners who did cross over in the Norton 9 cannot be called cheats as they were more likely following the route as it was measured.

See you on the road Terry, maybe on the left.

**Steve Green**  
NCAA Course Measurer, Grimsby

## A gentlemanly gesture

JUST over two weeks ago, I won the British Veterans' National Cross-country Championship at Amptill in the over-65 age-group. In doing so, I beat Laurie Forster (over-60) by two minutes. At the presentation Laurie had presented to him his prize and the over-60 trophy. After all this the Newcastle Staffs lads were taking a few photographs outside when out came Laurie with his over-60 trophy and openly in front of all the Newcastle and Northern vets' teams presented me with it.

Please can this be recorded in *Athletics Weekly*. This was true sportsmanship.

**Ron Lucas**  
Cheadle, Staffs

# LOOK BACK IN Athletics Weekly



## 30 years ago

From AW, 22nd April 1961

- Benjamin Basil Heatley of Coventry Godiva wrote himself into the record books with the fastest time ever for 10 miles over the track, shaving 25 seconds off Emil Zatopek's world record set 10 years earlier. His triumph came at Hurlingham in the AAA 10 Miles. His time was 47.57.0
- Francis Dick, now the British Amateur Athletic Board's Director of Coaching, showed promise early on as displayed in his standing in the British Junior "Top 30". Francis, then aged 19, ranked seventh after a time of 22.6sec for 220 yards. He was then attached to RHS Edinburgh.
- Dennis Johnson equalled the 100 yards world record twice in two weeks. At Stanford, USA, he clocked 9.3sec - ahead of Doug Smith on 9.40.

## 20 years ago

From AW, 24th April 1971

- Victory in the European Indoor Championships 1,500 metres gave new confidence to Margaret Beacham. "I go out on the track now with the aim of winning, whereas before I was scared to a certain extent," she said.
- Wakefield Harrier John Newsome pulled off a fine win in the Huddersfield Marathon with a time of 2:18.15
- "I don't understand the administration of British athletics, and I don't think anyone does." Direct views from England international Jim Aukett

## 10 years ago

From AW, 25th April 1981

- Eric Kimani successfully defended the junior boys' cross-country title, winning in a time of 17:50.
- British discus thrower Richard Slaney said: "I think a lot of amateur rules should be changed now. I'm very much in favour of open athletics."
- RAF Cosford's John Wild set a course record at Stafford AC's annual Milford 21, cruising home in 1:56:49.
- Roland Dalhauer of Switzerland cleared a PB of 2.28 metres for victory in the European Indoors high jump.

## Five years ago

From AW, 26th April 1986

- A new British drug testing scheme proved an example to the world. All British international athletes were asked to take part.
- Soviet pole vaulter Sergey Bubka signalled his rise to fame by winning the World Championships at Helsinki.

# **SOUTHERN NEWS**

## **ANNUAL GENERAL MEETING SUNDAY 28TH APRIL**

At the Annual General Meeting next Sunday, Hon Treasurer Derek Johnson will be reporting a landmark year for Southern Counties AA. A record surplus of £207,455 was achieved, more than double last year's, and £40,000 in tax was saved by gift aiding £160,000 to the Kendall Memorial Fund under the provisions of the 1990 Finance Act.

Arthur Kendall was the long serving hon sec of SCAA and Life Member of Shaftesbury Harriers. The Kendall Memorial Fund was set up three years ago by the Club in his memory in order to help fund Athletics projects for young people, and it provided a ready made vehicle for Southern Funds. The Trustees are Dave Bedford, Sue Somerset, Clive Shippen, Martin Evanson and Colin Gostelow from SCAA, Peter Reed from Southern Counties Women's AAA, Brian Strong from the Southern Cross Country Associations and Geoff Morphitis of Shaftesbury Barnet Harriers as Trust Administrator.

Derek Johnson said: "Along with ourselves, the Kendall Fund now becomes a major long term source of funding for young people's Athletics in the South. Together we plan to spend as much as £60,000 supporting our County Associations and Clubs this year."

The Treasurer went on to say that it was important to preserve the capital base of funds and then make it grow. This meant not dissipating reserves in a one off cash bonanza, but using interest earnings after ensuring the value of the reserves at least kept pace with inflation.

## **ASSISTANCE TO CLUBS AND COUNTIES**

All County Associations received general grants from SCAA last year, with a bonus as a result of the good financial year.

In addition special grants were given in the last twelve months to Asfhord AC, Banbury Harriers AC, Brentwood AC, Brighton and Hove AC, Colchester AC, Dartford Harriers, Diss and District AC, Dorchester Harriers, East Devon AC, Eastbourne Rovers AC, Fleet & Crookham Harriers, Great Yarmouth and District AC, Guernsey AAC, Guildford and Godalming AC, Hammersmith and Fulham Athletic Development Committee, Hampshire County Road Running League, Havant AC, Hertford and Ware AC, Invicta East Kent AC, Isle of Wight Association, Lowestoft AC, Milton Keynes AC, Newham and Essex Beagles, Riverside Runners, St Albans Godfrey Davis AC, South West Athletics League, Surrey County AAA, Tavistock AC, Tonbridge AC, Tunbridge Wells & Langton AC, Verlea AC, West Norfolk AC, West Wight AC, and to the Athletics Helper Scheme.

## **COUNTY DEVELOPMENT OFFICERS**

Further funds were allocated to Hertfordshire County AAA for a part time County Development Officer for a period of three years, and to Sussex County AAA for a full time Development Officer likewise. This funding from SCAA is being supported by contributions in cash or the provision of services from the local authorities, Sports Councils and Clubs.

Ted Sutters, Hon Sec of the Development Committee explained: "The cornerstone of our development plans is the establishment of County Development Officers throughout the South. Already we have these under way in Sussex and Herts, and Development Plans have been written for the Eastern Counties Area, Oxfordshire, Norfolk and our South West Counties. The South West Plan was written in conjunction with the Midland Counties AA, who are responsible for Avon. We hope County Development Officers will soon follow".

## **ATHLETICS HELPER SCHEME**

The Athletics Helper Scheme designed by Angela Littlewood, Southern Counties Development Officer, has now been extended from Eastern Counties to Clubs in Essex, Kent and the South West. This scheme aims at encouraging parents and club members into helping as officials at Athletics Meetings without feeling it necessary to take the Officials' exams. Any Clubs in the region interested in using the leaflets and material should contact the Southern Office at the City of London Fruit Exchange.

## **MORE SUPPORT FOR BRITISH ATHLETIC FEDERATION**

In addition to the Clubs and Associations we published in last month's issue, Southern Counties AA would like to congratulate Eastern Vets AC, Horsham Blue Star Harriers, Norfolk County AAA and Oxford University Athletic Club for their successful contribution to forming the British Athletic Federation at the AAA EGM on 17th March.



## MIDLAND BANK UNIVERSIADE

### SHEFFIELD MARATHON

SUNDAY 21st JULY 1991

9.00 a.m. SHEFFIELD INTERNATIONAL  
STADIUM, DON VALLEY

Comprising: The World Student Games Marathon (Men & Women), The Sheffield City Marathon, The Northern Counties AA Men's Marathon Championship, The Yorkshire County Men's & Women's AAA Marathon Championship and the South Yorkshire Marathon Championship

**TOTAL PRIZE VALUE over £3,000**  
12 Categories; 500 Prizes; 5 Trophies;  
Many Spot Prizes.

**BARR GRADE 1 MARATHON**  
15 Feeding & Sponging Stations;  
Full medical support.

#### THE COURSE

I.A.A.F. Accredited. Time limit set at 5 hours.  
(Held under I.A.A.F., W.A.A.A., W.C.C.A., A.A.A. Laws)  
Start and Finish, Sheffield International Stadium, Don Valley.

#### YOUR ENTRY

AAA Club Runner £5.00. Unattached £5.50.  
Fee non-refundable.

Closing Date: 1st June 1991 or earlier if 3,000 is reached.  
No entries on the day. No late entries.

## SUGG SPORT SHEFFIELD 10K

SUNDAY 21st JULY 1991

9.30 a.m. SHEFFIELD INTERNATIONAL  
STADIUM, DON VALLEY

**TOTAL PRIZE VALUE over £3,000**  
9 Categories; 9 Prizes, 2 Trophies;  
Many Spot Prizes.

#### THE COURSE

Time limit set at 1 hour 30 minutes.  
(Held under W.A.A.A., W.C.C.A., A.A.A. Laws)  
Start and Finish, Sheffield International Stadium, Don Valley.

#### YOUR ENTRY

AAA Club Runner £3.00. Unattached £3.50.  
Fee non-refundable.

Closing Date: 1st June 1991 or earlier if 3,000 is reached.  
No entries on the day. No late entries.



ALL PROCEEDS: TO THE CHILDREN'S SOCIETY

**MEDAL AND WOVEN BADGE TO ALL FINISHERS  
OF MARATHON AND 10K**

Gold, Silver and Bronze Medal to first 3 finishers.  
Prizes to the first 50 men & 50 women. Prizes to the first 20  
men and 20 women in all age groups.

(SEND SAE FOR ENTRY DETAILS TO ADDRESS BELOW)  
UNIVERSIADE SHEFFIELD MARATHON HEADQUARTERS  
Alpha House, 10 Carver Street, Sheffield S1 4FS.  
Tel: (0742) 780302

## IPSWICH HARRIERS

in conjunction with

# P&O



## European Ferries

present the

## ANNUAL TROPHY MEETING

(under AAA & WAAA rules)  
for young athletes (u-17)

at

The Ipswich Track  
(Northgate Sports Centre)

on

Sunday 9th June, 11 am

**SUPERB TROPHIES TO THE FIRST THREE  
IN EACH EVENT FINAL**

### EVENTS:

70m Hurdles	M						
75m Hurdles		G					
80m Hurdles			IL	C	B		
100m Hurdles							Y
100m	M	G	IL	C	B		Y
200m	M	G	IL	C	B		Y
400m			IL	C	B		Y
800m	M	G	IL	C	B		Y
1500m	M	G	IL	C	B		Y
High Jump	M	G	IL	C	B		Y
Long Jump	M	G	IL	C	B		Y
Triple Jump						B	Y
Shot	M	G	IL	C	B		Y
Discus			G	IL		B	Y
Javelin			G	IL		B	Y

Entry fee 75p per event to:

**Mr. R. Leek, 24 Ipswich Road,  
Elmsett, Ipswich, Suffolk IP7 6NY  
Tel: (0473) 33413**

Please state D.O.B., club and best performance.

**CLOSING DATE: 13th May 1991**  
S.A.E. for confirmation and list of events  
and times.

**W**HEN Yvonne Murray flew out to Portugal last Friday for a fortnight's warm-weather training, it wasn't her first break of the close-season from the bracing northerlies of a Scottish winter. Mind you, she's relying on it being more relaxing than the first.

The European 3,000 metres champion's flight on Boxing Day was not from Heathrow or Gatwick, nor was it to athletes' traditional winter haunts like Lanzarote or Acoteias. Instead, she was huddled shoulder-to-shoulder with members of the Armed Forces at RAF Brize Norton en route to the front line in Saudia Arabia, in a trip arranged by *The Sunday Post*.

"They called me one night and asked if I was interested in going out with them," Murray says. "My first thought was 'you must be joking', but after giving it a bit of thought I decided 'why not?'"

## **European 3,000 metres champion Yvonne Murray spent an unusual winter away from the track. Apart from preparing for the new season, she has also been to the Gulf, as she told MARTIN GILLINGHAM**

Murray's caution was understandable and she only agreed after receiving the blessing of her mother and from her coach, Tommy Boyle.

"My mother was absolutely mortified at first. She came round to it because, like me, she realised that they wouldn't send me if I was going to be in any danger. It was a challenge in a way," Murray says.

But in accepting the same

commitment as the likes of Sir Harry Secombe and Paul Daniels, Murray warmed to the experience as well as developing a sense of duty that few either accept or have the opportunity to exercise.

"It wasn't a PR exercise for me," she says. "It was something that I felt I wanted to do. A lot of people out there had the impression that we'd forgotten about them.

"We were kitted out with NBC

# **Murray on the front line**



**VICTORY:** Murray triumphs in the 3,000 metres at Split last year

suits and gas masks and I was absolutely petrified before I got on the plane. They gave us each a book, but this guy told me not to bother reading it until we had taken off. It was about how to fight and survive."

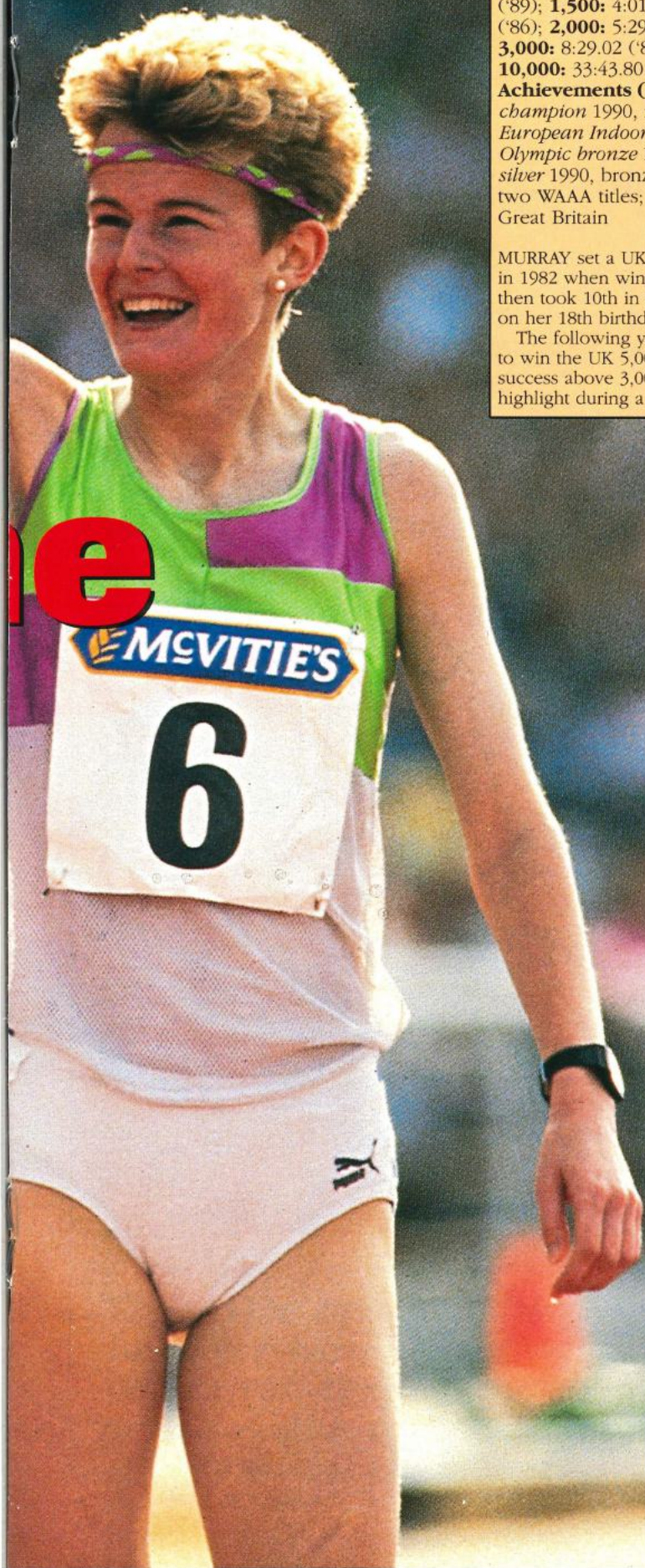
Needless to say, training schedules were shelved for the week. "I wasn't allowed to train," she says. "The MoD had such a tight schedule, plus the fact that if I went out in shorts and T-shirt I'd probably get arrested anyway because they have pretty strong rules out there."

Morale-boosting visits to the Scots Dragoon Guards took her to within 100 miles of the Kuwaiti border while sporadic alerts served as impromptu speed sessions as she was sent rushing for the shelters. But light relief was never far away.

"The funniest bit was when we were out in the desert and I said that I could use a pit stop," she recounts. "The soldiers gave me a shovel and told me it was just over there on the other side the camel. I had to dig a hole."

The trip to the Gulf brought to an end a hectic four months from which Murray admits there are lessons to be learned. "I had a few days on my own in Yugoslavia to put things into perspective," she says. "But when I returned it was chaotic, I was inundated with requests. I looked at my diary and it was just crazy. I lost my sponsor, moved into the flat, there was so much happening.

*FUN TIME: Murray enjoys her moment as winner in the 2,000 metres at the 1990 McVities Challenge*



**FACTFILE**

**Name:** Yvonne Carole Grace Murray  
**Born:** 4th October 1964, Musselburgh  
**Height:** 1.70m  
**Weight:** 52kg  
**Club:** Edinburgh AC  
**Coach:** Tommy Boyle  
**PBs:** 800: 2:00.80 ('87); 1,000: 2:37.29 ('89); 1,500: 4:01.00 ('87); Mile: 4:23.08 ('86); 2,000: 5:29.58 (Commonwealth rec); 3,000: 8:29.02 ('88); 5,000: 15:50.54 ('84); 10,000: 33:43.80 ('85)  
**Achievements (at 3,000m):** European champion 1990, runner-up 1986; European Indoor champion 1987; Olympic bronze 1988; Commonwealth silver 1990, bronze 1986; three UK and two WAAA titles; competed 26 times for Great Britain

MURRAY set a UK junior 3,000 metres record in 1982 when winning the Scottish title and then took 10th in the Commonwealth Games on her 18th birthday, *Ian Hodge writes.*

The following year, she beat Paula Fudge to win the UK 5,000 metres - her one success above 3,000 metres. The one highlight during a period of marginal

progress during 1984-5 was a European Indoor bronze in Athens.

Zola Budd's arrival on the British scene in the mid-Eighties increased the standard of distance running and Murray, having three times been runner-up to Budd in the WAAA 1,500 metres, finally beat her in a 2,000 metres in London in 1986, only narrowly failing to catch Mairicia Puica, who set a world best. The race brought Murray into the limelight and also increased the disappointment when she could place only third a fortnight later in the Commonwealth Games held just a few miles from her home.

There was a surprise, therefore, when the following month, she improved 15 seconds in Stuttgart to place third in Europe.

During the last three years, she has been in the world's top three at 3,000 metres and in 1989-90, Britain's top female athlete.

Her one disappointment was her defeat in Auckland to Angela Chalmers. Her finest win was in Split when she became Britain's only European champion of 1990, yet her best performance was undoubtedly in Seoul, where, leading at the bell, she ran a 62-second last lap to place third to Samolyenko and Ivan in a time of 8:29.02.

"I had a two-week holiday but that rapidly came down to two days because I was doing so many things. It was a great time and I wouldn't want to change it, but possibly I should have taken a break."

The flat is in the old fishing town of Musselburgh, just a 50 pence bus ride along the coast from Meadowbank Stadium, on the outskirts of Edinburgh.

Though she lives alone, it was bought with a future married life in mind. Her intended husband is a London journalist, but Murray is anxious to define a line between her public and private lives. "We're here to discuss athletics," is her way of ending this subject there and then.

"You become public property in a sense, so when it comes to my private life I draw the line."

Since coming under the guidance of Tommy Boyle four years ago, Murray makes regular visits to Wishaw track in Motherwell where the squad that includes Tom McKean is based.

Boyle's style includes meticulous supervision. As well as the morning routine that involves Murray weighing herself and taking the resting heart rate - "If my pulse is up then I haven't recovered from the previous session, so I have an easier day" - there is also the annual meeting with Boyle and Andy Norman to map out the season's campaign.

"For every season we always have two or three different race programmes," she says. "We don't stick with one regardless of what happens. It's very flexible. We sit down and say these are the races we want to do and then depending how the season goes we can change that."

Using this formula, Great Britain v Germany at Crystal Palace on 19th June is pencilled in as the season's opener, with the European Cup in Frankfurt to follow 10 days

**"They gave us each a book, but this guy told me not to bother reading it until we had taken off. It was about how to fight and survive"**

later.

But it is easy to see why she has chosen to remain in the east of Scotland rather than relocate herself in the more cosmopolitan Glasgow. The fast-moving waters of the River Esk flow below her living room window, while brass plates on neighbouring front doors carry the occupants' family name, as well as the more impersonal street number. It all reflects a spirit peculiar to small communities.

While she can't slip down to the local supermarket or to the fish and chip shop without being recognised, it doesn't bother her.

"They've always been very supportive, like putting on receptions when I return from championships," she says.

"People stop you in the street and talk."

"Everybody knows one another's business here with it being such a

**CONTINUED** ►

# SPORTS RETAILERS AREA GUIDE

F.R. Fell Running  
G.S. General Sports  
M.O. Mail Order  
T. Triathlon  
R.S. Running Specialists  
S.E. Sports Equipment  
R.W. Race Walking  
P. Pentathlon  
O. Orienteering  
C.S. Club Specials

## AVON

**TOTAL FITNESS**  
The Podium,  
Northgate St.,  
Bath.  
Tel: 0225 482819.

## CHESHIRE

M.O. **ATHLETES FOOT**  
R.S. 60 Albert Road  
G.S. Widnes Road  
Cheshire  
WA8 9JT  
Tel: 051 423 5844

## DERBYSHIRE

R.S. **DERBY RUNNER**  
T. Unit C  
Sandringham Drive  
Spondon  
Derby  
Tel: 0332 280048

## GREATER MANCHESTER

F.R. **RUNNING WILD**  
O. (Ron Hill Specialist)  
M.O. 148/150 Market Street  
R.S. Hyde  
S.E. Tel: 061-366-9191  
G.S.

F.R. **RUNNING WILD**  
O. (Brooks Specialist)  
R.S. 59 Bolton Rd, Kearsley  
Nr Farnworth  
(Just off A666 on Kearsley  
roundabout)  
Tel: 0204 72000  
New Balance fitting service

## GREATER MANCHESTER

R.S. **SPORTSFEET**  
F.R. (Reebok Specialist)  
3 Barton Square  
off St. Ann's Square  
Manchester  
Tel: 061-832-6111

## HAMPSHIRE

**JOG-N-RUN**  
123 Stoke Road,  
Gosport  
PO12 1LR  
Tel: 0705 525625.

R.S. **RUN AROUND**  
M.O. Anton Arcade  
Westbrook Close  
(Off South St)  
Andover, Hants  
SP10 2BN  
Tel: 0264 58030

## LANCASHIRE

F.R. **COMPLETE RUNNER**  
M.O. Leeds Road  
R.S. Nelson  
C.S. Lancashire  
Tel: 0282 690111

## LONDON

F.R. **EALING SPORTS**  
G.S. **CENTRE**  
M.O. 7 The Mall  
T. Ealing  
R.S. London W5 2PL  
S.E. Tel: 081-840 6865  
A genuine interest in you and  
your feet

## LONDON

R.S. **RUNNERS NEED**  
M.O. 34 Parkway  
F.R. Camden Town  
O. London NW1  
Tel: 071-267 7525

G.S. **KNIGHT SPORTS**  
M.O. 79 Old Church Road  
S.E. Chingford  
F.R. London E4 6ST  
C.S. Tel: 081-529 2693

## MERSEYSIDE

R.S. **NATTERJACK RUNNING**  
M.O. **CENTRE**  
77 London Street  
Southport  
Merseyside  
PR9 0PX  
Tel: 0704 546082

## MIDDLESEX

R.S. **RUNNERS WORLD**  
M.O. 333 Rayners Lane  
F.R. Pinner  
Harrow  
Middlesex  
Tel: 081-868 6997  
Late night Friday until 7pm

## STAFFS

R.S. **THE RUNNER**  
F.R. (Ron Hill Specialists)  
M.O. 246 London Road  
Stoke-on-Trent  
Staffs  
Tel: 0782 45968

## WEST MIDLANDS

G.S. **RUNNING RACQUET**  
M.O. 295 Kenilworth Road  
T. Balsall Common  
R.S. Nr Coventry  
S.E. Tel: 0676 33336  
C.S.

## WEST YORKSHIRE

R.S. **THE SPORTING FOOT**  
F.R. 51 New Brigate  
G.S. Leeds 2  
West Yorks  
Tel: 0532 460279

## YORKSHIRE

F.R. **RUNNING WILD**  
T. 15 Merrion Centre  
R.S. (Next to Stylo)  
R.W. Leeds  
C.S. Tel: 0532 444198

F.R. **COMPLETE RUNNER/**  
M.O. **FASTRAX**  
R.S. Leeds Road  
C.S. Ilkley  
West Yorks  
LS29 8EQ  
Tel: 0943 601581

G.S. **SPORTSFEET**  
R.S. 20 Crown Street  
T. Halifax  
F.R. Tel: 0422 56602 and  
C.S. 0422 349656  
S.E.

# MILLETSPORTS// - 081-959 5539

## 1991 Road, Track & Field Bargains

### NIKE

#### Track and Field

	Sizes	RRP	Our Price
Zoom Ultra	4-12	59.99	54.00
Zoom Sprint	4-12	49.99	45.00
Internationalist	4-12	39.99	36.00
Rival Plus	3-12	29.99	27.00
Long Jump	6-12	44.99	39.99
High Jump	6-12	44.99	39.99
Javelin	6-12	59.99	54.00
Shot & Discus	6-12	44.99	39.99

#### Road

1990 Air Craft (Special Offer)	6-12	44.99	24.99
1990 Air Pegasus (Special Offer)	6-12	49.99	34.99
1990 Air Span (Special Offer)	6-12	59.99	39.99
Air Pegasus	6-12	49.99	45.00
Air Skylon	6-12	54.99	49.99
Air Span	6-12	59.99	54.00
Air Max	6-12	64.99	58.45
Lady Air Pegasus	3-8	49.99	45.00
Lady Air Max	3-8	64.99	58.45
Lady Waffle	3-8	29.99	27.00

### REEBOK

#### Track & Field

	Sizes	Our Price
World Sprint Spikes	4-12	39.99
World Distance Spikes	4-12	39.99
World Long Jump	6-12	39.99

World High Jump	6-12	39.99
World Throw	6-12	39.99
PB 800	3-12	29.99

#### Road

Concorde HXL (Special Offer)	6-12	Normally £69.99	Only £49.99
Explorer (Special Offer)	6-12	Normally £44.99	Only £34.99
Phase 4	6-12	£39.99	
Royale	6-12	£29.99	

### ADIDAS

#### Track & Field

Race LD	6-12	£79.99
Accelerator	6-12	£89.99

#### Road

	Sizes	RRP	Our Price
ZX1000	6-12	39.99	36.00
ZX5000	6-12	54.99	49.99
ZX6000	6-12	64.99	59.99
ZX7000	6-12	69.99	63.00
ZX8000	6-12	74.99	69.99
ZX9000	6-12	74.99	69.99

### BROOKS

#### Road

	Sizes	RRP	Our Price
Regent (Special Offer)	7-10	49.99	29.99
Chariot CC (Special Offer)	7-12	44.99	29.99
Chariot HFX	6-12	49.99	45.00
Regent Plus	6-12	69.99	63.00
Fusion	6-12	79.99	72.00

### TRACK EQUIPMENT

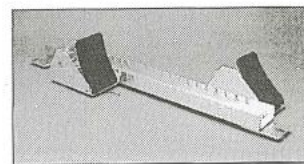
#### CANTABRIAN SPORTS

##### Starting Blocks

International	£199
Simplex 2000	£95.00
Challenger Sprint	£49.99
Schools	£19.99

##### Decathlon Sports

Decathlon Stadium as featured.	
Extruded aluminium centre bar with slots to enable the curved footblocks to be easily located and adjusted. The unit is fully adjustable and fitted with heavy duty spikes	Price £89.99
Decathlon club	£59.99
Decathlon Schools	£19.99



Also available shot, discus, javelin, hammer, scoreboards, hurdles, equipment stands, measuring equipment, vaulting poles. Please ring for prices.

### SPECIAL OFFERS

	Sizes	RRP	Our Price
Reebok Edge			
Goretex suits	S, M, L, XL	149.99	89.99
Sub 4 Rain suits	S, M, L, XL	39.99	19.99
Ron Hill Eugene suits	S, M, L, XL	59.99	29.99
Ron Hill Norway	S, M, L, XL	39.99	19.99
Ron Hill Tracksters	S, M, L, XL	12.99	10.99

(please request colour when ordering)

All orders are inclusive of postage and packing. Please allow up to 21 days when ordering. Credit card holders may ring 081-959 5539 during working hours or, send cheques and postal orders to

**MilletSports, 60 The Broadway, Mill Hill, London NW7 3TE.**

◀ CONTINUED

small community."

Murray has started to return something to that community in her new job for East Lothian Council. Though the £12,000 a year deal for working from 10 o'clock till two on a Tuesday, Wednesday and Thursday is less remunerative than that with her previous sponsor, it is conveniently located.

"I wasn't having much luck finding the right sort of sponsor," she says. "People were interested, but then at the last minute they fell by the wayside. The council were always asking how things were going and when it became inevitable they stepped in and said they'd like to help me," she says.

Put this deal alongside a lucrative membership of Fatima Whitbread's elite Chafford Hundred Club, the use of a Budget rental car and with a shoe contract in negotiation, Murray is defying the claim of many women that there isn't a living to be made in athletics. "There are opportunities out there for women but you've got to grab them," she says. "You've got to run well but there's a lot more to it than that."

Murray is hinting at the skill of self-promotion. Sat on the floor of her living room wearing a baggy sweatshirt promoting a no-smoking campaign, she runs through some of the public appearances and appeals she has been involved in that include the Duke of Edinburgh Award scheme and an anti-drink driving campaign.

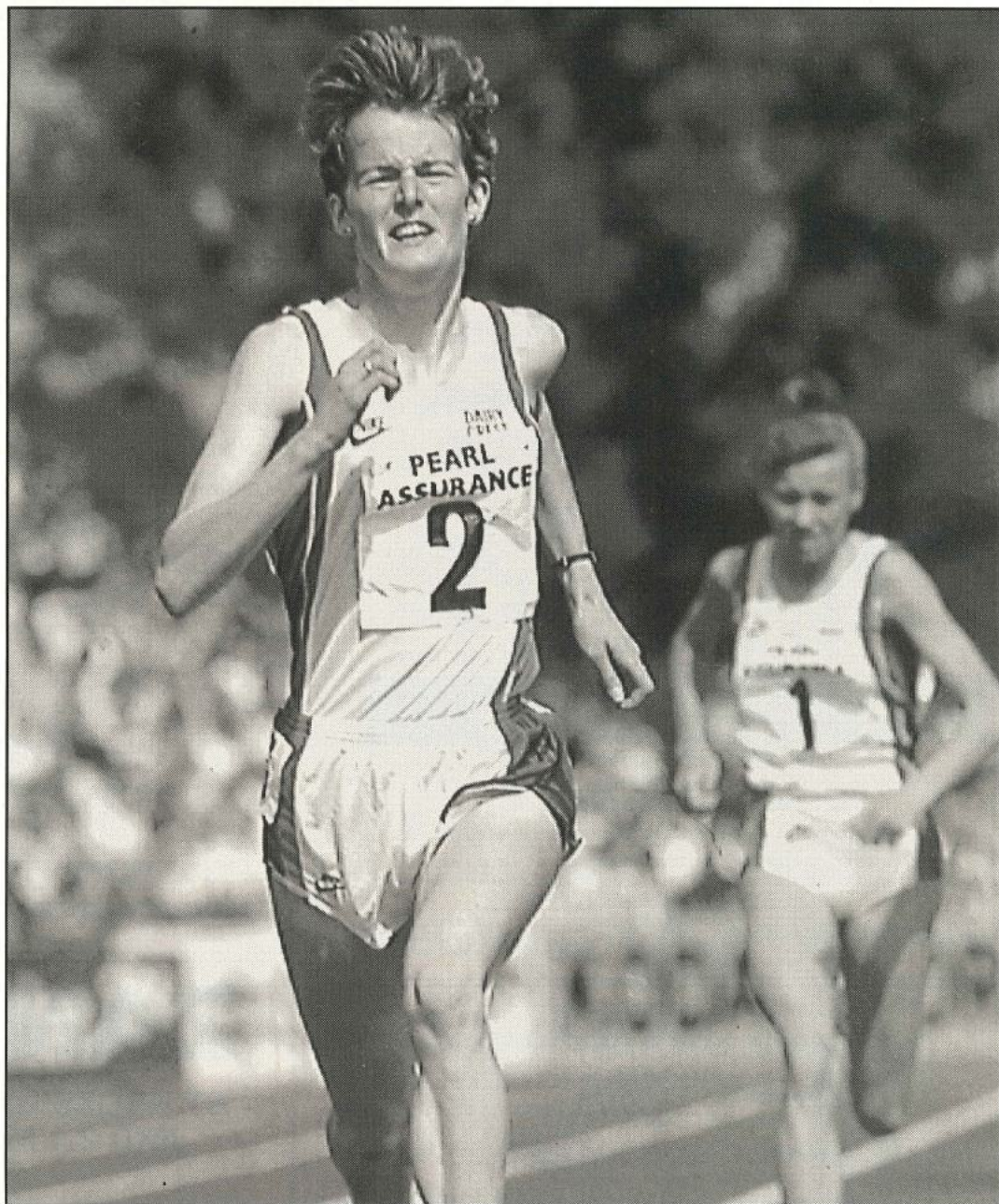
She is not offended by the "girl next door" image. "That's the image I like to have," she says. "It's quite a responsibility having kids looking up to you."

A recent addition to the image is a headband that first appeared at the Commonwealth Games in Auckland. While she doesn't deny it is now an accepted part of the Murray look, there was a practical reason for it when she first accepted it as a gift in New Zealand. "I got such a lot of mickey-taking from athletes when I started wearing it," she says. "I wear contact lenses and it gets awkward when sweat runs into your eyes. I didn't realise such a small thing like that could get so much attention."

The gauntlet has been thrown down to Linford Christie and the fashion race is now on. Murray has designed her own vest and shorts with matching headband. "It's all fun really and I suppose I can expand on that as well," she says.

Tears are another part of Murray's make-up and were seen in abundance on the victory podium in Split. "It was a bit upsetting after Split when some people suggested that it was an act," she says. "That

**"There are opportunities out there for women but you've got to grab them. You've got to run well but there's a lot more to it than that."**



WELL AHEAD: The gap widens from Liz McColgan as Murray powers her way to the finish line

was just me. I'd done a lot of hard work over the years to get to stand on the rostrum and hear the national anthem."

Murray's emphatic kick 550 metres from home in the 3,000 metres final at Split drew comparisons with similarly decisive moves from the likes of Coe, Ovett and Cram, but was a turn of speed unique to women's middle-distance finals. It was part of the plan carefully rehearsed with Boyle. "If somebody had pushed the pace on I would have gone later but because of the way it went I knew I had to go at 550," Murray says. "The whole family knew when I was going as well. I phoned my mum beforehand to stop her

worrying.

"I'd discussed it with Tommy, it's not something you decide on the spur of the moment. I remember building up and building up and then I just went."

Murray accepts that it is a ploy that opponents in Tokyo will be waiting for and other tactics will be necessary. So what will be the options this time? "I'm really going to tell you and the rest of the world where I'm going in the World Championships, aren't I?" she says.

Though not to detract from her considerable achievement, 1990 was a quiet year for women's 3,000 metres running, and this summer some of the old names could be back. "I don't know who's going to be running," Murray says. "I've heard Samolenko's back running again, though I don't know what's happening to Paula Ivan.

"There's also quite a rivalry going with Romanova, who was second in Split and less than a second behind me in Seoul. I've got a lot of work to do."

There's also a chance that Zola

PROGRESSION	
AT 3,000	
1980	10:11.8
1981	9:30.0
1982	9:07.77
1983	9:04.14
1984	8:58.54
1985	9:00.94i
1986	8:37.15
1987	8:42.07
1988	8:29.02
1989	8:38.51
1990	8:39.46

Pieterse (formerly Budd) could be back on the international stage if South Africa's return to competition becomes reality.

"I was delighted when I heard there is a possibility that Zola will be back competing," Murray says. "I have a lot of admiration for the way she runs her races. A bit like me, she takes them by the scruff of the neck."

BARNSELY DOROTHY HYMAN A.C. PRESENT  
(In association with Barnsley Metropolitan Borough Council)

UNITED FRIENDLY  
INSURANCE PLC

BARNSELY



ROAD RACE

Sunday, 7th July 1991

(run under AAA & WCC & RRA laws)

PRIZES IN EXCESS OF £5,000

Subventions to leading finishers (£1,000 first man, £300 first lady)  
Plus: £100 for new course record (Carl Thackeray 29.29)

'T' SHIRTS TO ALL FINISHERS

Programme includes: COLTS, BOYS, YOUTHS and GIRLS RACES  
Plus: LADIES SIX and MEN'S BARNSELY SIX

ENTRIES: Barnsley 6, 39 Aldham Cres., Wombwell, Barnsley S73 8ES

Entry fees: £3.00 Club Affiliated members, £3.50 Unattached, £1 Young Athletes races.  
Payable to: Barnsley '6'. Please enclose a large SAE for your race number and details which  
will be sent out after the closing date (20th June)



RAVENS CRAIG  
10 MILE ROAD RACE

OPEN TO RUNNERS OF ALL  
ABILITIES

incorporating

S.A.A.A. 10 MILE ROAD  
RACE CHAMPIONSHIP

Starts at 11.00am

&

6km FUN RUN

Starts at 10.00am

SPOT PRIZES ON THE DAY.

STARTS & FINISHES AT  
WISHAW SPORTS CENTRE

SUNDAY 19th MAY,  
1991

SPECIAL COMMEMORATIVE  
MEDAL TO ALL FINISHERS

Top Prizes for

MEN, WOMEN & VETERANS

Also on the day

SCOTLAND 'v' ENGLAND

Under 21 Womens Soccer International

motherwell  
Leisure



WISHAW  
Press



Details and Entry Form from  
Race Director, Wishaw Sports Centre,  
Alexander Street, Wishaw ML2 0HQ  
Tel: (0698) 355821

Gateshead  
METROPOLITAN BOROUGH COUNCIL

DEPARTMENT OF PARKS AND RECREATION



OPEN ATHLETICS MEETING

(under A.A.A. and W.A.A.A. Laws)

at

GATESHEAD INTERNATIONAL  
STADIUM

on

Saturday, 25th May, 1991  
1.00 p.m.

- VETERANS 100m, 3,000m
- SENIOR MEN 100m, 800m, 2,000m steeplechase, 5,000m, 110m hurdles, hammer, discus, shot, high jump, pole vault
- JUNIOR MEN 200m, 800m, 3,000m, long jump
- YOUTHS 100m, 800m, 3,000m, high jump
- BOYS 200m, long jump
- SENIOR LADIES 100m, 800m, 3,000m, 100m hurdles, shot, discus
- JUNIOR LADIES 200m, high jump
- INTER LADIES 100m, 1,500m, 80m hurdles, shot, javelin
- GIRLS 100m, long jump
- PLUS Senior Men's Invitation Mile. (All enquiries for this event only to Mr. Stan Long, telephone (091) 4901616).
- ENTRY FEES 70p per competitor per event (postal orders/cheques made payable to Gateshead M.B.C.)
- ENTRIES TO 'Open Athletics Meeting', Gateshead International Stadium, Neilson Road, Gateshead, Tyne and Wear, NE10 0FE. Tel: (091) 4781687 detailing name, address, club, date of birth, events entered, age group, best performance (to assist seeding and grading).
- PRIZES Medals for first three, except for veterans (first two in each age category) and NIKE prizes for event winners.
- CLOSING DATE Saturday, 11th May, 1991 (no late entries accepted). Please enclose a stamped addressed envelope (min. 9" x 4") for confirmation of entry/timetable of events.
- THE ORGANISERS RESERVE THE RIGHT TO CANCEL EVENTS IF THERE ARE INSUFFICIENT ENTRIES.

ZANUSSI

ST NEOTS HALF MARATHON  
AND 2.1 MILE FUN RUN



INCORPORATING

SOUTHERN COUNTIES HALF MARATHON CHAMPIONSHIP  
LIMIT 2,000

Sunday, 26th May, 1991

11.00am Start

(Under AAA and WAAA Rules)

Entry forms: Send SAE to E. Newland, 7 Dial Close, Little Paxton,  
Cams PE19 4QN

THE BIGGEST PRIZE LIST IN EAST ANGLIA

MALE	1st	£500*	FEMALE	1st	£300*
Open	2nd	£400*	Open	2nd	£200*
	3rd	£350*	Other Prizes to 5th Place		
	4th	£250*	First Club Team		
	5th	£200*	Other Prizes to 15th Place		
First 3 Club Teams					
40-44	:	First Three	Over 35	:	First Three
45-49	:	First Three	40-44	:	First Two
50-54	:	First Two	45-50	:	First Two
55-59	:	First Two	Over 50	:	First One
60+	:	First Two			

★ ZANUSSI PRODUCTS OF WINNERS CHOICE ★  
TO THE RETAIL VALUE SHOWN  
MEDALS TO ALL FINISHERS OVER 100 SPOT PRIZES

new balance



# FUTURE FIXTURES

## THE EAST MIDLANDS General Portfolio GRAND-PRIX

The Grand-Prix is based upon the best performance (Position) in any four of the following summer evening road races, located in the East Midlands

<b>TUESDAY</b> 14-5-91	<b>THE SILVERSTONE GRAND-PRIX 10K</b> 7.30 pm The Race Secretary, 30, Southview, Nether Heyford, Northants. Cheques to 'Silverstone Grand-Prix 10k'
<b>ENTRIES TO:</b> C.D. 8-5-91	
<b>WEDNESDAY</b> 22-5-91	<b>THE 'GOURLAY FORD' RUGBY 6</b> 7.45 p.m. The Race Secretary, PO Box 66, Rugby, Warks, CV225PR. Cheques to 'Rugby & District AC'
<b>ENTRIES TO:</b> C.D. 16-5-91	
<b>WEDNESDAY</b> 29-5-91	<b>THE HARBOROUGH 5</b> 7.30 p.m. Harborough AC, Harborough 5, PO Box 21, Market Harborough, Leicestershire, LE16 7GE. Cheques to 'Harborough AC'
<b>ENTRIES TO:</b> C.D. 22-5-91	
<b>TUESDAY</b> 4-6-91	<b>THE GOLDINGTON 6</b> 7.45 pm D. Richards, 41, Stancliffe Road, Putnoe, Bedford, MK41 9AP. Cheques to 'Bedford & County AC'
<b>ENTRIES TO:</b> C.D. 28-5-91	
<b>TUESDAY</b> 11-6-91	<b>THE CORBY 5</b> 7.45 pm G. D. White, 111, Colyers Drive, Corby, Northants, NN18 9NY. Cheques to 'Corby AC'
<b>ENTRIES TO:</b> C.D. 4-6-91	
<b>TUESDAY</b> 25-6-91	<b>THE BANBURY 5</b> 7.30 pm The Race Secretary, 35, Cumberford Close, Bloxham, Banbury, OX15 4HN. Cheques to 'Banbury Harriers AC'
<b>ENTRIES TO:</b> C.D. 18-6-91	
<b>THURSDAY</b> 11-7-91	<b>THE MILTON KEYNES 10K</b> 7.45 pm Rita Quill, Department of Earth Sciences, Open University, Milton Keynes, MK7 6AA. Cheques to 'Milton Keynes AC'
<b>ENTRIES TO:</b> C.D. 6-7-91	

**ENTRY FEES:** The entry fee for each race is £2.50 (£3.00 unaffiliated). Entry to the General Portfolio Grand-Prix is free of charge. All entries in the first four individual races will automatically count as Grand-Prix entries, and subsequent failure to complete four races will result in automatic disqualification. **Race numbers MUST be kept throughout the series to qualify.**

**PRIZES:** Grand-Prix prizes, consisting of 'Running Centre' vouchers, exchangeable at the Grand-Prix final at Milton Keynes or via 'The Running Centre' Northampton, will be awarded to all categories male/female/vets and teams subject to entry.

**BVAF GRADE 1 EVENT.**

## SHEFFIELD ATHLETIC CLUB OPEN MEETINGS WOODBOURN ROAD

(Under AAA & WAAA rules)  
All meetings start 6.30, events as follows:-

60m	110h	60m	400h
600m	800m	600m	100m
300m	100m	300m	800m
1000m	1500m	1000m	300m
3000m	3000m	3000m	1 mile
	5000m		10,000m

Pole Vault all meetings

L. Jump	H. Jump	L. Jump	H. Jump
Jav.	Hammer	Shot	Disc
	T. Jump	Jav.	Shot

**AGE GROUPS**

Sen/Jun Men, Boys/Youths, Vets, Sen/Inter Ladies, Girls, Vets

**ENTRIES**

£1 per event, 50p per additional events, on the night £1 per event.

TO Nick Duggan, 9 Ryegate Rd, Crosspool, Sheffield S10 5FA.

Collect numbers on the night, directions available on receipt of sae.

## Sheffield Athletic Club Rother Valley 10k Race Saturday 4th May, 1991 Fun Run 2.15p.m. 10K 3.15 p.m.

Course around Rother Valley Lakes. Completely Traffic Free and Absolutely Flat.

AN IDEAL FAMILY DAY OUT

MEDALS TO ALL FINISHERS.

(INDIVIDUAL and Team Prizes to the Value of £700)

ENTRY FEES 10K	£3.50	AAA Club Members	
(Includes Car Parking)	£4.00	Non-Club Runners	
FUN RUN	£2.50		

Under A.A.A./W.W.A.A.A.

Assisted By:  
**RUNNERCARE**  
14 Furnival Gate, Sheffield (Mail)  
Tel: (0742) 767436  
also at 27 Jameson Street, Hull.  
Tel: (0482) 28503

ENTRIES TO: M. BOREHAM, 2 NIGHTINGALE ROAD, GRENOSIDE, SHEFFIELD S30 3PY.

CLOSING DATE: 22nd APRIL. Cheques made payable to Sheffield Athletic Club.

PLEASE ENCLOSE STAMPED ADDRESSED ENVELOPE 9" x 6" FOR DIRECTIONS AND NUMBER.

## Dam Flask – Vaux Inns Relays 26th June (3x3 miles)

Details – Ron Mill, 3 Vale Grove, Loxley, Sheffield S6 6TB

## Enter now for the 8th SLOUGH MARATHON

- including
- ★ The Southern Counties VETS AC Championship
  - ★ The RRC Club Championship
  - ★ The Fire & Rescue Championship

and the 3rd SLOUGH EXPRESS

## HALF MARATHON

(under AAA rules & BARR grading)

**SUNDAY, 8th SEPTEMBER, 1991**

start and finish in the grounds of Upton Court Park

**SLOUGH MARATHON**

**MEDALS TO ALL FINISHERS**

**MANY PRIZES TO BE WON**

**GRADE II VETS CATEGORIES**

**AND TEAM PRIZES**

**SLOUGH EXPRESS HALF MARATHON**

**& FAMILY FUN RUN '91**

*Ample car parking, refreshments, changing and shower facilities, mile markers, plenty of drinks and sponges, enclosed finish area and fast flat course.*

Entry **FREE** for both races £4.50 (affiliated), £5 (non affiliated)

PLUS

**FAMILY FUN RUN (approx 2 miles) £1.50**

Medals to all runners

**AN EVENT NOT TO BE MISSED!**

Entry forms from:

Slough Marathon and Half Marathon

Sports & Leisure Department

Town Hall, Bath Road, Slough SL1 3UQ.



9r163

## WORTHING AND DISTRICT HARRIERS OPEN TRACK AND FIELD MEETING

(including VETS events)

## SPRING BANK HOLIDAY MONDAY

(Under AAA and WAAA Laws)

**27TH MAY, 1991, commencing 12.30 p.m.**

**WEST PARK, SHAFTESBURY AVENUE, WORTHING**

### TRACK TIMETABLE

12.30	75mH	Girls
12.35	80mH	Boys, I.W.
12.45	80m	U11 Girls, U11 Boys, Colts, Minor Girls.
1.05	100m	G. Boys, I.W., Youths
1.25	100m	S.W., S.M.
1.35	100m/H/C*	Vet. Ladies, Vet Men
1.45	800m	G. Boys, Youths
2.00	800m	I., W., S.W., Vet Ladies
2.10	800m	S. Men, Vet Men
2.15	600m	U11 Girls, U11 Boys, Colts
2.25	150m	MG, Colts
2.35	200m	G., I.W., S.W., Vet Ladies
2.45	200m	Boys, Youths, S.M., Vet Men
2.55	1500m	G., I.W., S.W.
3.15	1500m	Boys, Youths, S.M.
3.35	400m	S.W. Vet Ladies, S.M., Vet Men
3.50	3000m	S.W. Vet Ladies, S.M., Vet Men
4.20	2000m S/C	S.M.
4.35	4 x 100 Relays. All ages (No fee; declare at 4pm) *Vets 100H Cap ¾m per year over 35/40.	

### FIELD TIMETABLE

(4 Trials for throws and LJ subject to Referee's discretion)

12.30	H.J.	G. S.W.
12.30	L.J.	Minor Girls
12.30	Shot	Colts, Boys
12.30	Discus	Youths, Senior Men, Vet Men
1.30	L.J.	Minor Girls, Colts
1.30	Shot	Youths, Senior Men, Vet Men
1.30	Discus	Vet Women
1.30	Pole Vault	Boys, Youths, Senior Men
2.30	H.J.	Colts & Boys
2.30	L.J.	Youths and Senior Men
2.30	Shot	Girls, Senior Women, Vet Women
2.30	Javelin	Youths & Senior Men, Vet Men
3.30	L.J.	Girls, Senior Women
3.30	H.J.	Youths, Senior Men
3.30	Javelin	Girls, Senior Women, Vet Women

Entries: By 20th May to Dave Adams, 16 Nelson Road, Goring by Sea, Worthing, West Sussex. 75p per event. Double on the day.

Entry (by 20th May) for Track Meeting, 27th May 1991

I enclose £..... for entry to the following events.....  
Cheques payable to Worthing Harriers.

Age Group.....

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

Address.....

# FUTURE FIXTURES

## CARDIFF ATHLETIC STADIUM OPEN GRADED MEETING

Wednesday 1st May  
PROGRAMME

(First Event 7.00pm) 100m, 400m, 1,500m, 70/75/80/100/110mH,  
Triple Jump, High Jump, Discus, Shot Putt  
**ALL RELEVANT AGE GROUPS**  
**ALL ENTRIES ON THE DAY (Before 7pm)**  
6mm spikes only.

### ENTRY FEES:

Under 15yrs - 50p per event.  
Over 15yrs - £1.00 per event.

FOR FURTHER DETAILS  
RING (0222) 225345



## MIZUNO MASTERS GRAND PRIX

A 1st

### FOR VETERAN RUNNERS ONLY

Three classic events to be held in Battersea Park

EVENT 1 5 Miles ..... Sunday, 5th May  
EVENT 2 10K ..... Sunday, 9th June  
EVENT 3 10 Miles ..... Sunday, 7th July

All races start at 10am

★ Extensive prize list with prizes awarded in all categories including Team Prizes

★ Overall winners and runner-up prizes.

### CAPITAL CLUB VETS CHAMPIONSHIPS

Entry fees: CRRCC £3.00 (or £8 all 3) Club runners: £3.50 (or £9.50 all 3).  
Unattached: £4.00 (or £11 all 3)

Please make cheques payable to 'Capital Runners Club'.

Send a universal entry form to:  
MIZUNO MASTERS SERIES,  
8 Upper Montagu Street, London W1  
BARR and AAA measured course



## BARROW FESTIVAL OF RUNNING

A.A.A. and W.A.A.A. Laws



British Association  
of Road Races



Saturday 15th June

12.00 DAVID WILSON HOMES 1 MILE FUN RUN £1.00  
12.45 DAVID WILSON HOMES 4 MILE FUN RUN £2.00  
14.00 DAVID WILSON HOMES 10 MILE ROAD RACE £3.50 (£4.00)

Proceeds to: CYSTIC FIBROSIS.

MEDALS to finishers in 1 mile

TEE-SHIRTS to finishers in 4 & 10 miles

PRIZES to all groups in 10 miles

SPOT PRIZES in all races.

Entry Forms from: Mike Morley, Humphrey Perkins High School, Barrow-on-Soar,  
Loughborough with 9x4 s.a.e. Closing date: 25.5.91



## CLEETHORPES AND DISTRICT ATHLETICS CLUB OPEN TRACK AND FIELD MEETING

(Under A.A.A. & W.A.A.A. Laws)

THE KING GEORGE V STADIUM on SATURDAY 1st JUNE, 1991  
Commencing at 11.00 a.m.

Sponsored by TIOXIDE EUROPE

### EVENTS

8-11	Minor Boys	80m	150m	800m	LJ	4 x 100m Relay
8-11	Under 11 Girls	80m	150m	800m	LJ	4 x 100m Relay
11-13	Colts	100m	200m	800m	LJ	S.P. 4 x 100m Relay
11-13	Minor Girls	100m	200m	800m	HJ	S.P. 4 x 100m Relay
13-15	Boys	100m	200m	800m	H.J.	D.T. 4 x 100m Relay
13-15	Girls	100m	200m	800m	H.J.	L.J. 4 x 100m Relay
	Youths	100m	200m	400m	800m	SP
	Int. Ladies	100m	300m	800m	800m	JT, SP, HJ.
	Sen/Jun Men	100m	200m	400m	800m	1 Mile SP, LJ, JT
	Sen/Jun Ladies	100m	200m	800m	800m	1500m, JT, SP, HJ

Relays - Special Aggregate Club Trophy - Club Colours must be worn for all relays.

Ages: as at 1st September, 1991.

Entry Fees: 60p Per Event. Entry on day £1. Relays - £1.20 per Team.

Relays on day £1.50

1st, 2nd and 3rd in each Event.

Awards: Closing date for Entries: 22nd May, 1991.

All Entries to: Mr. D. Roberts, 19, Taylors Avenue, CLEETHORPES, DN35 0LQ.

Telephone: 0472 693270

Please make Cheques etc. payable to Cleethorpes & District A.C.

S.A.E. For confirmation and further details. Entries taken on the day.

## YATE FESTIVAL HALF MARATHON SUNDAY, 14TH JULY, 1991

START: 11.00 The Shopping Centre, Yate, Bristol

Closing date: SATURDAY,  
7th July, 1991

Entry Fees: £3.00 club members  
& AAA  
£3.50 others

Send to: M. Hurley,  
4 Turnberry, Yate, Bristol.

(Runners over 18 only)

Trophy plus £150 to

1st male/female

£100 2nd male/female

£50 3rd male/female

£150 1st charity team

Medals to all competing

PLEASE ATTACH LARGE SAE

(Cheques/PO payable to Northavon-Hildesheim Youth Exchange)

ENTRY FORM (please print)

Surname ..... First Name .....

Address .....

Daytime Tel No: .....

DoB..... Age on day of run .....

Fee enclosed £ .....AAA Reg (Permit No. Applied for)

Team ..... Predicted time H M S

Please enter me for the Yate Festival Run. I am medically fit to run and enter of my own risk. I understand 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 or for any property lost on the course or in the changing room.

Signed ..... Date .....

Sponsor



## MICHELIN 10 MILE ROAD RACE



2nd JUNE

Entry forms - send S.A.E. to:- MICHELIN 10, MICHELIN SPORTS CENTRE, ROSETREE AVENUE, TRENT VALE, STOKE-ON-TRENT.

MAKE SURE IT'S A MICHELIN 10

## NORTHERN COUNTIES A.A. ALLOCATED CHAMPIONSHIPS 1991

### Fell Races

Senior (9.4m/4250') and Junior (3.4m/1700') to be held in conjunction with the Sail Beck Horseshoe race at Buttermere on 12th May at 1pm.

Details from: D Hughes, Hallsteads, Gosforth, Cumbria.

### Road Races

MARATHON Championship in conjunction with the Sheffield race on 21st July. Details from A Hall, 3 Snelston Close, Sheffield S18 5RH.

HALF MARATHON in conjunction with the Garstang race on 11th August. Details from D. Heydon, 5 Victoria Ave., Scotforth, Lancaster.

10K ROAD RACE in conjunction with the Barrow race on 29th September. Details from D J Clark, 35 Fife Street, Barrow.

### 6 Stage Road Relay

To be held at Sunderland on 6th October: details from NCAA Office in August  
NCAA, Studio 44, Blue Coat Chambers, School Lane,  
Liverpool L1 3BX.

# FUTURE FIXTURES

THE FIFTH ANNUAL  
**TETRA PAK 10km**  
 (plus a Junior 3000 metres)  
**SUNDAY, 2nd JUNE, 1991**  
 (Under A.A.A. and W.C.C.A. Rules - R.R.C. Measured - Permit No. 3/91)  
 (B.A.R.R. Grade 1)

START AND FINISH AT TETRA PAK WREXHAM LTD., WREXHAM INDUSTRIAL ESTATE  
**JUNIOR 3km START - 10.30 a.m. 10km START - 11.30 a.m.**  
 COURSE RECORD: MALE - A GREEN (Warrington) 29.51. FEMALE - W BREED  
 (New Zealand) 33.38  
**EXTENSIVE PRIZE LIST**  
**OVER £1800 in SUBVENTIONS WHICH INCLUDES £300 FOR FIRST MALE,**  
**£250 FOR FIRST FEMALE.**

1-10 FINISHERS; 1-3 FEMALES; 1-3 MALE VETERANS (Over 40's, over 45's, over 50's, over 55's,  
 and over 60's); 1-3 FEMALE VETERANS (over 35's, over 40's and over 45's); 1-3 MALE AND  
 FEMALE JUNIOR (9-12yrs, 13-15yrs).

PLUS WORKS TEAM & OPEN TEAM COMPETITION (4 to count. Works team members must work  
 at same branch/factory) All classes of runners welcome!  
 PLUS AN AWARD AND TEE SHIRT TO ALL FINISHERS  
 Entry Fee £3.00 Club, £3.50 Unattached, £1.50 Junior 3k  
 Entries to: Ray Jarvis, 7 Y-Berllan Estate, Coedpoeth, Wrexham, LL13 3UQ.  
 Tel: 0978 752406.

PLEASE ENTER EARLY. CLOSING DATE FOR ENTRIES 25/5/91

**MERSEY GRAND PRIX**  
 Five Races. £4,000 in Prizes!  
 Fast flat 10km alongside the River Mersey  
 Starting at the Floral Hall, New Brighton  
**First race: Sunday, 19 May, 11 a.m.**  
**Then Thursday 13 June & Wednesday 10 July**  
**(both 7.30 p.m.)**  
**Sundays 4 August and 8 September (both 11 a.m.)**  
**Sponsored by Merseyside Development Corporation**  
 Supported by Wirral Leisure Services & Wallasey A.C.  
 Entry £2.50 per race. All five races only £7.50.  
 Add 50p per race unattached runners. To Bob Phillips,  
 15 Beech Hey Lane, Willaston, South Wirral L64 1TS  
 (Tel: 051/327/6342)

**TRING ATHLETIC CLUB**  
 Sponsored by: Champneys  
**10KM ROAD RACE**  
 AAA & WCCA Permits  
**Tuesday 18th June 1991 at 7.30 p.m.**

Prizes 1st 10 Men, 1st 3 Women, 1st 4 Vets, 1st Female Vet, 1st Junior.  
 There is no team event this year. Commemorative Award for all  
 10km finishers. Prizes awarded in category entered.

Entry Fee £3.50 AAA Affiliated - £4.00 unattached  
 and  
**5km Fun Run at 6.45 p.m.**  
**Several Prizes**  
 Entry Fee: £1.50 for adults, £1.00 u16's (minimum age 10 years)  
 Details: Venue: Pendley Sports Centre, Cow Lane (off A41) Tring.  
 Entries: 500 each event. Entry form from Mrs. Val Heath, 20 Long Plough,  
 Aston Clinton. Nr. Aylesbury, Bucks HP22 5HA.  
 Details needed, name, address, category entered, sex and club. Include a large  
 10" x 8" s.a.e. for running number and directions. Please make cheques payable to  
 TRING ATHLETIC CLUB. ENTRIES CLOSE 30th MAY, 1991.

West Lindsey DISTRICT COUNCIL  
 PRESENT THE FIFTH  
**WEST LINDSEY**  
**HALF MARATHON**  
**SUNDAY 23rd JUNE, 1991. 11.00 a.m. Start**  
**ENTRY FEE: £3.50 Club/Affiliated. £4.00 Unaffiliated.**  
 Closing date 17th June. Under AAA-WCC & RRA Rules  
 ALSO - 2 1/2 mile FAMILY FUN RUN. Spot Prizes. Finishers Medal.  
 Assisted by: The Middlefield School and Wm. Harrison School, Gainsborough.

- EXCELLENT SPECIALLY STRUCK MEDAL FOR ALL FINISHERS
- SPOT PRIZES
- EXTENSIVE PRIZE LIST AND TROPHIES
- FREE PARKING; CHANGING ACCOMMODATION AND DRINKS
- FLAT, FAST COURSE ACCURATELY MILE MARKED
- START AND FINISH AT MIDDLEFIELD SCHOOL, GAINSBOROUGH
- WHEELCHAIR ATHLETES WELCOMED
- FULL RESULTS SHEET AVAILABLE ON REQUEST
- COMPUTERISED TIMING
- MARSHALLED BY GOLF WHISKEY RADIO CLUB
- FIRST AID AND MEDICAL FACILITIES AVAILABLE

PRIZES - FIRST TEN MEN, FIRST FIVE WOMEN, FIRST THREE VET MEN (OVER 40), FIRST TWO VET WOMEN (OVER 35), FIRST TWO WHEELCHAIRS, TEAM PRIZES, SPOT PRIZES, OLDEST MALE AND FEMALE FINISHERS, FIRST MALE OVER 50 AND FEMALE OVER 45, FIRST GAINSBOROUGH MAN, FIRST GAINSBOROUGH WOMAN, LVA NON-AFFILIATED TEAM PRIZE

\* FUN RUN \* FANCY DRESS AND SPOT PRIZES

ENTRY FORM from: John Goddard, 34 Garfield Street, Gainsborough, Lincs. DN21 2LA.  
 Telephone: (0427) 611555

WOODFORD GREEN ATHLETIC CLUB  
**1991 Graded Programme**  
 Graded M (Male only)  
 (under A.A.A. rules - male only)

Wednesday, 8th May	Wednesday 12th June
6.40 3k Walk	6.40 3K Walk
7.00 100m	7.00 110h (3'6")
7.00 Hammer, L.J.	7.00 Shot, Pole Vault
7.20 3000m (Slow 9 min)	7.15 1500
8.05* ESSEX Ch. 3000 S.C.	7.45 200
8.20 800	8.05 3000m (fast 9 min)
*entries through normal channels (senior)	8.25 800m (faster 1.56)

ENTRY - On night only - close 20 min before fee  
 - £1.00 - 50p u/18 and 2nd event.  
 Ashton Track off Chigwell Rd., A.113 - just under M11 Bridge.

WIRRAL ATHLETIC CLUB  
**BIRKENHEAD PARK ROAD RACES**  
 (Under AAA and WAAA Laws)  
**WEDNESDAY, JUNE 5th, 1991**  
 Sponsored by RON HILL SPORTS and WIRRAL BC  
 Colts (11 or 12) 2 miles at 7.00pm : Boys (13 or 14) 2 miles at 7.20pm  
 Ages on 1.4.91 : Awards to the first 3  
**OPEN FIVE MILE RACE**  
 Start 7.45pm : Men 16+ on 5.6.91 : Ladies 16+ on 1.9.90  
 First 15 men, Vets 0/40, 45 and 50, First U20. First 3 Ladies, Vet 0/35  
 Entries to:  
 L.J. Carroll, 1 Cumberland Av., Birkenhead, Merseyside L43 0RY  
**Closing date : May 29th**  
 Fees : Colts and Boys 50p, Open race £1.50 (+50p if unaffil)  
 + SAE for number.  
 Cheques to Wirral AC : Entries on the night 50p and £2

Evening Express  
**ABERDEEN**  
**HALF MARATHON**  
 Chris Anderson Stadium -  
**Sunday 25th August, 1991.**  
**Start 11.00 a.m.**

Course 13 miles, 193 yards (21.093 km)  
 Entry Fee: £4.00

- TEAM RACES: Club, Inter-services, Oil
- CHILDREN'S FUN RUNS: 11.05 a.m.
- EVENING EXPRESS SCHOOLBOYS' MILE: 11.45 a.m.

Entries to: Evening Express Aberdeen Half  
 Marathon, 48 Westholme Avenue,  
 Aberdeen AB2 6AB.

**BASINGSTOKE & MID HANTS**  
**ATHLETIC CLUB**  
 presents  
**The FEATURE FLAME**  
**CARNIVAL 10K ROAD**  
**RACE**  
**SUNDAY, JULY 7TH, 1991.**  
**START 11.00 A.M.**  
 Under A.A. & W.C.C.A. Rules  
 Venue: The Harriet Costello School, Crossborough Hill, Basingstoke  
 Awards: Men, Ladies/Team & Individual Prize Vouchers (First Male & Female £50 Voucher)  
 Male Vets: 0/40, 0/50, 0/60.  
 Female Vets: 0/35, 0/40, 0/50.  
 Athletic, Business & Social Club Teams. Medal to all Finishers.  
 Fees: Athletic Club Members £3. All Others £3.50. No Team Fee.  
 Cheques payable to: Basingstoke & Mid Hants Athletic Club  
 Entry with fee please to: KG Littlejohns, 335 Kempshott Lane, Basingstoke, Hants RG22 5LW.  
 Closing Date: 20th June, 1991.  
 Enclose SAE for results list  
 Numbers etc will be sent by post after 29th June.  
 Entries Limited to 600. Runners must be 17 or over.

A Bucks Grand Prix Series Road Race  
**4TH ANNUAL NAPHILL 10**  
**MILE ROAD RACE AND 3**  
**MILE FUN RUN**  
 (AAA/WAAA Rules)  
**Saturday 8th June, 1991**  
**at 12.00 noon**  
 (In conjunction with the Naphill Village Fete)  
 Start and Finish adjacent to Naphill Playing Fields, Naphill, Nr. High Wycombe, Bucks.  
 Entry Fees: Affiliated £2.00. Non Affiliated £2.50. Fun Run: Free.  
 Medals and Prizes Galore.  
 Lunches/Refreshments available.  
 Entry limited to 500  
 Closing date for entries to main race - 1st June, 1991  
**FOR APPLICATION FORMS SEND S.A.E.**  
 TO: Mrs S. J. Beales, 25 Kilnwood, Walters Ash, High Wycombe, Bucks HP14 4UN

**Rotary Club of WELLINGBOROUGH**  
**5th CHARITY**  
**HALF MARATHON**  
 (Under AAA and WAAA Rules) and  
**3 1/2 MILE FUN RUN**  
**SUNDAY, 19 MAY, 1991**  
 Starts: Westfield Centre, Brickhill Road Half Marathon 10.45 am. Fun Run 11 am  
 Fees: £3.50/£4.00 unatt; £1 Fun Run  
 \* Certificates to all finishers in both events \* Individual Team Prizes \* Well Marshalled Course \* Adequate changing facilities.  
 Entry forms and details from:  
 D. Billson, 2 Avenue Close, Finedon NN9 5JY.

# FUTURE FIXTURES

**SUNDAY, 8th SEPTEMBER**

## LEICESTER CITY COUNCIL

# 20K ROAD RACE

**CONTACT RACE DIRECTOR:  
P.O. BOX 11, LEICESTER LE5 2YH**

### LLOYDS BANK PLC

## TRACK & FIELD CHAMPIONSHIPS

**Saturday, 8th June, 1991 at Lloyds Bank Sports Club, Beckenham, Kent.**

Restricted to employees of the Lloyds Bank Group. Officials also required.

For details: Contact Graham Williams.

**Tel: 081 658 3818**

Lloyds Bank Sports Club

### 10Km MINI MARATHON AND FUN RUN

In Beautiful Rural Suffolk



Start 14.00 hrs  
**Sunday 1st September, 1991**  
from **The Royal Hospital School, Holbrook**  
Near Ipswich, Suffolk

Main Category Prizes, and a Medal for every Finisher.  
Entry forms from Chris Croucher, Lattinford, London Road, Chapel St Mary, Ipswich, Suffolk, IP9 2JR.

Entries Close 1st August, 1991  
£4.00 (£4.50 unaffiliated)  
Please enclose s.a.e.

### Luton United Athletic Club

present the

## 8th Luton May Day 10k Road Race

**Monday 6th May, 1991**  
Start 11.00 a.m.

From Stockwood Park Athletic Track, Luton.  
Extensive prize list with prizes awarded in all categories inc. team prizes, 3 to score.

Entry £2.50 affiliated. £3.00 non Aff. 50p extra on day.

Beds County Champs free entry.

Entries close 29-4-91

Entries to: Luton United A.C., 3 Rannock Close, Sundon Park, Luton, Beds, LU3 3JY.

Cheques payable to Luton United A.C.

### Holland Sports Athletic Club

present the 6th

## HOLLAND 10K

(Under AAA & WAAA Laws)

**Sunday, May 26th, 1991**  
11.00 a.m. start

From: Mill Lane Sports Club, Oxted, Surrey

Medals to all finishers. Trophies to first three males and females. First three veterans male and female. First team male & female (May 5/3 to score)

£50 for M/F beating course record.  
Price £2.50 club runners / £3.00 unattached.

Entries to: Event Organiser, Mr. B. Thorpe, 4 Ockleys Mead, Godstone, Surrey, RH9 8AY.  
Tel: No. 0883 742207  
SAE for map and confirmation.

### RYDE HARRIERS



### RYDE HARRIERS 1991 EVENTS

- July 21** The Brading 10K Road Race from Brading  
**July 27** The Brighstone 10 Miles Road Race, from Brighstone (a Hants Road Race League event)  
**August 18** The Isle of Wight Half Marathon Race from Sandown

First and Second Class Standard medals, men, women and vets.  
Entry fees all events £3.50 – unattached £4.50.

All enquiries/entries to: The Race Secretary, Ryde Harriers, 31 High Street, Oakfield, Ryde, IOW, PO33 1EJ.

### Cheltenham & County Harriers

## CHELSEA BUILDING SOCIETY

### YOUNG ATHLETES OPEN MEETING

Bank Holiday, May 27th at Prince of Wales Stadium, Tommy Taylors Lane, Cheltenham, Glos.

- EVENTS**  
Colts 100m, 200m, Mile, L.J.  
Boys 100m, 200m, 400m, Mile, P.V., L.J., Discus, Javelin  
Youths 100m, 200m, 400m, Mile, H.J., P.V., Discus, Javelin  
Junior Men 100m, 200m, 800m, Javelin, H.J.  
Minors 100m, 800m, L.J.  
Girls 100m, 200m, 800m, L.J.  
Inters 100m, 200m, 800m

Entries 50p per event on plain paper to Glenn Bishop, 219 Arle Road, Cheltenham, Glos.

### GLAXO 25 KILOMETRE OF TEESDALE

**SUNDAY, 18th AUGUST, 1991**

organised by Teesdale Athletic Club  
Under AAA, WAAA, NCWCC 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 if possible.  
Start time 10.30 a.m.

#### PRIZES TO THE VALUE OF £1,500

- \* Prizes awarded to first 15 male, first 10 female.
- \* 1st prize value £75.00 male and female.
- \* 1st, 2nd, 3rd Glaxo male employees, 1st, 2nd, 3rd Glaxo female employees.
- \* Veteran classes to BVAF Grade 1 for male and female.
- \* Teams: Men and ladies. Glaxo teams (mixed any combination) all teams of four, three to count.
- \* Souvenir T-shirts to all finishers.

#### ENTRIES

- \* To: The Glaxo Kilometre of Teesdale, c/o R. Deacon, 19 Marwood Drive, Barnard Castle, Co. Durham, DL12 8DF. CLOSING DATE FOR ENTRIES 19th July, 1991 (Late entries will not be eligible for prizes).
- \* £5.00 AAA club members. £5.50 unattached athletes.
- \* Cheques, postal orders made payable to THE GLAXO 25 KILOMETRE OF TEESDALE.
- \* PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE (10" x 8" minimum).

### Cheltenham & County Harriers

## 10km ROAD RACE SERIES

**Mondays, June 3rd, July 1st, August 5th**  
7.30 p.m.

Start and finish at: Prince of Wales Stadium, Tommy Taylors Lane, Cheltenham, Glos.

Good series prizes

Entry £1.50 (£2 unattached) per race to Glenn Bishop, 219 Arle Road, Cheltenham, Glos.  
S.A.E. for travel instructions.

### UPTON ST LEONARDS ATHLETICS CLUB

present the

## MANIAC MILE

(Under AAA, WCC & RRA Laws and Rules)  
Plus Supporting Fun Run

**31st July, 1991**

**7.30 pm**

One mile up-hill race approx. 460 foot climb. Male, female, veterans, junior categories. First male and female teams. Extensive range of prizes. Entries/enquiries to Alan Bown, 30 Staites Orchard, Upton St Leonards, Gloucester.  
Tel: 0452 614443

### GLOUCESTER ATHLETIC CLUB

## 11th ANNUAL BREAM MAY DAY 6½ MILES ROAD RACE

**MONDAY, MAY 6th, 11.30 a.m.**

from BREAM RUGBY CLUB

N.B. Bream is 2 miles from Lydney, Glos.

Extensive prize list. Free beer all finishers.

Entries: Club £1. Unattached £1.50.

(Late entries surcharge).

To: T. Haines, 48, The Triangle, Gloucester

GL2 0NG. By May 21st. (enclose sae).

### EPPING RUNNERS

## 2nd 10 MILE ROAD RACE

Held under AAA

**SUNDAY 12th MAY, 1991**  
10.30 a.m.

**S.A.E. P. BOVINGTON, 4 WEDGEWOOD CLOSE, EPPING, ESSEX CM16 4QD**

### GLOUCESTER ATHLETIC CLUB

## THE FAMOUS ELDERSFIELD BEER RACE

(4.2 Miles or thereabouts)  
**MONDAY, MAY 27th, 11.30 a.m.**

from GREYHOUND INN, LIME ST., ELDERSFIELD.

Extensive prize list. Free beer all finishers.

Entries Club £1. Unattached £1.50.

(Late entries surcharge).

To: Organiser B. CALSPICK WAY, GLOUCESTER.

(enclose sae). By May 21st.

### MARPLE 7 MILES ROAD RACE

(Under AAA Laws)

**Wednesday 19th June, 1991**

**7.30 p.m. start**

From Cricket Ground, Bowden Lane, Marple, Nr. Stockport.

Good course – Good atmosphere

Entries by (17th June) with brief details to:

Marple Squash Club, c/o Stewart Keech, 42 Kayswood Rd., Rosehill, Marple, Cheshire, SK6 6EW.

Tel: 061 427 7481

Fee £2.00 (£2.50 unattached)

### GLOUCESTER ATHLETIC CLUB

## THE PAINSWICK BEACON 15 MILE MULTI-TERRAIN

(This race replaces the Wyedean 15)

**Saturday, 18th May, 2.30 p.m.**

A scenic multi-terrain to the top of Gloucestershire's famed beauty spot.

Extensive prize list. Men, Women & Teams of 3.

Entries: Club £1.50. Unattached £2.

(Late entries surcharged)

To: T. Haines, 48 The Triangle, Gloucester, GL2 0NG.

By May 14th (enclose S.A.E.)

Changing at Blackridge, Podsmead Rd., Gloucester

### Fun Run 6km & ½ Marathon

**10.00 a.m. start**

**Sunday, 16th June '91**  
Nicholas Hawksmoor School, Cowley Hill, Borehamwood, Herts.

Supported by Hertsmere Leisure and Elstree & Borehamwood Town Council.

Entry: Marathon – AAA/WAAA affiliated £3.50. Not affiliated £4.00.

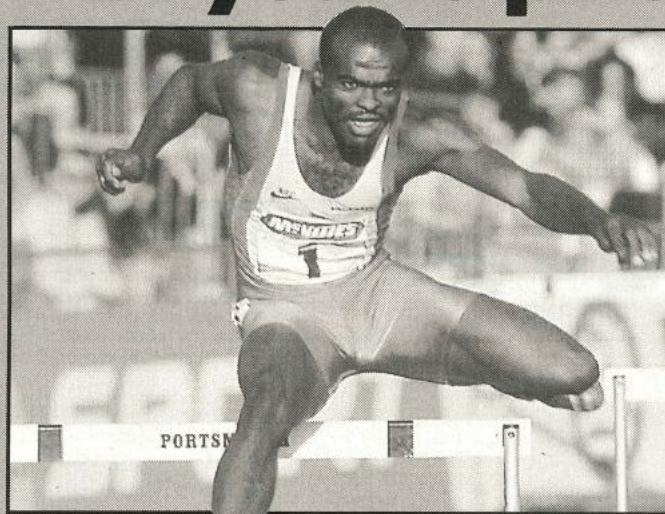
Fun Run £2.50.

Please enclose your cheque made payable to Borehamwood A.C.  
Fee on day £5.00.

Postal Entries close 1 June, 1991.

Please send your entry to: Pauline Poole, Race Secretary, 2 Maple Court, Drayton Road, Borehamwood, Herts.  
Tel: 081 207 2852.

**THIS YEAR'S**  
**ATHLETICS**  
**WEEKLY**  
**At last year's prices!**



*The world of athletics and development. this and in many cases*

*is renowned for its constant change. Athletics Weekly has always reflected caused it.*

*As a spring promotion, however, one aspect of Athletics Weekly will not be changing . . . THE PRICE. For a limited period only we are offering to send you the magazine that represents the lifeline of Athletics in Britain for only £46.00.*

*Can you afford NOT to be kept informed?*

Rates: 12 months: UK £46.00 (normally £54), Surface Mail £69.00, Air Mail Europe £74.00 ★ SC0058  
 6 months: UK £23.00, Surface Mail £34.50, Air Mail Europe £37.00 ★ SC0059

Please send me Athletics Weekly for the next ..... months.

Name .....

Address .....

Postcode .....

I enclose a cheque for £..... made payable to Athletics Weekly magazine.

Or, please charge £..... to my Access/Visa/Amex/Diners Club Card number .....

Expiry date .....

Signature .....

Please return this form to: Emap Consumer Magazines, Subscriptions Dept, PO Box 500, FREEPOST, Leicester LE99 0BA. This offer closes on 12th August, 1991.

Please tick here if you do not wish to receive business direct mail

# RESULTS

THE FASTEST SERVICE AVAILABLE FOR YOUR WEEKEND RESULTS

## ROAD

### PILKINGTON CEILINGS JIMMY KIDD 5KM VICTORIA PARK, WARRINGTON 21ST APRIL

#### Men

1, M Ridgeway (Sheff) 14:28  
2, D Gibbons (Sal) 15:04  
3, A Morris (Cepac) 15:10  
4, P Pickwell (Alt) 15:13  
5, M Battley (Wake) 15:17  
6, J Winn (Chor) 15:19; 7, R Harrison (Bir) 15:25; 8, M Keeley (Wallas) 15:33; 9, J Rose (Alt) 15:52; 10, I Auger (SW) 16:21; 11, L Nggobongwana (Alt) 16:26; 12, P Davidson 16:34; 13, P Rowland (Wallas) 16:39; 14, Janet Holt (Stret) 16:50; 15, I Harding (Warr) 16:56; 16, M Hargreaves (Liv H) 16:59; 17, I Wright (Warr) 17:02; 18, C Mitchell 17:16; 19, P Baxter (Altr, M45) 17:17; 20, S Illingworth (Warr) 17:20  
M45: 2, D Callender (Alt) 19:08; 3, B Dutton (N Vets) 22:58

M50: 1, C Quennell (Warr) 19:20

M40: P Kelly 22:21

M60: B Winter 29:17

#### Women

1, J Holt (Stret) 16:50; 2, L Maddison (Sale) 17:39; 3, J Kettle (M Ches) 18:31; 4, L Wilkinson (Sale) 19:15; 5, V Roberts (Warr) 19:30  
W35: C Jeffery 27:54; 2, R McKelvey 31:14; 3, J Aying (Whit H) 31:14

### 31ST RADDON COURT CHRIS VOSE 10KM VICTORIA PARK, WARRINGTON 21ST APRIL

OSESMO LUDAGO, a bronze medalist in Tanzania's World Junior Cross-country team last month, ran 20 seconds faster than the course record set in 1988, but was four seconds short of victory as Warrington's Andy Green, who set the previous best mark, had the 18-year-old under control.

When the Victoria Park Stadium came into view Green opened a 25-yard gap for a 29:01 win.

Apparently believing there was a lap of the track to complete, winner Green had something in reserve.

Ken Woodhouse, who left Warrington for Prestatyn and returned to his old patch last week, won the veterans' section in 30:40.

#### Men

1, A Green (Warr) 29:01 (course rec)  
2, O Ludago (TAN) 29:05  
3, R Brewster (Clay) 29:42  
4, A Spelman (Stoke) 29:54  
5, M Proudlove (C&N) 30:05  
6, I Postlethwaite (Cope) 30:17; 7, L Cadwallader (Seft) 30:19; 8, M Chorlton (M&C) 30:35; 9, M Girvan (Warr) 30:39; 10, K Woodhouse (Prestatyn, M40) 30:40; 11, T Chew (Clay) 30:43; 12, P Wynn (Warr) 30:44; 13, M Kinch (Warr) 30:48; 14, M Neary (Sal, M40) 30:52; 15, T Piegrome (Warr) 30:56; 16, N Hoyle (Seft) 31:10; 17, K Vose (Liv H) 31:17; 18, S McDonald (Bing) 31:18; 19, S Dawson (Cepac) 31:25; 20, J Danahay (Stoke) 31:33; 21, F Bullock (Seft) 31:33; 22, M Jones (Alt) 31:37; 23, J Wycherley (Hels) 31:37; 24, G Davies (Sal) 31:49; 25, B Gorman (Pres) 31:52; 26, I Corrin (Red Co) 31:53; 27, H Molyneux (Hels) 31:53; 28, G Ratcliffe (Warr) 31:55; 29, R Elliot (NWRRC, M45) 32:05; 30, A Wigglesworth (C&N) 32:07; 31, R Smith (Horw) 32:12; 32, C Farrell (Roch)

32:26; 33, P Frodsham (Warr) 32:28; 34, N Jones (M Ches) 32:36; 35, D Edwards (Liv S) 32:38; 36, C Lyon (Horw) 32:43; 37, A Thiemicke (C&N) 32:47; 38, D Carrington (Sale) 32:55; 39, M Corkhill (Red Co) 33:03; 40, K Minski (Sheff) 33:08; 41, D Hollins (L&M) 33:12; 42, P Roberts (St H Sut, M45) 33:25; 43, H Makin (Liv S) 33:28; 44, R Halsall (Wig P) 33:29; 45, C Booth (Cepac) 33:30; 46, A Cottrell (Wallas) 33:32; 47, L Carroll (Warr, M50) 33:32; 48, J Hardman (Sal) 33:35; 49, D Southam (Spec Str) 33:43; 50, P Weatherhead (Warr)

M40: K Woodhouse 30:40; 2, M Neary (Sal) 30:52; 3, F Graham (Alt)

M45: R Elliot 32:05; 2, P Roberts 33:25; 3, J Beasley (St H Str)

M50: L Carroll (Warr) 33:32; 2, G Lawson (Man H)

M55: F Cavanagh (Warr)

M60: R Sonerson (Warr)

TEAM: 1, Warrington A 36; 2, Warrington B 129; 3, Crewe & Nantwich 134; 4, Helsby RC 198; 5, South Liverpool 209

#### Women

1, A Wright (B'north) 34:34; 2, S Parker (Sale) 35:15; 3, S Crehan (Sale) 36:00; 4, S Bentley (C&N) 36:37; 5, G Woolley (Der L) 37:27

W35: 1, D Wakefield (Sal) 37:41; 2, A Cartwright (Prest) 38:12; 3, P Davies (M Ches) 38:46

### LOCHABER 10KM FORT WILLIAM 21ST APRIL

#### Men

1, D Rodgers (Lochaber) 32:58  
2, M McCartney (MHH) 33:54  
3, D Armour (Central) 33:54  
4, I Gollan (Iness) 34:18  
5, P Patterson (Central, M40) 35:11  
Junior: C Dullick (E Kil) 45:06  
M50: A Buchanan (B&H) 48:07  
Woman: S Gollan (Inver) 38:22  
W35: F Farquhar (Caith) 42:10  
Team: Lochaber.

### LOCHABER MARATHON 21ST APRIL

#### Men

1, J Cooper (S'burn) 2:28:34  
2, Lesley Atkinson (Aln H) 2:29:47  
3, D Ritchie (Forres, M40) 2:30:40  
4, G Woolnough (Ken, M40) 2:31:15  
5, D Wyate (Sun) 2:35:18  
6, J Hanratty (C'dale H) 2:38:53; 7, J Rogers (EHH) 2:39:00; 8, G Fairley (E Kilb) 2:40:38; 9, J Collins (Sun) 2:40:46; 10, G Reid (E Kilb) 2:41:32.  
M50: 1, J Maitland (Lochaber) 2:54:20; 2, W MacArthur (IBM, SV) 3:00:35; 3, I Love (MYMCAH) 3:01:01  
M60: W McBrinn (Shett) 2:46:26  
Women: 1, E Reid (CoG) 3:20:27; 2, P White (Pres H) 3:28:27; 3, C Lowans (N Lon) 3:29:26  
W35: N MacKinnon (Aber) 3:38:31; 2, K Smith (Greenock) 3:46:52; 3, I Wilson (SVH) 3:54:01  
TEAM: Forres Harriers

### JOCK SEMPLE MEMORIAL RELAY CLYDEBANK 20TH APRIL

#### Men (3x5.1km)

1, Falkirk Victoria Harriers (J Pentecost 17:10; I Johnston 17:02; J Sherban 16:11) 50:23  
2, Shettleston Harriers (J McKay 17:28; W Coyle 16:48; N Muir 16:39) 51:55  
3, Shettleston Harriers B (J Hendry 18:10; C Ross 18:27; D Cameron 17:37) 54:04  
4, Clydesdale 54:22; 5, Milburn 56:28; 6, Victoria Park 57:32; 7, Greenock GPH 58:15; 8, Cambuslang Vets 58:34; 9, FVH C 58:44; 10,

#### Garscube 58:59

Fastest: Sherban 16:11; Muir 16:39; Coyle 16:48

Fastest Vet: J Harrison (Milb) 17:59

Women: S Branney (Glas) 20:04

### BEN RHA REAY, CAITHNESS 20TH APRIL

#### Men

1, G Bartlett (FH) 44:17  
2, A McDonald (Caith) 50:22  
3, S Wright (Caith) 50:33  
4, P Hilton (Der) 50:54  
5, D Farquharson (AF) 51:10  
6, J Bowman (West) 51:42; 7, B McKay (MRR) 53:11; 8, A Young (AF) 53:52; 9, G Clark (AF, M40) 53:55; 10, N Bremner (Caith, M40) 54:06  
Women

1, I Clark (AF, W35) 1:07:59; 2, A Smith (Caith, W35) 1:09:15; 3, K Dunning (Caith) 1:12:14; 4, S McIntosh (Caith) 1:14:55

### HARROW 10KM 20TH APRIL

GIOVANNI RIZZO, with a commanding piece of front running, shaved two seconds from the course record to win in 29:25, despite the unseasonal snow showers, *Martin Duff reports.*

Confessing to having only recently rid himself of the aches and pains resulting from his hard run in the Fleet Half-marathon, Rizzo settled in for all of 800 metres before forging out on his own, in the manner that he knows best.

"I put an effort in after half-a-mile," he said, "only Tony Jackson came with me, but he was soon 10 metres down."

Such was Rizzo's power that at half-distance, he was officially timed at 14:28 to Jackson's 14:54. The main pack, which included Paul Bettridge, Tom Maher, Kirk Dumbleton, Nigel Gemmill and Dave Dymond, was timed through in 15:03.

In the second 5km, Rizzo went further away to win, in a personal best, from Jackson, who held on to second place, but narrowly missed ducking under 30 minutes.

"I was feeling very comfortable today," Rizzo said. "I couldn't believe it."

Bettridge headed Dumbleton for third, ahead of Maher, who led London Irish to a team win.

In the veterans' section, Mike Hurd showed that, even on reduced mileage, he can still knock out the fast times as he won in 31:23. Ernie Cunningham headed his Aldershot colleagues Martin Duff and Brian O'Neill to take the second vets' award with 31:48.

There was a close, if not high standard, race in the women's section, which saw Alison Parry narrowly defeat Freda Brown and Anne Moran to win in 37:09.

#### Men

1, G Rizzo (NVH) 29:25  
2, A Jackson (Hill) 30:02  
3, P Bettridge (Hav) 30:12  
4, K Dumbleton (SB) 30:15  
5, T Maher (Lon I) 30:28  
6, D Dymond (Exe) 30:39; 7, N Gemmill (Soton) 30:40; 8, J Zapple (Exe) 30:43; 9, P O'Brien (Old G) 30:53; 10, A Pritchard (Barn) 31:05; 11, G Floate (W Gn) 31:07; 12, S Goss (Exe) 31:08; 13, P Simons (SB) 31:09; 14, M Cursons (Old G) 31:13; 15, B Nugent (Lon I) 31:17; 16, M Simpson (Houns) 31:18; 17, I Legg (AFD) 31:21; 18, M Hurd (Wit RR, M45) 31:23; 19, K Gavin

(AFD) 31:24; 20, S Kerr (Lon I) 31:26; 21, J Quirke (Lon I) 31:28; 22, A Evans (SLH) 31:29; 23, N Flint (Old G) 31:33; 24, R Campbell (NEB) 31:43; 25, E Cunningham (AFD, M40) 31:48; 26, P Doran (Mus H) 31:49; 27, J Orr (Lon I) 31:49; 28, A Robinson (Chelm) 31:51; 29, M Adcock (Wat) 31:52; 30, N Keely (NVH) 31:53; 31, R Gaine (Colch J) 31:54; 32, D Rodwell (Wyc P) 31:54; 33, P Groves (SLH) 31:56; 34, R Johnson (West 4) 32:10; 35, M Duff (AFD, M45) 32:13; 36, B O'Neill (AFD, M45) 32:17; 37, M Rimmer (Unatt) 32:23; 38, S Bell (Wat) 32:24; 39, M Lepps (Old G) 32:28; 40, A Hoiles (Old G) 32:29; 41, R Frew (L'wade) 32:30; 42, J Willoughby (QPH, M40) 32:34; 43, T Seakins (Colch J) 32:36; 44, M Green (Old G, M40) 32:38; 45, S Faulkner (High) 32:39; 46, M Thomas (Poole) 32:39; 47, P Beauvais (Rane) 32:40; 48, P Biddlecombe (N Lon) 32:44; 49, G Whitson (Rane) 32:46; 50, N Smith (Ox C) 32:53; 51, J Odlin (N Lon) 32:54; 52, G Wootton (Thur, M45) 32:55; 53, P Gregory (B'brook) 32:58; 54, A Wong (Mus H) 32:59; 55, P Kindersley (Serp) 33:02; 56, P Graham (Ver) 33:06; 57, T Gassett (Metros) 33:10; 58, A Deighton (Old G) 33:22; 59, M Morgan (SLH) 33:34; 60, A Richardson (Wyc P) 33:38.

Further Vets: 8, A Daglish (Vaux) 33:46; 9, D Haughney (Vaux, M50) 34:05; 10, L Sawkins (S'end, M45) 34:09; 11, D Parsons (Ox C) 34:11; 12, S Rowland (Ran) 34:23.  
M50: 2, D Surrey (SB) 35:43; 3, M Whitman (Wat) 36:08.

TEAM: 1, London Irish 61; 2, Old Gaytonians 85; 3, Exeter 90; 4, Aldershot F&D 96.

#### Women

1, A Parry (Rane) 37:09  
2, F Brown (SB) 37:37  
3, A Moran (Mx L) 38:37  
4, D Tomlinson (Rane) 38:00; 5, C Owen-Thomas (Ches) 38:23; 6, R McDonald (Wyc P) 39:25; 7, M McGeorge (Wit RR) 39:38; 8, S Rowland (Rane, W35) 40:14; 9, K Ramsay (Chelm) 40:36; 10, C Tunstall (Rane) 41:18.  
TEAM: 1, Ranelagh 13; 2, Ranelagh B 63; 3, Ealing & Southall 63.

### UNITED FRIENDLY JACK RUSSELL MEMORIAL RACES SOUTH SHIELDS 20TH APRIL

KEN BELL produced his customary finishing burst as he sprinted clear of Dave Beris and Mark Smith in the final 100 metres after the trio had entered the track together after the 10,000 metres event, *Brian Kirkley reports.*

Callum Bark, a past winner, set the early pace after the opening stretch uphill on the coastal course. Steve Murdock surged through as the chasing pack was reduced to seven on the long haul up Lizard Lane before the steep decline to the coast on the return section.

Murdock was still leading into the last two miles, but approaching the final mile, Smith, Bell and Beris made a long run for home with Beris seemingly in command as the principals entered the final stages with the stadium in sight. The three were still together in the last 200 metres before Bell swooped and sprinted clear, finishing a second ahead of Smith, with Beris third.

#### Men (10km)

1, K Bell (Blay) 30:55  
2, M Smith (Gate) 30:56  
3, D Beris (SSH) 31:00  
4, S Murdock (J&H) 31:24  
5, J Hunt (Sun) 31:27  
6, C Bark (Sun) 31:31; 7, T Power (J&H) 31:34; 8, J Bell (Els, V) 31:56; 9, A Graham (Blay) 31:57; 10, A Demp (Blay) 32:06; 11, A Hall (Wash) 32:07; 12, H Matthews (Els, V) 32:09; 13, S Bennett-Cowl (CleS) 32:10; 14, D Lawson

(J&H) 32:14; 15, N Jobson (Blay) 32:16; 16, H Burdett (New M) 32:25; 17, R Bell (Blay) 32:26; 18, C Atkinson (Els) 32:28; 19, A Thompson (Els) 32:31; 20, P Taylor (Sun) 32:34  
 M45: D Hunter (Tyne) 34:58  
 M50: P Lancaster (NSP) 33:50  
 M55: I Barnes (Darl) 35:37  
 TEAM: 1, Blaydon 44; 2, Jarrow & Hebburn 68; 3, Sunderland 78  
 Youths (3.5M)  
 1, P Solomon (Sun) 18:17; 2, G Abbott (Darl) 18:19; 3, M Curry (J&H) 18:53  
 TEAM: Jarrow & Hebburn 23  
 Boys (1.5M)  
 1, P Lappin (Cram) 6:33; 2, M Briggs (Wash) 6:35; 3, S O'Donnell (J&H) 6:36; 4, D Flint (Blay) 6:39; 5, M Osbourne (Gos) 6:41  
 TEAM: 1, Cramlington 25; 2, Jarrow & Hebburn 26; 3, Blaydon 41  
 Coils (1.25M)  
 1, D Bell (Els) 6:57; 2, D Swinburne (Cram) 7:05; 3, P Donaldson (Morp) 7:10; 4, D Williams (Gate) 7:14; 5, A Langston (Gate) 7:17  
 TEAM: Morpeth 18; 2, Gateshead 30; 3, Jarrow & Hebburn 35  
 Women (10km)  
 1, S Hogg (Blay) 35:35; 2, K Mitchell (Tyne) 36:20; 3, J Coates (J&H) 37:17  
 Inters (2.5M)  
 1, K Gill (Cram) 14:29; 2, C McBeth (NSP) 14:50; 3, E Brady (Els) 15:04  
 TEAM: Gateshead 19:2  
 Girls (1.5M)  
 1, H Todd (Gate) 6:59; 2, T Ashcroft (J&H) 7:01; 3, A Foster (Morp) 7:15; 4, L Hardy (CleS) 7:18; 5, A Tremble (NSP) 7:26  
 TEAM: 1, Jarrow & Hebburn 28; 2, Morpeth 29; 3, North Shields 35  
 Minors (1.5M)  
 1, J Elliot (Els) 7:32; 2, J Heslopp (Els) 7:39; 3, C Woods (Cram) 7:45; 4, P Elliot (Els) 7:48; 5, V Johnson (Shil) 7:55  
 TEAM: 1, Elswick 7; 2, Gateshead 29; 3, North Shields 33

### GLEN BASH FORT WILLIAM 20TH APRIL

Men  
 1, D Runcieman (Cambus) 25:52  
 2, A Kennedy (Lochaber) 32:20  
 3, E Orr (Lochaber, M40) 34:33  
 4, D McKirdy (E Kil) 35:06  
 5, F Farquhar (Caith) 35:50

### GEORGE FORMBY TOWN CENTRE RACES WARRINGTON 20TH APRIL

Men (5km)  
 1, C Sweeney (Tip) 14:18  
 2, E Southam (High) 14:31  
 3, S Johnson (Bing) 14:38  
 4, N O'Brien (Lon D) 14:40  
 5, R Berry (Liv P) 14:45  
 6, G Green (Warr) 14:45; 7, M Girvan (Warr) 14:47; 8, E Williams (Stock, M40) 14:49; 9, A Deane (St H Sut) 14:51; 10, N Hoyle (Seft) 14:53; 11, D Stevens (M Ches) 14:56; 12, A Steffox (Sale) 15:06; 13, A Murphy (Midd) 15:08; 14, K Usher (Houn) 15:12; 15, A Blake (Wig) 15:15; 16, S Anders (St H Sut) 15:17; 17, S Jacques (St H Sut) 15:18; 18, H Molyneux (Hels) 15:25; 19, M Benson (Leeds) 15:26; 20, P Burgess (Wig) 15:29; 21, P Dean (Salf) 15:41; 22, G Horne (Sale) 15:45; 23, M Noble (Stock, M40) 15:47; 24, G White (St H Sut) 15:48; 25, P Cliff (St H Sut) 15:51  
 Women (3km)  
 1, B Murray (Macc) 10:36  
 2, K McKeuwyn (Liv H) 10:43  
 3, T Gorman (Hali) 11:04  
 4, M Docking (Wrex, W35) 11:09  
 5, C Atkinson (Warr) 11:15  
 6, L Birt (Wig) 11:23; 7, E Hall (Salf, W35) 14:09; 8, R James 15:01; 9, V Chester 15:01

### PENRITH HALF-MARATHON 20TH APRIL

VAUGHAN SADLER's last mile kick carried him to victory ahead of local hero Duncan Frampton in the inaugural Penrith Half-marathon, *Lynn Everington reports.*

The first casualty in the leading group of four was Keith Langridge, who was dropped at four miles. Dennis McCara followed five miles later.

Sadler has been taking things easy since finishing sixth in the Inter-Counties 20 miles four weeks ago as Lancashire's first scorer. But there was no rest for Frampton, who slots in races between shifts at a Keswick hotel, and last week won the five-mile road the houses race in the town.

Former fell running international Anne Bland made a welcome return to winning ways following a long lay off with injury and illness.

Men  
 1, V Sadler (B&F) 1:10:25  
 2, V Frampton (Kes) 1:10:32  
 3, D McCara 1:11:34  
 4, K Langridge (Shil) 1:12:37  
 5, P Carter (Crock) 1:14:19  
 6, R Fergusson (Cope) 1:15:15; 7, A Shankie (Tev, M40) 1:15:29; 8, S Green 1:16:14; 9, D Kelly (B&F, M40) 1:16:26; 10, D Bower (C'mouth) 1:16:38; 11, D Paterson (Border) 1:17:10; 12, M McClure (Tev) 1:17:12; 13, R Rae (Tev, M40) 1:17:21; 14, A Reed (Tev) 1:17:33; 15, N Hanbury (Ken) 1:17:47  
 M40: A Shankie (Tev) 1:15:29; 2, D Kelly (B&F) 1:16:26; 3, R Rae (Tev) 1:17:21  
 M50: T Baxter (Cumb) 1:17:58  
 M60: T Goodwin (L&M) 1:54:51  
 Women  
 1, A Bland (Ken, W35) 1:34:13; 2, C Robson (St Bees, W35) 1:40:18; 3, S Graham 1:42:06; 4, T Douglas (W35) 1:43:44; 5, J Mann 1:44:01; 6, M Graham (Norham) 1:46:13

### NEW ROMNEY HALF-MARATHON 20TH APRIL

Men  
 1, I Hamilton 1:10:10  
 2, K Mitchell 1:11:55  
 3, S Cox 1:12:03  
 4, R Marriot 1:12:13  
 5, P Finn 1:13:43  
 6, S Sellman 1:14:26; 7, D Kilby 1:14:33; 8, W Learmonth 1:16:13; 9, L Pollard 1:17:05  
 Women  
 1, B Appleby (Inv) 1:23:18; 2, A Chatterway (Camb H) 1:24:01; 3, J Hardwick (Has) 1:27:41; 4, M Bachman (Brom) 1:28:18; 5, H Smith 1:29:15

### IRONBRIDGE 1.4.5 SHROPSHIRE 19TH APRIL

Men  
 1, A Horlick (Telf) 22:13  
 2, T Werrett (Bir) 22:16  
 3, S Groom (Sand) 22:25  
 4, V Rollason (Spark) 22:38  
 5, A White (Tip) 22:46  
 6, J Slowe (High) 22:52; 7, B Charlton (PMAC) 22:54; 8, I Stanton (Telf) 22:58; 9, J Anderson (Unatt, M45) 23:00; 10, S Millington (Hales) 23:08; 11, D Simpson (Sand) 23:10; 12, D Rowley (W&B) 23:12; 13, F Thomas (Abery, M40) 23:15; 14, P Clarke (Telf) 23:16; 15, A Cooke (Peigne) 23:29; 16, I Coupland (Shres) 23:32; 17, R Cudworth (Hales) 23:35; 18, S Slawson (Unatt, M40) 23:41; 19, N Clarke (B'end) 23:50; 20, R Risbridge (Telf) 24:08; 21, J Walton (W&B, M40) 24:11; 22, R Unwin (Telf) 24:12; 23, M Borkowsky (Telf) 24:17; 24, K Warkulewicz (C&S, M40) 24:25; 25, S Lewis (Telf) 24:31  
 M50: E Knight (Hales) 25:18  
 Women  
 1, T Clarke (Telf) 25:42; 2, Y Hill (Telf) 27:15; 3, G Cudworth (Haels) 28:08; 4, J Bromley (Unatt) 28:26; 5, M Aston (W&B, W35) 29:34; 6, L Taylor (D&S) 30:02

### WESTON-SUPER-MARE TROPICANA 5 18TH APRIL

Men  
 1, D McNielly 25:29  
 2, G Eagle 26:24  
 3, L Collins 26:29  
 4, K Braxton 26:33  
 5, S Pilling 26:50  
 6, P Sommers 27:09; 7, P Davies 27:29; 8, A Lewis 27:32; 9, D Weston, M40 27:43; 10, C Newman 27:43; 11, D Frances, M40 27:53; 12, M Rogers 28:00; 13, M Hurley 28:13; 14, G Morgan 28:31; 15, B Courtney 28:45; 16, M Bewley 28:53; 17, K Harris 29:02; 18, P Newman 29:05; 19, N Nailor 29:08; 20, M Bird 29:10  
 Vets: 3, T Lewis 29:08; 4, F Learsley 29:23; 5, B Collins 29:36; 6, M Mitchell 29:50; 7, I Carpenter

30:13; 8, R Angel 31:32; 9, R Newman 31:27; 10, T Beckett 31:51  
 Women: 1, C Newman 27:43; 2, T Frost 33:58; 3, A Jacobs 34:37; 4, L Green 34:42; 5, A Loving 35:09; 6, K Bolton 36:56.

### CIVIL SERVICE 10KM CHAMPS BATTERSEA PARK 17TH APRIL

Men  
 1, J Parker (DSS) 30:27  
 2, M Roscoe (Maff) 30:44  
 3, J Avis (MoD) 31:05  
 Women  
 1, A Wright (I Rev) 34:33; 2, C Horne (DSS) 35:40; 3, S Neal (I Rev) 38:00  
 TEAM: 1, Inland Revenue; 2, Ordinance Survey; 3, Department of SS

### CAPITAL RRC ROAD MILE HYDE PARK 17TH APRIL

Men  
 1, T Bailey (SLH) 4:44  
 2, D Jones (Dul RC) 4:48  
 3, J Bocaro (High) 4:55  
 4, A Darling (Unatt) 5:04  
 5, R Hardgraft (Ips J) 5:06  
 6, F Thomason (Cap, M40) 5:11; 7, G Wales (Phil CS) 5:11; 8, S Evans (Had H) 5:12; 9, M Whittaker (Har) 5:17; 10, J Lineham (Haring) 5:21; 11, A Brennan (Cap) 5:25; 12, I Shackleton (Cap) 5:30; 13, J leith (Vets AC, M55) 5:51; 14, R Mercer (B&H, M45) 6:19; 15, J Quenby (Seven, M55) 6:27.

### FRENCHAY 10KM BRISTOL 14TH APRIL

FROME veteran Michael Rideout rolled back the years as he held off his younger challengers to win in a new course record, *Kevin Fabey reports.*

Rideout, Westbury Harrier Declan McGrath and Clevedon's Andrew Heyes soon pulled clear of the 400-strong field. But Rideout used his experience to take a grip on the race, finishing almost 20 seconds ahead of McGrath, who is making good progress after a long period out of action.

Tanya Ball ran away with the women's race with Bristol's promising youngster Kirstie Taylor second.

Men  
 1, M Rideout (Frome, M40) 33:35 (record); 2, D McGrath (West) 33:54; 3, A Heyes (Clev) 34:33; 4, D Ide (Car, M40) 34:48; 5, N Adams (Bris) 34:56; 6, W Graham (GWR) 35:18; 7, D Haver (Bris Uni) 35:30; 8, M Dowden (Clev) 35:31; 9, P Ford (GWR, M40) 35:44; 10, C Sabin (Eye) 35:48; 11, S Parker (Unatt) 35:54; 12, S Rafferty (Clev) 36:22; 13, A White (Bath) 36:27; 14, L Wild (Unatt) 36:33; 15, T Roberts (Unatt) 36:46; 16, K Harris (GWR) 36:53; 17, N Naylor (Unatt) 36:57; 18, R Roach (Peg) 37:15; 19, C Harvey (GWR) 37:16; 20, D Todd (Unatt) 37:17  
 Women  
 1, T Ball (London Oly) 39:52; 2, K Taylor (Bris, J) 41:41; 3, L Burston (Clev) 42:56; 4, K Britten (Bris) 43:20; 5, J Colley (Clev) 44:58  
 W35: 1, J Manners (Clev) 50:12; 2, C Wells (Nailsea) 55:40; 3, M Garrett (Unatt) 56:16

### THANET MARATHON (INCORP KENT CHAMPS) 7TH APRIL

Men  
 1, R Phillips (GEC) 2:35:02  
 2, M Farran (Bol) 2:39:41  
 3, J McNeil (Dover) 2:41:09  
 4, J Hudspeth (Serp) 2:44:29  
 5, D Winch (Thanet, M40) 2:44:29  
 6, K Franklin (Camb H) 2:47:46; 7, M Pickard (E&F) 2:50:32; 8, C Chapman (Maid) 2:50:44; 9, D Gray (Maid) 2:51:16; 10, S Marshall (Hast RR) 2:51:25; 11, J Tyler (Dag RR) 2:51:42; 12, R Reeves (Inv) 2:52:43; 13, I Jolliffe (Inv, M40) 2:54:03; 14, C Nash (Stilt, M40) 2:54:12; 15, M Goldsmith (Thanet) 2:54:53  
 M50: M Carter (Dart) 2:59:51

TEAM: 1, Invicta East Kent 49; 2, Thanet 53; 3, Maidstone 59  
 Kent Champs  
 1, Phillips; 2, McNeil; 3, Winch  
 TEAM: 1, Invicta East Kent 49; 2, Thanet 53; 3, Bexley 142  
 Women  
 1, J Bright (Maid, W35) 3:22:50; 2, P Bongers (Holl S, W35) 3:25:15; 3, L Watson (LOAC, W40) 3:28:52; 4, T Merslikina (URS) 3:31:50  
 TEAM: Thanet  
 Kent Champs  
 1, Bright; 2, Williams; 3, C Laraman (G'nd) 3:50:38

### FENLAND HALF-MARATHON WISBECH 7TH APRIL

Men  
 1, S Bell (Lin W) 1:10:52; 2, D Hurdwell (Maid) 1:11:47; 3, P Parking (Holb) 1:15:13; 4, C Swinton (RAF) 1:15:43; 5, A Smith (Ryst) 1:15:17; 6, S Faulkner (High) 1:15:43; 7, N Berrill (North P) 1:15:44; 8, P Tomblin (Holb) 1:15:47  
 M45: B Goodenough (Thorney) 1:16:37  
 TEAM: Holbeach  
 Women  
 1, E Abraham (Eye) 1:35:08; 2, P Osbourne (Eye) 1:35:44; 3, J Hill (Norw RR) 1:36:29  
 Vets: M Crump (Norw RR) 1:45:28

### CRIMBLE OF STAINES 10KM 7TH APRIL

Men  
 1, I Van Lokven (Burn J) 32:33; 2, T Briet (FRA) 32:56; 3, M Perrez (FRA) 33:06; 4, J Litwinski (FRA) 33:11; 5, U Prevati (Wok, M40) 33:14; 6, B Vannier (FRA, M40) 33:33; 7, D Truempenny (R'mead) 34:34; 8, L Henderson (Unatt, M40) 34:53; 9, C Brown (Unatt) 35:01; 10, D Hoddnott (K&P) 35:16  
 TEAM: Sportive Mellum, France  
 Women  
 1, P Fudge (Houn, W35) 34:26; 2, J Webb (Unatt, W35) 39:10; 3, A Jones (Unatt) 40:45; 4, D Howse (Unatt) 40:56; 5, S Noblesse (FRA) 41:10

### MCCAIN HALF-MARATHON SCARBOROUGH 7TH APRIL

Men  
 1, R Bond (Unatt) 1:14:30; 2, P Dewsbury (Hull Sp, M40) 1:14:40; 3, K Blades (Work) 1:15:05; 4, J Hardacre (Crock) 1:16:15; 5, R Braodley (Plax, M40) 1:16:30  
 TEAM: Plaxton  
 Women  
 1, C Buckley (Kane) 1:27:10; 2, S Garrod (GVS, W35) 1:29:05; 3, A Richards (Plax) 1:30:10

### OLDHAM HALF-MARATHON 7TH APRIL

Men  
 1, E Wilson (B'burn) 1:13:49; 2, D Norton (Unatt) 1:15:04; 3, T Wake (S'worth) 1:15:05; 4, P Bowker (E Chesh) 1:15:44; 5, T Aitchinson (Roch) 1:15:52  
 M40: D Ball (Midd) 1:18:14  
 M50: P Brennan (Sal) 1:28:02  
 M60: W Fairfield (E Chesh) 1:31:17  
 TEAM: 1, Rochdale; 2, Saddleworth; 3, East Cheshire  
 Women  
 1, J Needham (Roch) 1:28:32; 2, W McRae (Roch, M35) 1:36:28; 3, D Gowams (Unatt) 1:38:02

### COCK & PHEASANT 10KM BOLLINGTON 7TH APRIL

Men  
 1, K Burgess (Bol) 34:22; 2, S Eardley (Macc) 34:55; 3, R Eagle (Macc) 34:57; 4, R Pettengell (Macc) 35:17; 5, I Walker (Bol) 35:24  
 M50: B Swindles (Stock) 44:48

# BEATING THE PAIN BARRIER

Where to obtain specialist advice and injury treatment

## BERKSHIRE

**THE PRINCESS MARGARET HOSPITAL**  
Osborne Road, Windsor, Berkshire SL4 3SJ  
**SPORTS INJURY TREATMENT**  
by Chartered Physiotherapists  
Evening and early morning appointments  
available telephone 0753 868292

## CORNWALL

**SPORTS CLINIC**  
Advice & Treatment for  
Sports Injuries  
MCSP & SRP Physiotherapists with  
considerable experience. Evening  
clinic available 5-7pm Mon., Wed., Fri.  
Pen Ventinnie Lane, Truro, Cornwall.  
Telephone: 0872 71411.

## KENT

**BUPA ALEXANDRA HOSPITAL**  
**SOFT TISSUE INJURIES CLINIC** staffed  
by Chartered Physiotherapists and Podiatrist  
Impton Lane, Walderslade, Kent.  
Tel: 0634 687166

## LONDON

**CRYSTAL PALACE  
NATIONAL SPORTS CENTRE  
SPORTS INJURY CENTRE**  
081-778-0131  
Comprehensive Assessment Treatment  
and Rehabilitation of Sports Injuries.

## BERKSHIRE

**READING  
SPORTS INJURY  
CLINIC**  
10 Eldon Road,  
Reading  
RG1 4DH  
For appointments with: Dr Peter Thomas,  
Sports Physician, Dr Ann Redgrave, Medical  
Osteopath. Telephone: 0734 502002

## CUMBRIA

**KENDAL PHYSIOTHERAPY  
CENTRE**  
96 Stricklandgate, Kendal.  
Tel: 0539 725220  
Treatment by qualified physiotherapists.

## KENT

**AMI SLOANE HOSPITAL  
BECKENHAM  
PHYSIOTHERAPY CLINIC**  
Open 8am-8pm. Mon-Fri. Sat a.m.'s  
Prompt, Effective Assessment and treatment of  
sports injuries.  
081-466-6911

## LONDON

**CENTRAL LONDON INJURIES CLINIC**  
Chartered State Registered Physiotherapists  
Specialising in Athletic Injuries, Massage & Manipulative  
Therapy. Latest electro therapy techniques. Remedial  
exercise and advice. BUPA PFP etc.  
Tel: 071 636 4890  
27 Weymouth Street, London W1

## BERKSHIRE

**The Berkshire  
Physiotherapy Centre**  
Sports Injuries and Back Pain Clinic  
For an appointment please ring reading  
668601. Open 6 days a week.  
2 Pond Head Lane, Off Wokingham Road, Reading,  
Berkshire RG6 2ET. Telephone: 0734 668601

## DEVON

**Private Physiotherapy and  
Sports Injury Clinic**  
34 Whiteford Road, Mannamead, Plymouth,  
Devon PL3 5LX. Tel: 0752 666088  
Vicky Llewellyn MCSP SRP, Alison Morton, MCSP  
SRP. Chartered & State Registered Physio Therapists.

## LANCS

**SPORTS INJURY CLINIC**  
**BUPA Fylde Coast Hospital**  
St. Walburgas Rd., Blackpool.  
Tel: 0253 394188  
Diagnosis and treatment of all sports injuries.

## MIDDLESEX

**MANIPULATIVE SPORTS  
PHYSIOTHERAPY CLINIC**  
CLOISTERS WOOD COUNTRY CLUB, WOOD LANE,  
STANMORE, MIDDLESEX HA7 4AL.  
TEL: 081-954 7689 (Reception)  
Quality Assessment and Rehabilitation of all  
orthopaedic conditions and sporting injuries.  
Anne Power BPhy, MCSP, SRP

## BERKSHIRE

**Clere Physiotherapy Clinic**  
**ANDREW WIDDOP**  
Grad. Dep. Phys., MC. S.P. S.R.P.  
Oaklea, Harts Lane, Burghclere  
For appointments please ring: (0635-27) 617  
SPECIALISING IN SPORTS INJURIES  
NECK AND BACK PROBLEMS.

## ESSEX

**PHYSIOTHERAPY  
CLINIC**  
NO WAITING LIST  
Highly qualified physiotherapists will  
give comprehensive assessments and  
treatments. Modern equipment and gym  
facilities available.

## LONDON

### STATE-REGISTERED CHIROPODIST

**YVONNE KAUFMAN S.R.Ch., M.Ch.S.,  
D.Pod.M.** (Shaftesbury-Barnet Harriers)  
Treatment of ALL foot problems including:-  
**SPORTS INJURIES**  
**BIOMECHANICAL FOOT ANALYSIS**  
**ORTHOTICS & INSOLES**  
**GENERAL CHIROPODY**  
**SPECIAL VERRUCA CLINIC**  
**NAIL SURGERY**  
104 Longland Drive,  
Totteridge  
London N.20 Tel: 081 446-9878

## MIDDLESEX

**WANT TO PERFORM BETTER? RECOVER  
FASTER? REDUCE INJURY RISK?**  
Why not try Sports Massage/Therapy by Dennis  
Tel: 081-568-8844. L.A. Fitness, Swan Court, Swan  
Street, Lion Wharf, Old Isleworth, Middx TW7  
Also 071-252-5632 (24hrs)  
**DEEFOUR**  
Paragon Buildings, Searles Road, London, S.E.1., 4YU

## BRIGHTON

**BRIGHTON SPORTS INJURY CLINIC**  
62 Palmeira Avenue, Hove, Sussex, BN33GT  
Tel: 0273 29557. Emergency 0860 202333  
\* Staffed by Chartered Physiotherapists.  
\* All Sporting and Occupational Injuries treated.  
\* Comprehensive range of electrical equipment.  
\* Manipulation available.

## ESSEX

**BUPA Hartwood Hospital, Warley  
Road, Brentwood, Essex CM13 3LE**  
0277 232525  


## LONDON

**CANNONS COVENT GARDEN  
SPORTS INJURY CLINIC**  
Chartered Physiotherapists  
ASSESSMENT, TREATMENT and full gym facilities for  
REHABILITATION of all sports injuries, flexible hours.  
Tel: 071 497 8974/240 2446

## OXFORDSHIRE

**SPORTS INJURY CLINIC**  
Normally one visit only required  
**ORTHOSPORT**  
73B Bell Street, Henley on Thames,  
Oxon, RG9 2BD. Tel: (0491) 576841.  
FREE INFORMATION PACK

## BUCKS

**AMI CHILTERN HOSPITAL  
LONDON ROAD,  
GREAT MISSENDEN, BUCKS, HP16 0EN**  
**SPORTS INJURY CLINIC**  
Chartered and State Registered Physiotherapists.  
For appointments and further information telephone  
the Physiotherapy Department.  
02406 - 6565

## ESSEX / HERTS

**STORTFORD GRANGE  
PHYSIOTHERAPY CLINIC**  
JENKINS LANE, BISHOPS  
STORTFORD, HERTS, CM22 7QL.  
TEL: 0279 654020

## LONDON

**ANN POWER**  
BPhy, MCSP, SRP  
Manipulative, Orthopaedic, Sports  
Physiotherapist.  
St. John's Wood Clinic, 112 Hamilton Terrace,  
St. John's Wood, London NW8 9UR.  
Tel: 071-286 5695 (9am-12pm)

## PLYMOUTH

**PRIVATE PHYSIOTHERAPY &  
SPORTS INJURY CLINIC**  
5 Whiteford Road, Mannamead, Plymouth, Devon,  
PL3 5LU. Tel: 0752 662954.  
David Kay MCSP, SRP, Sarah Long-Collins MCSP,  
SRP. Chartered and State Registered  
Physiotherapists.

## BUCKS

**SPORTS INJURY CLINIC**  
Normally one visit only required  
**SPORTSMED**  
at **LIFESTYLES FITNESS CENTRE**  
Wycombe Sports Centre, Marlow Hill, High  
Wycombe, Bucks HP11 1SX. Tel: (0494) 35793  
**FREE INFORMATION PACK**

## GREATER MANCHESTER

**Sport-therapy in Stockport can  
help your injury**  
• Fitness is hard come by and quickly gone. • Try  
our treat and train expertise. • Call us for a prompt  
appointment at your convenience.  
89 BUXTON ROAD (A6)  
061-480 2011

## LONDON

**CHURCHILL CLINIC  
SPORTS INJURY SERVICE**  
For immediate assessment and treatment with  
full hospital facilities available as necessary.  
Ring 071 928 5633 for details/appointments.  
80 Lambeth Rd., London SE1

## SHROPSHIRE

**MEDAYD PHYSIOTHERAPY**  
52, Stafford Street, Market Drayton.  
Tel: 0630 652304.  
7 Dawley Road, Wellington, Telford.  
Tel: 0630 652304.

## BUCKS

**Angus Clinic**  
Cameron Angus, Grad Dip (Phys) MCSP SRP  
16 Simonbath, Fuzton, Milton Keynes MK4 1DR.  
Sports Injury Treatment and Prevention by  
Sportspeople  
Tel: 0908 504330

## HAMPSHIRE

**SPORTS INJURY CLINIC**  
**BUPA Chalybeate Hospital**  
Tremona Road, Southampton  
0703 775544  
FLEXIBLE APPOINTMENTS WITH CHARTERED  
PHYSIOTHERAPISTS

## LONDON

**THE BIOMECHANICS  
AND SPORTS INJURY CLINIC**  
R. J. ANTHONY, F.Pod.A.  
PODIATRIST  
\* VIDEO GAIT ANALYSIS \* ORTHOTICS  
\* PHYSICAL THERAPY.  
BLACKBROOK PAVILION, BLACKBROOK  
WAY, TAUNTON, SOMERSET TA1 2RW.  
Tel: (0823) 333435

## CHESHIRE

**BUPA North Cheshire Hospital**  
Tarpoley Road, Stretton,  
Warrington, Cheshire WA4 4LU.  
Telephone (0925) 65000. Fax (0925) 604469  
Flexible Appointments.

## HANTS

**SPORTS INJURIES CLINIC**  
Tel: from 0700-0329 234182  
Gerald Varnham, Grad Dip Phys, MCSP, SRP,  
15 Southampton Road (off A32), Fareham,  
Hants. PO16 7DZ  
Specialising in Sports Medicine

## LONDON

**THE CITY  
PHYSIOTHERAPY CLINIC**  
Professional treatment of all sports injuries and  
muscle-skeletal problems by Chartered  
Physiotherapists.  
32 Queen Victoria Street, London,  
EC4N 4SS. Tel: 071 606 0385

## SUFFOLK

**GYM AND TRIM SPORTS  
INJURY CLINIC**  
Lower Orwell Street, Ipswich,  
Suffolk, IP4 1BU. Tel: 0473 219600  
Full range of physiotherapy treatment by chartered and  
state registered physio's use of well equipped gyms.  
Available as necessary.

## CHESHIRE

**PHYSIOTHERAPY &  
SPORTS INJURY CLINIC**  
Wallserscote House, Winnington Lane,  
Northwich, Cheshire. Tel: 0606 871618.  
Sheena Storah, MCSP, Mike Storah MCSP.  
Chartered & State Registered.

## KENT

**AMI CHAUCER HOSPITAL  
CANTERBURY  
SPORTS INJURY CLINIC**  
Prompt, Effective Assessment and Treatment  
TEL: (0227) 455466

## LONDON

**GARDENS  
PHYSIOTHERAPY CLINIC**  
King's Court, rear 164 High Street,  
LONDON TN22 1AT. Tel: 0825-767310  
Mrs S. Welsh  
Chartered & State Registered Physiotherapists

## SURBITON/SURREY

**SPORTS INJURY THERAPY SERVICES**  
**Owen Harris & Debbie Annett**  
The Surgery, Brunswick Lodge, 199 Ewell Road,  
Surbiton, Surrey.  
FOR THE TREATMENT/REHABILITATION OF SPORTS  
INJURIES INCLUDING SPORTS/REMEDIAL MASSAGE.  
081 399 4627

### SURREY

The Chartered Society of Physiotherapy  
**Guildford Physiotherapy and Sports Clinic**  
 (Staffed by Chartered Physiotherapists)  
 85 Epsom Road, Guildford GU1 3PA. Tel: Guildford 575876  
 Clinic hours - by appointment until 8pm  
 The Organisation of Chartered Physiotherapists in Private Practice

### SURREY

**JOANNA MANSFIELD**  
 MCSP, SRP, Grad. Dip. Phys.  
 Diploma in Sports Physiotherapy, advice and immediate treatment for sports injuries.  
**RAWORTH CLINIC**  
 20-26 South St., Dorking RH4 2HQ.  
 0306 742150

### WEST MIDLANDS

**BUPA PARKWAY SPORTS INJURIES CLINIC**  
 ● ISOKINETIC ANALYSIS ● DOCTOR AVAILABLE  
 ● CHARTERED PHYSIOTHERAPISTS  
 1 Damson Parkway, Solihull 8-8pm  
**021 704 1451 X255**  
**BUPA PARKWAY HOSPITAL**

### WEST MIDLANDS

**SPORTS INJURY CLINIC**  
 BUPA Hospital Little Aston  
**LITTLE ASTON, SUTTON COLDFIELD,**  
**B74 3UP. TEL: 021 353 2444**  
 Diagnosis and treatment of all sports injuries

### WEST MIDLANDS

**AMI Priory Hospital**  
 Physiotherapy Clinic with Sports Injury Service  
 Priory Road, Edgbaston, Birmingham, B5 7UG.  
 Tel: 021 440 2323  
**AMI Healthcare**

### WEST MIDLANDS

**SOMERFORD PHYSICAL THERAPY CENTRE**  
 K. E. Terry Grad. Dip., Phys., MCSP, SRP  
 Sports and Acute Injury Clinic  
 Evening Surgeries available by appointment -  
 Phone 0902 374596  
**67 HIGH STREET, ALBRIGHTON,**  
**NR. WOLVERHAMPTON**

### WILTS/SWINDON

**RIDGEWAY HOSPITAL**  
**SPORTS INJURY CLINIC & FITNESS TESTING**  
 Monday-Wednesday 5.30-7.30pm  
 Tuesday-Thursday 4.30-7.30pm  
 Saturday Morning 9.00 - 12.00  
 Initial Visit £13.25 Follow Up £11.00  
 Fitness Test £15.00  
 Appointment only 0793 814848 X290

### WIRRAL

**Physiotherapy and Sports Injury Clinic**  
**BUPA Murrayfield Hospital**  
 Holmwood Drive, Thingwall  
 051-648 7000  
 Flexible appointments with chartered Physiotherapists

### S. YORKS

**ALBANY PHYSIOTHERAPY & SPORTS INJURIES CLINIC**  
 Edward White M.C.S.P., S.R.P.  
 2 Albany Road, Netheredge, Sheffield S7 1DP  
 Full treatment & advice service. Personal attention.  
 Telephone: 0742 551335

### WEST YORKSHIRE

**SPORTS INJURIES**  
 By Olympic Games Therapists  
 Paul S. Brown at 13 Lennox Drive,  
 Lupset Park, Wakefield.  
 Tel: 0924 374103

### SOUTH YORKSHIRE

### PHYSIOTHERAPY SPORTS INJURIES

- Chartered and State Physiotherapists
- Professional treatment using up to date equipment and techniques
- Sports rehabilitation gymnasium
- Fitness assessment and training

*The White House*  
 PHYSIOTHERAPY AND SPORTS INJURIES CLINICS



The White House, 3 Sandycroft Park,  
 Sandycroft, Sheffield S10 5TZ.  
 Tel: Sheffield 302030/302165/308456  
 Fax: Sheffield 630139  
 Shelton House, 4 Bennetthorpe,  
 Doncaster DN2 6AD.  
 Tel: Doncaster 323489

## NEW STUDIES IN

# ATHLETICS

The IAAF quarterly magazine for:

- Coaching Information
- Technical Research
- Bibliographic Documentation

Subscription for 1 year  
 (4 issues, starting with 1st issue of year ordered)

**£12.00**

Please post to: IAAF Bureau,  
 3 Hans Crescent,  
 Knightsbridge,  
 London SW1X 0LN England



### SUBSCRIPTION ORDER

Please use BLOCK LETTERS

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Please send me New Studies in Athletics for the calendar year 199\_\_ (4 issues)

I enclose an International Money Order made payable to the IAAF for \_\_\_\_\_ incl. P&P.

**READER OFFER**

# Athletics Weekly



## AAA ROAD RACE FIXTURE LIST 1991

The biggest edition ever, with 1,350 races listed and entry details for 1991. Includes special features on London's World Cup Marathon, the Sun Life Great Race and profiles on Paul Cuskin, Mark Flint and Andrea Wallace.

**OFFER PRICE £2.95 inc. p&p**

Please send me ..... (Qty) Road Race Fixture List 1991 at £2.95 inc. p&p.  
 I enclose cheque/P.O.(s) for £..... made payable to Athletics Weekly.

Please allow 28 days for delivery.

Name .....

Address .....

.....

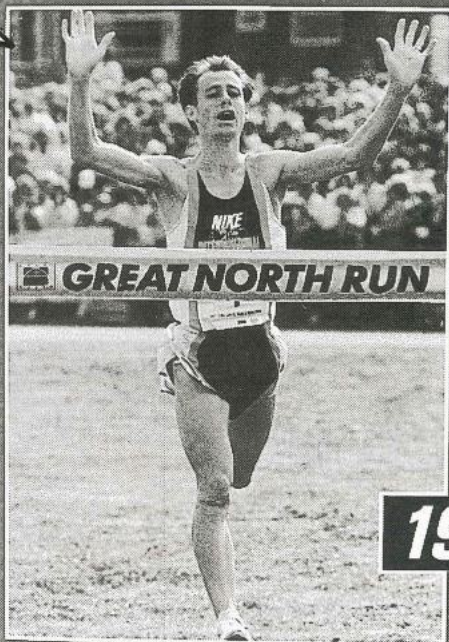
.....

.....

.....Postcode.....

THE COMPLETE GUIDE TO ROAD RUNNING IN THE UK

# ROAD RACE



**FIXTURE LIST**

**1991**

£2.50

**BIGGEST EVER - OVER 1300 RACES LISTED**

Send your order to:-  
 Athletics Weekly,  
 Road Race Fixture List 1991,  
 P.O. Box 136, Peterborough PE2 0XW

M60: C Jones (Boll) 47:09  
 TEAM: Macclesfield  
 Women  
 1, E Dawson (Boll) 45:18; 2, K Turner (Macc) 45:20; 3, C Smalley (Stock) 46:04  
 W35: S Norris (Rcliffe) 46:13  
 W45: D Madden (Stock) 47:05  
 W50: M Fox (Cong) 51:09  
 TEAM: Stockport

**BLYTH VALLEY 10  
 7TH APRIL**

Men  
 1, L Atkinson (Aln) 50:55; 2, D Robertson (Salt) 52:02; 3, A Teasdale (Morp) 52:39  
 Vets: 1, L Watson (J&H) 53:13; 2, R Hall (Blyth) 54:49; 3, T Todd (Morp) 55:58  
 Women  
 1, K Cornwall (NSP) 1:00:02; 2, K Potter (Shil) 1:07:54; 3, A Oliver (Morp) 1:09:19

**RIVER TEIGN 10  
 DARTMOOR  
 7TH APRIL**

Men  
 1, T Leonard (Unatt) 1:01:22; 2, T Hughes (WHH) 1:01:27; 3, N Jenkins (Unatt) 1:02:07  
 M40: B Lambert (SWRR) 1:04:46  
 Women  
 1, S Silcock (Erme V) 1:18:55; 2, K Hill (Unatt) 1:23:13; 3, T Gilbert (Brix) 1:31:39

**SPENCERS ARMS DASH  
 4TH APRIL  
 BARNSELY**

Men (3.7M)  
 1, P Pickup (Barns DH) 18:44  
 2, P Dobson (Spem) 18:52  
 3, K Metcalfe (Sheff) 19:15  
 4, J Girven (Sheff) 19:24  
 5, D Ansell (Sheff) 19:33; 6, M Chesledine (Leeds) 19:41; 7, R Elstone (Barns DH) 19:51; 8, A Whittaker (Spem) 20:11; 9, M Farran (Bo) 20:18; 10, P Pleasants (Barns DH) 20:22; 11, W Kerr (Steel C) 20:26; 12, C Stead (Thirsk & S) 20:29; 13, D Bonnington (Steel C, V) 20:41; 14, P Clarke (Barns DH) 20:44; 15, A Ridsdale (Long) 20:46; 16, B Pickersgill (Long, V) 20:51  
 Further Vets: R Jackson (Barns DH) 21:02; K Binney (Barns DH) 21:17  
 Women  
 1, J Shields (Sheff) 22:37; 2, S Boler (P'stone) 23:06; 3, L Westlake (Barns DH) 24:17; 4, J Wyld (Unatt) 24:25; 5, A Jorgenson (P'stone) 25:24  
 Vets: 1, L Duffy (Kippac) 25:28; 2, J Heeley (Barns DH) 25:47

**HANDICAP YACHT  
 LEAGUE  
 FELIXSTOWE  
 3RD APRIL**

Men  
 1, C Lown (Felix T) 22:20; 2, E Eagle (Unatt, M40) 26:58; 3, K Hayes (Unatt) 28:08; 4, R Wold (Felix) 28:48; 5, N Powley (Felix R) 28:52; 6, D Szebesta (Felix T) 28:56  
 Fastest: 1, Powley 15:22; 2, Szebesta 16:56; 3, A Breakwell (Ips J) 16:59  
 Women  
 1, S Carlisle (Felix R, W35) 26:56; 2, S Quinlivan (Bill) 28:49; 3, D Brooks (Col J) 28:50  
 Fastest: 1, Brooks 20:20; 2, S Burnstall (Had, W35) 21:31; 3, R Britton (Ips J) 21:47

**TRACK**

**GLYNWED  
 INTERNATIONAL  
 YOUNG ATHLETES  
 MEETING  
 ALEXANDER STADIUM,  
 BIRMINGHAM  
 20TH/21ST APRIL**

Junior men  
 DEC: 1, K Mancini (Leam) 5506; 2, P Wisher (Bir) 4413  
 Youths  
 100: 1, C Browne (Bir) 11.3; 2, D Judd (Droit) 11.4; 3, J Quinn (Unatt) 11.6; In hts: B Jones (W&B) 11.5; S McHardy (Hales) 11.6; 200: 1, A

Walcott (W&B) 22.2; 2, S McHardy (Hales) 22.4; 3, C Browne (Bir) 23.2  
 400: 1, G Bullock (Liv) 50.3; 2, N Tilson (Bir) 52.0; 3, L Hyden (C&S) 53.6  
 800: 1, N Dixon (Cov) 1:59.9; 2, I Mansfield (Lin) 2:00.5  
 1,500: 1, D Smith (Bir) 4:27.5  
 1,500SC: 1, D Smith (Bir) 4:44.6  
 100H: 1, M Bailey (BHM) 14.2; 2, P Donovan (Leic) 14.4 (14.3 ht); 3, A Caines (Spark) 14.4; In hts: A Judge (Leic) 14.3  
 400H: J Parker (Droit) 59.8  
 HJ: D Harris (D&S) 1.80  
 PV: N Reynold (RSC) 3.00  
 TJ: J Bennett (Bir) 13.37  
 DT: 1, A Knott (D&S) 46.36; 2, P Morgans (Shrew) 39.30  
 HT: 1, A Irving (Bor) 52.48; 2, M Rowlatt (Cor) 52.16; 3, S Bown (Unatt) 51.70; 4, A Swain (Unatt) 49.54  
 OCT: 1, A Sugden (Stour) 4147; 2, K Bell (Chelt) 4072; 3, D Welsh (Durham Sch) 4069; 4, A Rutland (Durham Sch) 3901  
 Boys  
 100: 1, N Creswell (Unatt) 12.2; 2, N Gordon (Bourne) 12.2  
 200: R Goddard (Stour) 24.8  
 400: M Priest (W&B) 58.5  
 800: S Aucott (Unatt) 2:10.5  
 1,500: 1, R Mann (SSH) 4:21.1  
 PV: 1, M Davis (Cor) 3.00; 2, P Holt (Hems) 3.00  
 LJ: R Goddard (Stour) 5.87  
 TJ: C Bracey (Hales) 10.42  
 SP: X Alford (King Ed Sch) 11.81  
 DT: H Mobberley (Unatt) 30.00  
 HT: B Dearne (Cor) 36.00  
 JT: A Perry (Chelt) 36.80  
 PENT: 1, A Hollis (Unatt) 2259; 2, B Maksuczuk (Unatt) 2215  
 Colts  
 100: 1, M Williams (Ban) 13.5; 2, D Caines 13.5  
 200: 1, S Aitken (Bir) 27.3; 2, M Williams (Ban) 27.5  
 800: J Colclough (Stour) 2:24.9 (ht 2:23.5)  
 70H: 1, M Williams (Ban) 12.7; 2, M Riddell (AFD) 12.8  
 HJ: A Wooding (Col B) 1.45  
 LJ: 1, M Williams 4.80; 2, R Broome (King Ed Sch) 4.57  
 SP: J Parkin (Col B) 9.29  
 Inters  
 100: 1, K Merry (Bir) 12.1; 2, K Butler (Cov) 12.7  
 200: 1, Merry 24.2; 2, Butler 25.7; 3, C Swinbank (Bris) 26.5 (ht 26.3)  
 300: 1, A Shingler (W&B) 41.2; 2, C Homer (D&S) 43.0; 3, W Broome (Droit) 43.3; (in hts) R Jamieson (Cov) 42.8  
 800: S Pringle (North P) 2:20.1  
 1,500: 1, E Merchant (Cov) 4:39.8; 2, H Riley (RSC) 4:47.4; 3, E Davies (North P) 4:47.5  
 80H: 1, S Price (RSC) 12.2; 2, D Stewart (Unatt) 12.3 (11.9ht); 3, F Cuff (North P) 12.5  
 300H: 1, J Cooke (Ret) 49.1; 2, F Cuff (North P) 49.4  
 LJ: G Walker (Unatt) 5.19  
 DT: C Davies (Brack) 38.00  
 HEPT: 1, F Allen (Rudd) 3592; 2, A Edwards (Durham Sch) 3390; 3, A Forester (Durham Sch) 3369  
 Girls  
 100: 1, J Sloane (Stour) 12.6; 2, F Ellis (RSC) 12.9  
 200: 1, Sloane 25.5 (ht 25.4); 2, H Seery (Spem) 26.5 (ht 26.4)  
 800: J Oldfield (Kett) 2:27.2  
 1,500: H Curnock (Yate) 4:55.8  
 75H: 1, E Fairs (C'field) 12.0; 2, L Fox (Yate) 12.1  
 SP: L Damsell (Unatt) 9.94  
 DT: E Pritchard (Cov) 27.62  
 JT: F Lane (Tudor Gr Sch) 27.46  
 Minors  
 100: S Miles (Newb) 13.7  
 800: L Epton (Leic) 2:34.5  
 70H: 1, L Randle (Spark) 12.6; 2, D Kenny (Leic) 12.6  
 LJ: 1, S Miles (Newb) 4.63; 2, J Payne (B&R) 4.49

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ST ALBANS  
 21ST APRIL**

100: R Clark (Ips) 12.8; 2, E Butcher (Peter) 12.9  
 200: R Clark (Ips) 26.3  
 300: C Edwards (Hav) 42.1; 2, K Woods (Peter) 42.7  
 JT: C Bradshaw (Ips) 37.70  
 4x100: Ipswich 51.0  
 Girls  
 75H: R Ethridge (Ips) 12.0; 2, R Clark (Ips) 12.5; 3, S Taylor (Peter) 12.5  
 800: J Goodwin (Peter) 2:23.8;  
 JT: J Hollman (Peter) 31.14  
 Minor Girls  
 800: P Kellard (Peter) 2:29.6;  
 HJ: C Ledger (Ips) 1.40  
 TEAM: 1, Peterborough 381; Ipswich 324; 3, Colchester & Tending 282; 4, Havering 212

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ENFIELD  
 21ST APRIL**

100: S Godfrey (Har) 11.0  
 100H: N Lambeth (Enf) 14.4  
 SP: A McNicholas (Bed) 13.12  
 JT: Z Fuat (Enf) 45.48  
 Boys  
 100: R Creevy (Enf) 12.0  
 80H: J Storey (Enf) 12.0  
 Colts  
 HJ: C Hargrave (Bed) 1.41  
 SP: R Bishop (Har) 8.28  
 Inters  
 HJ: H Lee (SNH) 1.55  
 DT: T St-Smith (Enf) 32.88  
 JT: A Meiling (Enf) 33.92  
 Girls  
 1,500: V Russell (Bed) 4:57.1  
 TEAM: 1, Bedford 350; 2, Stevenage 283; 3, Enfield 223; 4, Harlow 219

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ST IVES, CAMBRIDGE  
 21ST APRIL**

100: 1, J Sloane (Stour) 12.6; 2, F Ellis (RSC) 12.9  
 200: 1, Sloane 25.5 (ht 25.4); 2, H Seery (Spem) 26.5 (ht 26.4)  
 800: J Oldfield (Kett) 2:27.2  
 1,500: H Curnock (Yate) 4:55.8  
 75H: 1, E Fairs (C'field) 12.0; 2, L Fox (Yate) 12.1  
 SP: L Damsell (Unatt) 9.94  
 DT: E Pritchard (Cov) 27.62  
 JT: F Lane (Tudor Gr Sch) 27.46  
 Minors  
 100: S Miles (Newb) 13.7  
 800: L Epton (Leic) 2:34.5  
 70H: 1, L Randle (Spark) 12.6; 2, D Kenny (Leic) 12.6  
 LJ: 1, S Miles (Newb) 4.63; 2, J Payne (B&R) 4.49

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 COLCHESTER  
 21ST APRIL**

100: 1, J Sloane (Stour) 12.6; 2, F Ellis (RSC) 12.9  
 200: 1, Sloane 25.5 (ht 25.4); 2, H Seery (Spem) 26.5 (ht 26.4)  
 800: J Oldfield (Kett) 2:27.2  
 1,500: H Curnock (Yate) 4:55.8  
 75H: 1, E Fairs (C'field) 12.0; 2, L Fox (Yate) 12.1  
 SP: L Damsell (Unatt) 9.94  
 DT: E Pritchard (Cov) 27.62  
 JT: F Lane (Tudor Gr Sch) 27.46  
 Minors  
 100: S Miles (Newb) 13.7  
 800: L Epton (Leic) 2:34.5  
 70H: 1, L Randle (Spark) 12.6; 2, D Kenny (Leic) 12.6  
 LJ: 1, S Miles (Newb) 4.63; 2, J Payne (B&R) 4.49

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ST ALBANS  
 21ST APRIL**

100: R Clark (Ips) 12.8; 2, E Butcher (Peter) 12.9  
 200: R Clark (Ips) 26.3  
 300: C Edwards (Hav) 42.1; 2, K Woods (Peter) 42.7  
 JT: C Bradshaw (Ips) 37.70  
 4x100: Ipswich 51.0  
 Girls  
 75H: R Ethridge (Ips) 12.0; 2, R Clark (Ips) 12.5; 3, S Taylor (Peter) 12.5  
 800: J Goodwin (Peter) 2:23.8;  
 JT: J Hollman (Peter) 31.14  
 Minor Girls  
 800: P Kellard (Peter) 2:29.6;  
 HJ: C Ledger (Ips) 1.40  
 TEAM: 1, Peterborough 381; Ipswich 324; 3, Colchester & Tending 282; 4, Havering 212

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ENFIELD  
 21ST APRIL**

100: S Godfrey (Har) 11.0  
 100H: N Lambeth (Enf) 14.4  
 SP: A McNicholas (Bed) 13.12  
 JT: Z Fuat (Enf) 45.48  
 Boys  
 100: R Creevy (Enf) 12.0  
 80H: J Storey (Enf) 12.0  
 Colts  
 HJ: C Hargrave (Bed) 1.41  
 SP: R Bishop (Har) 8.28  
 Inters  
 HJ: H Lee (SNH) 1.55  
 DT: T St-Smith (Enf) 32.88  
 JT: A Meiling (Enf) 33.92  
 Girls  
 1,500: V Russell (Bed) 4:57.1  
 TEAM: 1, Bedford 350; 2, Stevenage 283; 3, Enfield 223; 4, Harlow 219

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ST ALBANS  
 21ST APRIL**

100: R Clark (Ips) 12.8; 2, E Butcher (Peter) 12.9  
 200: R Clark (Ips) 26.3  
 300: C Edwards (Hav) 42.1; 2, K Woods (Peter) 42.7  
 JT: C Bradshaw (Ips) 37.70  
 4x100: Ipswich 51.0  
 Girls  
 75H: R Ethridge (Ips) 12.0; 2, R Clark (Ips) 12.5; 3, S Taylor (Peter) 12.5  
 800: J Goodwin (Peter) 2:23.8;  
 JT: J Hollman (Peter) 31.14  
 Minor Girls  
 800: P Kellard (Peter) 2:29.6;  
 HJ: C Ledger (Ips) 1.40  
 TEAM: 1, Peterborough 381; Ipswich 324; 3, Colchester & Tending 282; 4, Havering 212

**STRETFORD OPEN  
 MEETING  
 LONGFORD PARK  
 21ST APRIL**

100: 1, J Sloane (Stour) 12.6; 2, F Ellis (RSC) 12.9  
 200: 1, Sloane 25.5 (ht 25.4); 2, H Seery (Spem) 26.5 (ht 26.4)  
 800: J Oldfield (Kett) 2:27.2  
 1,500: H Curnock (Yate) 4:55.8  
 75H: 1, E Fairs (C'field) 12.0; 2, L Fox (Yate) 12.1  
 SP: L Damsell (Unatt) 9.94  
 DT: E Pritchard (Cov) 27.62  
 JT: F Lane (Tudor Gr Sch) 27.46  
 Minors  
 100: S Miles (Newb) 13.7  
 800: L Epton (Leic) 2:34.5  
 70H: 1, L Randle (Spark) 12.6; 2, D Kenny (Leic) 12.6  
 LJ: 1, S Miles (Newb) 4.63; 2, J Payne (B&R) 4.49

**CHESHIRE TRACK &  
 FIELD MEETING  
 WIRRAL  
 21ST APRIL**

100: 1, D Myhill (Western) 12.2; 2, D Ward (Stret) 12.2; 3, S Oxley (Worksop) 12.3  
 200: 1, S Oxley (Worksop) 25.4; 2, D Ward (Stret) 25.5; 3, D Myhill (Western) 25.5  
 110H: R Laing (Liv) 15.4  
 HT: 1, J Sanderson (Stret) 47.07; 2, D Martin (Stret) 41.32  
 JT: P Ostapowcy (Stret) 59.92  
 Juniors  
 100H: R Whalley (Stoke) 15.3  
 Inters  
 100: A Isherwood (Bol) 12.9  
 80H: A Ashley (Wig) 12.7  
 JT: H Derbyshire (Stock) 24.86  
 DT: H Derbyshire (Stock) 26.66  
 Girls  
 100: K Jones (Stret) 13.1  
 75H: S Jones (Wig) 12.9  
 LJ: L Machin (Sale) 4.10

**CHESHIRE TRACK &  
 FIELD MEETING  
 WIRRAL  
 21ST APRIL**

100: 1, D Myhill (Western) 12.2; 2, D Ward (Stret) 12.2; 3, S Oxley (Worksop) 12.3  
 200: 1, S Oxley (Worksop) 25.4; 2, D Ward (Stret) 25.5; 3, D Myhill (Western) 25.5  
 110H: R Laing (Liv) 15.4  
 HT: 1, J Sanderson (Stret) 47.07; 2, D Martin (Stret) 41.32  
 JT: P Ostapowcy (Stret) 59.92  
 Juniors  
 100H: R Whalley (Stoke) 15.3  
 Inters  
 100: A Isherwood (Bol) 12.9  
 80H: A Ashley (Wig) 12.7  
 JT: H Derbyshire (Stock) 24.86  
 DT: H Derbyshire (Stock) 26.66  
 Girls  
 100: K Jones (Stret) 13.1  
 75H: S Jones (Wig) 12.9  
 LJ: L Machin (Sale) 4.10

**EASTERN YOUNG  
 ATHLETES LEAGUE  
 ST ALBANS  
 21ST APRIL**

100: R Clark (Ips) 12.8; 2, E Butcher (Peter) 12.9  
 200: R Clark (Ips) 26.3  
 300: C Edwards (Hav) 42.1; 2, K Woods (Peter) 42.7  
 JT: C Bradshaw (Ips) 37.70  
 4x100: Ipswich 51.0  
 Girls  
 75H: R Ethridge (Ips) 12.0; 2, R Clark (Ips) 12.5; 3, S Taylor (Peter) 12.5  
 800: J Goodwin (Peter) 2:23.8;  
 JT: J Hollman (Peter) 31.14  
 Minor Girls  
 800: P Kellard (Peter) 2:29.6;  
 HJ: C Ledger (Ips) 1.40  
 TEAM: 1, Peterborough 381; Ipswich 324; 3, Colchester & Tending 282; 4, Havering 212

**LINCOLNSHIRE LEAGUE  
 LINCOLN  
 21ST APRIL**

100: R Oldham (Frod) 13.2  
 1,500: S Beard (C&N) 5:33.5  
 HJ: L Goryl (Frod) 1.45  
 SP: T Kelly (Chest) 8.14  
 Minors  
 100: S Brassington (C&N) 13.6  
 800: D Sinnott (Liv H) 2:36.9  
 LJ: R Murphy (Wir) 4.25  
 TEAM: 1, Crewe & Nantwich 160; 2, Wirral 148; 3, Frodsham & Mid Cheshire 130; 4, Liverpool 95; 5, Chester 78; 6, Handforth 75.

**NORTH-EAST GIRLS  
 LEAGUE  
 21ST APRIL**

TEAM: 1, Aberdeen 179; 2, Arbroath 178; 3, Dundee 157; 4, Teeside 129; 5, Banchory 116  
 U11 Colts League  
 TEAM: 1, Aberdeen 122; 2, Teeside 102; 3, Arbroath 93; 4, Dundee 85; 5, Banchory 70; 6, Inverness 22

**SOUTH-WEST LEAGUE  
 FLEET  
 21ST APRIL**

100: 1, J Sloane (Stour) 12.6; 2, F Ellis (RSC) 12.9  
 200: 1, Sloane 25.5 (ht 25.4); 2, H Seery (Spem) 26.5 (ht 26.4)  
 800: J Oldfield (Kett) 2:27.2  
 1,500: H Curnock (Yate) 4:55.8  
 75H: 1, E Fairs (C'field) 12.0; 2, L Fox (Yate) 12.1  
 SP: L Damsell (Unatt) 9.94  
 DT: E Pritchard (Cov) 27.62  
 JT: F Lane (Tudor Gr Sch) 27.46  
 Minors  
 100: S Miles (Newb) 13.7  
 800: L Epton (Leic) 2:34.5  
 70H: 1, L Randle (Spark) 12.6; 2, D Kenny (Leic) 12.6  
 LJ: 1, S Miles (Newb) 4.63; 2, J Payne (B&R) 4.49

**WOOLWORTHS YOUNG  
 ATHLETES LEAGUE  
 SCOTTISH NORTH-EAST  
 SECTION  
 DUNDEE  
 21ST APRIL**

ALISTAIR MACKENZIE (Inverness Harriers) took the "Man of the Match" award with a 13.53-metre youths' shot putt, helping his club to make a successful start in their bid to retain the Scottish title.  
 Club mate Tim Black, running in the boys' section, returned the fastest 100 metres time of the day by 0.3sec with a wind assisted 11.4.  
 Youths  
 SP: A MacKenzie (Inness) 13.53  
 4x200: 1, Inverness 1:40.2; 2, Aberdeen 1:41.5; 3, Arbroath 1:42.4.  
 Boys  
 100: 1, T Black (Inness) 11.4; 2, W Stark (A'deen) 12.1  
 4x200: 1, Inverness 1:43.9; 2, Aberdeen 1:46.7; 3, Teeside 1:40.7; 4, Dundee 1:54.2

Colts  
 HJ: 1, B McKye (T'ness) 1.42; 2, P Herron (Arb) 1.42  
 DT: P Fraser (Aber) 22.80  
 4x200: 1, Inverness 1:59.5; 2, Aberdeen 2:00.7; 3, Teesside 2:01.1  
 TEAM: 1, Inverness 570; 2, Aberdeen 517; 3, Arbroath 195; 54, Teesside 379; 5, Dundee 334; 6, Banchory 159

### SCOTTISH YOUNG ATHLETES LEAGUE DAM PARK, AYR 21ST APRIL

#### Div 1 West

TEAM: 1, Ayr Seaforth 677; 2, Cambuslang H 638; 3, Shettleston H 583.5; 4, Victoria Park AAC 521; 5, Dumfries AC 460; 6, Kilbarchan 456; 7, Clydebank 426.5; 8, Ian Skelly Law & District 294

#### Div 2 West

TEAM: 1, Irvine Cable 517.5; 2, Johnny Walker, Kilmarnock 466; 3, Clydesdale H 440; 4, Helensborough AC 416; 5, Nith Valley 398.5; 6, East Kilbride 347; 7, Kirkintilloch O 308; 8, Bellahouston 146

#### Div 1:

Youths  
 100: S Moir (Ayr S) 11.9  
 200: S Moir (Ayr S) 23.7  
 800: C Young (Clyde) 1:58.7  
 1,500: G Willis (Cambus) 4:13.3  
 100H: G Adams (Ayr S) 14.6  
 HJ: G Woods (Cambus) 1.88  
 JT: S Armstrong (Ayr S) 41.92

#### Boys

400: H Kerr (Ayr S) 54.0  
 1,500: M Smith (VPAAC) 4:34  
 DT: S Lindsay (Ayr S) 35.64  
 Div 2:  
 800: S Govan (Clyde H) 2:04.0

### SCOTTISH YOUNG ATHLETES LEAGUE GRANGEMOUTH 21ST APRIL

#### East Division 1

TEAM: 1, Babcock Thorn Pitreave 426; 2, ESPCAC 372; 3, Minolta Black Isle 368; 4, Central Region 317; 5, Caledon Park Harriers 293; 6, Fife AC 220  
 Man of the Match: A Malcolm (ESPCAC, Youth) 13.8 in 100H

#### East Division 2

TEAM: 1, Harmony AC 396; 2, Perth Stratham Harriers 379; 3, Lasswade AC 354; 4, Montrose District AC 279; 5, Falkirk Victoria Harriers 229; 6, Livingston District AC 217  
 Man of the Match: 1, Martin Restwick (Livingston, Junior Boy); Mark Sinclair (Perth Stratham, Boy)

### ROWNTREES TSB GAMES YORK 21ST APRIL

#### Men

200: N Armstrong (M&C) 21.1  
 400: S Hawkins (Enf) 48.5  
 800: D Spawforth (Wake) 1:52.7  
 3,000: S Mitchell (Leeds) 8:30.8  
 400H: S Freeman (Liv P) 54.6  
 HJ: I Kitchen (Rown) 1.95  
 LJ: M Longthorn (Hull) 6.97  
 JT: T O'Malley (Hull) 55.04  
 Women  
 200: J Whitlock (Spem) 25.8  
 800: C Gowland (Spem) 2:17.1  
 3,000: A Duke (Mand) 10:01  
 100H: R Halstead-Peel (Leeds) 14.9  
 HJ: R Askwith (Grims) 1.65  
 LJ: A Forbes (Stret) 5.48  
 SP: T Oldfield (Unatt) 10.76  
 DT: Oldfield 34.88  
 JT: C White (Stret) 44.08

### CHESHIRE LEAGUE QUEENSWAY, WREXHAM 21ST APRIL

#### Men

100: D Mathieson (N Staffs) 10.97  
 JT: A Bawgley (E Chesh) 54.08  
 4x200: East Cheshire 1:35.5  
 Colts  
 HJ: A Penk (Wrex) 1.51

TEAM: 1, East Cheshire 240; 2, Wrexham 202; 3, Oswestry 157; 4, Salford 109; 5, Pilkingtons 30; 6, Halton 24  
 Women

100: K Bullen (N Staffs) 12.58  
 HJ: 1, J Jennings (N Staffs) 1.75; 2, K Roberts (N Staffs) 1.75  
 JT: A Moffatt (N Staffs) 39.94  
 4x200: 1, North Staffs Poly 1:47.4; 2, East Cheshire 1:48.0  
 TEAM: 1, East Cheshire 174; 2, Wrexham 155; 3, Pilkingtons 143; 4, Salford 110; 5, Oswestry 56; 6, Halton 32

### EASTERN ELECTRICITY EASTERN COUNTIES CHAMPS LUTON 20TH APRIL

#### Men

200: R Collin (Peter) 22.0  
 110H: G Smith (SB) 15.7  
 400H: I Wells (Bel) 55.3  
 LJ: 1, F Akinsanya (Peter) 6.80; 2, R Smith (C&C) 6.74  
 TJ: F Akinsanya (Peter) 13.98  
 SP: S Whyte (Lut) 16.59  
 DT: N German (Peter) 39.78  
 HT: 1, F Whyte (Lut) 57.82; 2, S Bowman (Diss) 46.48; 3, N German (Peter) 44.28; S Bracknall (C&C) 43.40  
 Junior  
 200: 1, K Ulyatt (Norf O) 22.0; 2, A Knight (Lut) 22.5  
 400: K Ulyatt 48.5  
 800: S Parson (Hunts) 1:57.6  
 PV: C Lawncsack (Peter) 3.60  
 SP: G Spencer (Peter) 13.28  
 JT: P Bradley (C&C) 49.18  
 Youths

400: M Calvert (Lut) 51.9  
 800: J McLoughlin (Ips) 2:02.1  
 HJ: S Whall (C&T) 1.80  
 SP: A McNicholas (Sandy Sch) 13.00  
 HT: 1, J Kerr (Bed) 57.06 (CBP); 2, A McNicholas 54.04; 3, N Steinmetz (Bed) 44.74  
 JT: S Faben (Hunt) 55.14  
 Women

400: 1, E Morley (C&T) 58.6; 2, M Brown (Norf O) 59.4; 3, M Clark (W Suf) 59.8  
 1,500: A Harker (SB) 4:36.0  
 400H: A Fenwick (Craw) 1:07.1  
 HJ: J Faulkner (C&T) 1.65  
 SP: 1, E Capes (Peter) 12.57; 2, L Stiby (SB) 10.70; 3, S McGrath (C&C) 10.61  
 DT: 1, R Morris (SB) 37.46; 2, L Stiby (SB) 37.38; 3, I Martin (Lut) 34.78  
 JT: L Stiby (SB) 36.48  
 HT: 1, L Mills (Bed) 33.76; 2, R Ellis (C&C) 29.58; 3, L Stiby (SB) 27.86; 4, M Owen (Peter) 23.74  
 Inters  
 80H: D Nicklin (C&T) 12.7  
 Girls  
 100: A Devoti (Peter) 13.0  
 200: A Devoti 26.3

### SURREY CHAMPS KINGSTON 20TH/21ST APRIL

#### Senior Men

10,000: 1, J Weightman (Box) 30:59.2; 2, T Booth (Wok) 31:02.6; 3, F Ward (Bel) 31:04.9  
 3,000W: 1, M Easton (SWC) 11:49.0; 2, C Lawton (Bel) 14:15.5  
 JT: 1, S Langdon (HW) 59.74; 2, M Stone (M&S) 57.90; 3, J Davis (Wal) 45.92  
 TJ: 1, J Vernon (M&S) 12.75; 2, D Orchard (HW) 12.73  
 DEC: 1, A Laughton (HW) 4849; 2, D Orchard (HW) 4848; 3, J Davis (Wal) 4649  
 DEC (Open): 1, W Paine (Ash) 5630; 2, A Laughton (HW) 4849; 3, D Orchard (HW) 4848  
 Junior  
 800: 1, R Fletcher (Reig P) 1:59.5; 2, P Amos (Wal) 2:00.5; 3, D Winson (Bel) 2:01.0  
 3,000: 1, S Jones (RSB) 8:53.8; 2, J Ellis-Smith (Reig P) 8:54.4; 3, R Fletcher (Reig P) 8:59.9  
 400H: 1, P Jameson (G&G) 58.3; 2, J Crane (Holl S) 1:02.4; 3, S Crouth (Trin Sch) 1:03.0  
 DT: 1, J Green (Wok) 35.46; 2, J Sumpter (RSB) 30.34  
 HJ: W Gilles (Croy) 1.93  
 Pent: 1, W Gillis (Croy) 2751; 2, R Male (Camber) 2664; 3, S Turnball (M&S) 2433  
 Youths  
 400: 1, M Reynolds (M&S) 52.3; 2, J Dale (M&S) 54.0; 3, N Emery (Wal) 55.3  
 800: 1, M Griffin (Wal) 1:58.5; 2, B Witchalls (MVR) 2:01.2; 3, R Hamshar (E&N) 2:03.0  
 3,000: 1, B Witchalls (MVR) 9:17.9; 2, R Champion (E&N) 9:24.9; 3, D Blake (Wal) 9:26.6  
 400H: 1, A Scott (Trin Sch) 1:04.1; 2, A Coakley (HW) 1:10.8  
 1,500SC: 1, J Wilson (MVR) 4:56.8; 2, C Rogers (Wok) 5:00.6; 3, R Rutt (E&N) 5:07.0

JT: 1, N Kelly (HHH) 47.78; 2, D Waterston (M&S) 46.08; 3, J Grafton (Dork St P) 44.86  
 LJ: 1, J Grafton (Dork St P) 6.20; 2, M Rappolt (HW) 5.75; 3, J Wells (Tiffin Sch) 5.61  
 TJ: 1, J Grafton (Dork St P) 12.84; 2, J Wells (Tiffin Sch) 11.19; 3, J Fentiman (Tiffin Sch) 11.15  
 PV: 1, S Rush (Wok) 3.16; 2, M Jones (Wok) 2.19; 3, R Clarke (Wok) 2.80  
 PENT: 1, S White (Holl S) 2248; 2, M Lunn (Wok) 2131; 3, A Mumford (HW) 2053

#### Boys

400: 1, R Aston (E&N) 55.5; 2, C Gordon (M&S) 57.7; 3, M Hancock (Bel) 59.1  
 800: 1, G Cragh (Wal) 2:06.4; 2, M Hancock (Bel) 2:11.6; 3, N Dumbleton (G&G) 2:22.4  
 3,000: 1, G Dickenson (MVR) 9:45.0; 2, R Wall (Wok) 9:45.2; 3, A Grout (Wok) 9:49.0  
 HT: W Fuller (M&S) 39.32  
 JT: 1, O Evans (E&N) 41.80; 2, B Chaney (E&N) 36.66; 3, W Gould (G&G) 33.60

#### Colts

1,500: 1, T Dew (Reig P) 4:44.1; 2, A Joyce (M&S) 5:02.2; 3, S Rutt (E&N) 5:06.9  
 LJ: 1, D Cooper (Wok) 4.24; 2, J Coello (Dork St P) 3.95; 3, D Cooper (Wok) 3.88

### CHRONICLE INTER-CLUB OPEN READING 21ST APRIL

#### Men

400H: A Palk (Team S) 53.5  
 SP: N Spratley (Read) 15.96  
 DT: N Spratley (Read) 40.48  
 Junior

#### HJ: C Baldwin (AFD) 1.90

SP: 1, S Biddlecombe (Brack) 15.16; S Spratley (Read) 14.39

DT: 1, S Spratley 42.76; 2, S Biddlecombe 37.82  
 HT: 1, S Spratley (Read) 56.22; 2, S Lock (Read) 48.44

#### Youths

100: 1, N Robinson (Read) 11.4; 2, J Gubb (Read) 11.5  
 400: J Gubb (Read) 52.5  
 800: S Smith (Newb) 2:04.0  
 HJ: D Clark (AFD) 1.90  
 LJ: N Robinson (Read) 6.40

#### Women

400H: S Baigent (Read) 67.2  
 SP: S Hutchin (Newb) 11.25  
 Inters

100: 1, B Christopher (Read) 12.3; 2, S Jones (Read) 12.4; 3, P Sims (Read) 12.9

3,000: C Shrubbs (Swin) 10:52.1  
 300H: K Heath (Read) 47.4

#### Girls

800: C Green (Newb) 2:21.5  
 SP: C Hill (Swin) 11.05

### OPEN GRADED MEETING MARY PETERS TRACK, BELFAST 20TH APRIL

DUE to a clash on sprints and hurdles courses involving Keith Antoine and Graham Knight and a general apathy among the middle distance runners, there was a poor turnout for the first track and field meeting, *Alan Keys reports.*

The best men's performance came from Peter St Clare, who had a double in the 100 and 400, while in the women's events there were good wins by teenagers Donna Norris and Mallory Camlin in the shot and javelin.

#### Men

400: P St Clare (St Johns) 49.1; 2, P Crawson (B Hth) 50.4; 3, M Martin (Lish) 51.2  
 3,000SC: A Keyes (Anna) 9:43.1  
 HJ: D Murphy (ND, Jun) 1.90  
 Women  
 400: R Gaylor (Lish) 59.2  
 SP: D Norris (LV, D) 10.56  
 JV: M Camlin (LV, J) 39.74; 2, K Campbell (BO, J) 34.68

### BRIGHTON & HOVE OPEN BRIGHTON 20TH APRIL

#### Men

100: N Stickings (GEC) 11.2  
 200: 1, N Stickings (GEC) 22.1; 2, A Tiley (EG) 22.3

800: 1, S Price (B&H) 1:56.6; 2, R Kettle (Dart) 1:57.0

1,500: S Barden (GEC) 4:00.6  
 2,000SC: T Ullioy (B&H) 6:23.7  
 300H: K Clarke (B&H) 42.1  
 SP: C Turner (Craw) 14.68  
 Junior  
 100: P Martin (B&H) 11.4  
 200: P Martin 51.2  
 Youths

100: A Bargh (Team S) 11.7  
 200: T Jennings (Team S) 23.9  
 3,000 (Sussex Champs): 1, M Laffar (Havant) 8:51.8; 2, J Fraser (Hast) 8:52.7; 3, P Holdham (HHH) 9:15.7  
 300H: 1, A Bargh (Team S) 41.9; 2, A Hankey (B&H) 43.7  
 Boys:

200: M Lethbridge (Craw) 25.2  
 800: J Barton (PH) 2:16.8  
 3000 (Sussex Champs): D Pyle (Worth) 10:06.3

#### Colts

800: N Henderson (Team S) 2:30.6  
 Women  
 100/200: C Dawkins (Team S) 12.7/26.0  
 LJ: N Gilding (B&H) 5.54  
 DT: K Yoell 38.62

#### Inters

200: V Francis (M&S) 26.4  
 800: 1, A Ingram (B&H) 2:17.5; 2, J Mitchell (Craw) 2:18.2  
 300H: C Lewis (B&H) 47.6

### GLOUCESTER OPEN TRACK & THROWS 20TH APRIL

HT: A Winters (Glouc) 39.56

### WORCESTER TROPHY 18TH APRIL

#### Men

200: G Fraser (Sand) 22.7  
 3,000: A Draper (Worc) 8:31.3  
 HJ: A Skelding (D&S) 1.90  
 1,600 Medley: 1, D&S 3:39.4; 2, Sand 3:40.8  
 Youths

100: D Judd (Droit) 11.8  
 400: D Parker (Droit) 53.2  
 SP/JT: A Knott (D&S) 12.76/43.98  
 1,600 Medley: Droit 3:59.2;

TEAM: 1, Dudley & Stourbridge 92; 2, Halesowen 84; 3, Worcester 77; 4, Bromsgrove & Redditch 72; 5, Tipton 54; 6, Borough of Sandwell 26; 7, Droitwich 23  
 10,000-(County Champs) 1, I Atkins (Worc) 32:05.9

#### Carl Wright Trophy

1, Borough of Sandwell 111; 2, Dudley & Stourbridge 106; 3, Tipton 99; 4, Bromsgrove & Redditch 69; 5, Worcester 68; 6, Droitwich & Halesowen 44

#### Women

200: C Knowles (D&S) 27.2  
 DT: 1, D Pickerill (Tip) 33.70; 2, L Perry (D&S) 33.52

2,500W: 1, K Horwill (D&S) 13:26.4; 2, J Bellfield (Hales) 13:34.4

#### Girls

2,500W (County Champs): M Petit (D&S) 14:39.4  
 LJ: J Bevan (B&R) 4.66

### HURDLES & FIELD MEETING OVAL, WIRRAL 17TH APRIL

#### Men

100H: N Petley (Sale) 15.9  
 400H: 1, J Buckley (Wirr) 56.6; 2, P Hollywood (War) 57.3  
 Youths

SP: D Gallimore (Wirr) 13.94

#### Boys

80H: J Haslam (Liv H) 12.5  
 SP: S Cross (Wirr) 9.39  
 DT: S Gross 31.36

#### Colts

70H: D Sharples (Whit H) 14.0  
 Women

100H: R Irvine (Wirr) 15.9  
 300H: 1, L Mahoney (Wirr) 51.7; 2, H Glover (Wirr) 54.5

#### Inters

80H: 1, A Kenny (Wirr) 12.6; 2, J Aru (Liv H) 12.9  
 DT: C Smith (Wirr) 22.22  
 SP: J Aru (Liv H) 9.46

#### Girls

75H: 1, V Styles (Liv H) 12.3; 2, K Pheely (Liv H) 12.4; 3, Boyes (Liv H) 12.5  
 LJ: 1, J Whelan (SW) 4.77; 2, H Allison (Wirr) 4.18

DT: H Wilding (Wirr) 21.96  
 SP: H Wilding (Wirr) 10.50  
 Minor

70H: 1, V Morton (Liv) 13.0; 2, J Carroll (Liv H)

13.0; 3, N Fieldstead (Liv H) 13.1  
LJ: R Murphy (Wirr) 4.26

**JOHN HOARE  
MEMORIAL  
LEAMINGTON  
18TH APRIL**

Boys  
80H: J Allard (Leam) 11.8  
Colts  
DT: T Wurr (Leam) 18.94  
Junior Women  
SP: A Everton (Leam) 12.01  
DT: Everton 41.60

**CORBY SCHOOLS'  
LEAGUE  
ROCKINGHAM  
17TH APRIL**

Senior Boys  
PV: A Davis (Gst) 4.50  
Inter Boys  
PV: J Quarrinton (QE) 3.65  
HT: 1, N Rowlett (QE) 52.00; 2, N Evans (LP) 39.92; 3, D Clipson (gst) 42.94  
Junior Boys  
HJ: P Currie (PJ) 1.60  
PV: A Macleod (QE) 2.80  
HT: B Hearne (LP) 37.70

**CANNOCK OPEN  
17TH APRIL**

Men  
300: 1, M Bennett (Bir) 10.8; 2, D McLaren (W&B) 10.9; 3, A Bennett (Bir) 11.0  
PV: G Showell (Tam) 4.00  
Juniors  
100/300: A Milnes (Harb) 11.0/37.7  
800: D Daniels (C&S) 1:58.3  
HJ: A Lynch (Leic) 1.90  
LJ: 1, T Samuels (W&B) 6.53; 2, A Milnes 6.50  
JT: S Lewis (P'elli) 55.06  
Youths  
100: 1, P White (Harb) 11.3; 2, J Moore (C&S) 11.4  
LJ: J Clawley (C&S) 4.62  
Boys  
HJ: D Jenkins (W&B) 1.60  
Colts  
100/LJ: B Woolley (Bur) 13.7/4.62  
Women  
100: 1, E Waldo (Bir) 12.3; 2, K Bullen (Bir) 12.6  
JT: 1, T Doody (W&B) 38.22; 2, E Plummer (Bir) 36.16  
Inter  
100: S Dobson (C&S) 12.9  
300: 1, L Athersmith (C&S) 45.7; 2, S Badger (C&S) 48.7  
Girls  
300: E Whitehouse (C&S) 47.4

**POST OFFICE  
COUNTERS LEAGUE  
COLCHESTER  
14TH APRIL**

Men  
HT: R Earle (Brain) 56.78; 2, S Bowman (Diss) 45.08  
100H: D Bainbridge (C&T) 16.1  
JT: P Bushnell (Brain) 63.08  
Junior Men  
100: W Gilder (Chelm) 11.1; 2, S Ciaravella (C&T) 11.2  
200: W Gilder (Chelm) 22.1; S Ciaravella (C&T) 22.4  
Youths  
100: S Bryant (C&T) 11.3  
200: S Bryant 22.9; 2, A Williamson (Brent) 23.2  
400: A Williamson (Brent) 52.7  
HT: S Bown (Brain) 42.92  
HJ: S Whall (C&T) 1.85  
Women  
100H: K Sketchley (C&T) 14.9; 2, H Williams (Chelm) 15.9  
JT: C Possamer (Chelm) 37.14  
SP: T Bonner (Chelm) 10.48  
DT: T Bonner 37.86  
LJ: K Sketchley 5.32  
Girls  
100: C Slater (Chelm) 12.9; 2, D Collison (Chelm) 13.1. JT: D Nettle (Brain) 34.00  
TEAM: 1, C&T 36; 2eq, Chelmsford/ Braintree 31; 4, Lowestoft 22; 5, Brent 18; 6, Diss 7

**ENFIELD OPEN  
10TH APRIL**

Men  
150: 1, H Korjic (N Lon, J) 15.3; 2, B Grant (N

Lon) 16.4; 3, J McLoughlin (Enf, J) 16.7; 4, T Sloman (Walth) 16.9; 5, A Lewis (High) 16.9  
300: 1, D Bigham (W Gn) 35.0; 2, Jos Thomas (N Lon) 35.0; 3, K Palmer (S'end) 35.8; 4, R Shrosbree (Harl) 36.4; 5, N Gardner (Harl, J) 36.7; B: 1, J McLoughlin 36.0; 2, E Johnson (Enf) 36.4; 3, R Morgan (SNH, Y) 36.5  
600: 1, T Sloman 1:23.2; 2, A Hathaway (Enf, J) 1:24.2  
1,000: 1, J Dullforce (Enf) 2:30.0; 2, L Mangleshot (W Gn) 2:30.1; 3, R Turner (WLIHE) 2:30.6  
3,000: R Edwards (S'end, J) 8:35.0  
300H: 1, N Gardner (Harl, J) 39.0; 2, D Daborn (High) 39.3; 3, A Douglas (Med) 39.4; 4, A Clark (Enf, J) 40.0; 5, D Waldman (Har, J) 40.8  
LJ: P Sloman 6.80  
Youths  
300H: 1, D Stevens (Enf) 42.6; 2, N Lambeth (Enf) 42.6  
Boys  
150: 1, T Cameron (Enf) 17.8; 2, S Rock (High) 18.2  
Women  
150: K Higgins (Unatt, I) 19.6  
300: K Minton (Enf, I) 43.2  
600: J Faben (C&C, J) 1:42.4  
1,000: 1, S Read-Cayton (K&P) 2:57.0; 2, E Motherwell (C&C, I) 3:01.5  
3,000: G Newman (C&C) 10:54.3  
300H: 1, C White (High) 44.9; 2, D Duncan (Ex L) 45.8; 3, C Cutler (S'end, J) 47.0  
Girls  
1,000: K Lane (C&C) 3:18.2

**WATFORD OPEN  
GRADED MEETING  
10TH APRIL**

Men  
300: 1, R Chesworth (VoA) 35.2; 2, D Griffin (Dac) 35.8; 3, C Farrow (Hat P) 36.0  
800: 1, S Stokes (Lut) 2:01.8; 2, M Calvert (Lut) 2:03.4  
Women  
300: S McPeake (B&A) 40.1  
3,000: V Bowles (SB) 10:04.5

**OPEN GRADED  
PETERBOROUGH  
7TH APRIL**

Men  
100/200: B Collin (Peter) 11.3/22.8  
400: S Bogg (Peter) 53.2  
800: 1, S Bogg 1:57.1; 2, S Gregory (Peter) 1:58.4  
3,000: R Bunn (Linc) 8:57.8  
PV: 1, K Eve (Peter) 3.60  
DT/HT: N German (Peter) 34.34/43.98  
JT: S Baldwin (Peter) 59.50  
Junior  
200: A Hart (Unatt) 23.0  
300H: M Burrbridge (Peter) 42.3  
PV: C Lawniczak (Peter) 3.60  
DT: R Scholes (Peter) 36.24  
Youth  
200: C Lax (Sheff) 24.0  
400: M Cotton (March) 52.3  
1,500: D Benson (C&C) 4:21.7  
100H: M Bailey (BHM) 15.1  
HJ: A Harsant (C&C) 1.80  
LJ: 1, A Mason (Ips) 6.20; 2, S Robinson (Leics) 6.19  
PV: D O'Neill (Fen) 3.20  
HT: R Breffitt (Sut) 45.40  
JT: T Elcock (C&C) 41.92  
Boys  
LJ: M Hart (March) 5.18  
Colts  
LJ: D Butler (Charn) 4.50  
U11  
80: D Marinovic (Kett) 11.6  
Women  
100H: A Hollman (Peter) 16.3  
SP: 1, A Roworth (North P) 12.90; 2, E Capes (Peter) 12.38; 3, S McGrath (C&C) 10.70  
HJ: 1, V Leer (Corby) 1.60; 2, K Newbegin (Peter) 1.60  
DT: 1, T Oldfield (Notts) 37.82; 2, E Capes (Peter) 34.36; 3, M Wright (S&SH) 33.94  
HT: 1, Oldfield 40.78; 2, A Roworth (North P) 33.78; 3, R Ellis (C&C) 27.10; 4, M Owen (Peter) 22.42  
JT: Ellis 31.06  
Vets: DT: P Mills (Kett) 19.04  
Inter  
300H: 1, K Woods (Peter) 49.5; 2, G Smith (Peter) 49.7  
LJ: M Smith (Peter) 5.20  
Girls  
100/200: A Devoti (Peter) 13.4/27.1  
800: C Warren (The) 2:33.3  
75H: 1, L Irvine (Corby) 12.8; 2, J Hollman (Peter) 12.9  
JT: A Cundy (Peter) 26.54  
LJ: J Hollman (Peter) 5.24  
Minors  
800: D Kellard (Peter) 2:32.2  
U11  
80: K Goodman (NVH) 12.0

**PORTSMOUTH YOUNG  
ATHLETE MEETING  
7TH APRIL**

Junior Men  
100: P Speed-Andrews (K&P) 11.0  
HJ: M Wilson (Ports) 1.95  
Youths  
100: A Delros (Worth) 11.1  
LJ: M Hathaway (B'mth) 6.37  
Boys  
100: A Lo (Havant) 12.st (Havant) 1:58.7  
Junior Women  
100/200: J Holden (Ports F) 12.3/25.8  
Inter  
100: 1, K Manuel (B'mth) 12.3; 2, D Mant (B'mth) 12.4  
200: S Braham (Ports F) 26.0  
HJ: A Temple (B'stoke MH) 1.55  
LJ: N Lush (Ports) 5.35  
DT: C Davies (Brack) 34.72  
Girls  
75H: J Hill (Ports F) 12.0  
LJ: K Sotherton (Ports) 5.23  
SP: C Hill (Swin) 10.71  
U11  
80: C Nicholls (Phoe) 12.0  
600: L Murrell (Phoe) 2:00.3

**LINCS LEAGUE  
LINCOLN  
7TH APRIL**

Men  
100: S Peters (Holb) 11.6  
110H: M Nicholson (Grantham) 14.9  
JT: 1, I King (Linc W) 56.88; 2, S Ladds (Holb) 53.22  
Junior  
100: B Beesley (Linc W) 11.4  
Youth  
100: D Locking (Grantham) 11.7  
200: N Green (Linc W) 23.9  
HJ: M Walton (Grim) 1.80  
TJ: R Wiggington (Bourne) 12.40  
Boys  
100/200/LJ: N Gordon (Bourne) 11.7/23.8/5.60  
Colts  
100/800/LJ: J Edwards (Bourne) 13.3/2:26.4/4.45  
Women  
100: P Walsh (Louth) 12.4  
JT: M Fields (Linc W) 36.84  
Inter  
100: E Benstead (Linc W) 12.6  
80H: V Bambridge (Holb) 12.9  
Girls  
100: A Williamson (S&D) 13.1

**INVITATION INTER-  
CLUB MATCH  
DERBY  
6TH APRIL**

Women  
100(w): 1, C Chamber (Der) 12.1; 2, J Money (Der) 12.4  
200(w): 1, C Chambers 25.1; J Money 25.1  
400: 1, M Thomas (Cov) 59.0; 2, J Mallows (Cov) 1:01.3  
1,500: W Rothenbaugh (Der) 4:57.7  
100H(w): T Swift (Cov) 16.1  
Inter  
100(w): 1, L Daws (Der) 12.2; 2, E Ruddock (Cov) 12.5; 3, D Rowe (D&S) 12.6; 4, J Bertie (C'field) 12.9; B: K Gillott (Der) 12.6; C: C Holborn (Der) 12.8  
200(w): C Holborn 26.0; B: 1, L Daws 25.6; 2, K Gillott 25.8  
300: 1, S Taplin (C'field) 42.4; C Homer (D&S) 42.9  
300H: 1, E Merchant (Cov) 47.9; 2, C Staines (C'field) 48.9; 3, N Clayton (Der) 49.3  
800: E Merchant 2:23.6  
1,500: M Pinney (Cov) 4:59.9  
SP: C Clayburn (Der) 9.54  
DT: C Wood (Cov) 28.52  
Girls  
100(w): K Evans (Cov) 13.2  
75H(w): S Perkins (D&S) 12.8  
DT: E Pritchard (Cov) 28.68  
LJ: J Colegate (Der) 4.58  
Minors: 70H(w): L Haywood (D&S) 12.1  
U11: 200(w): S Rice (Cov) 30.3  
MATCH: 1, Derby Ladies 344; 2, Coventry Godiva 318; 3, Chesterfield 220; 4, Dudley & Stourbridge 217; 5, Charnwood 117

**WATFORD OPEN  
3RD APRIL**

Men  
600: M Page (SB) 1:25.8  
110H: 1, L Smith (SB) 15.8; 2, D Simmonds

(Dac) 15.9  
Youths  
100H: J Toal (SB) 14.4

**OPEN MEETING  
CUDWORTH  
31ST MARCH**

Minors  
600: L Graham (Spem) 1:46.5

**STRET福德 OPEN  
LONGFORD PARK  
28TH MARCH**

Men  
60: 1, P Williams (Stret) 7.1; 2, S Brennan (Stret) 7.1; 3, R Workman (E Ches) 7.2  
150: 1, T Box (W&B) 16.6; 2, R Workman 16.7; 3, P Williams 16.8  
300: R Workman 36.0  
800: 1, M Thompson (CEPAC) 1:54.6; 2, I Weatherall (Prod) 1:55.4  
1,500: I Royleance (Prod) 3:56.4  
Youths  
3,000: R Scholes (O&R) 8:54.5  
Women  
60: D Hoggarth (Pres H) 7.9  
150: D Hoggarth 18.6  
1,500: J Spark (Alt) 4:27.4  
3,000: 1, J Gacey (O&R) 9:55.6; 2, A Rankin (O&R) 10:09.3; 3, A O'K-Flynn (Macc) 10:11.3; 4, L Madison (Sale) 10:13.2; 5, J Bamforth (O&R) 10:17.4  
Inter  
60: 1, A Isherwood (Bol) 8.1; 2, S Bouchard (Unatt) 8.3; B: A Aguirreburvalde (Pres H) 8.3  
150: A Isherwood 19.5  
300: 1, S Bouchard (Unatt) 43.3; 2, N Pickford (Stock) 43.5  
Girls  
60: 1, K Jones (Stret) 8.2; Z Dolan (Leigh) 8.3; 3, M Clarke (Stock) 8.3  
800: S Hinchcliffe (O&R) 2:21.9

**OPEN MEETING  
ROTHERHAM  
24TH MARCH**

Minors  
600: L Graham (Spem) 1:48.7

**INDOOR**

**TOPLINE WELSH  
CHAMPS  
RAF ST ATHAN  
6TH APRIL**

Men  
60: 1, R Whiting (Unatt) 7.3; 2, J Jefferys (C&G) 7.3; 3, R Kearney (Dees) 7.4  
300: 1, R Williams (RN) 38.8; 2, J Frankel (Col B) 38.8  
600: 1, D Morgan (Rhym V) 1:26.7; 2, H Laugharne (Racing) 1:27.9  
1,000: 1, M Bryant (Car) 2:33.1; 2, A Jones (Walt) 2:37.4  
3,000W: 1, M Bell (Splott) 12:22:1; 2, G Holloway (Splott) 12:27.1  
HJ: L McCabe (Car) 1.75  
SP: 1, B Barnfield (Rhon) 12.37; 2, J Walters (Car,M50) 12.14  
Juniors  
60: 1, M Powell (Rhym V) 7.7; 2, A Taylor (B'end) 7.8; 3, M Thomas (Neath) 7.8  
300: S Miles (Dees) 39.8  
600: 1, N Haine (Newp) 1:29.1; 2, M Grimal (Newp) 1:30.2  
1,000: 1, N Haine 2:42.1; 2, M Grimal 2:43.2  
HJ: C Payne (B&V) 1.90  
SP: J Jones (Carm) 12.86; 2, D Humphhys (Torf) 12.34  
Youths  
60: 1, R Tomaja (Torf) on (Car) 7.7; 3, D Humphreys (Torf) 7.8  
300: R Tomaja 39.9; 2, C Williams (C&G) 40.1  
600: 1, P Lee (Newp) 1:32.2; 2, M Ballinger (B&V) 1:36.6  
1,000: 1, D Ashman (Rhym V) 2:44.5; 2, J Peters (Wrex) 2:46.0  
HJ: C Harding (B'end) 1.75  
SP: J Jones (Carm) 12.86  
Boys  
60: 1, R Talbot (Car) 7.9; 2, T Barnes (Newp) 8.0  
150: T Barnes 19.2; 2, R Talbot 19.5  
1,000: A Staples (Newp) 2:54.4; 2, D Molloy

(Carm) 2:58.3  
 HJ: L Thomas (Brec) 1.60  
 SP: S Ellmore (Swan) 10.45  
 Colts  
 60: 1, C Truscott (Neath) 8:8; 2, (B&V) 8.2  
 300: 1, S Porter (Car) 43.7; 2, D Grist (Rhon) 43.9  
 600: 1, S Porter 1:42.5; 2, H Mittelberger (Newp) 1:43.0  
 1,000: H Mittelberger 3:03.4; C Schofield (Wrex) 3:05.7  
 HJ: A Taylor (B'end) 1.45  
 SP: J Berry (Car) 14.14  
 Inters  
 60: 1, Z Roberts (B&V) 8.1; 2, L Shillam (B'end) 8.3; 3, J Lamcraft (B&V) 8.4  
 300: 1, Z Roberts 43.2; 2, B Thomas (Swan) 44.3  
 600: 1, C Edwards (Wrex) 1:47.5; 2, K Bove (Carm) 1:49.7  
 1,000: 1, C Edwards 3:15.6; 2, A Evans (Carm) 3:19.2  
 HJ: R Burgess (C&G) 1.30  
 SP: 13:23.0  
 HJ: 1, T Andrews (P'atyn) 1.50; 2, K Evans (Swan) 1.50  
 SP: T Andrews 10.11  
 Minors  
 60: 1, R Ridgway (Gower) 8.7; 2, C McDermott (C&G) 8.8  
 150: R Ridgway 21.9; 2, C Reeks (Torf) 22.2  
 1,000: 1, H Gruffydd (Carm) 3:20.0; 2, L Arthur (Carm) 3:24.2  
 HJ: C Hogg (St David's) 1.35  
 SP: C James (Carm) 7.44

## FELL

### KINDER DOWNFALL 10 HAYFIELD 21ST APRIL

Men  
 1, A Trigg (Gloss) 1:05:35  
 2, F Smith (Unatt) 1:15:23  
 3, J Fyne (Unatt) 1:15:24  
 4, N Reeve (E Chesh) 1:15:25  
 5, P Crowson (D Peak) 1:15:42  
 6, P Turner (Utt) 1:15:45; 7, R Wood (Hels) 1:16:24; 8, G Webb (Calder V) 1:16:28; 9, M Cunningham (Man H, V) 1:16:32; 10, S Rouse (Ilk) 1:16:39  
 Women  
 1, J Smith (Dark P) 1:23:03; 2, A Geroge (Unatt) 1:28:51; 3, W Holmes (Rip) 1:30:25  
 Vets: J Smith (Dark P) 1:23:03

### SCREEL HILL RACE CASTLE DOUGLAS 20TH APRIL

Men  
 1, K Anderson (Ambleside) 29:26  
 2, C Dunley (Eryn) 30:08  
 3, S Hoggins (Bing) 30:14  
 4, A Peace (Bing) 30:18  
 5, M Paterson (Dark Pk) 30:29  
 6, G Devine (P&B) 30:36; 7, S Lovesey (Rose) 30:38; 8, G Bland (Borrow) 30:41; 9, J Bullman (Borrow) 30:45; 10, G Wilkinson (Clay) 30:55; P Dymoke (Liv) 30:55; 12, I Holmes (Bing) 31:19; 13, C Jones (Eryn) 31:24; 14, D Rodgers (Loch) 31:26; 15, D Neill (Staffs) 31:26  
 Vets: 1, B Whitefield (Bing) 32:20; 2, R Taylor (Penn) 32:50; 3, T Hulme (Penn) 32:58  
 Super Vets: R Bell (Ambleside) 35:30; 2, R Heard (Eryn) 36:14; 3, W Gauld (Carn) 36:27  
 TEAM: 1, Bingley; 2, Pudsey & Bramley  
 Women  
 1, T Caulder (Espac, V) 36:10; 2, S Cook (Clay) 37:09; 3, E Croft (Dark Pk) 37:18  
 Vets: 2, K Thompson (Clay) 37:42; 3, J Smith (Dark Pk) 39:07; 4, L Lloyd (Clay) 41:07

## WALKS

### NATIONAL RWA RELAY CHAMPS ALEXANDER STADIUM, BIRMINGHAM 20TH APRIL

AN INTRIGUING battle between Coventry and Steyning for the men's National RWA Relay title ended in dramatic fashion when Coventry's Andi Drake stormed off the road after receiving two minutes' worth of time penalties, *Chris Smith reports*.

At the time Coventry were still leading

after allowing for penalties from both clubs. Guy Bailey had given Coventry a good start, walking a faultless 2km in 9:38, three seconds behind Steyning's Robert Mechem.

Coventry's Karl Walmsley walked a fast 4km but picked up 30 seconds' penalties, giving Steyning an advantage as Paul Nunn walked 17:37 for the fastest leg.

Over 6km and 8km, distance men Das Thorn and Mike Smith walked fastest legs for Coventry as Steyning kept close but picked up two minutes' penalties. Unperturbed by the Drake incident, Steyning's Jimmy Ball walked a faultless 44:16 fastest 10km leg to finish with his first National gold, well clear of Leicester, who, together with bronze medallists Coventry B, received no time penalties.

The women's event over 20km saw Sheffield give a fine exhibition with only two athletes receiving time faults.

Sheffield's Nina Howley kept Steyning's Helen Ford-Dunn and the host club's Joe Orr in her sights before handing over to Helen Elleker, who had a surprise battle with Steyning's Sarah Brown over 4km. Elleker emerged with a one-second lead and the fastest leg and was followed by Vicki Lupton and Betty Sworowski who also walked fastest legs.

Although seven minutes behind Sheffield, Birchfield had a great race on home territory, pipping Steyning for the silver with Silvia Black walking a fine last lap.

Men (30km - 2km, 4km, 6km, 8km, 10km)  
 1, Steyning 2:16:13 (R Mechem 9:35; P Nunn 17:37; B Bearman 29:04 (including 2:00 penalty); G Brown 35:41; J Ball 44:16)  
 2, Leicester 2:25:02 (S Taylor 11:02; J Chamberlain 19:22; C Berwick 29:05; B Adams 37:53; K Atton 47:40)  
 3, Coventry B 2:25:31 (M Cross 10:06; J Jones 18:59; D Ratcliffe 28:42; G Chaplin (M60) 41:43; G Jackson 46:01)  
 4, Sheffield 2:33:01 (L Crampton 13:13; R Watson 20:06; R Simmons 32:17; S Legge 40:46; L Morton 46:39)

5, Birchfield 2:35:04 (R Mason 11:13; D Mace 21:37; C Thomas 32:34; A Smallwood (M40) 42:14; (1:00 penalty); B Care (M40) 47:26)  
 6, Trowbridge 2:35:38 (D Young 14:41 (30sec penalty); K Batten 21:36 (30sec penalty); M Lewis 29:59; A Trigg 39:58; K Butler 49:24)  
 7, Dudley & Stourbridge 3:00:15 (M Moody 14:03; H Woodall 29:41; J Plant 35:18; D Harris 45:01; C Harris 56:13)  
 Did not finish: Coventry A (G Bailey 9:38; K Walmsley 17:56 (30sec penalty); D Thorne 27:30; M Smith 35:30; A Drake (DNF))

Fastest Legs:  
 Boys U15, 2km: R Mechem 9:35; 4km: P Nunn 17:37; 6km: D Thorne 27:30; 8km: M Smith 35:30; 10k: J Ball 44:16  
 Women (20km - 2km, 4km, 6km, 8km)  
 1, Sheffield A 1:37:18 (N Howley 11:02; H Elleker 18:54; V Lupton 29:01; B Sworowski 38:21)  
 2, Birchfield 1:44:43 (J Orr 10:53; L Tozer 22:06; T Ashman 31:53; S Black 39:51)  
 3, Steyning A 1:46:45 (H Ford-Dunn 10:37; S Brown 19:20; C Bean 33:37; P Savage 43:11)  
 4, Dudley & Stourbridge A 1:49:42 (M Pettit 11:21; J Bellfield 21:41; N Greenfield 33:15; K Horwell 43:25)  
 5, Aldershot Farnham & District 1:50:05 (P Donnelly 11:18; N Parsons 22:13; S Isted 33:50; L Spreedborough 42:36)  
 6, Sheffield B 1:50:56 (L Butterley 11:25 (30 Seconds Penalty); S Yowitt 23:39; L Crump 34:37; B Lupton (Vet) 41:44)  
 7, Bromsgrove & Redditch 1:52:10 (J Bradshaw 11:28; A Gallagher 25:06; C Jarvis 31:17; F Tonks 44:09)  
 8, Leicester 1:55:25 (L Townsend 14:28; N Townsend 22:16; S Morris 34:18; A Crofts 44:13 (2:00 penalties))  
 9, Steyning B 1:58:54 (M Saward 11:02; J Bleach 24:27; M Worth 36:04; L Ford-Dunn 47:21)  
 10, Dudley & Stourbridge B 2:03:29 (R Bloore 12:01; L Pettit 25:39; P Horwill (W50) 38:05; V Mills 47:44)  
 11, Worcester 2:07:00 (M Clarke 12:23; E Chidlow 26:34; C Yates 35:10; M Chidlow 51:53)

Fastest Legs  
 Girls U15, 2km: H Ford-Dunn 10:37; 4km: H Elleker 18:54; 6km: V Lupton 29:01; 8km: B Sworowski 38:21

5, Aldershot Farnham & District 1:50:05 (P Donnelly 11:18; N Parsons 22:13; S Isted 33:50; L Spreedborough 42:36)  
 6, Sheffield B 1:50:56 (L Butterley 11:25 (30 Seconds Penalty); S Yowitt 23:39; L Crump 34:37; B Lupton (Vet) 41:44)  
 7, Bromsgrove & Redditch 1:52:10 (J Bradshaw 11:28; A Gallagher 25:06; C Jarvis 31:17; F Tonks 44:09)  
 8, Leicester 1:55:25 (L Townsend 14:28; N Townsend 22:16; S Morris 34:18; A Crofts 44:13 (2:00 penalties))  
 9, Steyning B 1:58:54 (M Saward 11:02; J Bleach 24:27; M Worth 36:04; L Ford-Dunn 47:21)  
 10, Dudley & Stourbridge B 2:03:29 (R Bloore 12:01; L Pettit 25:39; P Horwill (W50) 38:05; V Mills 47:44)  
 11, Worcester 2:07:00 (M Clarke 12:23; E Chidlow 26:34; C Yates 35:10; M Chidlow 51:53)

Fastest Legs  
 Girls U15, 2km: H Ford-Dunn 10:37; 4km: H Elleker 18:54; 6km: V Lupton 29:01; 8km: B Sworowski 38:21

5, Aldershot Farnham & District 1:50:05 (P Donnelly 11:18; N Parsons 22:13; S Isted 33:50; L Spreedborough 42:36)  
 6, Sheffield B 1:50:56 (L Butterley 11:25 (30 Seconds Penalty); S Yowitt 23:39; L Crump 34:37; B Lupton (Vet) 41:44)  
 7, Bromsgrove & Redditch 1:52:10 (J Bradshaw 11:28; A Gallagher 25:06; C Jarvis 31:17; F Tonks 44:09)  
 8, Leicester 1:55:25 (L Townsend 14:28; N Townsend 22:16; S Morris 34:18; A Crofts 44:13 (2:00 penalties))  
 9, Steyning B 1:58:54 (M Saward 11:02; J Bleach 24:27; M Worth 36:04; L Ford-Dunn 47:21)  
 10, Dudley & Stourbridge B 2:03:29 (R Bloore 12:01; L Pettit 25:39; P Horwill (W50) 38:05; V Mills 47:44)  
 11, Worcester 2:07:00 (M Clarke 12:23; E Chidlow 26:34; C Yates 35:10; M Chidlow 51:53)

Fastest Legs  
 Girls U15, 2km: H Ford-Dunn 10:37; 4km: H Elleker 18:54; 6km: V Lupton 29:01; 8km: B Sworowski 38:21

5, Aldershot Farnham & District 1:50:05 (P Donnelly 11:18; N Parsons 22:13; S Isted 33:50; L Spreedborough 42:36)  
 6, Sheffield B 1:50:56 (L Butterley 11:25 (30 Seconds Penalty); S Yowitt 23:39; L Crump 34:37; B Lupton (Vet) 41:44)  
 7, Bromsgrove & Redditch 1:52:10 (J Bradshaw 11:28; A Gallagher 25:06; C Jarvis 31:17; F Tonks 44:09)  
 8, Leicester 1:55:25 (L Townsend 14:28; N Townsend 22:16; S Morris 34:18; A Crofts 44:13 (2:00 penalties))  
 9, Steyning B 1:58:54 (M Saward 11:02; J Bleach 24:27; M Worth 36:04; L Ford-Dunn 47:21)  
 10, Dudley & Stourbridge B 2:03:29 (R Bloore 12:01; L Pettit 25:39; P Horwill (W50) 38:05; V Mills 47:44)  
 11, Worcester 2:07:00 (M Clarke 12:23; E Chidlow 26:34; C Yates 35:10; M Chidlow 51:53)

Fastest Legs  
 Girls U15, 2km: H Ford-Dunn 10:37; 4km: H Elleker 18:54; 6km: V Lupton 29:01; 8km: B Sworowski 38:21

### OPEN ROAD WALKS BROMSGROVE 7TH APRIL

MARTIN BELL led Spott to a six in nine team victory in the mens 10km at the

Bromsgrove and Redditch open walks, *Chris Smith reports*.

Betty Sworowski confirmed her position as Britain's No.1 with a sub-23-minute 5km. Euro junior Vicki Lupton, in second, backed up by her mother Brenda in sixth, gave Sheffield the women's team event.

Other quality junior performances included Robert Meacham in the boys and Carla Jarvis in the Inter girls but the fields were thinner than usual for this important all age-group family fixture.

Men (10km)  
 1, M Bell (Spott) 43:47  
 2, G Holloway (Spott) 44:22  
 3, G Brown (Stey) 45:27  
 4, P Nunn (Stey) 45:47  
 5, B Bearman (Stey) 46:05

6, D Dowdrick (Spott) 47:43; 7, P Chichester (Spott) 48:01; 8, K Taylor (Spott) 48:13; 9, A Pryor (Spott) 48:21; 10, K Butler (Trow, J) 49:37; 11, D Henley (B&R, M40) 49:39; 12, P Hannell (Surrey, M40) 50:23; 13, J Jones (Cov, J) 50:41; 14, D Stevens (Stey, M50) 51:03; 15, M Hall (Sheff) 51:07; 16, P Lightman (Surrey, M40) 51:24; 17, J Deakin (Cov, J) 52:02; 18, S Legge (Sheff) 52:53; 19, G Chaplin (Cov, M60) 52:59; 20, K Richards (Cov, M40) 54:11; 21, D Lawrence (Bas, J) 54:26; 22, K Worth (B&R) 56:05; 23, I Richards (Cov, J) 56:16; 24, J Taylor (B&H, M50) 56:58; 25, P Smillie (Leic, M40) 57:42; 26, L Scriven (Worc, M40) 57:46; 27, B Yates (Worc) 57:52; 28, B Rawlins (B&R, M50) 58:16; 29, K Ablins (Bir, M60) 59:47; 30, J Marshall (Wor, M50) 1:03:25; 31, G Mitchell (Bir, M70) 1:07:06; 32, R Atton (Leic, M40) 1:09:38; 33, A Poole (Worc, M70) 1:14:32

TEAM: Spott 9; 2, Steyning 12; 3, Coventry 49  
 Youths (5km)  
 1, M Pryor (Spott) 24:08; 2, J Nunn (Stey) 24:16; 3, J Chamberlain (Leic) 24:18; 4, N Simpson (Sheff) 24:45; 5, B Allkins (Cov) 25:21; 6, C Atton (Leic) 26:56; 7, S Hodder (Cov) 27:30; 8, D Kenny (Worc) 31:56

Boys (3km)  
 1, R Meacham (Stey) 15:36; 2, M Cross (Cov) 15:55; 3, G Bailey (Cov) 16:12; 4, G Harper (W&B) 17:49; 5, J Whitehouse (W&B) 19:38; 6, J Evanson (W&B) 19:50; 7, N Millership (W&B) 22:18

TEAM: Wolverhampton & Bilston  
 Colts (2,500m)  
 1, M Hales (Stey) 14:08; 2, M Dean (W&B) 18:43  
 U11 (2,500m)  
 1, W Henley (Ridgeway Sch) 15:11; 2, S Allen (County Bridge) 15:15; 3, R Warren (Stey) 15:16

Women (5km)  
 1, B Sworowski (Sheff) 22:57  
 2, B Lupton (Sheff, J) 23:17  
 3, S Brown (Stey) 24:13  
 4, M Brookes (Nun) 24:33  
 5, A Crofts (Leic) 25:22  
 6, B Lupton (Sheff, V) 25:52; 7, T Ashman (Birch, J) 26:26; 8, C Jarvis (B&R, D) 26:38; 9, N Greenfield (D&S, D) 27:05; 10, S Morris (Leic, J) 27:21; 11, L Tozer (Bir, D) 27:57; 12, J Bellfield (D&S) 28:25; 13, L Crump (Sheff, D) 28:33; 14, P Hodd (Tun, D) 28:37; 15, L Ford-Dunn (Stey, J) 28:41; 16, C Bean (Stey, Vet) 28:43; 17, N Townsend (Leic, I) 29:06; 18, C Yates (Worc, D) 29:12; 19, M Venables (Leic, J) 29:39; 20, G Watson (Sheff) 29:47; 21, K Byrne (Stey, I) 29:54; 22, A Gallagher (B&R) 30:04; 23, S Jowitt (Sheff, V) 30:32; 24, J Mander (S&S, D) 31:04; 25, J Bleech (Stey, V) 31:11; 26, C Orr (Bir, D) 31:28; 27, D Butler (Trow, V) 31:53; 28, M Chidlowe (Worc, D) 32:11; 29, L Bailey (Cov, D) 32:36; 30, L Jenks (Bir, D) 32:53; 31, E Chidlowe (Worc, D) ; 32, 32, C Lawrence (Trow, V) 34:53

TEAM: 1, Sheffield 9; 2, Steyning 32; 3, Leicester 32  
 Girls (3,000m)  
 1, H Ford-Dunn (Stey) 16:51; 2, N Huckerby (S&S) 17:04; 3, N Howley (Sheff) 17:11; 4, M Saward (Stey) 17:12; 5, J Bradshaw (B&R) 17:54; 6, S Warren (Stey) 17:56; 7, K Ruth (Tun) 18:32; 8, J Ore (Bir) 18:42; 9, T Raymond (Stey) 18:54; 10, C Ellis (S&S) 19:16; 11, R Bloore (D&S) 19:22; 12, M Clark (Worc) 19:30; 13, C Perry (Worc) 21:29; 14, L Townsend (Leic) 22:41

TEAM: Steyning 11  
 Minor (2,500m)  
 1, L Osborne (Stey) 15:44; 2, A Whitehouse (W&B) 16:28; 3, L Randall (W&B) 17:16; 4, S Millership (W&B) 18:39

TEAM: Wolverhampton & Bilston 9  
 U11 (2,500m)  
 1, S Bennett (Bir) 14:21; 2, J Picket (Bir) 14:22; 3, S Turner (County B) 17:26; 4, L Carter (County B) 19:04; 5, S Randall (County B) 19:06

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

TEAM: County Bridge 12

British: 16, D Jackson 4:11:43; 18, P Blagg 4:15:29; 29, M Smith 4:36:16  
 TEAM: 1, Czechoslovakia 9, 2, Poland 14, 3, Great Britain 15  
 Women (10km)  
 1, T Ragozina (Ukraine) 45:18; 2, J Samojlenko (Ukraine) 45:53; 3, V Lina (ROM) 46:05  
 British: 10, J Drake 47:35; 12, H Elleker 47:49; 21, S Black 49:37; 23, K Smith 50:37  
 TEAM: 1, Ukraine 10, 2, Czechoslovakia 24, 3, Poland 30, 4, Romania 39, 5, Great Britain 39

### OPEN 50KM (INCORP ESSEX CHAMPS) BASILDON 6TH APRIL

Men  
 1, L Morton (Sheff) 4:02:39; 2, R Dobson (Ilf) 4:44:54; 3, D Turner (York RW) 4:45:56; 4, A Trigg (Crow) 4:52:50; 5, C Bradley (Med) 4:54:30; 6, M Lewis (Trow) 4:48:10; 7, G Beattie (Med) 5:10:04; 8, C Bent (S'end) 5:21:04; 9, S Bennett (Ilf) 5:22:10; 10, S Uttley (Ilf) 5:44:23; 11, K Perry (S'end) 5:48:37; 12, K Batten (Troe) 5:52:36; 13, W Garrett (Ilf) 6:05:31; 14, K Rodrigues (S'end) 6:12:44; 15, A O'Rawe (S'end) 6:12:44; 16, D Sharpe (Bel) 6:26:46  
 Women  
 P Wilson (Lough) 6:46:49  
 Essex Champs  
 1, Dobson; 2, Bent; 3, Bennett  
 TEAM: 1, Ilford 8; 2, Southend 14

## CROSS-COUNTRY

### SCOTTISH POWER PRIMARY SCHOOLS CHAMPS KIRKCALDY 20TH APRIL

Boys  
 P7: 1, G Martin 6:56; 2, G Couper 6:58; 3, S Phillips 7:00  
 P6: 1, G MacGregor 7:08; 2, O Greene 7:09; 3, D Melville 7:13  
 Girls  
 P7: 1, K Montador 7:07; 2, J Anderson 7:14; 3, J Hauxwell 7:15  
 P6: 1, C Lindon 7:29; 2, A Church 7:38; 3, J McLean 7:40

## OVERSEAS

### TREVIRA TWOSOME 10 CENTRAL PARK, NEW YORK 20TH APRIL

JILL HUNTER goes from strength to strength, *Jim O'Brien reports*.

Evidently not content with setting a Commonwealth record of 51:57 at the 7th April Cherry Blossom 10 in Washington DC, just two weeks later, at the Trevira 10 Twosome, she improved that mark to 51:41 and, in the process, improved Cathy O'Brien's world best of 51:47.

Making Hunter's run all the more impressive was the fact that the Trevira Central Park course is far more testing than the pancake-flat Cherry Blossom loop.

The hills made little difference to the Blaydon athlete, however, as from the gun she forged her way to the front of the field, disregarding the challenge of Kenyan Susan Sirma.

At the finish line, the same one crossed by 25,000 New York city marathoners each November, Hunter held an advantage of 68 seconds as Sirma placed an isolated second in 52:49.

Hunter's dominance complemented a thrilling finish in the men's event. Having sat in behind pacemaker Henry Rono during the early miles, Brian Sheriff from Kenya then battled shoulder-to-shoulder through the second half of the course. It was only with 50 yards remaining that the outcome was decided as Sheriff unleashed a kick that took him to the

finish in 47:17, five seconds to the good.  
In sixth position, Paul Evans, from Belgrave Harriers, recorded a time of 47:47.  
Rono, who reportedly had logged 10 miles already that morning, placed 10th in 51:10.

**Men**  
1, B Sheriff (USA) 47:17  
2, P Kipkoech (KEN) 47:22  
3, G Donakowski (USA) 47:31  
4, G Domantay (USA) 47:33  
5, M Conover (USA) 47:35  
6, PAUL EVANS 47:47; 7, R Pilkington (USA) 48:50; 8, B Hudson (USA) 48:55; 9, P Petersen (USA) 49:31; 10, H Rono (KEN) 51:10; 11, K Corliss (USA) 51:39; 12, B Forgesson (BER) 52:23; 13, N Larson (USA) 53:10; 14, T Seiffert (USA) 53:39; 15, R Parker (USA) 53:58; 16, R Webber (USA) 54:10; 17, B Backus (USA) 54:53; 18, D Shotts (USA) 54:58; 19, J Weilbaker (USA) 55:35; 20, K O'Connor (USA) 55:45; 21, E Mossiah (USA) 55:56; 22, M Engerman (USA) 56:20; 23, S Marasalese (USA) 56:39; 24, S Sanchez (USA) 56:40; 25, A Heiz (USA) 56:45  
**Women**  
1, JILL HUNTER 51:41 (world best)  
2, Susan Sirma (KEN) 52:49  
3, K Hadler (USA) 55:26  
4, G Bloch (USA) 55:46  
5, M Narloch (USA) 55:59  
6, G Beschloss (USA) 56:23; 7, I Vali (USA) 57:33; 8, J McGould (USA) 58:58; 9, C Best (USA) 59:21; 10, E Roger (USA) 1:01:25

**Men (2M)**  
1, K Stack (IRL) 9:13; 2, B Roche (USA) 9:15; 3, M Idrig (USA) 9:19; 4, R Obregon (USA) 9:38; 5, W Allah (USA) 9:53; 6, EAMONN COGHLAN (IRL) 10:02; 7, T Birch (USA) 10:04; 8, M Phillippe (USA) 10:07; 9, Charles Lee (USA) 10:11; 10, K Tashlein (USA) 10:12; 11, J O'Brien (USA) 10:18; 12, K O'Keefe (USA) 10:20; 13, B Doyle (USA) 10:21; 14, S Eick (USA) 10:21; 15, L Vazquez (USA) 10:21  
**Women (2M)**  
1, A Moss (USA) 10:22; 2, M Demarrais (USA) 10:51; 3, J Morra (USA) 11:00; 4, A Henning (USA) 11:07; 5, S Chubb-Sauvayre (USA) 11:25

**MADRID MARATHON  
21ST APRIL**

**Men**  
1, J Burra (TAN) 2:12:19; 2, A Niemczak (POL) 2:14:47; 3, F Rizhov (URS) 2:14:54; 4, D Barroso (POR) 2:15:11; 5, J A Garcia (ESP) 2:16:35  
**Women:** F Rueda (COL) 2:38:45

**STRAMILANO HALF-  
MARATHON  
MILAN  
14TH APRIL**

**Men**  
1, M Tanui (KEN) 1:00:50; 2, A Masai (KEN) 1:01:07; 3, A DeFreitas Castro (BRA) 1:01:27; 4, S

Moneghetti (AUS) 1:01:30; 5, B Akonay (TAN) 1:01:43; 6, G Calvaresi (ITA) 1:02:10

**VIENNA MARATHON  
14TH APRIL**

**Men**  
1, K David (TCH) 2:12:25; 2, T Lawicki (POL) 2:14:19; 3, J Fleming (DEN) 2:14:48  
**Women:** L Melicherova (TCH)

**S AFRICAN CHAMPS  
PRETORIA  
19/20TH APRIL**

**Men**  
100 (0.91): 1, J Rossouw 10.38 (10.27ht); 2, G Elferink 10.49 (10.40ht); 3, T Nzimande 10.50. In heats: A Lambert 10.35  
200: 1, Roussouw 20.72 (20.70ht); 2, Nzimande 20.74 (20.73ht); 3, Elferink 20.81; 4, W McCann 20.95  
400: 1, P Foord 45.83; 2, H Oosthuizen 46.59  
800: 1, J Marthinus 1:47.84; 2, D Brummer 1:48.08  
1,500: 1, J Landsman 3:40.69; 2, J Fourie 3:41.41; 3, Brummer 3:41.89  
5,000: M Mogotsi 13:56.75  
10,000: M Motshwarateu 28:34.52  
3,000SC: 1, J Schnetler 8:37.98; 2, A Nicolaisen 8:41.37; 3, S Mogotsi 8:50.85  
110H (1.40): 1, K Schoeman 13.82; 2, W Bosman 13.84

400H: 1, D Vorster 48.82; 2, F Pieterse 49.48; 3, J Jonker 49.53  
HJ: L Kotze 2.20  
PV: R Botha 5.31 (rec)  
LJ: 1, F Fouché 8.14 (1.80); 2, B du Plooy 7.85 (1.75)  
TJ: W Olivier 16.48 (1.29)  
SP: H van der Berg 18.02  
DT: D Kok 58.92  
HT: G Tossel 63.42  
JT: T Petranoff 83.00  
20kmW: 1, S Valentine 1:26:33; 2, M Brits 1:29:45; 3, J Moerdyk 1:31:29

**Women**  
100 (-0.50): 1, E de Klerk 11.27; 2, E Vorster 11.39; 3, M Steyn 11.71; 4, M Coetzer 11.72  
200 (-0.41): 1, de Klerk 22.71; 2, Vorster 23.06  
400: 1, M Bothma 51.33; 2, L Stewart 54.38  
800: 1, Z Pretorius 1:59.75; 2, C Spiers 2:04.25; 3, R Roodt 2:05.24  
1,500: 1, Z Budd-Pieterse 4:08.65; 2, C Spiers 4:17.08  
3,000: Budd-Pieterse 9:05.72  
10,000: 1, E Meyer 32:13.13 (rec); 2, M McDermott 34:03.57  
100H (0.58): 1, K Wilkinson 13.05 (eq rec); 2, A La Roux 13.40  
400H: 1, M Bothma 54.48; 2, Wilkinson 56.09  
LJ: M van Niekerk 6.40 (1.28)  
TJ: 1, P Stewart 12.40 (2.60); 2, M Get van Pittius 11.85  
SP: L Swanepoel 14.69  
DT: N van der Walt 52.94  
JT: 1, L Roux 55.50; 2, R Dwinger 52.66  
5kmW: 1, S Bingham 27:12.65

**FIXTURES AT A GLANCE**

**Wednesday 24th April**

Open Graded Meeting, Crystal Palace (6.30pm)  
Haywards Heath Building Society Open Mile, Crawley Track (6.45pm)  
ICL Killer Mile (6.45pm)  
Round The Park Run, Sutton Coldfield (3pm)  
Spring Distance Meeting, Thorns Park, Wakefield (7pm)

**Saturday 27th April**

AAA 12-Stage Road Relay, Sutton Coldfield  
Manchester YMCA 5 (7pm)  
Majestic Travel N Wales 10 Road Champs, Wrexham  
Southern Women's League, various

**Sunday 28th April**

British Polytechnics, Birmingham  
Midland Women's League, various  
GRE Cup Round 1, Wigan  
Woolworths National YA League, various  
Inter-club Pentathlon, Boggart Hole Clough (11am)  
Bournemouth Bay Half-marathon (10am)  
Woodford 40 (10am)  
Premier 10km, Clacton-on-Sea (12.30pm)  
Heaton's 10km (11.15am)  
Peel to Douglas 11.5 (7pm)  
Linx Series 8km (11am)  
Mascalls 5 & 10km, Kentish Vale (10am)  
Lincoln Half-marathon, Wittons Park (10.30am)  
Barnsley Half-marathon (11am)  
Coulsdon Rotary 5 (11am)  
Epsom Allsorts Anniversary Road Races (10.30am)  
Deepings Rotary Run 10km, (10.30am)  
Gilwern 10km and 3km Junior Run (10.15am)  
General Portfolio Pudsey 10km (10.30am)  
Roger Simpson Highworth 10km (11am)  
Hodge Hill Fun Runs (10.30am)  
Second Chance Half-marathon (10.30am)  
St Alban's Striders Women's 15km (10.15am)  
Essex 10km (10.30am)  
GPT Harriers Doug Read Memorial 10km (11am)

**Tuesday 30th April**

Gwent County Road Champs

**Wednesday 1st May**

Complete Runner West Yorkshire League, Carnegie, Leeds (6.45pm)  
Falkirk Open Graded Meeting, Grangemouth  
Open Graded Meeting, Cardiff Sports Stadium, Leckwith Road (6pm)  
Open Graded Meeting, West London Stadium, Ducaen

**Road (6.30pm)**

Open Graded Meeting, Woodside Stadium, Garston, Watford (6.45pm)  
SCAAA v WLIHE v RAF, Crystal Palace  
Lloyds Bank Open Road Relay, Copers Cope Road, New Beckenham, Kent (6.30pm)  
Night Race series, Chorley (7.30pm)  
Spencer Arms Dash Road Series, Barnsley (7pm)  
Hard Labour 10km, Chinley (7.30pm)  
Felixstowe Harrier League (7.15pm)  
Dudley Kingswinford 10km, Dudley Kinswinford (7pm)

**Thursday 2nd May**

South Glamorgan Schools Senior Champs, Cardiff Sports Stadium, Leckwith Road  
Motivation Midweek Race Series, Charlton-on-Otmoor (7.30pm)

**Saturday 4th May**

GRE Cup, Round One, various  
Panasonic Southern Men's League, various venues  
Panasonic Northern Ireland Men's League, various venues  
Open Multi-events & Track Meeting (incl W Yorks Schools' Champs) Thornes Park, Wakefield (noon)  
(Multi-events, City of Wakefield MDC, Sports Development, Highfield Rad, Hemsworth, W Yorkshire, WF9 4DS)  
May Day Meeting, Broad Lane Track, Yate  
Tadcaster 10 and Fun Run, N Yorks (noon)  
Rother 10, Tudhoe Village, Tyne & Wear (2.30pm)  
Rother Valley 10km, Rother Valley Country Park (3pm)  
Easter Ross Peoples Half-marathon, Tain  
Stuc A 'Chroin Hill Race, Strathyre  
Alamo Alumni Race Series, Central Park, New York City (10am)

**Sunday 5th May**

GRE Cup (round 1), various  
Scottish & North-western League  
Bank of Scotland North-east League, Aberdeen  
Grampian Television East League, Aberdeen  
Grampian Television North League, Elgin  
Young Athletes Five-Star Open Meeting, Leamington (11.15am)  
Rotary Club 1,500m Races, Hythe Kent  
Crawley AC Track 40M,  
Ansa 8 and Fun Run, Nunroyd Parl, Aireborough, West Yorkshire (10.30am)  
Mizuno Veterans' 5 Road Race Series, Battersea Park  
SportAge women's 10km Series, Edinburgh

**ANSA 8 Road Race, Nunroyd Park, Guiseley, Leeds (10.30am)**

Bovril 10, Burton on Trent (10.15am)  
Glastonbury Road Run, Glastonbury Town Hall (11am)  
Exeter Bank Great West Run, Exeter (2pm)  
Harrogate Women's 7 and Fun Run (11am)  
Penkridge 10, Penkridge, Staffs (11am)  
HCS Havant Lions Club Half-marathon, Leisure Centre (9.45am)  
St Aubyns 6, Woodford Green (10am)  
Lichfield Kelsa Half-marathon and Fun Run, King Edward VI School, Lichfield, Staffs (10.30am)  
Great West Run Half-marathon & Fun Run (2pm)  
Northern 10, Ballacloa FC Stadium (10am)  
Honeywell Bracknell Half-marathon, South Hill Park (11am)  
Garstang Gallop, Lancs (11am)  
Gillingham Half-marathon, Hempstead Valley Shopping Centre  
Gilwern Harriers 10km, Gilwern (11am)  
Telford Marathon, Wellington (10.30am)  
Telford Half-marathon, Wellington, Shropshire (11am)  
Windbound 15km, Nr Thornbury, Bristol (10.30am)  
Winbound 5, Nr Thornbury, Bristol (10.35am)  
Whitby Two Bridges and Fun Run, Whitby Youth Club (1.45pm)  
Hounslow 10km, Middlesex (10.30am)  
Uttoxeter Half-marathon (11am)  
Duchy Marathon, Land's End (noon)  
Glossop Half-marathon, Hadfield School (11am)  
Walsall Half-marathon, (11am)  
Humberston Half-marathon & Fun Run (incorp N Counties Champs), Grimsby (10.30am)  
Welford 10, Northants (10am)  
Horsham Joggers 10km, Horsham, Sussex (11am)  
Saltash Half-marathon, Guildhall (10am)  
Alnwick Lions Parks Run, (2.15pm)  
Glossop Half-marathon, Hadfield Community School (11am)  
Bourne Valley Half-marathon, St Mary Bourne (10.30am) (Orpington 10km, Kent  
Golborne TSB 10km, Golborne, Nr Wigan (11am)  
Abingdon Half-marathon (11am)  
Whitby Two Bridges Road Races, Whitby Youth centre, (3pm)  
St John Race Walks, Burrator Dam, Yelverton, Devon (8am)  
Edinburgh to North Berwick Marathon, Meadowbank  
Stranraer People's 10km and Fun Run

**SUCCESS BEYOND TRAINING**



OFFICIAL SUPPLIERS TO THE BRITISH OLYMPIC TEAM



BRITISH OLYMPIC ASSOCIATION

room to  
**breathe**



**Peak performance** is what you seek.

The body's primary cooling mechanism being evaporation of sweat must not be inhibited by clinging of wet clothing. If it is . . . performance will suffer.

**Sub 4** have combined CoolMax\* and Supplex\*\* fabrics to allow for the natural cooling actions of the body. This combination gives maximum comfort with minimum weight, yet will resist the wear and tear of even the roughest sport or leisure activity.

For stylish activewear that's totally in tune with your body, choose **Sub 4**.



\* Du Pont certification mark  
\*\* Du Pont's trademark  
(registration pending in Europe).

**Sub 4**

# CLASSIFIED ADVERTISING

TO SELL, PROMOTE OR ANNOUNCE FROM AS LITTLE AS 36P PER WORD inc VAT. (Minimum 20 words), OR £6.20 PER SINGLE COLUMN CENTIMETRE

Telephone 0733 264666 and ask for Athletics Weekly Advertising



## Running Specialists

### NATTERJACK RUNNING CENTRE

**MENS**

**BROOKS**

GFS 100.....	48.99
GFS 105.....	53.99
RAGE.....	29.99
CHARIOT HFX.....	44.99

**asics**

GEL LYTE II.....	39.99
GEL LYTE III.....	57.99
GEL 101.....	42.99
GEL 110.....	47.99
GEL ULTRA.....	29.99
GT EXPRESS.....	69.99

**AIR SPAN.....** 43.99  
**AIR SKYLON.....** 42.99  
**AIR PEGASUS EXTRA.....** 39.99  
**AIR PEGASUS NEW '91.....** 44.99

Stockists of Isostar Sports Drink  
 77 London Street, Southport.  
 Telephone: 0704 46082

Open Mon-Sat 9.30 a.m. - 6 p.m. Mail order available

### G.T. RUNNERS SPECIALIST RUNNING SHOP SALE ON

**Asics Gel Runner 90** £49.99 **£34.99**  
**Asics 101** £54.99 **£44.00**

**Mizuno Sky Medal T.P.** £69.99 **£56.00**  
**Mizuno Tempo** £49.99 **£40.00**  
**Turntec Falcon** £52.95 **£42.00**  
**Saucony Azura II** £56.99 **£45.00**  
**Saucony Sceptre** £49.99 **£40.00**

Mail Order. Access & Visa accepted.  
 Orders Accepted £1 P&P

77A Nolton Street, Bridgend,  
 Mid Glamorgan. 0656 646826  
 Phone first for size and availability.

## Club Specials

**MAIL ORDER SPECIALISTS** **win ner** **MAIL ORDER SPECIALISTS**

INTERNATIONAL

**JOIN SOME OF BRITAIN'S TOP CLUBS. CHOOSE WINNER CLUB VESTS. PHONE NOW FOR QUOTATION.**

FOR DETAILS CONTACT

**TEL 0282 412714** **FAX 0282 415131**

RUNNER.PRINT/WINNER, HALSTEAD HOUSE, 6-8 ST. JAMES ROW, BURNLEY, LANCS BB11 1DR

**RUNNING WILD**

**CLUB LYCRA WEAR**

Made in UK by **ADIDAS HILL**

Wide range available for clubs  
 Shorts, Strides, Tri Suits, Rowing Suits  
 Send for FREE colour catalogue

8-14 Church Street, Hyde, Cheshire SK14 1JZ. Tel: 061-367 8379

**SMK SPORTS**

	Usual Price	Offer Price
Asics Gel 111	£59.99	£53.99
Asics A6 Gel	£49.99	£44.99
Mizuno Controller	£59.99	£53.99
Mizuno RCT Racer TP	£49.99	£44.99
Mizuno Brocade ESTP	£39.99	£35.99

**Puma Tornado II Spike**  
 Sizes 2-5 £25.99. 6-10 £29.99  
 P&P free - Late night Thursday 'til 8pm  
 30 Westgate, Cleckheaton, W. Yorks, BD19 5EY.  
 Tel: 0274 869969

**UNISPORT**  
 RUNNERS PARADISE

<b>adidas</b>	6-12 79.99	<b>Reebok</b>	6-12 39.99
Accelerator	6-12 74.99	Sprint	6-12 38.99
LD Racer	6-11 49.99	Distance	6-12 38.99
Flair	6-10 79.99	High Jump	6-12 39.99
LJ New	6-10 79.99	LJ/PV	6-12 39.99
Javelin Low	6-13 69.99	Discus	6-12 39.99
Javelin Boot	6-13 99.99	Hammer	6-12 35.00
Discus	6-13 69.99	PB800	6-12 24.00

**asics** 6-12 52.99  
**NIKE** 6-12 77.99

**asics new balance**  
 355 6-12 24.99  
 605 6-12 44.99

**asics** 6-12 52.99  
**BROOKS** 6-12 77.99

**asics** 6-12 44.99  
**BROOKS** 6-12 44.99

**asics** 6-12 52.99  
**BROOKS** 6-12 77.99

186 HIGH ROAD, LEYTONSTONE E11 3HU  
 081-519-5778  
 128c Barking Road, Canning Town E16  
 071-511-3716

**FASTRAX**  
**CLUB VEST SPECIALISTS**

Lightweight SOLID in 17 colours  
 MESH in 12 colours

Good choice of STOCK VESTS. No minimum order.  
 SPECIALS? Min. order only 12. Ave. delivery 3 wks.

RING or WRITE to:-  
**TERRY LONERGAN**  
 LEEDS RD., ILKLEY  
 WEST YORKS. LS29 8EQ  
 TEL: 0943 601581

**THE COMPLETE RUNNER**

**NIKE GORETEX TRAINING SUITS**

Turquoise/yellow polypropylene lining.

Special Offer Price **£99.99**

P&P £1 Cheque/Access/Visa/P.O. by letter or phone: personal callers welcome at

Leeds Road, Ilkley, West Yorks (0943) 601581  
 Leeds Road, Nelson, Lancs (0282) 690111

**WASP SKINSUITS**

LEADING THE FIELD FOR QUALITY AND COMFORT

Full range of lycra sportswear - 34 colours - printing service

Large S.A.E. to Wasp Sports, 22 School Lane, Brereton Green, Sandbach, Cheshire CW11 9RN  
 Tel: (0477) 33506 (anytime)

**RUNATHON**  
 Open: Mon-Sat 9-6pm.  
 Late Night Fri - 7pm.  
 2 Cornhill, Chelmsford, Essex CM1 1XE. Tel: (0245) 491101.

**SALE SPECIALS**

<b>BROOKS</b>	Was	Now
BLAST (M) 7 1/2 UK	£49.99	£35.00
BLAST (W) 4, 4 1/2, 5, 7 1/2 UK	£49.99	£35.00

**asics**  
 GEL 101 (W) 4 UK £44.99 £29.99

**REEBOK**  
 ENDEAVOUR (M) 10, 10 1/2, 11 UK £59.99 £49.99  
 HARRIER XC Spike 6 1/2, 7, 9 UK £39.99 £29.99

**SAUCONY**  
 AZURA (M) 4 1/2, 5 1/2, 8 1/2 UK £56.99 £46.99  
 FREEDOM (W) 3 1/2, 5 1/2 UK £44.99 £34.99  
 SHADOW 5000 (M) 10, 8 1/2, 8 7/2 UK £54.99 £44.99  
 SPEAR (M) 9, 8 UK £54.99 £54.99  
 AZURA (M) 10 1/2, 10, 8 UK £59.99 £49.99  
 FREEDOM (M) 8 1/2 £44.99 £34.99

**RON HILL**  
 MACHU-PICCHU SPIKE 7, 7 1/2, 8, 9, 9 1/2, 10, 10 1/2 £29.99 £19.99  
 RON HILL TARKA GOLD SUIT (W/proof) £159.99 £119.99  
 RON HILL TARKA SUIT (W/proof) £149.99 £109.99  
 RON HILL HIGH PEAK SUIT (W/proof) £99.99 £79.99  
 REEBOK RAIN SUIT (Blue/Black/Red with Reflex) £39.99 £29.99

RING FOR AVAILABLE SIZES (Free P&P)

STAND OUT FROM THE CROWD WITH **Denni Vee**

For quality, individuality, personal service and value for money. Lycra athletic clothing. Skinsuits, tights, leotards, speedskater, style suits etc. All in a variety of colour combinations.

For free brochure contact:  
 Denni Vee Sports Clothing, 5 Brownsolme, The Alders, Tamworth, Staffs B79 7TY.  
 Quote (AW) 0827-66854 (24 hours)

**Printing**

**MARATHON SPECIALS**  
 RACE ORGANISERS - T-Shirts & Sweatshirts exclusively designed and printed for your marathon.  
 CONTACT:  
**I.D.D. Enterprises**  
 MILTON WORKS, EGERTON LANE, SHEFFIELD S1 4JZ. Tel: 0742 739848

**CONTOUR TIGHTS**  
 LYCRA TIGHTS £8.99 & CYCLING SHORTS £6.49

Plus 50p p&p. Red, black, navy, lime, elec. blue, royal, fluorescent orange/pink. S, M, L, XL.  
 Discount for clubs.

To: Contour Tights (AW), 27 Montclare Crescent, Stockton Heath, Cheshire, WA4 2BN.  
 Telephone: 0925 602193.

**Engraving**

**QUALITY MEDALS** at competitive prices, personalised medals or centres available. Write for samples and illustrations, G.R. Russell, (Engraver), 18 Churchlands, North Bradley, Wiltshire, BA14 0TD. Tel: 0225 754668.

**CLUB COLOURS** - Vests, shorts, track suits, badges, holdalls. Douglas Sports, Fairfax House, Fulwood Place, London WC1V 6UB. Tel: 081 876 5818.

**Sports Equipment**

**ORGANISING A RACE?**  
 contact **DAVID HARDING**  
 for all your race equipment  
 Sole U.K. agent for **BERG TRACK & FIELD EQUIPMENT**

Need a clock, photo finish, or scoreboards etc.

**H.S. SPORTS LIMITED**  
 Unit 5, Radnor Park Industrial Estate, Congleton, Cheshire. CW12 4XN. Tel: 0260 275708

**NEMETH JAVELINS**  
 Full range available from £52  
**Neuff Athletic Equipment**

081-302 7946

**MINOR GIRLS**  
 New specification throws implements available  
**Neuff Athletic Equipment**

081-302 7946

**Race Organisers**

**RACE ORGANISERS**  
 Race clocks, waterproof numbers, pins, marshal bibs, course marking, banners.  
 For all race equipment: **MARAQUIP**  
 15 Davenport Road, Felpham, West Sussex. Tel: 0243 830412

Get your **Numbers** from the specialists

**2895 TORFAEN**

**Stacy & Sons Ltd**  
 6 Brewery Fields, Church Street, Great Baddow, Chelmsford CM2 7LF (0245) 74322

**PC COMPATIBLE COMPUTER RESULT SYSTEM RACES** - The complete result program with the proven track record. Automatic timing option. From £40.00. Demonstration disc available.  
**H Cameron, 7 Forthath Avenue, Elgin.**  
 Tel: (B) 0343 547821. (H) 0343 542065.

**COURSE MARKING TAPE/ BARRIER TAPE** Standard Red & White Diagonals, Reinforced Fluorescent Orange or Specially Printed with a Sponsor's Name and Logo. Any Tape available from Boddingtons Ltd., Unit 10, Chelmsford Road Ind. Est., Great Dunmow, Essex, CM6 1HF. Tel: (0371) 875101.

# CLASSIFIED ADVERTISING

TO SELL, PROMOTE OR ANNOUNCE FROM AS LITTLE AS 36P PER WORD inc VAT. (Minimum 20 words), OR £6.20 PER SINGLE COLUMN CENTIMETRE

Telephone 0733 264666 and ask for Athletics Weekly Advertising

## SHOE BUYERS GUIDE

### BINGLEY SPORTS

#### NIKE AIR WILD WOOD

Top of the range Trainer  
Sizes 6-12 inc. ½ sizes.  
Was £74.95 **Now £41.95**

4 CHAPEL LANE  
BINGLEY,  
W. YORKS  
TEL: 0274 563349

### BINGLEY SPORTS

#### NIKE JUNIOR AIR MAX

Sizes 2½-5. Was £49.95  
**Now £29.95**

4 CHAPEL LANE  
BINGLEY,  
W. YORKS  
TEL: 0274 563349

### BINGLEY SPORTS

#### NIKE LADIES AIR MAX

Sizes 4½-9½. Was £64.95  
**Now £45.95**

4 CHAPEL LANE  
BINGLEY,  
W. YORKS  
TEL: 0274 563349

### BLISTERS OF MINEHEAD

7A THE AVENUE  
MINEHEAD, SOMERSET  
TA24 5AY

Tel: 0643 703954

New! Just in:  
Turntec - Road Warrior II  
Asics - LD Racer  
Ron Hill - Illusion

Tel: 0643 703954

## Track & Field

### TRACK AND FIELD

Competition and Training Equipment  
**Neuff Athletic Equipment**

17 Lansdown Road  
Sidcup, Kent  
DA14 4EF  
Tel: 081 302 7946

## Medals

### A SUPERB DISPLAY FOR YOUR LONDON MEDAL



Any year

£8.50

(Incl. UK P&P)

- HANDSOME dark veneer plaque (size approx. 6" x 4").
- GOLD finished metal plate with date, course map, and London skyline design.
- PERSONALISED with your name and time printed on a matching metal plate.
- FAST DESPATCH (normally within 7 days) with full money back guarantee.

Medal fixing pad supplied. NO NEED TO SEND YOUR MEDAL. Phone, or send details and cheque/PO for £8.50 to:

**PAUL EASTBROOK DESIGNS**

29 Brands Hill Avenue, High Wycombe, Bucks HP13 5PZ. Tel: (0494) 26494. 13/330

## FUTURE FIXTURES

## NOTICE

Please note that the date of the Mersey Marathon is 22nd September, 1991 (See ad in 17th April, Athletics Weekly Page 43.)

## Training

**TRACK SPRINTING** 100m, 200m, 400m. Programme interval routines, progressive schedules. Self-instruction techniques, racing. Give age grade. £2.50. For details contact: Hubert, 40, Norburn, Bretton, Peterborough PE3 8NT.



# ADC

ARTERIAL DISEASE CLINIC

## HEART ATTACKS, ANGINA, STROKES – HELP IS NOW AT HAND

*"Chelation Therapy must be seen to offer one of the best hopes for health"*

Safe and effective protocol as practised over the past 25 years in the USA, where more than 700,000 Americans have chosen Chelation infusions rather than surgery.

- Accurate low cost circulatory diagnosis by latest ultrasonic techniques – non-invasive and painless.
- Restoration of circulation by a series of outpatient infusions which gently and safely dissolve plaque from narrowed arteries.
- Many side benefits as the body's entire 30,000 miles of arterial/capillaries system improves.

*Treatment is carried out by experienced medical staff.*

*"It is my opinion that chelation therapy has value for patients with atherosclerosis and other cardiovascular problems involving the deposition of plaque."*

– by Linus Pauling, double Noble Prize Winner

(SOUTH)

57A WIMPOLE STREET, LONDON W1M 7DF  
Tel: 071-486 3812 Fax: 071-486 3816

(NORTH)

70 THE AVENUE, LEIGH, LANCASHIRE  
Tel: 0942 676617 Fax: 0942 260285

No other clinics in the UK carry out this treatment.

★ As featured in Today's Runner Tale Enders, January 1991 ★

## Women

## WOMEN! GET AHEAD WITH THE BRITISH MILERS' CLUB

JOIN NOW IF YOU HAVE DONE ONE OF THESE TIMES:

	800	1500	3k	5k
Senior Women	2:12	4:28	9:35	16:50
Juniors	2:14	4:35	9:50	17:10
Inters	2:17	4:40	10:00	
Girls	2:20	4:50		

Send a S.A.E. for details from W. Anderson, 75 Chichester Road, North End, Hants PO2 0AB. The BMC is a second claim club.

## For Sale

**HIGH JUMP ADIDAS** size 7½, 1 year old. Price £50. Tel: 0353-722616.

**3 BRAND NEW U.C.S.** Spirit Poles for sale, 15ft, 165lb, 170lb, 175lb. Not used. £1.75 each. Poss delivery. Phone: 081 303 9633.

**OFFERS FOR: AAA CHAMPS PROGRAMMES**, 1933, 38, 46, 47, 49, 62, 63, 64, 66. BOA Official Reports 1948, 1952. Tel: 081 954 2199 (Evenings)

## Fund Raising

### HOLDING A QUIZ NIGHT?



**CAN SUPPLY QUESTIONS ON ANY TOPIC, FROM £10**  
Tel: 0634 372758  
38 Oak Lane, Upchurch, Kent ME9 7AU

## B&T RUNNING SPORTS

813 CHORLEY OLD RD.,  
BOLTON BL1 5S2

Tel: (0204) 43666

Fax: (0204) 849190

Mail Order Welcome.  
Access - Visa

Viga Tracksters..... £11.99  
XS, S thermals (Helly Hansen & Frank Shorter)..... £8.99  
Sub 4 Rainsuits..... £19.99  
Nike Tracksuits..... £24.99  
Brooks Tracksters..... £8.99  
Saucony Arrow..... £29.99  
Asics Gel 101..... £37.99  
Assorted Goretex..... £100.00  
Viga Shell Suits..... £34.99  
Sub 4 Supplex tops..... £12.99  
Sub 4 Thermals (with mits)..... £9.99  
and many other bargains  
Just give us a call

## Congratulations on conquering London

The only Pure Running Specialist in the North-West.

## Wanted

### DO YOU SUFFER FROM MIGRAINE?

Are you an Olympic hopeful?

Film company requires volunteers for medical programme.

Ask for Antonia or Tim on 071 731 6300 (office hours)

## Shoe Repairs

### RUNNING SHOE REPAIRS

Re-soleing, new mid soles, carbon heels, patching and stitch work to all road, cross-country and fell shoes.

Complete Resole £7 + £2 p&p

All work guaranteed

**CHESHIRE SHOE REPAIRS**  
43 Folly Lane, Bewsey  
Warrington WA5 5ND  
Telephone: (0925) 414945

**T**HE NAMES of Bradford Grammar School and the master in charge of cross-country, Selby Brock, are synonymous with the magnificent setting of Lyme Park, Disley, home of the Northern Schools'.

The quality at the head of the field is high but spikes are banned in deference to the many inexperienced runners brought in to make up their school teams. After passing the "Cage", an ancient prison, the course narrows and descends rapidly. Invariably, the conditions underfoot are slippery. In the middle of March rain and even snow are common.

This is the setting where Bradford Grammar have reigned supreme, winning 22 team titles since 1968.

In 1975, the organisers instituted the Roses competition for the best overall school in the five age-groups. Bradford Grammar have won it every year except for a three-year spell when St Anselm's College, Birkenhead, were successful, and a victory by Royal Grammar School, Newcastle.

Brock, the mastermind behind the success, arrived in 1963, although the school was already a force in cross-country running. It produced a series of outstanding runners feeding Bingley Harriers. John Waterhouse, Gordon McBride and Peter Braithwaite, all BGS products, went on to success for Oxford University, Yorkshire and Bingley.

Most famous of the old boys is Richard Nerurkar, winner of the National Cross-country for the last two years after following the Bingley and Oxford route.

Himself a winner at Disley, Nerurkar dominated the school cross-country scene during his time at Bradford, although he did not have things all his own way. For a while he had to play second fiddle to Andrew Leach, another Bingley man who went on to Oxford. Injury curtailed his career but he made a comeback at the 1988 National, where he finished 13th.

Brock is proud of Nerurkar's success but points out that there has been a National champion while wearing the school's white-and-maroon colours. Mike Longthorn won the youths' title in 1974, before going on to Birmingham University. Another of the school's runners, Ian Aldridge,

# In a class of their own

**Bradford Grammar School has nurtured the talents of many young runners and has a cross-country record second to none, as ROGER NORTON reports**

also contributed to Birmingham's success in that era.

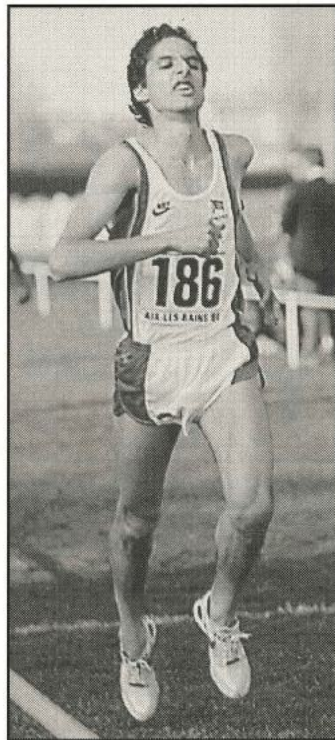
Brock arrived at the school from Oxford University and has taught maths ever since, despite having a history degree. Also teaching maths was Dennis Ward, at that time in charge of games at the school. As secretary of the West Yorkshire Schools' Association, Ward's influence has been profound but Brock and modern languages teacher Tony Kingham are the ones who got cross-country to its present level.

"When I started," Brock says, "there were six or seven seniors and a few under-16s. I introduced an under-14 team amid much opposition. Some saw it as a threat to rugby in the school. The under-13 and under-12 teams followed naturally."

Brock, who had no background as a runner himself, commented: "We have a relaxed approach to training and try to make sure that the boys enjoy their running. It's never terribly intensive. You have to remember that the boys are in a high powered academic sweat shop and it's no good them going home exhausted."

"I try to recruit them young and keep them going. It's made easier by the tradition the school has built up. There is the expectation of success."

It is a club in every sense of the word. A feature is the pre-season training camp under canvas at Westwell in Kent, Brock's home village, where a traditional relay is the highlight of the week. He jealously guards the first claim



**OLD BOY: Richard Nerurkar**

status which the rules give to affiliated schools.

It is not an elitist club, in fact, quite the opposite. The base of their pyramid is wide with the weakest runners often finishing at the rear of the field, although many also-rans have developed into very good runners. In this year's Yorkshire CCA Championships 26

of the 87 finishers were Bradford Grammar runners.

Brock claims much of his raw material is not particularly talented. "We are not aiming to attract talented athletes. They tend to opt for rugby. We recruit from the group that others ignore."

Nerurkar was perhaps not typical of the average Bradford runner in that he was a talented all-rounder and, according to Kingham, he played rugby and was good at table tennis, badminton, swimming and, as well as running on the track, opened the batting for the cricket first team.

The Nerurkar/Leach era is remembered with pride by Kingham and Brock. Both in the same school year, their birthdays are within a couple of days of each other.

As youngsters, Nerurkar's greater talent saw him through, but the long-striding, studious-looking Leach had a spell when he was outstanding. He finished third in the 1980 National as a first year youth when Peter Elliott won the title. Nerurkar was 105th. Brock, with heavily bandaged leg, finished the senior race with just five men behind him.

But Brock and Kingham remember Longthorn's team as the most successful. It included Tim Soutar, Martin Green, David Kennedy and Simon Reynell and won at Disley every year from under-12 upwards. Reynell won the senior race and is remembered for burning his running shoes shortly afterwards, vowing never to race again.

Perhaps it was that which prompted Kingham to admit to a little disappointment to see many of the squads failing to continue to the senior ranks. The situation is not peculiar to Bradford Grammar, of course. Of the Bingley youths' team which won bronze medals in the 1989 National, not one of them was in the club's senior team this year.

Kingham's most memorable moment was Longthorn's National win in the Sheffield mud and, on a personal level, winning the old boys' race ahead of Cambridge Blue John Herries.

It is appropriate to give Brock the last word. He gives others much credit for all the success but, when pressed about his own part, he said: "I suppose I'm one of a dying breed of bachelor schoolmasters with time to give."

## IN BRIEF...

JUNIORS selected for Great Britain have been issued a warning about accepting a place in the national team when carrying injuries. The statement made in a recent hand-out to potential junior internationals is well worth taking note of.

"Be honest about your fitness, you will only let yourself and the team down if you cannot perform to your full potential because of injury or illness and that can only lead to a question mark next to your reliability at future selection meetings."

THE SCOTTISH junior select team has been announced for the match against Scottish Universities and Scottish Leagues at Grangemouth on 15th May. 100/200: Galloway (Ayr S), Walker (ESPC); 400: Purvis (Bells), Kennedy (ESPC); 800: Reid (Kilm) Young (C'bank); 1,500: McNeil (Leeds), Graham (VPH); 3,000: McBeth (Cambus), Freer (C'bank); 110H: Tupman (ESPC), McRae (M Castle); 400H: Wight (Edin

Acad), Hards (I'ness); 4x100: Galloway, Walker, Slater (Dunb), Adams (Ayr S); 4x400: Purvis, Kennedy, Young, Murray (I'ness); SP: Bryce (Glen), Baird (FVH); HT: Bunker (Helen), Minty (A'deen); DT: Baird, Lister (ESPC); JT: Greenhill (Arb), Beaton (Pit); LJ: M Craig (C'bank), Burns (P'head); TJ: M Craig, Sabnis (A'deen); HJ: Allan (C'dale), Hill (ESPC); PV: Grant (Lass), R Craig (C'bank).

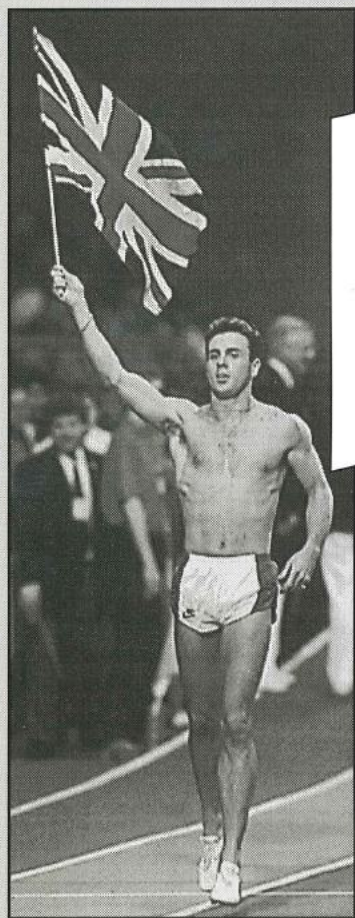
DURHAM swept the board by winning all four team events at the National Association of Boys' Clubs Cross-country at Keele University on 13th April.

It was the first time that one team has taken all four team trophies. The individual winners were: Colts, D Siddons (Berks); Boys, J Thomas (Wales); Youths, P Solomon (Durham); Juniors, G Hartis (Durham).

THE Colts rankings are being compiled and will be published in the coming weeks.

# NATIONAL 12-STAGE ROAD RELAY

*Reports and results from  
the biggest road event of  
the year at Sutton Park*



McKEAN: Tokyo target

## NEXT WEEK

### TOM McKEAN

*Is Britain's top  
800 metres  
runner ready to  
take on the  
world?*

#### TO MY NEWSAGENT

*Please reserve / deliver my copy of  
Athletics Weekly*

Name.....

Address.....

.....Post code.....

#### LONDON LOOKBACK

*The in-depth  
companion to  
the IAAF/ADT  
World  
Marathon Cup  
official results  
package*

#### PLUS

*All the regular  
features, including  
Young Athlete,  
Focus On Field,  
Vets' Voice, news  
and the fastest  
results service  
available*

## Athletics Weekly

**24th April 1991**

EMAP Pursuit Publishing Ltd, Bretton Court,  
Bretton, Peterborough PE3 8DZ  
Telephone: 0733 261144 (Editorial)  
0733 265515 (Facsimile)

**Editor in Chief:** Paul Richardson  
**Deputy Editor:** David Clarke  
**Production Editor:** John Salter  
**Sub-editor:** Gary Sherrard  
**Overseas Editor:** David Martin  
**Staff Writers:** Paul Larkins, Martin Gillingham  
**Editor's assistant:** Elaine Dunn  
**Contributing Editors:** Steve Backley, Tim  
Hutchings; Tom McNab; John Regis, Simon  
Turnbull (*The Northern Echo*), Iain Macleod (*Daily  
Telegraph*), James O'Brien.  
**Statistician:** Ian Hodge

**Photographers:** AllSport  
**Contributors:** Richard Adeshiyan, Fraser Clyne,  
David Cocksedge, Michael Coleman, Martin Duff,  
Andy Edwards, Dave Edwards, George Edwards,  
Lynn Everington, Kevin Fahey, Bob Frank, Brian  
Kirkley, Joe Lancaster, Richard Liston, Roger  
Norton, Bev Parsons.

**Coaching panel:** Max Jones, Bud Baldaro, Mike  
Smith, Jerry Murland  
**Advertising:** 0733 264666  
**London agency:** Call TRMG - 081 368 6888 (non-  
specialist only)

**Advertisement Manager:** Paula Watts  
**Asst Manager:** Wendy Toms  
**Telephone Sales Executive:** Vanessa Trafford,  
**Advertisement Production:** Jan Smith, Janice  
Endersby

**Product Manager:** Andrew Thomas  
**Publisher:** Melvyn Bagnall  
**Typesetting:** Goodfellow & Egan Phototypesetting  
(Peterborough) Ltd, 44 Manasty Road, Orton  
Southgate, Peterborough PE2 0UP  
**Colour origination:** Gildenburgh Reprographics  
Ltd, Manasty Road, Peterborough PE2 0UP  
**Printed by:** Kingfisher Web, Peterborough

**Subscriptions:** UK rate 12 MONTHS £54.00  
Overseas Surface Mail £69 (inc EIRE); Airmail  
Europe £74.00; UK Rate 6 MONTHS £27.00;  
Overseas Surface Mail £35.00; Airmail Europe  
£38.00

**Orders:** PO Box 500, Leicester LE99 0AA. Credit  
card orders Tel: 0858 410888

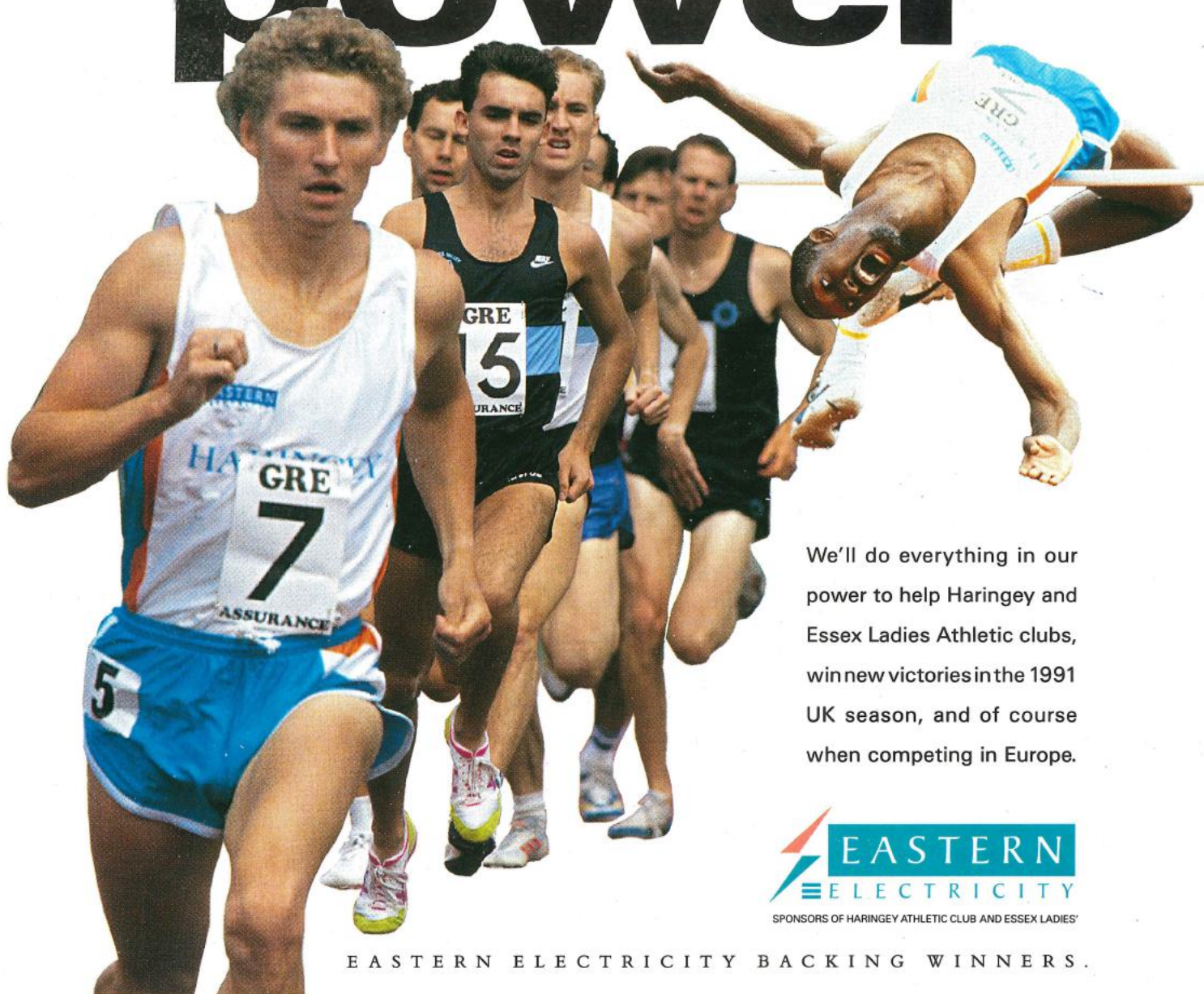
**Back issues:** Price £1.50 (UK), £2.50 (overseas  
surface mail), overseas airmail rates on request.  
From Back Numbers Dept, EMAP Consumer  
Magazines, PO Box 500, Leicester, LE99 0AA. Tel:  
0858 410510

**If you have any difficulty getting a copy of this  
magazine, contact:** BBC Frontline Ltd, Park  
House, 117 Park Road, Peterborough on 0733  
555161.

© EMAP Pursuit Publishing Ltd 1991. Registered at  
the Post Office as a newspaper.

● *While Athletics Weekly will take every care  
to help readers with training, diet and  
injuries, neither EMAP Pursuit Publishing Ltd,  
nor its contributors can accept any  
responsibility for illness or injury caused as a  
result of advice given.*

# They've got the power



We'll do everything in our power to help Haringey and Essex Ladies Athletic clubs, win new victories in the 1991 UK season, and of course when competing in Europe.

 **EASTERN  
ELECTRICITY**

SPONSORS OF HARINGEY ATHLETIC CLUB AND ESSEX LADIES'

EASTERN ELECTRICITY BACKING WINNERS.