

a

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

AUGUST 13th 1977

Vol. 31 No.33

18p

EUROPEAN CUP PREVIEW

*** Interview with
Dick Quax**

*** AAA Junior
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After the first of three laps a group of eight were still together including Tony Simmons, Steve Kenyon, Ricky Wilde, Alan Blinston, Laurie Reilly, Alan Spence and John Temperton. A mile further and Simmons and Kenyon had made a break and from then on a neck and neck battle ensued which thrilled the large crowd; ending with Simmons surging away in the last half mile, with Kenyon still running strongly but unable to close the gap. Both finished inside Kenyon's old course record of 35:17.

1, A. Simmons (Luton United) (rec) 35:10
2, S. Kenyon (Bolton United) 35:14
3, R. Wilde (Manchester AC) 35:36
4, D. Lem (Leic) 35:49; 5, M. O'Connell (Long) 36:31; 6, P. Rawnsley (Sheff) 36:32; 7, J. Temperton (A&SV) 36:33; 8, M. Padgett (Bing) 36:35; 9, L. Reilly (Sale) 36:36; 10, G. Davis (Sale) 36:38; 11, J. King (S Heath) 36:40; 12, J. Davis (Ex B) 36:41; 13, A. Blinston (Alt) 36:43; 14, F. Pendlebury (Man) 36:47; 15, D. Gunstone (EAC) 36:49; 16, J. Offord (Leic) 36:55; 17, A. Catley (Morp) 37:02; 18, K. Best (Stret) 37:04; 19, D. Pratt (Sheff) 37:06; 20, S. Knowles (Leeds Un) 37:09; 21, R. Morris (Alt) 37:13; 22, C. Robinson (Roch) 37:19; 23, P. Moon (Bing) 37:20; 24, K. Breeze (Sale) 37:21; 25, A. Spence (Bing) 37:25; 26, D. Brown (Salf) 37:26; 27, P. Shaw (Man) 37:28; 28, P. Bradley (Leeds) 37:29; 29, J. Norman (Alt) 37:35; 30, J. Fox (A&SV) 37:38; 31, N. Deakin (Stoke) 37:40; 32, E. Ranicar (Bolt) 37:55; 33, H. Kelly (E Ches) 37:57; 34, T. Dwyer (Liv P) 37:59; 35, J. Jackson (Stoke) 38:01; 36, F. Maguire (B&F) 38:02; 37, A. Kean (Dby) 38:03; 38, M. Voddan (Hull) 38:05; 39, D. Quinlan (Bing) 38:07; 40, P. McCullough (Leeds) 38:09; 41, N. Goffin (Sheff) 38:21; 42, R. Gwilt (Stret) 38:23; 43, J. Calvert (B'burn) 38:24; 44, R. Forster (Notts) 38:25; 45, S. Winter (Gates) 38:26; 46, S. Holdsworth (Rug) 38:27; 47, S. Appleton (Glos) 38:28; 48, M. Hague (Roth) 38:29; 49, R. Gresty (Alt) 38:30; 50, C. Leigh (Salf-V) 38:31; 51, A. Mills (New) 38:32; 52, A. Hudson (B&F) 38:33; 53, M. Murphy (Salf) 38:38; 54, T. Penrose (Bing) 38:39; 55, K. Peers (Leigh) 38:40; 56, D. Lindsay (Wirr) 38:41; 57, K. Mayor (Bolt) 38:43; 58, M. Flynn (Liv P) 38:46; 59, J. Craven (Rown) 38:48; 60, D. Williams (Liv P) 38:50. 334 finished. **Teams:** 1, Sale 43; 2, Manchester 44; 3, Bingley 56.

GRE BANK HOLIDAY INTERNATIONAL

Tickets for the second day (August 29th) of the Guardian Royal Exchange Bank Holiday International (UK v West Germany) at Crystal Palace give the starting time as 14.00. This is correct insofar as the track events start at 14.00 but there are two field events, the hammer and the pole vault which both commence at 13.00. August 28th: Opening Ceremony 15.00. First field event 15.00; August 29th: First track event 14.00, First field event 13.00.

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Editor: Mel Watman
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 Distribution & Subscriptions:
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 Published by:
 World Athletics & Sporting Publications Ltd,
 344 High Street,
 Rochester, Kent.
 Telephone: Medway (0634) 409260 (Editorial)
 Medway (0634) 409269 (Advertising)

Printed by:
 Kent Art Printers Ltd,
 New Road, Rochester,
 Kent ME1 1DT.
 Annual Subscription (including postage):
 Direct subscribers in UK, Eire & HM Forces:
 £10.88.
 Through an agency £12.74.
 Overseas Surface Mail: £12.48.
 Air Mail Europe: £14.04.
 Other Air Mail rates on application.
 USA Surface \$25, Air Mail \$33.
 Minimum subscription period 6 months.
 Registered at the Post Office as a newspaper.
 Overseas subscriptions should be paid by
 cheque in sterling on a London bank, or by
 International Money Order.
 Audited Circulation: July-December 1976 16,591

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THE WEEK AHEAD

Saturday, August 13th: European Cup Final (men & women), Helsinki (1st day); Southern Decathlon Champs, Crystal Palace (1st day); South Yorks Champs, Cudworth; Shaftesbury '10' (Inc Southern Champs), Hendon; BMC 3000m Race, The Oval (1.15); Southern Women's League; Kirkintilloch Highland Games; Nairn Highland Games; Southampton & Eastleigh Open Meeting.

Sunday, August 14th: European Cup Final (2nd day); Southern Decathlon Champs (2nd day) & Southern WAAA Pentathlon Champs, Crystal Palace; Scottish League; Young Athletes League (Midlands & West); Barnoldswick Fell Race (C/5M/800').

Tuesday, August 16th: West Midland League, Warley.

Thursday, August 17th: World Student Games start, Sofia; West Yorkshire League, Cleckheaton; Highgate H Open Meeting, Parliament Hill.

Friday, August 19th: European Junior Champs, Donetsk (USSR) (to 21st); Sunsil WAAA Champs, Crystal Palace (1st day).

UK RESULTS ROUND-UP

20.7. Grangemouth. HJ: R. Hepburn 2.05 (UK age-15 best); women's DT: M. Ritchie 56.78 (58.54 in a demonstration at Loughborough on 30.7). **30.7. Uxbridge.** Women's DT: F. Condon 46.72 (UK age-16 best). **3.8. Crystal Palace.** 3000SC: J. Wild 8:35.8; PV: K. Stock 5.15. **4.8. Viareggio.** 400H: 3, A. Pascoe 50.71. **4.8. Lausanne.** 3000: N. Rose 7:44.3 (58.0, 3:01.0, 5:08.0), A. Simmons 7:52.1 (1:59.0, 4:06.0). **7.8. Kirkby.** 200: A. Wells 20.9; HT: C. Black 70.68; women's 200: D. Hartley 23.3; HJ: M. Walls 1.83/6'0" (Scots rec). **7.8. Warley.** 100/200: A. Bennett 10.4/20.8 (& 45.5 relay); LJ: A. Moore 7.76; HT: J. Whitehead 67.70; women's 100: S. Lannaman 11.6; 1500: M. Stewart 4:18.2; LJ: S. Reeve 6.70; JT: T. Sanderson 61.14. **7.8. West London.** TJ: D. Johnson 16.04. **7.8. Haringey.** Women's HJ: D. Cooper 1.79.

Carol Tyson (19) was timed at 13:46.4 for the 3000m walk at Stretford on August 7th — as compared to the world best of 13:55.8 by Margareta Simu of Sweden—but a report of the race suggests that the mark will not count officially "because there were not enough judges".

Cover photo by Tony Duffy

European Cup Final**Previewed by Mel Watman**

BRITISH TEAMS COULD PLACE THIRD IN HELSINKI IF SUITABLY INSPIRED

THANKS to the spirited resurgence this year of the women's team, Britain looks set in Helsinki this weekend for her most successful European Cup Final yet. On only two previous occasions have both the men's and women's teams reached the final: in Edinburgh (1973) the men finished 4th and the girls 5th, while in Nice (1975) the placings were 4th and 7th respectively. The outlook for Helsinki is promising: by my reckoning, the British men could finish between 3rd and 5th, the women 3rd or 4th—barring disasters of course. Forecasts by certain athletics writers that Britain could finish in the first two and thus qualify as a national team for the World Cup are exceedingly optimistic and therefore unfair, because the public might feel that 3rd or 4th places constitute failure whereas that would in fact represent a commendable result. The opposition really is formidable, as the form guide (based on best 1977 marks by the athletes likely to be competing in Helsinki) shows clearly.

Although the GDR start favourites to retain both trophies, the West German men's side could be the revelation of the competition—particularly with the incentive of qualifying en bloc for the World Cup at home in Dusseldorf three weeks later. In no fewer than ten of the 20 events the West Germans can claim at least the co-favourite, including all the track events from 400 to 10,000, together with the steeplechase—events in which Britain is notably strong too. These clashes—Jenkins v Herrmann, Coe v Wulbeck, Ovett v Wessinghage (and Paunonen), Rose v Fleschen (and Kuschmann), Simmons v Uhlemann (and Fava), Coates v Karst (plus Malinowski, Fava, Kantanen and possibly Baumgartl!)—will feature among the highlights of the meeting. Britain's other big hope for an individual winner is Geoff Capes, who confronts Reijo Stahlberg (who beat him in Oulu) and Olympic champion Udo Beyer to decide who is the world's number one competitor this season.

Every point is going to be critical, particularly as the battle for 3rd place between Britain, the USSR and Poland could be extremely close, and the sprints department could make or break Britain's aspirations. Ainsley Bennett (10.4/20.8 last weekend), who seems likely to run both the 100 and 200, could at his very best finish 4th in both events, with the 4 x 100 squad placing 5th—a total of 14 pts. On the other hand it's feasible he could finish last in both individual races and the relay team 7th—for only 4 pts. Of particular significance too will be the show-

ing of Alan Pascoe, winner of the 400 hurdles in the two previous finals. On time this season he ranks only 6th, but that outstanding competitive spirit of his could bring him home in 3rd place, which would be a 3 pt bonus. It could well be the final event, the 4 x 400 relay, that will decide who finishes 3rd overall—and what a cracker of a race that is going to be with five teams (including Britain's) capable of 3:04 or faster.

Between them the GDR and USSR have dominated all the women's Cup Finals to date, and there is nothing to suggest anything different this time. In no event does the East German representative look likely to finish lower than 3rd and victories in at least seven of the 14 events seem probable. There are, however, three British girls who could on their day emerge as winners: Sonia Lannaman (assuming she is fully recovered from the injury sustained in Stockholm) can tackle the world record holders for 100 (Marlies Oelsner) and 200 (Irena Szewinska) without any inferiority complex; Tessa Sanderson already has Ruth Fuchs' scalp this year; and Sue Reeve has as good a chance as anyone in the long jump. In addition, Jane Colebrook (though ranked only 7th of the 800m runners on time at 2:00.6) could be the surprise packet—while other British records could fall to Donna Hartley in the 400 (she looks ready to break 51), Sharon Colyear and Chris Warden in the hurdles, and to both relay squads. The UK and West Germany could well be running neck and neck for 3rd place in the team contest—a prospect unthinkable a year ago.

★ France (men) and Bulgaria (women) won the European Cup 'B' Finals last weekend and thus qualified for the Helsinki line-up.

Form Guide

100: Ray (GDR) 10.14, Mennea (Ita) 10.25, Licznarski (Pol) 10.40, Borzov (USSR) 10.41, Sainte-Rose (Fra) 10.43, AINSLEY BENNETT (UK) 10.51, Rajamaki (Fin) 10.52, Sattler (WG) 10.53.

200: Mennea (Ita) 20.11, Ray (GDR) 20.37, Karttunen (Fin) 20.80, Sattler (WG) 20.84, Licznarski (Pol) 20.89, Borzov (USSR) 20.7, BENNETT (UK) 20.8, Arame (Fra) 21.06.

400: Herrmann (WG) 45.79, Utikal (GDR) 45.98, DAVID JENKINS (UK) 46.03, Pietrzyk (Pol) 46.04, Demarthon (Fra) 46.38, Di Guida (Ita) 46.73, Yurchenko (USSR) 46.83, Makela (Fin) 46.84.

800: Wulbeck (WG) 1:45.5, Gesicki (Pol)

1:46.0, Straub (GDR) 1:46.4, SEBASTIAN COE (UK) 1:46.5i, Marajo (Fra) 1:46.7, Ponomaryov (USSR) 1:47.1, Paunonen (Fin) 1:47.7, Ferrero (Ita) 1:48.7.

1500: F. Gonzalez (Fra) 3:37.1, Wessinghage (WG) & Wasilewski (Pol) 3:37.3, STEVE OVETT (UK) 3:37.5, Paunonen (Fin) 3:38.1, Straub (GDR) 3:38.5, Mamontov (USSR) 3:40.3, Zarccone (Ita) (7:47.5 3000).

5000: Fleschen (WG) 13:13.9, Kuschmann (GDR) 13:19.5, NICK ROSE (UK) 13:20.6, Zarccone (Ita) 13:23.7, Kowol (Pol) 13:30.7, Boxberger (Fra) 13:34.5, Paivarinta (Fin) 13:38.6, Sellik (USSR) 13:42.5.

10,000: Uhlemann (WG) 27:42.1, Fava (Ita) 27:42.7, TONY SIMMONS (UK) 27:43.6, Kowol (Pol) 28:14.8, Vainio (Fin) 28:20.7, Gomez (Fra) 28:23.9, Pieper (GDR) 28:28.5 (or Kuschmann?), Moiseyev (USSR) 28:35.1.

3000SC: Karst (WG) 8:14.1, Malinowski (Pol) 8:16.9, Filonov (USSR) 8:26.1, Ponitzsch (GDR) 8:26.3 (or Baumgartl, 13:29.7 5000, ?), DENNIS COATES (UK) 8:26.6, Kantanen (Fin) 8:30.8, Fava (Ita) 8:33.2, Gauthier (Fra) 8:35.5.

110H: Munkelt (GDR) 13.48, Pusty (Pol) 13.56, Pereverzev (USSR) 13.61, Bryggare (Fin) 13.69/13.55w, BERWYN PRICE (UK) 13.82, Buttari (Ita) 13.83, Gebhard (WG) 13.87, Raybois (Fra) 14.06.

400H: Schmid (WG) 49.04, Beck (GDR) 49.05, Archipenko (USSR) 50.03, Baggio (Fra) 50.49, Hewelt (Pol) 50.57, ALAN PASCOE (UK) 50.71, Alanen (Fin) 51.29, Brigante (Ita) 51.38.

4 x 100: Poland 38.78, USSR 38.83, GDR 38.96, Italy 39.48, France 39.56, W Germany 39.60, UK 39.61, Finland 40.48.

4 x 400: Poland 3:03.3, W Germany 3:04.3, GDR 3:04.5, Italy 3:05.7, UK 3:05.9, France 3:08.5, Finland 3:08.9, USSR 3:09.5.

HJ: Grigoryev (USSR) & Beilshmidt (GDR) 2.30, Wszola (Pol) 2.27, Thranhardt (WG) 2.25, Poaniewa (Fra) & Bruni (Ita) 2.21, Pesonen (Fin) 2.13, MIKE BUTTERFIELD (UK) 2.10.

PV: Kozakiewicz (Pol) 5.66, Kishkun (USSR) 5.55, Kalliomaki (Fin) & Bellot (Fra) 5.50, Weber (GDR) & Lohre (WG) 5.40, BRIAN HOOPER (UK) 5.37, Dionisi (Ita) 5.30.

LJ: Rousseau (Fra) 8.14/8.33w, Ploger (GDR) 8.10, Podluzhny (USSR) 8.05, ROY MITCHELL (UK) 8.04, Cybulski (Pol) 8.01i, Baumgartner (WG) 7.90/7.98w, Elsilä (Fin) 7.73, Siega (Ita) 7.72.

TJ: Piskulin (USSR) 17.04, Dombrowski (GDR) 16.61i, Lamitie (Fra) 16.53, Biskupski (Pol) 16.50, Kolmsee (WG) 16.44, Kuukasjarvi (Fin) 16.37, Mazzuccato (Ita) 16.35, KEITH CONNOR (UK) 16.33.

SP: Beyer (GDR) 21.46, GEOFF CAPES (UK) 21.30, Stahlberg (Fin) 21.22, Reichenbach (WG) 20.82, Komar (Pol) 20.70, Yarosh (USSR) 20.69, Montelatici (Ita) 19.67, Beer (Fra) 19.24.

DT: Neu (WG) 68.08, Schmidt (GDR) 67.74, Tuokko (Fin) 65.90, Vikhor (USSR) 64.92, Wolodko (Pol) 62.60, Simeon (Ita) 61.10, Piette (Fra) 60.18, PETER TANCRED (UK) 59.80.

HT: Riehm (WG) 77.60, Seidel (GDR) 75.42, Sedykh (USSR) 75.26, Tiainen (Fin) 72.62,

Urlando (Ita) 72.22, CHRIS BLACK (UK) 72.00, Lubiejewski (Pol) 70.38, Surriay (Fra) 69.96.

JT: Grebnyev (USSR) 90.64, Hovinen (Fin) 89.30, Balster (GDR) 86.48, Wessing (WG) 86.30, Bielczyk (Pol) 86.12, DAVE OTTLEY (UK) 81.50, Marchetti (Ita) 79.94, Lutui (Fra) 76.64.

Women

100: Oelsner (GDR) 10.88, Richter (WG) 11.03, SONIA LANNAMAN (UK) 11.27/10.93w, Maslakova (USSR) 11.29, Valkova (Bul) 11.44, Boguska (Pol) 11.54, Pursiainen (Fin) 11.70, Buia (Rum) 11.76.

200: Szewinska (Pol) 22.49, Sidorova (USSR) 22.55, Richter (WG) 22.77, LANNAMAN (UK) 22.83/22.69w, Eckert (GDR) 23.01/22.66w, Penkova (Bul) 23.68, Haggman (Fin) 23.70, Buia (Rum) 23.7.

400: Koch (GDR) 49.68, Szewinska (Pol) 49.89, Sidorova (USSR) 50.98, DONNA HARTLEY (UK) 51.5/51.76, Fuhrmann (WG) 52.36, Haggman (Fin) 52.99, Tariza (Rum) 53.05, Tzvetkova (Bul) 53.81.

800: Styrkina (USSR) 1:58.7, Liebetrau (GDR) 1:59.0, Silai (Rum) 1:59.2, Hook (WG) 1:59.4, Katolik (Pol) 2:00.1, Koleva (Bul) 2:00.5, JANE COLEBROOK (UK) 2:00.6, Virkberg (Fin) 2:04.5.

1500: Maracescu (Rum) 4:02.7, Kazankina (USSR) 4:04.2, Bruns (GDR) 4:05.7, MARY STEWART (UK) 4:08.1i or HILARY HOLLICK 4:12.9, Petrova (Bul) 4:08.7, Kraus (WG) & Tyynela (Fin) 4:10.7, Ludwichowska (Pol) 4:14.3.

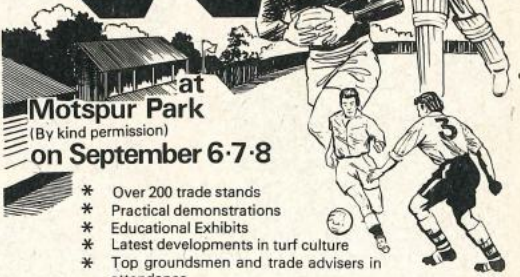
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3000: Puica (Rum) 8:46.4, Meinel (GDR) 8:55.1, Bondarchuk (USSR) 8:57.5 or Bragina 9:02.2, ANN FORD (UK) 9:03.9, Sokolowska (Pol) 9:07.1, Chaydarova (Bul) 9:07.9, Teske (WG) 9:13.4, Pulkkinen (Fin) 9:16.7.

100H: Klier (GDR) 12.91, Nowakowska (Pol) 13.08, Lebedyeva (USSR) 13.09, SHARON COLYEAR (UK) 13.31/13.19w, Kempin (WG) & Gusheva (Bul) 13.38, Mirza (Rum) 13.7, Lempiainen (Fin) 13.93.

400H: Storosheva (USSR) 55.74, Kacperczyk (Pol) 56.78, Rossley (GDR) 56.84, Weinstein (WG) 57.06, CHRIS WARDEN (UK) 57.6/57.86, Badescu (Rum) 58.83, Ilieva (Bul) 59.2, Helalder (Fin) 60.43.

4 x 100: GDR 42.71, USSR 42.88, Poland 43.63, W Germany 43.64, UK 43.83, Bulgaria 45.52, Finland 46.32, Rumania 47.3.

4 x 400: GDR 3:26.0, USSR 3:28.2, UK 3:31.1, Poland 3:31.5, W Germany 3:32.5, Bulgaria 3:37.6, Finland 3:38.5, Rumania 3:41.8.

HJ: Ackermann (GDR) 1.96, Holzapfel (WG) 1.93 or Wilken 1.87, Popa (Rum) 1.91i, Boiko (USSR) 1.89i, Blagoeva (Bul) & Bulkowska (Pol) 1.86, Sundqvist (Fin) 1.85, BRENDA GIBBS (UK) 1.81.

LJ: Kunzel (GDR) 6.76/6.87w, Gheorghiu (Rum) 6.68/6.72w, SUE REEVE (UK) 6.61/6.84w, Włodarczyk (Pol) 6.51, Skatschko (USSR) & Nedeva (Bul) 6.48, Striezel (WG) 6.47, Helenius (Fin) 6.02.

SP: Slupianek (GDR) 21.79, Wilms (WG) 21.43,

PREVIOUS EUROPEAN CUP RESULTS

Men

1965—1st, USSR . . . 6th, UK; 1967—1st, USSR . . . UK eliminated in semis; 1970—1st, GDR . . . UK eliminated in semis; 1973—1st, USSR . . . 4th UK; 1975—1st, GDR 112 pts; 2nd USSR 109; 3rd, Poland 101; 4th, UK 83; 5th, W Germany 83; 6th, Finland 83; 7th, France 80; 8th, Italy 68.

Women

1965—1st, USSR . . . UK eliminated in semis; 1967—1st, USSR . . . 5th, UK; 1970—1st, GDR . . . 5th, UK; 1973—1st, GDR . . . 5th, UK; 1975—1st, GDR 97 pts; 2nd, USSR 77; 3rd, W Germany 65; 4th, Poland 58; 5th, Rumania 47; 6th, Bulgaria 47; 7th, UK 40; 8th, France 36.

UK Winners

200: 1973—Chris Monk 21.00; 400: 1975—David Jenkins 45.52; 800: 1973—Andy Carter 1:46.4; 1975—Steve Ovett 1:46.6; 1500: 1973—Frank Clement 3:40.8; 5000: 1973—Brendan Foster 13:54.8; 1975—Foster 13:36.2; 400H: 1973—Alan Pascoe 50.07; 1975—Pascoe 49.00; 4 x 400: 1975—UK 3:02.9; SP: 1975—Geoff Capes 20.75m women's 400: 1967—Lillian Board 53.7.

TIMETABLE

Saturday, August 13th: 13.30—HT; 15.00—opening ceremony; 15.20—400H (W); 15.25—DT (W); 15.30—400H, LJ; 15.40—100 (W); 15.45—HJ; 15.50—100; 16.00—800 (W); 16.10—1500; 16.25—400 (W), JT (W); 16.35—400, SP; 16.45—10,000; 17.25—4 x 100 (W); 17.30—4 x 100.

Sunday, August 14th: 14.00—PV; 15.05—110H; 15.10—DT, LJ (W); 15.15—800; 15.30—1500 (W); 15.45—3000SC; HJ (W); 16.05—100H (W); 16.10—SP (W); 16.15—200 (W), JT; 16.20—TJ; 16.25—200; 16.35—3000 (W); 16.50—5000; 17.15—4 x 400 (W); 17.25—4 x 400; 17.35—closing ceremony.

Krachevskaya (USSR) 21.26, Stoyanova (Bul) 19.83, Groopa (Rum) 18.69, Habrzyk (Pol) 17.76, JUDITH OAKES (UK) 16.24i, Metso (Fin) 15.95.

DT: Engel (GDR) 68.92, Veleva-Melnik (USSR) 68.60, Vergova (Bul) 66.58, Menis (Rum) 63.34, Nadolna (Pol) 60.02, Salminen (Fin) 57.38, Manecke (WG) 57.20, MEG RITCHIE (UK) 56.78.

JT: Fuchs (GDR) 67.66, TESSA SANDERSON (UK) 67.20, Becker (WG) 62.80, Babich (USSR) 62.14 or Yakubovich 61.70, Vantscheva (Bul) 61.78, Blecharz (Pol) 59.14, Zorgo (Rum) 57.22, Metso (Fin) 55.24.

★ The UK relay squads will be chosen from: 4 x 100—A. Bennett, T. Bonsor, S. Green, D. Hill, L. Hoyte, A. Wells; 4 x 400—A. Bennett, J. Chivers, G. Cohen, D. Jenkins, D. Laing, S. Scutt; women's 4 x 100—S. Colyear, D. Hartley, S. Lannaman, A. Lynch, J. MacGregor, K. Smallwood; 4 x 400—J. Colebrook, V. Elder, D. Hartley, R. Kennedy, G. McCormack, E. Sutherland, C. Warden.

LATEST CUP NEWS

1500: Wessinghage (WG) 3:37.0; 4 x 100: GDR 38.82; 4 x 400: France 3:07.5; PV: Weber (GDR) 5.45; LJ: Lange (GDR) 8.08, Verschl (WG) 7.96w; TJ: Hufnagel (GDR) 16.61; SP: Beyer (GDR) 21.55; JT: Hanisch (GDR) 85.10; women's 100: Possekel (WG) 11.54 (Richter running only in 4 x 100); 200: Eckert (GDR) 22.97, Schenten (WG) 23.19, Valkova (Bul) 23.66; 400: Fuhrmann (WG) 51.89; 1500: Kraus (WG) 4:08.7; Relays: Bulgaria 44.49/3:33.3; LJ: Skatschko (USSR) 6.67.

The International Athletes Club, without reference to the BAAB, has appointed David Jenkins and Meg Ritchie as team captains for Helsinki after a poll among team members.

DECATHLON & PENTATHLON RECORDS

The breakdown of Daley Thompson's world junior & UK senior decathlon record (electric timing) of 8124 at Sittard on July 30th/31st was: 10.70 (pb), 7.54m, 13.84m, 2.01m, 47.31 (pb)—4324—15.26, 41.70m, 4.70m, 54.84m, 4:30.4. Sue Longden, in her UK record 4385, registered 13.80 (pb), 11.69m, 1.74m, 6.35 (w), 2:16.3. Full results and report by Alan Lindop in next week's issue.

Out strip the opposition

Breaking the pain barrier, both mentally and physically, isn't anybody's idea of a joke. It's hard and it's painful. The strip that you decide to wear must be able to take that kind of strain lap after lap, heat after heat, and still look as good at the finishing tape as it did at the starting blocks.

That's why more and more athletes are wearing Bukta – it puts them ahead of the opposition even before the starting gun is fired.

See the wider than ever range of Bukta sportswear for athletics, rugby, football, cricket tennis, squash, hockey and swimming at your local sports outfitter or write for the free, full colour brochure on the sport of your choice to **Bukta, Brinksway, Stockport, Cheshire SK4 1ED**, enclosing stamp to cover postage.



STOCKPORT, ENGLAND.

British League Division One**At Haringey, July 30th****WOLVERHAMPTON RETAIN No 1 POSITION**

WE came to the final league meeting of the British League Division One at Haringey on July 30th with two clubs fighting for the championship—winners for the last two seasons, Wolverhampton & Bilston, and the newcomers to Division One, Stretford. It is a remarkable performance for Stretford to attain such a high position in their first year in the top league and is obviously very good for athletics and the league system.

Wolverhampton brought a strong team to retain their title and set about their task with confidence by putting Great Britain number two Peter Kelly in the 'B' 400 hurdles. Steve James was given the 'A' vest and had to beat an on-form David West; however the gamble paid off with James setting a very fast first 200m and West unable to counter-attack as James tired over the last two flights.

The highlight of the afternoon came in the 800m, when John Robson became the third fastest in the country this year, Coe and Warren being the only men to better this time. Peter Browne set the pace with a first lap of 52 secs, dropping Andy Carter at 500m; however Browne had forgotten about Robson, who hung on until

the home straight and accelerated past to win in 1:47.8. This was a tremendous breakthrough for John Robson, who, until this season had not broken 1:52.0. Browne also ran his fastest 800m for two years.

The Hoyte brothers had a double—the 200m with Trevor, setting a personal best of 21.4 in the 'B' string, and who also won the 100m 'B' in 10.7 earlier in the afternoon.

Peter Tancred picked up valuable points for Wolverhampton by winning the discus (56.32) and the shot (16.26). Jim Whitehead won the hammer (66.42), beating Paul Dickenson (64.70), who was making his debut for Enfield. Dickenson, below last season's form spoke of his concern for the misquoted statement in the national press on his reasons for joining Enfield. "Lack of organisation was not the reason," he explained, "but lack of support from his team members. In any case, I had to resign before Christmas to be able to compete here today." All in all he felt the statement was in bad taste and wished no ill-feelings.

It was good to see top athletes supporting their clubs on a critical day for club athletics. Wolverhampton were never headed after the

BERWICK-UPON-TWEED WALLS RACE COMMITTEE

present the fifth annual

"RUNNING OF THE WALLS ROAD RACES"

Sponsored by Woolworth, Tennent Caledonian Breweries
and Bourne Leisure Group Ltd., Haggerston Castle.
Senior Men's Race sponsored by Ladbroke's.

SUNDAY, 18th SEPTEMBER, 1977, COMMENCING 2 p.m.

This successful event, now one of the largest and most popular in the athletic calendar, attracted an entry of 600 athletes last year. Both course records in the Senior Men and Senior Ladies events were broken by the winners Tony Simmons and Deirdre Nagle. The value of prizes and trophies have again been increased to £850. Senior Men 1st Radio Master Stereo Radio Audio Unit. Senior Ladies 1st Portable Television Set. 8 Challenge Trophies with 4 replicas for each winning team and 4 medals for each second team.

Senior Men - 6¼ Miles (5 laps) Ind. & Team race for John Bryson Challenge Shield. Teams of 4, 1st Ind. (value) £40, 2nd £35, 3rd £25, 4th £12, 5th £8, 6th £5. Vet Men (over 40) Drybrough Trophy to be held for one year. 1st Ind. £12, 2nd £8, 3rd £5. Medal for winner. 1st over 50, 1st over 60.

Youths - 4 Miles (3 laps) Ind. & Team race for Vaux Challenge Trophy. Teams of 4, 1st Ind. (value) £15, 2nd £10, 3rd £6th, 4th £3.

Boys - 2½ Miles (2 laps) Ind. & Team race for H. G. McCreath Challenge Trophy. Teams of 4, 1st Ind. (value) £10, 2nd £6, 3rd £4, 4th £2.

Senior Ladies - 4 Miles (3 laps) Ind. & Team race for John Marshall Challenge Trophy. Teams of 4, 1st Ind. (value) £40, 2nd £25, 3rd £15, 4th £8, 5th £5, 6th £2. Vet Ladies (over 35) Whitbread Trophy to be held winner for 1 year. 1st Ind. £12, 2nd £8, 3rd £5. Medal for winner. 1st over 40, 1st over 50.

Intermediate Ladies - 2½ Miles (2 laps) Ind. & Team race for Scottish & Newcastle Brewers Challenge Shield. Teams of 4, 1st Ind. (value) £15, 2nd £10, 3rd £5, 4th £3.

Junior Ladies - 1¼ Miles (1 lap) Ind. & Team race for Tennent's Challenge Trophy. Teams of 4, 1st Ind. (value) £10, 2nd £6, 3rd £4, 4th £2.

Entry fees, 60p per team, 20p per individual.

Coverage by Border & Tyne Tees Television.

Entries close Saturday, 3rd September, 1977 to:— Mr. D. Campbell, 19 Ladywell Road, Tweedmouth, Berwick-upon-Tweed, Northumberland. No late entries can be accepted.
(Under A.A.A. & W.A.A.A. Laws).

400m hurdles and in the end won convincingly their third title in consecutive years, taking over the reign from Cardiff, who achieved the same feat. It will be interesting to see how Stretford perform next season having been runners-up for the title in their first season at the top. Edinburgh Southern return to the second division along with Enfield. The strong Wolverhampton team will again contend the European Clubs Cup next season in Germany and should improve upon their third place this season.

Chris Thorneycroft-Smith

Wolverhampton & Bilston 288; Thames Valley H 233; Cardiff 231; Stretford 227; Edinburgh Southern 136; Enfield 129.

190: 1, T. Bonsor (W&B) 10.6; 2, D. Roberts (Card) 10.7; 3, L. Hoyte (TVH) 10.8. (B): 1, T. Hoyte (TVH) 10.7; 2, D. Halliday (W&B) 10.8. **200:** 1, L. Hoyte 21.7; 2, Bonsor 21.9; 3, R. Denham (ESH) 22.0. (B): 1, T. Hoyte 21.4; 2, M. Kindon (Stret) 22.1; 3, C. Moven (W&B) 22.2; 4, P. Evans (Card) 22.4. **400:** 1, G. Cohen (W&B) 47.7; 2, S. Marlow (Stret) 48.6; 3, A. Williams (Card) 49.4; 4, J. Ekperigin (TVH) 49.9. (B): 1, Moven 48.4; 2, M. Delaney (Card) 49.2; 3, A. Carter (Stret) 49.7; 4, J. Day (TVH) 50.2. **800:** 1, J. Robson (ESH) 1:47.8 (League rec); 2, P. Browne (TVH) 1:48.1; 3, Carter 1:50.9; 4, S. Larder (W&B) 1:53.5; 5, K. Jones (Card) 1:55.9. (B): 1, A. Mottershead (Stret) 1:54.1; 2, T. Colton (W&B) 1:54.4; 3, N. Robinson (Card) 1:55.7. **1500:** 1, Mottershead 3:49.4; 2, S. Slocombe (Card) 3:50.1; 3, Colton 3:51.4; 4, E. Elliott (ESH) 3:53.8; 5, B. Standen (TVH) 3:55.1; 6, S. Trew (BoE) 3:56.3. (B): 1, R. Gwilt (Stret) 3:54.1; 2, B. Bellew (TVH) 3:55.9. **5000:** 1, T. Wright (W&B) 14:28.0; 2, I. Orton (ESH) 14:34.8; 3, K. Harrison (Stret) 14:36.8. **3000SC:** 1, R. Evans (Card) 9:08.4; 2, J. Wheway (W&B) 9:14.0; 3, R. Hamilton (Stret) 9:34.4. (B): L. Roberts (Card) 9:31.6. **110H:** 1, B. Price (Card) 14.3; 2, R. Danville (W&B) 14.6; 3, M. Kindon (Stret) 14.8; 4, N. Towell (BoE) 15.7; 5, D. Kidner (TVH) 15.7. (B): 1, T. James (W&B) 14.6; 2, A. James (Stret) 15.4; 3, P. Johnson (BoE) 15.8; 4, D. Fishwick (Card) 15.8. **400H:** 1, S. James 51.9; 2, D. West (TVH) 52.2; 3, A. James 54.2; 4, W. Leyshon (Card) 55.0; 5, P. Johnson (BoE) 57.5. (B): 1, P. Kelly (W&B) 53.8; 2, H. Robinson (Stret) 55.8; 3, Fishwick 57.6.

HJ: 1, G. Griffiths (Stret) 2.00; 2, C. Harris (TVH) 2.00; 3, M. Hammond (BoE) 1.90; 4, G. Hughes (Card) 1.90. **PV:** 1, M. Bull (W&B) 4.60; 2, R. Goodall (Stret) 4.60; 3, W. Best (BoE) 4.40; 4, D. Kidner (TVH) 4.30; 5, B. Jones (Card) 4.00. (B): C. McCarthy (W&B) 4.10. **LJ:** 1, G. Hignett (Stret) 7.35; 2, S. Atkins (W&B) 7.24; 3, L. Tyson (TVH) 7.23. (B): 1, M. Byers (TVH) 7.17; 2, K. Connors (W&B) 7.05; 3, S. Pegler (Stret) 6.96. **TJ:** 1, P. Davies (TVH) 14.65; 2, S. Power (Card) 14.56; 3, P. Hambley (Stret) 14.05. (B): P. Knowles (TVH) 14.61. **SP:** 1, P. Tancred (W&B) 16.26; 2, P. Rees (Card) 15.48; 3, D. Roscoe (TVH) 14.52; 4, A. Pollock (ESH) 14.10; 5, P. Dickinson (BoE) 13.47. (B): 1, J.

Walters (Card) 13.73; 2, R. Steventon (W&B) 13.61. **DT:** 1, Tancred 56.32; 2, Roscoe 51.24; 3, G. Dirkin (Stret) 51.00; 4, Rees 44.54; 5, Dickinson 43.48; 6, A. Black (ESH) 41.68. (B): 1, Walters 42.66; 2, D. Kidner (TVH) 40.70. **HT:** 1, J. Whitehead (W&B) 66.42; 2, Dickinson 64.70; 3, N. Lia (Card) 55.14; 4, Pollock 53.98; 5, Roscoe 49.76. (B): 1, M. Mason (BoE) 52.02; 2, Rees 49.46; 3, G. Tancred (W&B) 48.40. **JT:** 1, S. Osborne (W&B) 69.92; 2, P. Ostapowycz (Stret) 65.32; 3, G. Brooks (Card) 62.62; 4, D. Scullion (ESH) 58.54. (B): 1, R. Mawson (Card) 60.06; 2, P. Ramsey (W&B) 57.38. **4 x 100:** 1, W&B 41.2; 2, TVH 41.2; 3, Cardiff 42.0; 4, Stretford 42.5; 5, ESH 42.6. **4 x 400:** 1, TVH 3:17.0; 2, W&B 3:18.6; 3, Stretford 3:19.8; 4, Cardiff 3:22.6.

Final Positions: W&B 22; Stretford 19; Cardiff 16; TVH 15; ES H8; Enfield 4.

Ord 2.05/Moore 7.64

WOODFORD GREEN ON POINTS OVER SALE IN DIV 2

At Woodford Bridge, July 30th

Sale 246; Woodford Green 235; Edinburgh AC 214; Birchfield 203; Essex Beagles 199; Polytechnic 173.

100: Hadley (B'field) 11.0. **400:** 1, Hamilton (Sale) 47.8; 2, Hoffmann (EAC) 48.4; 3, Bray (Poly) 49.4; 4, D. Blackman (W Gn) 49.6; 5, Batten (Ex B) 50.0. (B): 1, Jenkins (EAC) 48.5; 2, Price (Sale) 49.9; 3, M. Blackman (W Gn) 50.3. **800:** 1, Forbes (EAC) 1:51.2; 2, Boswell (Sale) 1:53.0; 3, D. Blackman 1:53.4; 4, Clarke (Poly) 1:55.9; 5, Coffey (Ex B) 1:55.9. (B): 1, Scott (EAC) 1:54.2; 2, Bray 1:55.4. **1500:** D. Knowles (EAC) 3:51.8. (B): R. Knowles (EAC) 3:52.6. **5000:** Langford (Poly) 14:37.4. **3000SC:** 1, Kirby (B'field) 9:20.4; 2, Gaytor (Sale) 9:21.4; 3, Barnard (Poly) 9:31.4; 4, Davies (Ex B) 9:35.8. (B): Steadman (Poly) 9:32.6. **110H:** Clifton (W Gn) 15.7. (B): R. Simpson (B'field) 15.9. **400H:** 1, Price (Sale) 54.0; 2, Gregor (EAC) 54.4; 3, Clifton (W Gn) 55.8. (B): 1, Ollier (Sale) 55.7; 2, Barrington (Poly) 57.2; 3, Caldwell (EAC) 57.2. **HJ:** 1, Ord (Sale) 2.05; 2, Brewster (B'field) 2.00. **PV:** 1, Parkinson (Sale) 4.10; 2, Patel (W Gn) 4.00; 3, Brooking (Ex B) 3.70. (B): Ord 3.70. **LJ:** 1, Moore (B'field) 7.64; 2, McWilliam (EAC) 6.97; 3, Davies (Ex B) 6.93; 4, Shoebridge (Poly) 6.88. (B): Sperrin (B'field) 6.87. **TJ:** 1, Davies 14.44; 2, Harmon 14.44; 3, Shoebridge 14.08; 4, McWilliam (EAC) 13.85. **SP:** 1, Clark (W Gn) 16.24; 2, Slaney (Ex B) 16.00; 3, Tyler (Sale) 15.24; 4, Sandilands (EAC) 13.35; 5, Lockley (B'field) 13.26. (B): 1, Cushion (W Gn) 15.53; 2, Eyres (Ex B) 14.81. **DT:** 1, Slaney 56.28; 2, Cushion 56.16; 3, Tyler 51.94; 4, Sandilands 41.82. (B): Bullock (W Gn) 42.58. **HT:** 1, Mileham (W Gn) 62.38; 2, Sandilands 49.92; 3, Woods

(B'field) 49.66; 4, McElroy (Sale) 45.36. (B): 1, Aston (W Gn) 57.40; 2, Gentleman (EAC) 44.68; 3, Bowden (B'field) 44.26; 4, Reed (Sale) 44.04. **JT:** Heath (W Gn) 66.18. **4 x 100:** 1, Birchfield 42.4; 2, Sale 42.5; 3, EAC 43.5; 4, Essex Beagles 43.8. **4 x 400:** 1, EAC 3:17.6; 2, Sale 3:18.4; 3, Woodford Green 3:21.9; 4, Polytechnic 3:22.6.

Final Positions: 1, Woodford Green 17 (878); 2, Sale 17 (862); 3, Essex Beagles 16 (854); 4, Birchfield 16 (849); 5, EAC 12; 6, Polytechnic 6.

STRENGTH AND CONSISTENCY CARRY SOUTHAMPTON TO TOP OF DIVISION THREE

At Kirkby, July 29th

With Southampton having been either first or second in the first three fixtures of the season, they appeared to have the overall strength and consistency to carry them into Division 2. However it was Bristol who came out on the day with the determination to win. As the match score shows it was a very close contest between Bristol, Liverpool, and Southampton with the lead changing several times during the course of the afternoon, whilst the Met Police with their strength in the field events were not far behind. Unfortunately Swansea and Hillingdon were relegated on the results of the first three fixtures and so fielded greatly weakened sides.

There was an excellent race in the 5000m where the 'A' and 'B' strings from Bristol, Southampton and Liverpool broke away from the others. The determination of the 'B' string runners to keep up with Neil Coupland's pace really showed, however in the end it was between Coupland and Nigel Gates with Gates having the superior speed at the finish on this occasion. He won two out of their three encounters this season in the League.

My thanks to all the officials who helped during the season and to the promoting clubs. It seems a pity that more people did not see fit to attend these fixtures at which we saw some excellent performances.

Colin Nimmo
(League Secretary)

Bristol 268½; Southampton & Eastleigh 265; Liverpool H 246; Met Police 209½; Swansea 159; Hillingdon 96.

100: 1, V. Martindale (Bris) 10.8; 2, S. Wright (Liv H) 10.9; 3, M. Kelly (S&E) 10.9; 4, L. Wiltshire (Met P) 11.0; 5, R. Kislingbury (Hill) 11.0. (B): B. Garner (Bris) 11.0. **400:** 1, J. Griffiths (Swan) 49.2; 2, A. Richards (Bris) 49.7; 3, M. Rowlands (Liv H) 49.8; 4, M. Jackson (S&E) 50.3. **800:** 1, P. McGrath (Bris) 1:51.4; 2, A. Roper (Swan) 1:54.8. **1500:** 1, Paul Carey (Liv H) 3:53.3; 2, P. Baker (Bris) 3:55.4. **5000:** 1, N. Gates (Bris) 14:23.8; 2, N. Coupland (S&E) 14:29.2; 3, R. Harrison (Liv H) 14:38.8. **3000SC:** 1, J. Woods (Liv H) 9:15.6; 2, C. Bunyan (S&E)

GREENWICH 11 MILES OPEN ROAD RACE

SATURDAY, 10th SEPTEMBER,
1977

3.30 p.m. from Harrow Meadow,
Sutcliffe Park, Eltham Road, London
SE9

Individual: Handicap and Scratch.

Prizes value £10, £7 and £4.

Veteran: Prize, 1st home.

Team: 4 to run, 3 to score.

Trophies to 1st, 2nd and 3rd Teams.

Medals to 1st non-placed 'B' Team.

**CLOSING DATE WEDS., 10th
AUGUST**

Entries: 30p per runner, on A.A.A. forms, together with a stamped addressed envelope with remittances to be made payable to the London Borough of Greenwich to: **The Sports Officer, Plumstead Baths, Plumstead High St., London SE18 1JL. 01-854 9217**

ALTRINCHAM ATHLETIC CLUB

presents

LINOTYPE '5' OPEN ROAD RACE

(Under AAA Laws)

WEDNESDAY, SEPTEMBER 7th

Start 7.30 p.m.

FROM LINOTYPE FACTORY

Woodfield Road, Broadheath, Altrincham

Prizes: 1st £20, 2nd £15, 3rd £7, 4th £4. 1st Team 3 x £5.50, 2nd team 3 x £4.50, 3rd team 3 x £3.50. 1st O/40 £4, 1st O/50 £4.

Entry Fees: Team 50p, Individual 30p. Late entries double.

Entries to: Mrs S. A. Blinston, 19 St Mark's Ave., Oldfield Brow, Altrincham, Cheshire WA14 4JB. Tel: 061-928 8666.

CLOSING DATE MON., AUGUST 22nd

If you require further information or directions please send s.a.e.

Sharon Colyear 13.6/6.34

BRITISH WOMEN'S LEAGUE (Division One)

At Edinburgh, July 30th

Sale 306; Stretford 265; Edinburgh Southern 239; Bristol 232; Birchfield 193; Essex 156.

100: 1, S. Colyear (Stret) 11.3; 2, M. Wells (ESH) 11.7; 3, K. Harrison (Sale) 11.9; 4, S. King (Ex) 11.9; 5, S. Thomas (B'field) 12.3. (B): 1, M. Probert (Sale) 11.8; 2, A. McClelland (Stret) 12.1. **200:** 1, Probert 24.0; 2, Wells 24.1; 3, McClelland 24.8. (B): E. Beton (Sale) 24.6. **400:** 1, King 55.8; 2, Beton 55.9; 3, A. Clarkson (ESH) 57.1; 4, K. Bissell (B'field) 58.0. (B): 1, G. Rickard (B'field) 57.7; 2, B. Butcher (Sale) 58.8. **800:** 1, C. Tranter (Stret) 2:07.6; 2, T. Bateman (B'field) 2:08.0; 3, J. Williamson (Sale) 2:08.3; 4, G. Hutchinson (ESH) 2:12.7; 5, J. Dunt (Bris) 2:15.0. (B): 1, G. Dainty (B'field) 2:09.3; 2, S. Simpkin (Sale) 2:10.0; 3, J. Asgill (Stret) 2:12.8; 4, C. Stenhouse (Bris) 2:14.9. **1500:** 1, Simpkin 4:28.7; 2, S. Hassan (B'field) 4:30.2; 3, G. Hutchison (ESH) 4:43.2. (B): 1, J. Williamson (Sale) 4:34.0; 2, A. Cherry (ESH) 4:47.3. **3000:** 1, Tranter 9:19.5; 2, S. Andrews (Bris) 10:03.6; 3, B. Schofield (Sale) 10:06.5. (B): 1, Asgill 10:30.8; 2, J. Murray (Sale) 10:40.6. **100H** (nil); 1, Colyear 13.6; 2, F. Macaulay (ESH) 14.4; 3, D. Cooper (Bris) 14.8; 4, H.

9:22.2; 3, S. Anning (Bris) 9:32.0. (B): Peter Carey (Liv H) 9:34.8. **110H:** 1, A. Drayton (S&E) 15.1; 2, N. Gerrard (Met P) 15.4; 3, K. Purves (Hill) 15.5; 4, I. Willoughby (Bris) 15.5. (B): 1, R. Harris (S&E) 15.6; 2, I. Iveson (Met P) 15.8. **400H:** 1, O. Fenn (Swan) 54.1; 2, B. Harris (S&E) 54.4; 3, Willoughby 55.7; 4, P. Tobin (Liv H) 56.5; 5, R. Laker (Met P) 57.0. (B): 1, T. Lewis (S&E) 56.4; 2, J. Dixon (Bris) 56.6; 3, Iveson 57.3. **HJ:** S. Faulkner (Met P) 1.90. **PV:** B. Drayton (S&E) 4.30. (B): A. Drayton 3.60. **LJ:** 1, S. Wright (Liv H) 6.94; 2, S. Clarke (S&E) 6.91; 3, B. Garner (Bris) 6.84. (B): A. Drayton 6.84. **TJ:** 1, A. Drayton 14.36; 2, B. Camp (Liv H) 14.23. **SP:** 1, R. Kennedy (S&E) 17.78; 2, T. Canham (Met P) 13.99; 3, M. Holmes (Liv H) 13.82; 4, B. Holden (Bris) 13.46. (B): 1, N. Tabor (S&E) 15.14; 2, B. Lynn (Met P) 13.70; 3, B. Gardner (Bris) 13.12; 4, J. Clarke (Liv H) 13.00. **DT:** 1, P. Gordon (Met P) 52.62; 2, Tabor 46.38; 3, Gardner 41.54. (B): 1, Lynn 47.84; 2, R. Kennedy (S&E) 45.46. **HT:** 1, M. Petra (Met P) 54.78; 2, J. Newett (Liv H) 48.50. (B): Holmes 43.56. **JT:** G. Robinson (Swan) 57.56. **4 x 100:** 1, Bristol 43.1; 2, S&E 43.6; 3, Liverpool 43.7; 4, Met P 44.0. **4 x 400:** 1, Bristol 3:21.7; 2, Swansea 3:24.2; 3, S&E 3:26.3.

Final League Positions: Southampton & Eastleigh 21; Bristol 18; Liverpool H 17; Met Police 16; Swansea 8; Hillingdon 4.

Alderton (Ex) 15.1; 5, R. Lambert (Sale) 15.8. (B) (+4.2): 1, E. Davidson (ESH) 14.2; 2, J. Stewart (Bris) 15.6; 3, Y. Ritchie (Sale) 15.6; 4, I. Cochran (B'field) 15.9. **400H:** 1, D. Heath (Stret) 62.5; 2, L. Brady (ESH) 63.3; 3, J. Evans (Bris) 64.3; 4, B. Butcher (Sale) 64.7; 5, J. Marrell (Ex) 68.5. (B): 1, Macaulay 61.9; 2, C. Carlile (Stret) 65.1; 3, J. Stewart (Bris) 65.6.

HJ: 1, D. Cooper (Bris) 1.76; 2, J. Harrison (B'field) 1.76; 3, M. Somerville (ESH) 1.69; 4, C. Allinson (Stret) 1.65; 5, S. Yates (Sale) 1.60; 6, H. Alderton (Ex) 1.60. (B): 1, F. Meachin (Stret) 1.60; 2, J. Thomas (Sale) 1.60. **LJ:** 1, Colyear 6.34; 2, K. Harrison (Sale) 5.78; 3, Macaulay 5.71; 4, Cooper 5.50. (B): S. Strong (Stret) 5.39. **SP:** 1, V. Head (Bris) 14.60; 2, C. Hartnell (Sale) 13.79; 3, A. Jackson (Stret) 11.33. (B): 1, Y. Ritchie (Sale) 11.33; 2, S. Spragg (Bris) 10.91. **DT:** 1, Head 41.78; 2, V. Watson (Sale) 38.80; 3, S. Slattery (B'field) 35.86. **JT:** 1, J. Zaslonia (B'field) 47.68; 2, D. Williams (Stret) 46.18; 3, Spragg 45.90; 4, P. Woodhouse (Ex) 39.98; 5, Y. Ritchie (Sale) 39.78. (B): 1, Y. Gregory (B'field) 47.42; 2, C. Johnson (Bris) 38.86; 3, L. Jarvis (Ex) 37.92; 4, P. Whelan (Stret) 34.24; 5, J. Lundie (Sale) 34.02. **4 x 100:** 1, Stretford 46.8; 2, ESH 47.0; 3, Sale 47.5; 4, Birchfield 47.6. **4 x 400:** 1, ESH 3:52.3; 2, Sale 3:55.1; 3, Birchfield 3:57.8; 4, Stretford 3:59.6. **(Inters) 80H** (+2.3): 1, H. Ross (Bris) 11.5; 2, K. Hagger (Ex) 12.1; 3, M. Sommerville (ESH) 12.1; 4, A. Page (Sale) 12.1. (B) (+2.9): 1, P. Nadin (Sale) 11.8; 2, W. Humphreys (Ex) 12.2; 3, K. Mason (Bris) 12.3. **200H:** 1, Nadin 29.1; 2, Ross 29.3; 3, Humphreys 29.3; 4, K. Millerchip (B'field) 29.8; 5, K. Murphy (Stret) 30.6. (B): 1, Page 30.4; 2, Mason 31.5; 3, S. Allen (Ex) 31.5. **LJ:** 1, Hagger 5.74; 2, Sommerville 5.44; 3, Millerchip 5.31; 4, G. Stirling (Sale) 5.23. (B): 1, B. Davidson (ESH) 5.32; 2, H. Smith (Sale) 5.20. **SP:** 1, D. Jones (Sale) 10.83; 2, C. Lightbody (ESH) 10.09; 3, Hagger 9.89. **4 x 100:** 1, ESH 49.4; 2, Sale 49.4; 3, Stretford 49.5; 4, Essex 50.4; 5, Bristol 50.6.

(Juniors) 100 (+3.7): 1, D. Bunn (B'field) 12.2; 2, Y. Lorimer (Ex) 12.4; 3, G. Mbanu (Sale) 12.4; 4, L. Jackson (Stret) 12.7. (B): 1, J. Whittaker (Stret) 12.7; 2, J. Berkeley (Sale) 12.9. **200** (+2.8): 1, Lorimer 26.0; 2, L. Scott (ESH) 26.2; 3, Whittaker 26.2. (B) (+1.4): 1, Mbanu 26.5; 2, B. Campbell (ESH) 26.5; 3, Jackson 26.6. **800:** 1, L. Driver (Sale) 2:17.2; 2, P. Edwards (Stret) 2:22.4; 3, K. Brotherston (ESH) 2:24.6. (B): J. McLean (Stret) 2:25.3. **1500:** 1, E. Sinclair (Bris) 4:51.0; 2, L. Goulborn (Sale) 4:51.7; 3, S. Tait (ESH) 4:58.5. (B): 1, S. Stevens (Sale) 5:03.6; 2, D. Christie (ESH) 5:03.8. **75H** (+1.9): 1, Scott 12.0; 2, L. Beeley (Stret) 12.1; 3, S. White (Bris) 12.2. (B) (+3.8): Mbanu 12.1. **HJ:** K. Robinson (Sale) 1.51. **LJ:** 1, Jackson 5.12; 2, Scott 5.02. **SP:** 1, C. Gregory (B'field) 12.00; 2, K. Ball (Stret) 10.33. (B): P. Webber (B'field) 11.20. **DT:** T. Hunger (B'field) 29.14. **JT:** 1, J. Hawkins (Bris) 34.08; 2, J. Duxbury (Sale) 27.80. **4 x 100:** 1, Stretford 50.8; 2, Sale 51.1; 3, ESH 51.6; 4, Birchfield 51.7.

Jo White 4:16.8—UK Jnr rec

(Division Two)

At Nottingham, July 30th

Glasgow 279; Feltham 258; Derby 234; Notts 220; Mitcham 200; Enfield 183.

100: 1, J. Martin (Felt) 12.1; 2, J. Walsh (Mit) 12.2; 3, A. Drakes (Notts) 12.3. (B): A. Lyne (Felt) 12.3. 200: 1, Martin 24.5; 2, Drakes 25.1. (B): 1, Lyne 25.1; 2, S. Drysdale (Glas) 25.3; 3, H. Gooding (Notts) 25.4. 400: 1, I. Anderson (Glas) 57.3; 2, H. Gooding (Notts) 57.4; 3, C. Tout (Felt) 59.0. 800: 1, W. Smith (Felt) 2:08.7; 2, A. Linton (Glas) 2:10.2; 3, C. Avery (Dby) 2:11.5. (B): 1, A. Ford (Felt) 2:12.7; 2, S. Bunyan (BoE) 2:17.3. 1500: 1, J. White (Mit) 4:16.8 (UK Junior rec); 2, Ford 4:20.9; 3, D. Watson (Dby) 4:38.8; 4, F. McQueen (Glas) 4:42.3. (B): 1, P. Fudge (Felt) 4:21.8; 2, Linton 4:48.3. 3000: 1, J. Shepherd (Glas) 9:30.0; 2, A. Roberts (Felt) 9:35.0; 3, Y. Rowe (Dby) 10:11.4; 4, M. Lowe (Mit) 10:24.2. (B): 1, B. Green (Felt) 9:45.0; 2, J. Higgins (Glas) 10:22.8. 100H: 1, S. Drysdale (Glas) 14.4; 2, K. Warren (Dby) 14.6; 3, S. Dalgoutte (Mit) 14.8; 4, Martin 15.1; 5, S. Andrews (BoE) 15.7. (B): 1, J. Lindsay (Glas) 15.4; 2, C. Mathers (BoE) 15.6. 400H: 1, S. Dalgoutte (Mit) 62.9; 2, I. Anderson (Glas) 64.2; 3, F. Paterson (Dby) 64.3; 4, A. Head (BoE) 65.8; 5, S. Brooks (Felt) 67.0. (B): 1, M. Marshall (Glas) 63.9; 2, C. Thixton (Mit) 66.8. HJ: 1, K. Warren (Dby) 1.77; 2, J. Pinkerton (Glas) 1.71; 3, C. Mathers (BoE) 1.68. LJ: 1, V. White (Glas) 5.81; 2, Warren 5.69; 3, K. Donovan (Felt) 5.51. SP: 1, B. Bedford (Mit) 15.00; 2, J. Frampton (Notts) 12.10. (B): 1, J. Kerr (Mit) 14.48; 2, F. Vittles (Notts) 10.36. DT: 1, Kerr 45.78; 2, Frampton 43.90; 3, D. English (Dby) 36.86; 4, M. Ingram (Glas) 33.80. (B): 1, F. Vittles (Notts) 38.88; 2, B. Bedford (Mit) 38.16. JT: 1, S. O'Toole (Mit) 45.68; 2, S. Gibson (Notts) 36.68; 3, G. Hermanstein (BoE) 35.54; 4, K. Wilson (Glas) 34.16. 4 x 100: 1, Feltham 48.2; 2, Glasgow 48.4. 4 x 400: 1, Glasgow 3:55.6; 2, Derby 3:57.5; 3, Mitcham 3:58.9. (Inters) 100: T. Burgess (BoE) 12.5. 200: 1, Burgess 25.4; 2, N. Page (Notts) 25.7; 3, H. Brown (Mit) 26.0. 800H: 1, D. Wade (Notts) 12.0; 2, C. Plummer (Mit) 12.1; 3, K. Bentley (Dby) 12.2. (B): E. Stewart (Mit) 12.4. 200H: 1, Wade 29.0; 2, Bentley 30.3; 3, K. Pinkerton (Glas) 31.2. (B): E. Stewart (Mit) 31.9. LJ: 1, D. Somerfield (Notts) 5.52; 2, S. Punter (Mit) 5.15. SP: 1, I. Reynolds (Glas) 10.05; 2, K. Lyne (Felt) 9.72. (Juniors) 100: K. Almond (Felt) 12.9. (B): A. Close (Felt) 12.8. 200: 1, M. Van Frederici (Mit) 25.6; 2, Almond 26.0; 3, S. Whitting (Notts) 26.1. (B): Close 26.0. 800: 1, S. Whitting (Notts) 2:15.2; 2, D. Noad (Felt) 2:20.0; 3, E. McNamee (Dby) 2:24.0. (B): 1, L. MacDougall (Glas) 2:22.4; 2, R. Espir (Notts) 2:24.1; 3, S. Horgan (Felt) 2:24.1. 1500: 1, P. Fairley (Glas) 4:48.3; 2, C. McNamee (Dby) 4:57.4; 3, L. Tyler (Mit) 5:02.9; 4, L. Smith (Felt) 5:04.2.

75H: 1, D. Baker (Dby) 11.7; 2, M. Boxhall (Mit) 12.2. HJ: 1, D. Wilkinson (BoE) 1.63; 2, R. Pinkerton (Glas) 1.60; 3, S. French (Felt) 1.50; 4, J. Day (Mit) 1.50; 5, M. Haywood (Dby) 1.50. LJ: French 5.35. SP: C. Cook (BoE) 10.23. JT: C. Cox (BoE) 31.52. 4 x 100: 1, Mitcham 50.2; 2, Feltham 50.3; 3, Notts 51.7.

Warden 59.4/Littlewood 15.59

(Division Three)

At Wolverhampton, July 30th

Wolverhampton & Bilston 298; Leicester 279; Plymouth 237; Cambridge H 224; Hull 192; Hillingdon 140.

100 (0.4): S. Hearnshaw (Hull) 12.2. 200: 1, M. Tranter (W&B) 25.0; 2, Hearnshaw (Hull) 25.1. 400: 1, A. Halliday (W&B) 56.2; 2, M. Coomber (Camb H) 58.1. (B): K. Boyce (Leic) 58.3. 800: 1, P. Byrne (W&B) 2:10.0; 2, Coomber 2:10.5; 3, S. Shields (Hull) 2:17.3. 1500: G. Penny (Camb H) 4:36.5; 2, A. Blake (Ply) 4:48.0. 3000: 1, Penny 9:34.8; 2, Blake 9:51.6. 100H (1.6): 1, C. Warden (W&B) 15.0; 2, S. Frisby (Leic) 15.4; 3, J. Williams (Ply) 15.5. (B) (0.9): 1, K. Brimicombe (Ply) 15.2; 2, J. Adams (W&B) 15.7. 400H: 1, Warden 59.4 (League rec); 2, Brimicombe 66.2; 3, A. Frisby (Leic) 67.5. (B): 1, Adams 67.7; 2, L. Greenwood (Leic) 68.2. HJ: 1, D. Elliott (Leic) 1.66; 2, K. Brimicombe (Ply) 1.66; 3, C. Barber (Hill) 1.63. LJ: 1, Hearnshaw 5.83; 2, Tranter 5.50. SP: 1, A. Littlewood (Camb H) 15.59 (League rec); 2, S. Tudor (Hill) 11.56; 3, R. Simpson (W&B) 10.74. (B): S. Cook (W&B) 10.63. DT: 1, Littlewood 44.84; 2, Tudor 37.08; 3, D. Pidd (Hull) 34.56; 4, S. Cook (W&B) 33.82. JT: 1, D. Bingham (Camb H) 39.10; 2, D. Seldon (Hill) 38.80; 3, D. Dilloway (Ply) 37.86. 4 x 100: W&B 48.4. 4 x 400: 1, W&B 3:56.3; 2, Leicester 4:01.6. (Inters) 100 (0.2): D. Campbell (W&B) 12.6. 200H: A. Scott (Leic) 31.6. SP: C. Williams (Ply) 9.68. 4 x 100: W&B 50.6. (Juniors) 100 (0.4): D. Spicer (W&B) 12.9. 800: S. Jones (Ply) 2:15.2 (League rec). (B): D. Pain (Ply) 2:24.4. 1500: 1, M. Johnson (Leic) 4:58.0; 2, K. Freeman (Ply) 5:03.2. 75H (1.2): A. Long (Ply) 12.0. HJ: 1, D. Harding (Leic) 1.60; 2, J. Pyper (Ply) 1.54. LJ: Pyper 5.15. DT: K. Beesley (W&B) 29.98. JT: 1, M. Earl (Leic) 28.26; 2, M. Lynes (Ply) 27.66. 4 x 100: 1, Hull 51.9; 2, W&B 51.9.

Entries for the BMC 3000m to be held in the lunch interval (1.15 to 1.55) of the county cricket match between Surrey and Lancashire at The Oval on August 13th include Keith Penny, Barry Smith, Chris Stewart, Malcolm Prince, Paul Williams, Nick Brooks and Graham Tuck.

BOTTLERS OF
Coca-Cola



International Athletics

Organised by the International Athletes Club
under IAAF Rules

Crystal Palace
National Sports Centre
September 9th at 7-30pm
Admission



Covered Seats £2.00, £1.50 (Children under 16 - 75p)
Uncovered £1.00 (Children under 16 - 50p)
10% discount on bookings of 20 plus

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Please send me the following tickets for the ATHLETICS MEETING on September 9th

Covered Seats	Uncovered Seats
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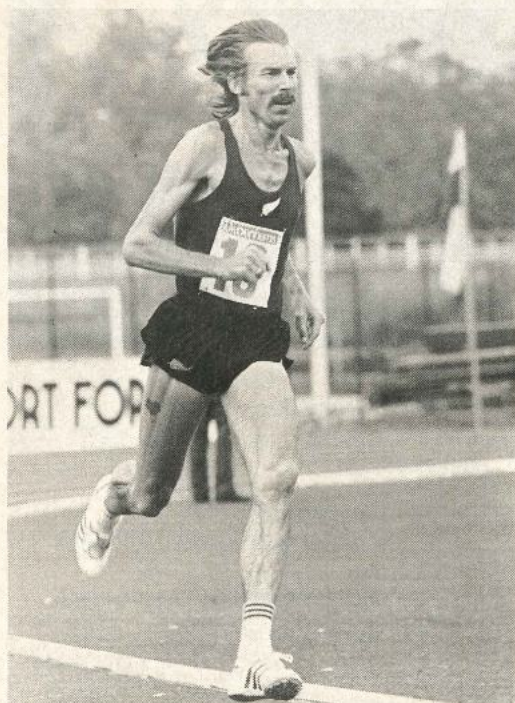
DICK QUAX—founder member of THE FLYING KIWIS

*An Interview
by Jon Wigley*

FEW people could fail to have been delighted when Dick Quax finally secured the world 5000m record. The career of the 29-year-old New Zealander has been dogged with misfortune; being struck down with injury/illness immediately prior to three Championships and missing the 5000m world record by one tenth of a second in 1976 have been the troughs in a seven year career which reached its zenith in Stockholm last month.

A few days before the AAA Championships, he spoke frankly and at length 'over a few beers' with Jon Wigley about his successes and disappointments, his life, his travels and races.

He showed himself to be a warm, generous family man, in stark contrast to the hard, aggressive competitor on view when he races on the track.



Dick Quax en route to a clear victory in the Debenhams Games 3000m.

How important was it to you to get the world record for 5000m?

It was important in respect that the pinnacle of achievement last year was the Olympics, so this year I had to have some kind of a goal, especially since they omitted to put me in the World Cup team. A world record for the 5000 seemed to be the logical choice, because I missed it by such a small margin last year. I think, because I had so little motivation after the Olympics, I wanted something to motivate myself with, and the goal of a world record was the factor. At Stockholm it was a cold and windy night and I feel sure that if I were to go through 3000 in say 7:52/7:51 I could run around 13:07/13:08.

With the 10,000 it's more difficult because I haven't run so many but I think I have the ability to break the world record. My coach (John Davies—1964 Olympic 1500 bronze medalist) believes I am a better 10,000 runner. Because I have run so few of them I haven't been able to gauge my ability that much. The first one I ran I did 27:55 and that seemed very easy; I lapped just about the whole field. The second one I ran I was sick in Montreal, and did 28:57 and that seemed agony; and the next one I ran I did 27:46, and that was a hard grind from 5000 onwards. I'm sure that I could run a good 10,000 and probably go under the world record. I feel that I thrive on a competitive situation. For example my two fastest 5000's have both been with guys within one second of me. The first time I ran in Stockholm and ran 13:13.1, I think the sixth guy ran 13:18, and this year both Fleschen and Weigt were within two seconds of me. So obviously I feel I thrive on a competitive situation.

What happened to you between Montreal and this European tour?

I ran about half a dozen races after Montreal. I ran an 8:17 two miles in Philadelphia, and my most noteworthy races after that were a 13:24 5000 in Zurich which I won and beat Lopes and a 27:46 10,000 in which I got beaten by Lopes. Then my form just crashed for some reason. It's never crashed like it did towards the end of my European season. I think I just had enough. I couldn't be bothered training any more. Maybe the fact that I had a pretty bad virus in Montreal had affected me. In Paris I ran 8:34 for 3000 and it was just physically impossible for me to run any faster. At the finish of the race I wasn't exhausted or tired; I just couldn't make my legs go any faster. It wasn't the fact that I had been doing a lot of races that I was tired. I've had far more arduous tours of Europe in

Mike Street

other years, but the problem I think was that I had got sick in Montreal, and for about 10 days I wasn't able to train very well. I think that was probably part of the reason.

When I got back home I had a lot of social functions to attend, a lot of speaking engagements, and really I lived it up a bit. I drank too much at too many social engagements, and I hardly trained at all from the time I got back on October 1st to January 1st. I ran a reasonably good road relay leg where I beat Kevin Ryan and Rod Dixon in November, but it was a very unnoteworthy sort of season. I ran 7:59 for 3000, 3:43 for 1500, and a 13:31 5000—and that was all I did.

I played it very much by ear and started training hard again in the last two weeks of February. I did probably the hardest training that I have ever done, even harder than what I did before the Olympics, although it probably wasn't quite as consistent, because I had a hamstring injury which kept me out for three weeks in April with no training. At the end of May I went to the States, running in the Muhammad Ali Classic Track Meeting. I knew that I wasn't ready to race but the organisers said you must come, and they were very insistent on me coming. They said they felt they could solve the Tanzanian (boycott) problem. They believed that Muhammad Ali could use some influence. I finished fourth in a 5000 race in 14:15 (won by Nick Rose in 13:33) and that's my worst result for two years.

"Three weeks at altitude with Frank Shorter . . . I certainly felt good when I ran that first race"—Debenhams 3000m.

After that I went to train in Colorado for three weeks at altitude with Frank Shorter. I think it was successful. Maybe I was pretty fit anyway but I believe that the altitude training helped. I certainly felt good when I ran that first race (Debenhams 3000) and I felt very good in Helsinki as well. For my first three races I felt really good so I think it did help me. I didn't train hard up there at all. We did 7 or 8 miles in the morning—very, very easy at about 6:20 per mile pace—and my track sessions at night were very slow compared to what I do at sea level, but were probably harder because of the altitude. I'll use it again next year and go back to Boulder (Colorado). It's just below 6000ft which I think is quite a good height. Probably before I go to Boulder I will spend a month at 8000-8500ft and just jog at that height and perhaps a lot of long very slow interval work, and then come down to Boulder and train with Frank and do my speed work at the lower altitude. I think it helps me, but I'm convinced that it doesn't help everybody. I think some people do the wrong training at altitude.

BROMSGROVE & REDDITCH A.C.

11th Annual

BOYS ROAD RACE & RELAYS

(Under AAA Laws)

AT ABBEY STADIUM, REDDITCH

SATURDAY, 10th SEPTEMBER, 1977

10 & 11 Years	Race 1.00pm	1½ Miles
Colts (12 & 13)	Relay 1.20pm	4 x 2½ Miles
Youths (16 & 17)	Relay 2.30pm	4 x 2½ Miles
Boys (14 & 15)	Relay 3.30pm	4 x 2½ Miles

(Ages on 31st August, 1977)

Awards: First 3 Teams, first unplaced "B" Team, fastest lap each relay; first 3 Teams, first 6 Individuals in 10 & 11 years race. Perpetual trophies for relays.

Entries to Mr T. P. Battle, 30 Hinton Avenue, Alvechurch, Birmingham B48 7LY. Tel: 021-445 1981. Fees: 60p first team, 50p additional; 20p individuals (10 & 11 yrs race—no team fee).

CLOSING DATE 27th AUGUST

Now open to Clubs MANCHESTER UNIVERSITY

10th ANNUAL

CROSS-COUNTRY RELAY

Sponsored by

WILSONS BREWERY

6 x 2 Miles

Saturday, October 15th at 3 p.m.

Prizes: First two Club teams, first two Student teams, first School team. Fastest 15 Individuals.

Entry Fee: £2.50 per team.

Cheap draught beer in the pavilion on the day.

Details from Paul Martin, Manchester University Cross-Country Club, Athletic Union, University Union, Oxford Road, Manchester M13 9PR.

ENTRIES CLOSE SEPTEMBER 24th



1976 Olympic 5000m gold and silver medallists, Lasse Viren and Dick Quax in the final.

Mark Shearman

Do you feel you ran your best possible race in the Olympic 5000 final?

Under the conditions, yes. By that I mean that I had been ill. It wasn't just a stomach virus that was going around the Village; a couple of guys on our team including Rod Dixon and Euan Robertson had a 24 hour virus, but it wasn't just an ordinary virus. It was a particularly bad virus that Heather (Dick's wife), Tanya (Dick's nine-year-old daughter), and the whole family had had at home. About two days after Heather arrived at Montreal she went down and out with it for about a week and the night before the 10,000 heats I got it! I was on the toilet all night and it really knocked me. I lost 5kg in weight—just overnight virtually. It obviously had an effect on my race and I didn't have the confidence to go out and really have a go the way I should have, but then even if I had been right I probably would have relied just as much on my kick anyway. I felt that I probably had the best kick in the field. I thought my best chance was in the 10,000 anyway. I gave myself an excellent chance of the gold medal in the 10,000 and I gave myself a good chance of finishing high up in the 5000. After the World Games I knew that Lasse Viren would be the danger in the 10,000. I saw him run 27:42 in Helsinki and he ran the last 3000 in about 8:09 and it was a very impressive run. I knew that he would be really tough. I expected Lopes would be tough too, and Brendan Foster—and that was the way it turned out. I would have adopted the same tactics in there as in the 5000 and I might have had a

THAMES VALLEY POLICE "E" Div. Sports & Social Club **READING '10'**

SATURDAY, SEPTEMBER 17th, 1977

Numerous prizes—Ind., Team, Police Ind. & Teams, Vets., Police Cadets & others.
Fees: Full team of 6 £1, Ind. 25p. Full details S.A.E. to B. T. Caldwell, 54 Langley Common Road, Barkham, Wokingham, Berks. **Closing date Sept. 11th.** No tel. enquiries between Aug. 7 and Sept. 10 due to holiday.

C. A. BRABANT WALLON & SPIRIDON, BELGIUM

4th International Marathon

Memorial Etienne Gailly

(Under IAAF Laws—Men & Women)

on Saturday, 1st October, 1977, 14.30 pm

AT NIVELLES (BELGIUM)

30 km. south of Brussels

Entries free: Michel Goffaut, av. Trigodet 14, B 1401 Baulers, Belgium. Lodging possible.

FRODSHAM HILL RACES

2.30 p.m. SUNDAY, 4th SEPTEMBER 1977 (Under A.A.A. Laws)

2½ Miles Colts
Age 12 & 13
Mothers Trophy
Warrington A.C.
£8, £6, £4, £2

2½ Miles Boys
Age 14 & 15
Birtles Trophy
Rossendale A.C.
£8, £6, £4, £2

3½ Miles Youths
Age 16 & 17
Sam Williams Trophy
Stretford A.C.
£20, £10, £5, £2

4½ Seniors
Over 18
Fred Ford Trophy
A.S.V.A.C.
£40, £20, £10, £5

Also prizes for first three teams, first O/40, O/50, first Junior, first Locals. All ages as 1/9/77.

ENTRIES CLOSE 22nd AUGUST 1977 (No Late Entries)

Entries & enquiries to Mrs. Sheila Bunner (Hill Race Sec), 3 Borrowdale Close, Frodsham via Warrington WA6 7LN.

"Even if I had been right I probably would have relied just as much on my kick anyway."

Reigning Olympic 5000m Champion, Lasse Viren (301) retains his title ahead of Dick Quax (691) ("I gave myself a good chance of finishing high up in the 5000"), the sprawling Klaus-Peter Hildenbrand and Rod Dixon (689).



George Herringshaw

better chance there to use my kick. Viren didn't seem too pressed but there again he didn't have to because Lopes had led for the last 5000m at 65's and he ran his last lap in 66 which seemed a little strange to me.

The fact that the selectors left you out of the Australasian team for the World Cup highlights their hard-line attitude on selection. Does this bother you?

Well, it's never bothered me in the past because I've always been on teams! In fact I've been on every New Zealand team since 1969. New Zealand has never really had too much enthusiasm for the World Cup. Probably one of the reasons is that we knew we would never have a showing in it as a team event anyway. I think it's more of a team event than an individual event and I'm not that keen on team events anyway. Track and field is an individual event, not a team event, so I'm not that unhappy about being left out of it, it's just that it's the major thing this year! If I had been on the team I wouldn't have come to Europe this early. I would have stayed another month at altitude probably. So they better not try and tell me I'm on the team now!

John Walker and Rod Dixon have received massive publicity in recent years. Have you felt pressure on yourself to prove your equal ability?

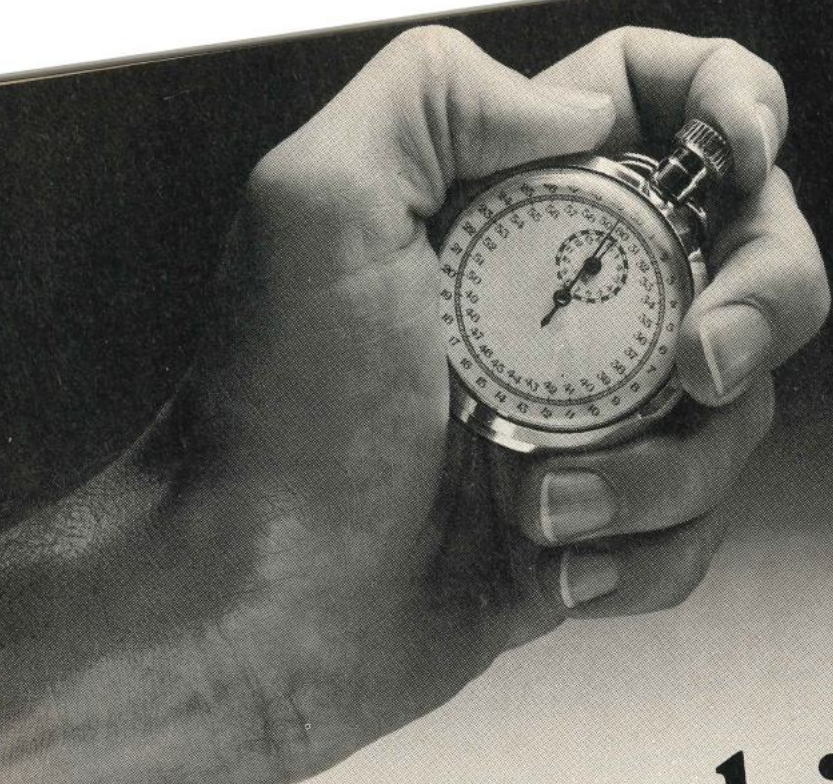
That's a curly one! They have had a lot of publicity and they've deserved it, because they've performed remarkably well. John by virtue of running so many times that most other top 1500

runners haven't ever approached. Rod also by the fact that he has performed well at every distance from 1500 to 5000. He's beaten every top 1500 runner in the world and every top 5000 runner in the world except me. I always knew that after my leg came right after my operation it would be only a matter of time before I achieved what I was always capable of achieving. I guess that one of the big things about track is that you've got to believe in your own ability. I always believed in my own ability. I don't think I felt any pressure because they were performing well, although I think it kept me in the sport. If they hadn't been performing well I probably would have thought 'what the hell, I'll chuck it in'. I guess in many respects they motivated me to have another go and have an operation, because I thought 'well, they're doing so well and I know I've got as much ability; let's see if this operation doesn't work, and if it doesn't work too bad, I'll throw it in, but I'll have a go anyway'. So I guess to a certain extent I've a lot to thank Rod and John for.

How difficult do you find living out of a suitcase and racing consistently at world class level?

It's a bit of a drag. There's nothing I like more than being here now with ten days with no racing and I can just go out and run for 30 or 40 minutes every morning and spend the rest of the day doing what I want, go shopping, have a few beers, and then go out training again at night, and there's no pressure on me. After the

Continued on page 20



“59.something”



Cronus electronic digital stopwatches. Laptimes, interval times, split times and total times. And even two events at the same time. All at a touch of a button to hundredths of a second every time.

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AW3

The second has now been split. Precisely.

DICK QUAX continued from page 17

Debenhams Meet, two days later I went to Oslo, the day after I was in Helsinki, two days later I was in Stockholm, four days later I was in Nuremburg, next day I was in Lausanne, the next day I was in Dublin, and then down to London—that's when it really gets tough! You've got to get up early most mornings to catch a flight and you're virtually travelling all day because here an hour and a half flight might take six hours, because of the congestion! It's not a glamorous life that we lead at all, and I think a lot of people, especially people in New Zealand, get the mistaken impression that 'there they are, those three guys, off to Europe again—travelling around having a real good time'. We're not having a great time at all. I guess a European tour is almost a matter of pride. Recently I had been all over Europe, and Dublin was my third race in five days, and I ran a 3:56.4 mile which is just outside my best. I was really happy about that. I had travelled all over the place, just arrived, and raced just outside my best. It's a challenge and I suppose being a competitive person like just about every other top athlete is, I derive a lot of pleasure from meeting the challenge. You say to the guys who have just arrived for the track meet from home, 'well, let's see if you can beat me this time'!

"A very pleasant place to go and just stretch your legs."

Could you tell me about your background in New Zealand, training situation, job, etc?

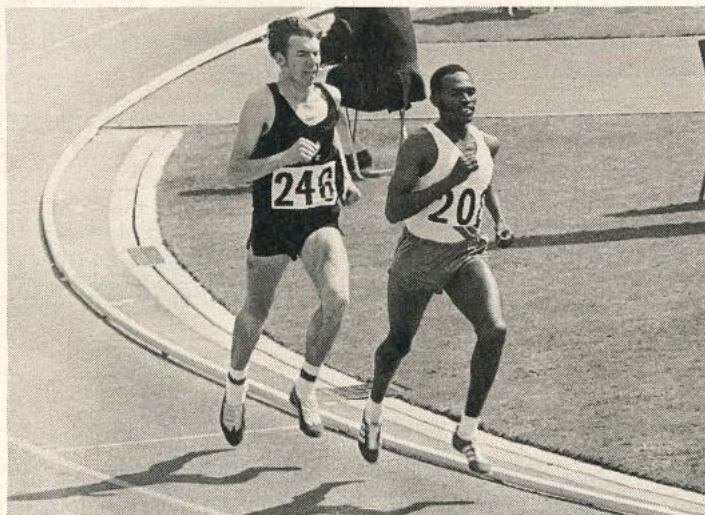
I live in Auckland, which to my way of thinking even though it's a relatively large city is an ideal situation for running. The climate is really

good. It's got a lot of nice parks, a lot of nice beaches, and it's generally a very pleasant place to go and just stretch your legs. So that's why jogging is such a popular activity there. We have a run-for-fun every year over about 12km along the water-front and last year it attracted 20,000 people, which I think makes it the largest run of its kind in the world. It's a very easy place to go for a run. There are a few days in the winter when it's raining and cold and you think 'hell, it's not so good' but I've been in Europe this year where they have been having a particularly bad summer and I know where I'd rather be—I'd rather be in a New Zealand winter! It's never that bad.

At the moment I'm involved in promotions and advertising. My partner and I were largely responsible for setting up the New Zealand Series last year which proved very successful. We've branched out from there and got ourselves involved in other types of promotional work. We're getting involved this year in cricket and tennis.

Your breakthrough into top class running came in March 1970 when you beat Kip Keino over a mile in New Zealand. How important was that race to you?

On reflection it was important, but even if Keino hadn't been there I would have run a really good time. I guess because I beat the Olympic champion and in a good time it made people aware of me. To be frank, Kip Keino had only got off the plane a couple of hours before after a long flight from Kenya and I know what that's like now. I said to a friend of mine just before the race that I would run 3:58 that night, and I ran 3:57.8. Obviously he (Keino) wasn't right but it got me a tremendous lot of publicity and it brought me to the attention of the athletics world. It gave me a lot of confidence. I knew that when the Commonwealth



"The cocky guy of the New Zealand team" Dick Quax hangs on to 1968 Olympic 1500m Champion Kip Keino in the 1970 Commonwealth Games 1500m final—"he proved more than a handful for me at that stage."

Peter Tempest

Games came round a few months later I was the cocky young guy of the New Zealand team who said 'I've beaten Kip Keino once and I'll do it again', and that's the way I went into it. I've never been one to lack confidence. I always go into any race with the attitude that I'm the winner and everybody else is going to have to take second place to me. Most athletes, if they are honest, go into the race with that attitude. I didn't go there to run for second, that's for sure, although I knew Keino would be hard to beat. He proved more than a handful for me at that stage anyway!

What shape did your training take then?

Basically about the same as I do now. My training hasn't changed that much although I'm now running 5000 and 10,000. My coach even then said I'll always be a better 5000 and 10,000 runner than at 1500. With that in mind he trained me even then for 5000 and 10,000, but with a little bit more emphasis on speed work. He still places a lot of emphasis on speed work.

When did you undertake your first European tour?

Well my first full European tour was in 1971 although I tried to get over to Europe in 1970 after the Commonwealth Games. I thought it was a good opportunity to go over and run a few races. I didn't know anything about it then. Somebody gave me a list of addresses and said why don't I go and race on the Continent—so I phoned up a couple of promoters and they said 'sure, come on over, come and run at our meeting', and I thought they would say 'yeah, we'll have the tickets sent over for you!' I didn't have any money, and there was no way in the world that I could have gone to their meetings anyway.

"If you can't make it in New Zealand, you'll never make it in Europe."

If you can't make it in New Zealand, you'll never make it in Europe. That's been proven time and time again, by guys running good provincial times in New Zealand and coming over here hoping for the big breakthrough, and I only know of one guy—Tony Polhill—who has made the big break. These guys come over here thinking, 'we see Walker do it every year, we see Dixon do it every year, we see Quax do it every year; I'll come and do it'. Tony Polhill came over here with very mediocre times, won the AAA championships, ran under 4:00 for the mile and really established himself—but he's the only one. Rod Dixon was a good runner before he left New Zealand and so was John Walker. John had run 1:48 for 800 and about 3:43 for 1500. In fact I arranged John's first European tour back in 1973. Although we have some very good individuals in New Zealand I've really got to come over here to get stretched. You find out what tough competition is all about, unrelenting competition.

I sometimes feel that this is where the British

DICK QUAX

Born Alkmaar (Holland), 1.1.1948; emigrated to New Zealand at the age of 6. Height 1.83/6'0", weight 70kg/154lb. Best marks: 1500m — 3:36.7 (3:35.9 in relay), mile—3:56.2, 2M—8:17.1, 5000m—13:12.9, 10,000m—27:46.0, Mar—2:34. Championships: 1970 Commonwealth — 2nd 1500; 1972 Olympics—eliminated 5000 heat; 1976 Olympics — 2nd 5000, eliminated 10,000 heat. Annual progression at 5000: 1970—13:43.3, 1972—13:35.0, 1973—13:18.4, 1974—13:24.4, 1975—13:34.6, 1976—13:13.1, 1977—13:12.9.

are missing out, because perhaps the British Board doesn't allow them or whatever, but they don't get enough chances to get over onto the Continent and race against a lot of these guys. I think their results in the Olympics would be better if say Steve Ovett could go and do a two week circuit where he races in Stockholm, Oslo, Helsinki and races up against the best guys a couple of times a week. It just puts a little bit of hardness in you. Technically and mentally.

Andy Norman has been a real friend to New Zealand athletes and I think he is probably the most highly spoken of meet organiser in Europe. He has certainly established himself and what that guy has done for British athletics is really amazing, it's remarkable. Andy is a great one for working behind the scenes and smoothing the way for the athletes.

LEICESTER CORITANIAN A.C.

'PACE' 6th ANNUAL ROAD RELAYS

(Under A.A.A. Laws)

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ON SATURDAY, 17th SEPTEMBER

Sponsored again by
PACE CONSULTANTS LTD., LEICESTER
BOYS RELAY 3 x 2 MILES

For 'The Payne Trophy' (Holders: Watford H)
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OPEN & MIDLAND A.A.A.
SENIOR 6 STAGE RELAY
CHAMPIONSHIP (6 x 3 1/4 Miles)

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Open Relay for 'The Petfoods' Trophy'. Best Youth performance receives 'The Pace Trophy'. Excellent prizes again to first 3 Teams in Open Relays, and Championship medals to first 3 Teams in Midland event.

Entries: Championships £3.00 'A' Team, £1.00 'B' Team. Open Relays £1.25 'A' Team, 75p 'B', 'C' and 'D' Teams.

To: Mr C. Bagulay, 55 Craven Street, Melton Mowbray, Leics (Tel: Melton 4383).

BY 5th SEPTEMBER, MONDAY—LATEST
(Any late entries will be returned this year)
N.B. Boys aged 14 & 15 yrs on August 31st

Going back to 1970 after the Commonwealth Games, Kip Keino tipped you as a strong contender for the Munich Olympic 1500. What happened to you in 1971 to force you up to 5000?

In 1971 I don't think I ran any 5000's but in 1972 I ran my first serious 5000 and in my first race I broke the New Zealand record (13:35 by Murray Halberg) and I knew that I could go a lot faster because it was just one of those races where I was out on my own the whole way. I got struck down with shin splints just before the Munich Olympics and by the time the Olympics came round I was almost crippled. I could hardly walk let alone run. In fact after the Olympics I couldn't walk properly for 10 days. I believe that in 1972 in Munich I was good enough to finish in the first six in the 5000, but being totally realistic I would never have finished with a medal. I ran only to justify being there. I don't think I've ever really been a quitter and I guess you're always hoping for a miracle, the same as I was grasping for straws by running the 10,000 heats in Montreal. The knowledge was there that unless there was a miracle I would never make the final. When you come such a long way as New Zealanders have to do you don't like to go there just to sit in the stands. I had to do some-

thing, I wasn't about to go there and just quit. It was a miserable situation. As far as Munich was concerned I didn't want to go through that again and yet I went through it twice again—in Christchurch where I broke a bone in my foot about two days before the Opening Ceremony of the Commonwealth Games and then I went through it all again in Montreal—and you start to wonder at one stage whether you're fated to do anything.

The following year you got down to 13:18. What incentive was there to peak in a non-championship year?

Well when you're in the situation that I had been in, where in 1971 I was almost crippled with shin splints and in 1972 I was crippled with shin splints, just getting fit and going through a period of time without being injured seemed to be enough. I had to take every chance there was at that particular stage and I never thought about incentives. Then it was just 'OK go like hell, because next week you could be half crippled again'. It was just a matter of doing it while I could.

In 1974 you were in good shape for the Commonwealth Games when you got the foot injury just before. What happened?

The reason why I was in such good shape was that since about March (1973) I had not had any trouble with the shin splints at all and I was probably in better shape then than I had ever been up to that stage. Two days before the Opening Ceremony I went out in the morning and my foot was really painful and I didn't think too much of it. I hadn't done anything, it was just sore. I ran about five miles in the morning and in the afternoon I couldn't run at all. Couple of days later a doctor diagnosed a stress fracture in my foot. It got so bad that it got painful even to walk on, and that was just ironic that it was probably the only other serious injury that I've had. It just happened at that time!

It must have been doubly disappointing to see your good friend Dave Bedford hassled out of the 10,000.

Yes, I really felt for Dave. I got to know Dave when he came out to Auckland prior to the Commonwealth Games, and he is somebody that I really like and respect. Probably more so than any other distance runner because he had gone through a lot of problems, and I hope he overcomes this present one; also he's a really gutsy person. He always seems to have a go and at the same time he's a very free living person—happy go lucky about life but very intense about his running. I do feel an affinity with him. It might be because we're both Capricorns. It was really a big disappointment that he got hassled right out of that 10,000. Yes, I did speak out. Maybe I did the wrong thing at that stage. I guess I just thought 'Hell, look what they did to Dave'. I felt really bad about it.



Dave Bedford in action during the 1974 Commonwealth Games 5000m, wearing shin plasters as a result of severe spiking during the 10,000m.

Mark Shearman

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Sunday and Bank Holiday Monday
28th & 29th August

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Injuries aside, what do you think Dave Bedford would have been capable of at 10,000?

A lot faster than his world record. I sometimes feel that perhaps Dave is his own worst enemy. He gives himself so intensely in his training, that I sometimes feel he trains too hard for his own good. I remember him saying he thought he was in great shape before the Commonwealth Games because he ran 2 x 2400m in 6:17 and 6:14 with a 10 minute rest between. I thought that was amazing running for training, especially for someone like Dave who was not particularly fast anyway. I thought it was phenomenal but I also thought perhaps that had been his major effort as far as the Commonwealth Games was concerned. That just shows what the guy is capable of. He's a lot slower over a mile than say Brendan Foster and yet Foster's 5000 times have not been any better than Dave's. I think that Dave could have, or still could, run under 27:20. If he doesn't do it, I'd like to do it!

*"If I don't run again,
well that's too bad."*

In 1975 you had a long operation on your shins. Can you tell me about that?

At the beginning of '75 I won the New Zealand Games in 13:35, and I came to Europe and had the same old problem again with my shins. I ran about three races and all of them were around 13:40. I just got so depressed in the end that I cut my trip short and went home and said to my doctor: 'as far as I'm concerned I've got to have an operation on this thing. If I don't run

again, well that's too bad. I'm sick of going away and having my hopes slip by and ending up doing nothing'. This is the attitude I went in to hospital with and as it turned out, it was successful. It's a fairly simple decompression operation. Around the shin muscle is a fascia which doesn't stretch as the muscle grows and of course with an active athlete the muscle tends to grow more and more. For me it was just like the muscle being in contraction all the time. It was a matter of cutting through the fascia and sewing it up again, thus allowing the muscle room to move. I ended up with 34 stitches in each leg. But the scars are almost gone now. It took about three hours, mainly because the surgeon was very meticulous in his work, and he hadn't done the operation before, so he was very careful. Probably if it was done quickly it could be done in 1-1½ hours. I was out of hospital in five days, and running again within two weeks, and I was up to 100 miles a week in 10 weeks. I have not had any further problems with them whatsoever. The surgeon has done the same operation on two other athletes, one worse than mine, and he finished second in the New Zealand Champs this year. If you recall Mary Decker, the American girl who was so good as a youngster, she now works for Frank Shorter at Boulder and I got talking to her and she's got exactly the same problem. She's going to have an operation and if she does I think she'll really be good. Watch out for her, she's a terrific natural talent.

Was missing the 5000m world record in 1976 by such a fraction of a second a spur to keep going and try even harder this year?

COLLINGWOOD A.C. CROSS-COUNTRY RACES FOR BOYS

(Under A.A.A. Laws)

SUNDAY, 9th OCTOBER, at 11 a.m.

At Beddington Park, Wallington, Surrey

Age groups (as at 1.9.77) U/11 approx 2 miles, U/13, U/15 3 miles, U/17 4 miles parkland. Perp. trophies winning teams (4 run, 3 score), Ind. awards & team medals all races. Fee: 20p Ind. Entries (with d.o.b.) Mrs Knight, 32 Grosvenor Ave., Carshalton, Surrey.

CLOSING DATE SEPTEMBER 28th

ESSEX FEDERATION OF ATHLETIC COACHES DISTANCE RUNNERS TRAINING DAY

Sunday, 23rd October

Venue: Danbury Park

Danbury, nr. Chelmsford, Essex

Course Director:

Nat. Event Coach: Harry Wilson

Application forms from Mr C. Mustoo, 10 Dee Close, Upminster, Essex.

Fee: 80p Closing date 10th October
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BRACKNELL ATHLETIC CLUB 18th Annual

5 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

SUNDAY, 28th AUGUST, 1977, at 3 p.m.

From Sports Centre, Bagshot Road, Bracknell

Prizes: First 3 Inds., first 3 Teams, first 'B' Team (3 score), first 2 Vets.

Entries: 25p per Ind. to D. Rikly, 34 Saffron Road, Bracknell, by 23rd August. S.A.E. for acknowledgement, S.A.E. for results. Entry on the day 35p.

CYNON VALLEY COUNCIL & ABERDARE VALLEY A.C.

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THE GRAIG FELL RACE

(Under A.A.A. Laws)

SUNDAY, 28th AUGUST, 1977 at 2.30 pm

4 Miles 750ft Climb, Road/Fell

From Aberdare Festival Ground.

1st Prize valued £20, 2nd £12, 3rd £8.

1st Team valued £30, 2nd £21, 3rd £15.

Entry: 30p Ind., no team fee (3 score) to Dave Collier, Michael Sobell Sports Centre, Aberdare, Mid Glam. Tel: 0685-874323.

BY MONDAY, 22nd AUGUST

Yes it was, I guess. The realisation at last that I was good enough to break world records and win Olympic medals was something that I knew I'd always been capable of since about 1970 and I suppose that's why I kept going. I think a 5000m runner reaches his full potential in his late twenties.

Aims for next season?

Next season the Commonwealth Games is going to be my prime aim: both the 5000m and 10,000m. Next year winning is the important thing. What I aim to do is to have a couple of races in Europe before the Commonwealth Games and obviously try and run as fast as I possibly can.

"I think I could probably run about 2:15."

You've run some marathons as background training, but can you envisage yourself getting serious about it?

I would like to run a marathon when I'm really fit and I've got a lot of mileage behind me and I could go out and really have a go. I'm a good road runner. When I was 19 I ran 1:17 for 15 miles on very little training. I've only done a few road races but I've always seemed to have done pretty well. I don't see any reason why I shouldn't be able to run a good marathon. I think I could probably run about 2:15. Hell no, nothing would make me concentrate on it. There are lots of days when I run 6:00 mile pace for 21-22 miles over the hills, so there's no reason why I couldn't finish one.

Could you give me a run-down on an average week's training during your build-up phase?

Obviously you don't want to know about the weeks when I run 150/160 miles because that's not an average week. The average week would be about 125 miles. I try to do 200 kilometres. I generally run about 30-50 minutes most mornings, under 6:00 miling but never under 5:20. In the afternoons I run about an hour and on Sundays I generally run about 21-22 miles in the morning over the hills and in the afternoon, if I'm not smashed by lying on the couch drinking beer and watching the sports programme on television, I might go out and do another 5-8 miles. I never run 5:00 mile pace in steady training. I quite seriously doubt whether many guys run 5:00 mile pace in training. If they say they do then either their watches are wrong or their courses are short. If you look at it logically I don't think there are too many guys that can do that day in and day out. I guess my running averages out to about 5:45 miling pace. That's usually over hilly courses.

In the sharpening period the same running is done in the morning and then for the first month I concentrate on what I call bulk interval work. On a Monday I may go out and run 25 x 200m

"In New Zealand we train mainly for endurance and stamina."

relatively slowly but with a fairly steady pace the whole session through. I try to get the whole session done at just over 5:00 mile pace. I do a 200m recovery but it's always a fairly quick 200m, say 30 sec for the 200m and 45 sec for the recovery. On Tuesday I'll go out and run six miles at a relatively steady effort but even then I rarely go under 5:00 mile pace for that run; the fastest I've ever done is 28:30 but generally it's more like 30:00. Wednesday I might go out and do 6 or 8 x 800m running reasonably steady; Thursday I might do some fartlek; Friday I might do some 200's a little bit quicker but only about eight of them. On Saturday I do what I consider a fairly important session of 20 x 400m at a good pace: over three weeks starting at 62-63 then 61-62 then 60-61. I always try and aim for some progression. I don't hammer the first week and then I can't do the same the second week. I might do that kind of work for three or four weeks, except I might drop the six miles to a three on the third week. Then I sharpen up with a view to racing with a few time trials, do a little less quantity and more quality. I still put a fair bit of emphasis on speed. I think the way we train in New Zealand we train mainly for endurance and stamina.

"The whole place reeks of history."

Stockholm holds some magic for you . . . why is this?

Maybe it's because I'm a bit of a historical freak. The stadium in Stockholm has got a lot of history about it. It was erected for the 1912 Olympics and the whole place reeks of history. Secondly you get a very intimate feeling with the crowd. The eighth lane finishes and the crowd starts! That's good, and they're a very knowledgeable crowd. They know exactly when you're on world record schedule. It's a funny thing, a lot of New Zealanders have got within a fraction of world records there—Murray Halberg and Barry Magee in 1961, John Walker and Rod Dixon in 1975, and I missed the world 5000m record by a tenth in 1976! I don't think the track there is any faster than anywhere else, but there's been a lot of world 5000m world records there.

What is your opinion of Brendan Foster?

Brendan is obviously one of the great distance runners around at the moment. I think by far his best run ever would have to be his 3000m world record. I saw that and it really impressed me mightily. It was a phenomenal run.

Ian Stewart?

Ian was the guy who as far as I was concerned was going to wipe everybody. I saw him

"I'm not looking for immortality. As long as I'm enjoying it and as long as I'm bringing some enjoyment to other people."

run in 1970 at the Commonwealth Games and he was just so good, so superior. I don't know what's happened to Ian in the meantime but only this year has he approached that kind of quality. He seems to have lost his kick somewhere along the line. Ian's the kind of guy that when you've been in a race with him, you always know you've been in a race. He's a tough little bastard, and I respect him for that.

Nick Rose?

I guess he's like most British runners—they don't give up without a fight. The only thing I find about British runners is that very few of the 5000m runners seem to have a real good kick. I don't know why it is that they neglect to put that edge on their speed training. Nick seems to have the same problem, but like Brendan Foster he has this ability to throw in a real hard lap, and there are only a few runners who can stay with that and they've got to be in shape. We're going to hear a lot more about him.

Did any athlete really influence you in your early days?

No, not really. The person who I thought was the greatest, and I still think he's the greatest, is Herb Elliott. He never got beaten, and set a

fantastic 1500m world record, on a cinder track, that was probably 12 years ahead of its time.

How would you like runners to remember you when you have retired?

I'm not looking for immortality. As long as I'm enjoying it and as long as I'm bringing some enjoyment to other people, I don't want to be particularly remembered. To me it (the world record) doesn't seem any big deal. I've just got a talent which is no more than a lot of other people have got. A lot of people don't get recognised for what they are doing. I believe everybody has some sort of talent. Some people just get more publicity because they're a little bit better at what they do. Hell, if somebody runs 13:30, as a percentage 13:12.9 is not much better really. To get the world record was very nice but only because it meant that I was faster than anybody else, but nothing more than that. I'm not going to revolve my whole life around the fact that I've got a world record. Maybe I'm playing it down a little. I'm no better than I was when I was running 13:18, 13:50 . . . it's just a progression. If I run 13:08 that will be really nice but it's just a progression that never ends.

SCAAA OPEN MEETING

At Crystal Palace, July 13th

400: P. Rafferty (Har) 50.3. 800: 1. J. Goodacre (Notts) 1:50.9; 2. M. Fromant (Mit) 1:51.9; 3. D. Palmer (Lough) 1:53.0; 4. M. Wilson (Torb) 1:53.5; 5. S. Morley (B&H) 1:54.5; 6. J. Odlin (N Lon) 1:54.6. (B): 1. B. Attwell (E&E) 1:54.8; 2. P. Hughes (Lough) 1:55.0. 3000: 1. Gren Tuck (C&C) 8:02.8; 2. M. Little (Croy/Aus) 8:07.4; 3. J. Langford (Poly/Aus) 8:11.0; 4. Grah Tuck (C&C) 8:11.6; 5. M. Brameld (Inv) 8:12.4; 6. J. Cain (Port) 8:12.4; 7. J. Bicourt (Bel) 8:13.4; 8. M. Deegan (AF&D) 8:14.6; 9. K. Clifford (C&C) 8:17.2; 10. P. O'Dell (Bed) 8:20.4; 11. B. Dawkins (S&E) 8:21.8; 12. I. Logan (AF&D) 8:23.0; 13. P. Witcomb (B&H) 8:25.6; 14. J. Barnes (Camb H) 8:27.0. (B): 1. R. Wilson (Croy) 8:23.6; 2. J. Nicholson (Croy) 8:25.2; 3. J. Alcock (E&E-J) 8:42.8. HJ: 1. S. Dowaston (Canada) 2.10; 2. A. Dainton (Har) 2.05; 3. P. Munt (Mit) 2.00; 4. C. Georgewski (Canada) 1.95; 5. R. Hepburn (EAC) 1.95; 6. T. Foulger (B'heath) 1.95; 7. T. Llewellyn (B'heath) 1.90; 8. L. Wall-Row (Ox) 1.90; 9. D. Walters (B&H) 1.90. TJ: F. Rush (Met P) 14.07. (Juniors) 800: J. Bristow (B&H) 1:55.9. (Youths) 800: A. Douglas (Craw) 2:00.1. (Boys) 800: N. Bruneau (Felt) 2:06.5.

MERSEYSIDE PENTATHLONS

Entries for the above should be sent to Dr P. R. Thomas at 5 Newby Avenue, Rainhill, Prescott, Merseyside L35 9JR.

SCOTTISH LEAGUE

(Division Two)

July 3rd

Pitreavie 252; Garscube 192; Cambuslang 173; Central Region 166; Ayrshire 110; Dumbarton 109; Perth Strathay 84; Springburn 0.

100: D. Harley (Pit) 11.0. 200: A. Kerr (CR) 22.4. 400: 1. Harley 49.4; 2. I. Houston (Ayr) 49.6. 110H: 1. B. Martin (Dumb) 15.4; 2. D. Findley (Pit) 15.4; 3. K. McEwan (Perth) 15.4. HJ: S. Roxburgh (Ayr) 1.90.

HARLINGTON '6

Due to withdrawal of sponsorship and letters going astray, this race has had to be cancelled. It is hoped to hold the event at a later date.

A fourth member of Havering's winning team in the WAAA Junior 4 x 800m Championship at Wolverhampton on July 23rd was B. Wells and not Owens as printed.

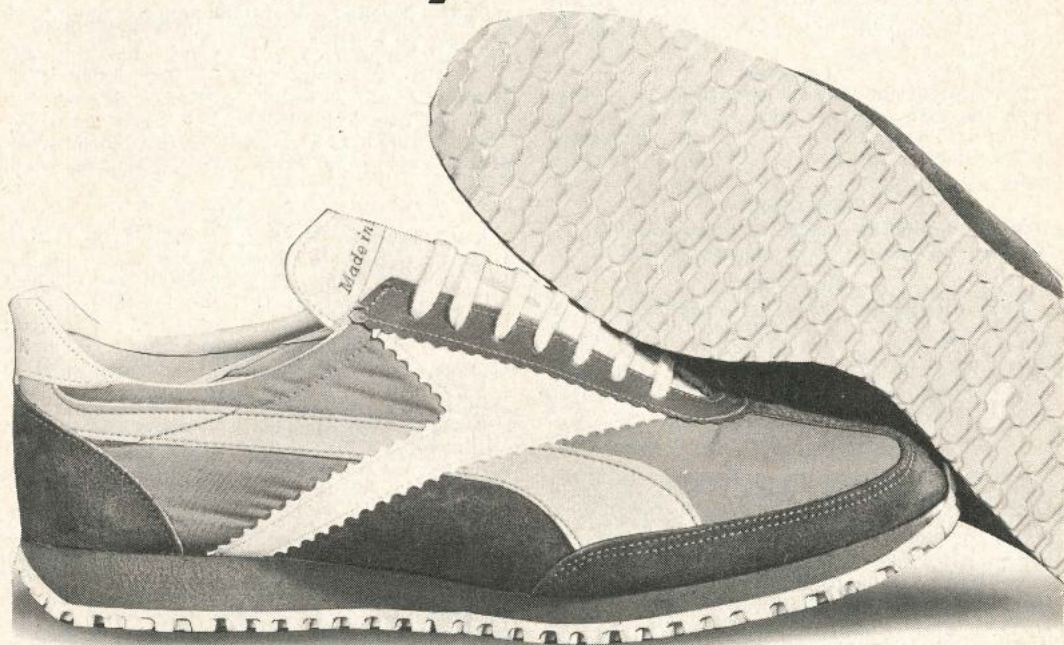
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Medway (0634) 409269 (Advertising).

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RESULTS IN BRIEF

May 3rd

BMC Invitation Mile, at Stretford. 1, I. Gil-mour 4:06.3; 2, L. Reilly 4:06.5; 3, D. Brennan 4:07.1; 4, K. Harrison 4:07.9; 5, D. Nichol 4:08.1; 6, K. Irvine (Jnr) 4:08.7; 7, G. Cooper (Jnr) 4:08.7; 8, D. Gee 4:10.5.

May 21st

Achilles Schools' Relays at Oxford. (Junior Men) 4 x 100: St Paul's 44.5. 4 x 200: 1, Ber-hamsted 1:34.3; 2, St Paul's 1:34.5; 3, Uppingham 1:34.6; 4, Wellington 1:39.9. 4 x 400: S. Edward's 3:31.5. 4 x 800: King Henry VIII 8:19.6. (Youths) 4 x 200: 1, Merchant Taylor's 1:36.6; 2, Dr Challoner's 1:37.2.

May 24th

BMC Invitation 800, at Stretford. 1, A. Mot-terhead 1:51.1; 2, G. Cooper (Jnr) 1:51.9; 3, D. Elston 1:52.6; 4, D. Gee 1:53.0. (B): P. Boswell 1:53.0. 3000: 1, K. Harrison 8:05.6; 2, M. Plant 8:06.4.

May 29th

BMC Invitation 1500, at Stretford. 1, G. Cooper (Jnr) 3:47.5; 2, K. Harrison 3:38.1.

June 14th

BMC Invitation Mile, at Stretford. 1, D. Brennan 4:06.3; 2, K. Harrison 4:06.6; 3, M. Plant 4:07.0; 4, D. Nichol 4:07.2; 5, Y. Karni (Isr) 4:08.5; 6, P. Gaytor 4:09.1; 7, S. How-croft 4:09.1; 8, T. Parkinson 4:09.2. (Women) 800: 1, A. Creamer 2:05.7; 2, J. Lawrence 2:07.3.

June 26th

Young Athletes League, at Warley. (A): Birch-field 141; Tipton 116; Warley 58; Stafford 53. 3000: 1, Pemberton (B) 8:54.6; 2, Round (T) 8:55.6. 1500SC: Wedderburn (T) 4:29.6. TJ: Brown (B) 13.89. DT/HT: Weir (B) 44.16/45.74. 4 x 100/4 x 400: Birchfield 43.7/37.6. (Boys) 80H: Thorn (B) 11.7. (B): Strawford (B) 11.8. HJ: 1, Page (B) 1.75; 2, Watson (T) 1.70. SP/DT: Weber (B) 13.16/36.22. (B): Sparkhill 133; Coventry 119; Gloucester 79; Stoke 34. 100: Bills (C) 11.2. 200: Moxham (C) 22.9. (B): Bills 22.9. 100H: Drysdale (S) 13.6. PV: Green (S) 3.70. 4 x 100: Coventry 44.7. 4 x 400: 1, Coventry 3:34.9; 2, Sparkhill 3:37.5. (Boys) 3000: Bond (G) 9:42.2. LJ: Bloomfield (S) 6.09.

July 2nd

Bromsgrove & Redditch 5M Road Race. 1, H. Lambert 28:49; 2, S. Buchanan 29:13; 3, A. Barr 29:46. (Women): B. Smith 35:59.

July 3rd

Young Athletes League, at Windsor. (A): Feltham 135; WS&E 110; Woking 82; Newbury 66. (Youths) PV: T. Anstiss (F) 3.80. HT: M. Mitchell (F) 56.62. (Boys) 1500: 1, G. Taylor (F) 4:11.9; 2, K. Bright (N) 4:16.0. 3000: J. Solly (N) 9:30.3. (B): Oxford 140; Collingwood 100; Reading 77; Guildford & Godalming 55.

1500SC: 1, P. Lanfear (R) 4:28.5; 2, D. Swain (C) 4:39.6. 100H: I. Gray (O) 14.6. DT/HT: R. Jenkins (O) 42.28/49.26. (Boys) 80H: C. Daws (O) 12.0.

July 5th

BMC Invitation Mile, at Stretford. 1, S. Markley 4:03.5; 2, D. Brennan 4:03.9; 3, D. Nichol 4:04.0; 4, D. Gee 4:06.0; 5, M. Bateman 4:07.0; 6, D. Blakeley 4:07.7; 7, J. Willshire 4:07.7; 8, M. Deegan 4:07.9; 9, P. Harker 4:10.6; 10, I. Logan 4:11.3; 11, K. Harrison 4:11.4. (Women) 1500: 1, J. Lawrence 4:17.0; 2, Y. Rowe 4:37.3; 3, C. Ready 4:37.4; 4, J. Asgill 4:39.4.

July 7th

Open Meeting, at Southampton. 200: 1, A. Ross (Chelm) 21.8; 2, M. Kelly (S&E) 21.9; 3, M. Saunders (S&E) 21.9; 4, M. Jackson (S&E) 22.0. 400: D. Vidler (Fare) 50.2. 1500: 1, P. Banning (And) 3:45.6; 2, A. Nixon (S&E) 3:53.0; 3, C. Bunyan (S&E-J) 3:53.8; 4, Hawkins (B&H) 3:54.6. 110H: A. Drayton (S&E) 14.6. (Women) 400: S. Price (S&E) 59.0. 1500: J. Dawkins (S&E) 4:45.8.

July 8th

LAC Schools Meeting. (U/19) 110H: 1, F. Udeozor 15.5; 2, W. Patterson 15.5; 3, B. Taylor 15.6; 4, D. Tighe 15.8. 2000SC: D. Caldwell 6:13.2. HJ: A. Pringle 1.88. SP: F. Obikwu 13.21. JT: N. Stainton 54.06. (U/17) 400: K. Kirby 51.7. 800: D. Lightowler 1:58.8. TJ: 1, C. James 13.36; 2, S. Loopuit 12.32. DT: M. Weston 41.30.

July 9th

Evening Mail Trophy, at Windsor. AF&D 110; Hillingdon 99; WS&E 90; Reading 67; Twicken-ham 47; Sutton 44; Havering 11. Non-scoring 100: S. Hall (Hill) 10.7. 400: Hall 48.3. PV: T. Gardner (Hill) 4.40. SP/DT: 1, N. Griffin (WS&E) 15.48/45.46; 2, D. Maloney (Twick) 13.15/43.98. JT: J. Crosse (Sy) 61.34. (Senior Women) Hatton Trophy: Havering & AF&D 158; Reading 148; WS&E 108; Hillingdon 99; Twickenham 15. 400: A. Wright (WS&E) 58.2. 800: R. Chetleburgh (Hav) 2:11.1. JT: L. Strat-ford (AF&D) 43.50. (Junior Women) 100: T. Campbell (AF&D) 12.6. 200: I. Morris (Hav) 26.6. 800: D. Buckle (Hav) 2:21.7. (B): L. Holmes (Hav) 2:23.3. 1500: 1, C. Wells (Hav) 4:53.6; 2, N. Ratcliffe (AF&D) 4:55.3. (B): J. Rayment (Hav) 5:03.1.

Belgrave H Champs, at Motspur Park. 110H: P. Whitby 15.9. 3000W: G. Scatter 12:31.8. LJ: R. Hopkins 6.84.

July 12th

'Jubilee Special' Meeting, at Hillsborough. Mile: 1, W. Wilkinson (Rown) 4:02.2; 2, K. Newton (Sheff) 4:03.1; 3, M. Prince (Hull) 4:07.6; 4, D. Gee (Man) 4:11.3; 5, M. Farrell (Sheff) 4:11.8; 6, R. Callan (Leic) 4:12.0. 2000SC: 1, S. Mitchell (W Gn) 5:43.7; 2, A. Parkinson (A&SV) 5:47.3; 3, D. Blakeley (Man) 5:51.7; 4, M. Nolan (Man) 5:53.0; 5, J. Offord (Leic) 5:54.0; 6, A.

Howden (Hal) 5:54.7. 4 x 100 Medley: Sheffield 43.2/3:33.2. (Youths) Medley: 1, Derby 3:45.0; 2, Sheffield 'B' 3:47.7; 3, Sheffield 'A' 3:52.5. (Senior Women) Mile: 1, C. Hanson (Dby) 4:39.1; 2, A. Creamer (Roth) 4:40.8; 3, S. Simpkin (Sale) 4:44.6; 4, J. Williamson (Sale) 4:47.4; 5, J. Clarke (Sheff) 4:50.9; 6, S. Dean (Long) 4:59.0. HJ: 1, V. Langley (Sheff) 1.70; 2, J. Harrison (B'field) 1.70; 3, J. Sykes (DHTC) 1.65; 4, D. Hemmingway (Dby) 1.60. 4 x 100: 1, Hickleton 47.7; 2, Sheffield 49.7. Medley: 1, DHTC 4:06.4; 2, Sheffield 4:13.2. (Inters) Medley: 1, Leeds City 4:16.9; 2, A&SV 4:26.0; 3, Sheffield 4:27.0.

July 13th

Loughborough Throws Competition. SP: W. Tancred 17.07. DT: 1, W. Tancred 60.08; 2, J. Giles 40.20. 28lb HT: Tancred 19.82.

Vets AC Handicap Races. 100: 1, J. Searle (21½m) 12.3; 2, W. Hartfree (14½m) 12.4; 3, S. Stein (1½m) 12.4. 1500: 1, J. Kearsey (Scr) 4:48.8; 2, J. Signouray (15m) 5:04.0; 3, J. Daniels (5m) 5:18.4. 5 Miles: 1, F. Lewis (23:10) 21:44; 2, N. Noble (14:50) 25:00; 3, R. Smith (6:10) 25:02. Fastest: L. Parrott 27:40.

HAC Memorial Trophy, at Wimbledon Park. (Youths) SP: S. King (Bel) 13.68.

July 20th

Highgate H Open Meeting, at Parliament Hill. 200: 1, E. Obeng (Bel) 22.1; 2, P. Allen 22.2; 3, R. Mitchell (Aus) 22.3. 800: 1, K. McCarthy (Law) 1:54.8; 2, S. Trew (BoE) 1:54.8; 3, N. Muir (Shett) 1:54.9. 400H: 1, D. Manly (Poly) 55.2; 2, P. Jousiffe (Thurr) 55.9; 3, D. Barrington (Poly) 56.3. HJ: 1, Murray (H&S) 1.95. SP: 1, S. Clark (W Gn) 15.37; 2, S. Head (Ex B) 13.01. (Women) 200: 1, R. Boyle (Aus) 23.8; 2, B. Nail (Aus) 24.5.

July 23rd

Gibson Trophy Meeting (Women), at Ilford. Chelmsford 321; Essex 320; Ilford 276; Havering 266; Southend 199. 200: G. McCormack (Ex) 25.4. 400: J. Dawson (Chelm) 58.7. HJ: 1, C. Drewry (Ex) 1.60; 2, D. Sturman (Chelm) 1.60. LJ: McCormack 5.40. SP: 1, Y. Fountain (S'end) 11.92; 2, H. Clarke (Chelm) 11.62; 3, P. Woodhouse (Ex) 10.63. (B): D. Payne (Chelm) 10.95. DT: Sturman 39.80. (B): S. Wood (Chelm) 37.56. JT: 1, Fountain 40.32; 2, Payne 38.56; 3, Woodhouse 37.16. 4 x 100: Essex 49.5. 4 x 400: 1, Essex 4:00.0; 2, Havering 4:01.3. (Junior) 800: D. Cole (Ilf) 2:22.9. DT: T. Wilderspin (Hav) 30.82.

Open Meeting, at Black Bridge. (Junior Men) JT: A. Elias (Glos) 53.68. (Inter Women) DT: L. Hatton (Glos) 31.40.

July 24th

Spalding Relays. (Junior Women) 3 x 800: Norfolk Olym 7:35.2.

July 25th

Welsh AAA 222 v Combined Services 177, at Bangold. 400: 1, K. Akibus (CS) 49.8; 2, A. Tinsley (W) 50.0. SP: 1, J. Tym (W) 13.88 (Welsh Jnr rec); 2, P. Rees (W) 13.71; 3, N. Jones (W) 13.36; 4, C. Skelton (CS) 13.21. JT: M. Annis (CS) 60.38.

July 26th

BMC Invitation 1500, at Stretford. 1, A. Mottershead 3:43.6; 2, S. Markley 3:44.2; 3, D. Gee 3:47.3; 4, P. Harker 3:48.3; 5, K. McDonald 3:49.2; 6, J. Willshire 3:49.8; 7, M. Plant 3:50.0; 8, S. Howcroft 3:50.1; 9, M. Deegan 3:50.6; 10, D. Blakeley 3:51.1; 11, M. Bateman 3:51.6. (B): 1, Phil Gaytor 3:51.5; 2, J. Ashton 3:51.7; 3, P. Campbell (Jnr) 3:52.1; 4, K. Bell (Jnr) 3:52.3; 5, S. Martin (Jnr) 3:54.4; 6, E. White (Jnr) 3:56.4. (Women) 800: 1, J. Lawrence 2:04.6; 2, C. Tranter 2:07.1; 3, S. Parker 2:08.6; 4, S. Simpkin 2:09.7; 5, K. Pilling 2:10.6; 6, J. Clarke 2:11.2; 7, Barsfield 2:11.3. (B): 1, J. Arnold 2:13.9; 2, S. Harris 2:14.9.

JEAN DAWES CONQUERS BOB GRAHAM ROUND

On the weekend of June 25th/26th, Jean Dawes of Ulverston became the first woman to complete 'Bob Graham's Round of the Fells' in the Lake District. The 42 Peak circuit, involving a total ascent (and descent) of 27,000 feet over 75 miles, must be accomplished inside 24 hours to qualify for membership of the Bob Graham 24 Hour Club, and Jean had 33 minutes to spare at the end. This was her second attempt, incidentally, for she had already completed the course last summer but had over-run her time by 50 minutes.

At the Skidda Fell Race prizegiving on July 3rd, Jean was presented with an album of photographs of her attempt by Joss Naylor on behalf of Whitehaven photographer Tommy Orr. She is the wife of ultra-distance man Pete Dawes, holder of the Pennine Way fell running record.

Stan Bradshaw (65) of Clayton-le-Moors Harriers, who first completed the 'Graham Round' in 1960 in a time of 23 hours 25 minutes, set off Jean but was later slowed down by something he'd eaten at one of the access points. Accompanied by Joss Naylor and Clayton club-mate John Haworth, he carried on to finish in 25½ hours. Chris Bland (Keswick) was also successful on this weekend at his second attempt, while Pete Walkington (Blackburn) made his third complete traverse of the course when he guided club-mate Harry Walker and Bob Whitfield (Kendal) around it.

Bill Smith

* * *
The secretary of Weymouth Harriers, G. Self, seeks winter fixture dates from other club secretaries, particularly in the south and south west — plus details of county or inter-county races. Contact him at 12 Castle Hill Road, Weymouth, Dorset.

Flying Scot Gains AAA Junior Double

SCOTSMAN Peter Little (16), who could have competed in the Youths events, chose to contest the AAA under-20 championships at Aldershot on July 30th/31st — and came away with both sprint titles and a place in Britain's team for the European Junior Championships at Donetsk. His wind-aided times were 10.5 and 21.0 with legal marks of 10.7 and 21.3 (UK age best) in the heats. Other championship bests were recorded by Colin Szwed (17) with 1:48.7 for 800, just ahead of UK junior 1500 record holder Chris Sly, Nicky Lees with 14:01.0 for 5000, Mark Holtom with 14.1w for 110 hurdles, Gary Oakes with an age-18 best of 51.7 for 400 hurdles, Colin Mitchell (18) with a 7.40m long jump and Megarry Effiong who raised his age-17 triple jump best to 15.65m. In the high jump club-mates Milton Palmer (18) and Derrick Morris cleared 2.10m, the latter equalling the UK age best, prior to attempting a UK senior record of 2.16 (7'11").

100 (+3.0): 1, P. Little (EAC) 10.5 (CBP) (10.7 ht); 2, G. Colin (Leeds City) 10.6; 3, D. Baptiste (Ex B) 10.7; 4, E. Cutting (RAF) 10.7; 5, R. Sharp (Shett) 10.8; 6, S. Harrison (Leeds City) 11.0; 7, A. Sumner (EAC) 11.1. In hts: M. Robertson (War) 10.7w, A. Pitts (Harlow) 10.9.

200 (+3.2): 1, Little 21.0 (=CBP) (21.3 ht); 2, Colin 21.5; 3, Pitts 21.5; 4, Baptiste 21.6; 5, V. Bramble (VPH) 21.7; 6, C. Baxter (Brack) 22.2. In hts: T. Livingstone (Fife) 21.9.

400: 1, A. Kerr (C Region) 48.1 (48.0 ht); 2, S. Wymark (Hull Sp) 48.1; 3, M. Francis (BRC) 48.4; 4, D. Mote (Sy AC) 49.1; 5, J. Houston (Ayr) 49.9 (48.8 ht); 6, S. Houlton (Hull Sp) 50.1 (49.5 ht).

800: 1, C. Szwed (Cov G) 1:48.7 (CBP); 2, C. Sly (Felt) 1:48.8; 3, I. Warsama (Gates) 1:50.1; 4, T. Young (C Region) 1:50.4; 5, S. Gibson (Shorts) 1:51.5; 6, M. Scruton (Man) 1:52.3 (1:51.3 ht); 7, D. Joseph (W'stow) 1:52.7 (1:51.4 ht); 8, R. Harrison (Liv H) 1:56.5 (1:52.6 ht).

1500: 1, S. Cahill (Leeds City) 3:48.0; 2, J. Williamson (Spring) 3:48.2; 3, M. Edwards (Army) 3:48.8; 4, G. Nurse (Leic) 3:48.7; 5, T. Leonard (Blay) 3:48.8; 6, A. Martin (Gates) 3:50.5; 7, M. Morton (B'burn) 3:50.9; 8, K. Irvine (Wig) 3:51.0; 9, K. McCartney (Law) 3:52.1; 10, K. Glastonbury (Card) 3:52.4; 11, G. Cooper (Stret) 3:55.3 (3:51.4 ht); 12, J. Clark (Roth) 3:56.9 (3:56.8 ht); 13, E. Martin (Basil) 4:01.7 (3:57.7 ht).

5000: 1, N. Lees (Dby) 14:01.0 (CBP); 2, N. Muir (Shett) 14:05.8; 3, A. Leek (Card) 14:07.2; 4, R. Swann (Bas) 14:12.0; 5, T. Milovsorov (Tip) 14:21.4; 6, E. White (Wirr) 14:24.0; 7, S. Anders (Stret) 14:25.4; 8, D. Beaver (Poly) 14:40.0; 9, J. Lothian (Ply) 14:42.2; 10, K. Tesh (Port) 14:44.0; 11, D. Carr (Gates) 14:44.0; 12, C. Bunyan (S&E) 14:45.8; 13, M. Bliss (Basing) 14:59.4.

2000SC: 1, P. Campbell (Bolt) 5:40.2; 2, S. Butler (Liv H) 5:46.4; 3, J. Wilson (E&E) 5:47.8;

4, R. Rose (Hill) 5:48.2; 5, M. Hunter (S&NH) 5:51.8; 6, S. McArthur (Anna) 5:53.2; 7, C. Presst (Wake) 5:54.6; 8, C. Marr (Chelm) 5:56.4 (5:56.0 ht); 9, G. Fell (Ex B) 5:59.6; 10, N. Jones (EAC) 6:05.0 (5:55.6 ht); 11, K. Capper (L&M) 6:16.6 (6:01.0 ht).

10,000W: 1, G. Morris (Stey) 46:51.0; 2, J. Robinson (Tend) 47:55.8; 3, M. Dunion (Ex P) 48:48.8; 4, C. Wilkes (Harb) 48:59.4; 5, M. Wordsworth (Tonb) 49:11.0; 6, D. O'Shea (B&H) 51:13.0; 7, J. Dunsford (Bel) 52:35.6; 8, N. Walsh (Grey) 52:41.4.

110H (+2.8): 1, M. Holtom (Stoke) 14.1 (CBP); 2, P. Barthropp (E&E) 15.0; 3, B. Porteous (Anna) 15.1; 4, N. Towell (BoE) 15.1; 5, J. Key (Wyc) 15.6; 6, H. Jones (Ox) 15.7; 7, N. Augustin (H&S) 24.8 (15.1 ht).

400H: 1, G. Oakes (H&S) 51.7 (CBP); 2, Key 54.6; 3, C. Richardson (VPH) 54.6; 4, Porteous 55.4; 5, S. Sole (Sheff) 56.3 (55.6 ht); 6, C. Amos (Bris) 57.6 (56.5 ht).

HJ: 1, M. Palmer (W&B) 2.10; 2, D. Morris (W&B) 2.10; 3, G. Robertson (Ox) 2.05; 4, D. Hendry (Fife) 2.00; 5, S. Gill (NSP) 2.00; 6, S. Metcalfe (Scun) 2.00; 7, R. John (TVH) 2.00; 8, A. Breden (Met P) 1.95; 9, D. Abrahams (Glos) 1.95; 10, K. Little (Warley) 1.95; 11, R. Hepburn (EAC) 1.95; 12, N. Duffin (Stret) 1.90; 13 eq, R. Willsmer (Twick) & T. Llewellyn (Black) 1.90; 15, P. Munt (Mit) 1.90; 16, J. Daley (M&C) 1.90.

PV: 1, A. Jackson (Lut) 4.40; 2, A. Ross (B&H) 4.10; 3, N. Heal (Card) 4.00; 4, G. Eggleton (Chelm) 3.90; 5, W. Radnarski (HW) 3.80; 6, J. Cryle (Felt) 3.60; 7, J. Leiper (AF&D) 3.60.

LJ: 1, C. Mitchell (H&S) 7.40 (CBP) (& 7.35); 2, A. Earle (Spark) 7.40 (& 7.30); 3, A. Slack (Wake) 7.39; 4, M. Effiong (HW) 7.28; 5, G. Udo (Shaft) 7.04; 6, G. Comer (Bris) 6.95; 7, P. Brugnani (H&S) 6.89; 8, R. Palmer (Anna) 6.84.

TJ: 1, Effiong 15.65 (CBP); 2, N. Stoppard (Sheff) 15.31; 3, G. McCalla (B'field) 15.24; 4, D. Perkins (Spark) 14.90; 5, Udo 14.79; 6, S. Metcalfe (Scun) 14.74; 7, A. Flowers (——) 14.45; 8, D. Abrahams (Glos) 13.37.

SP: 1, A. Vince (Chelm) 15.26; 2, M. Atkinson (Anna) 14.60; 3, D. Smedley (Sheff) 13.62; 4, G. Marsh (Shaft) 12.69; 5, J. Tym (Sale) 12.66; 6, M. Charge (H&W) 12.62; 7, P. Holway (B'field) 12.09; 8, T. Lithgow (Mill) 11.61.

DT: 1, C. Consirine (Australia) 46.74; 2, Lithgow 41.72; 3, G. Ellis (B'mouth) 41.32; 4, Atkinson 40.48; 5, G. Hollingshead (SLH) 38.32; 6, Vince 38.22; 7, Smedley 37.94; 8, P. Edwards (Walton) 36.18.

HT: 1, D. Hegarty (RoI) 54.88; 2, Linscheld (RoI) 53.28; 3, R. Gibson (RoI) 52.68; 4, R. James (W London GS) 51.92; 5, G. Whaley (BRC) 51.52; 6, M. Girvan (W Gn) 50.96; 7, C. Ball (RoI) 49.94; 8, P. Dolding (W London GS) 47.66; 9, S. Watson (NSP) 47.00; 10, K. MacNab (Wyc) 44.76; 11, S. Sage (E&E) 42.48; 12, R. Bacon (AAC/Chep) 40.60.

SALE

CONTINUED

While stocks last

ROAD SHOES

Tiger Europa. Training shoe in green suede with red trim with special sole giving excellent grip on road or country. Sizes: 6, 7, 9, 11 only. **£7.85 (£9.85). SAVE £2.**

Gola Blaze. Red nylon uppers and non-slip zig-zag sole. Excellent value at the normal price of £6.99. Our price **£4.99** for 3, 4, 5, and **£5.49** for 8, 9, 10. **SAVE £1.50.**

Tiger Asia. Good general purpose shoe with blue nylon uppers and red/white trim in suede. Slight reverse ripple sole for good grip. **£7.80 (£9.80). SAVE £2.** Sizes: 7, 8, 10, 11.

Adidas SL 76. Probably the best known of all training shoes. Green nylon uppers with yellow trim. Sizes: 6½, 7, 7½, 8, 8½, 10, 10½ only. Special offer to reduce large stocks **£14.50 (£16.50). SAVE £2.**

Tiger Jayhawk. Racing shoe which had such a high rating in the 'Runners World' survey. Gold nylon with black trim and special flexible sole. Super racing shoe. Sizes: 9, 9½, 10 only at **£16.15 (£18.15). SAVE £2.** A small batch were made in white with red trim and we have 7½, 10, 11 only at the special price of **£14.85.**

Adidas Gazelle. One of the most popular road shoes, very comfortable and giving long wear. Blue velour uppers with white trim and microcellular sole. Size: 6½ only. **£13.45 (£15.45). SAVE £2.**

Tiger Jogger. Very popular shoe in blue nylon with white trim. Rubber sole with foam insert. Very comfortable. Cannot be repeated at this price — **£12.75 (£14.75). SAVE £2.** Sizes: 6, 6½, 7, 7½, 8, 9.

Adidas Jogger. Blue suede with white trim and white polyurethane sole. Sizes: 6, 6½, 8, 8½, 10 only. **£7.40 (£9.40). SAVE £2.**

SPIKES

Adidas Jet. Popular low priced shoe in blue nylon with white trim. Sizes: 4, 5, 5½, 8, 9½. Special one-off price of **£11.50 (£13.50). SAVE £2.**

Please enclose 45p part post and packing.

Two pairs sent post free

ACCESS OR BARCLAYCARD ACCEPTED

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone: Medway (0634) 47055

JT: 1, C. Hodder (LAC) 67.38; 2, A. Baker (Liv H) 64.02; 3, C. Smith (QPH) 63.34; 4, M. Bamford (Hill) 63.12; 5, M. Annis (B'field) 59.16; 6, S. Maxwell (Pit) 57.90; 7, T. Newenham (Norf) 56.70; 8, C. Johnson (Stret) 56.36.

Youths

100 (+0.75): 1, E. Dennis (Spark) 11.0; 2, I. Loftman (McEntee Sch) 11.0; 3, D. Bills (Cov G) 11.0; 4, D. Clarke (EAC) 11.0; 5, S. Smith (New) 11.1; 6, A. Drinkwater (Bognor) 11.1; 7, A. McComb (Lisna) 11.3 (11.1 ht).

200: 1, D. Butler (Leic) 22.1; 2, Drinkwater 22.4; 3, Dennis 22.4; 4, Bills 22.7 (22.5 ht); 5, R. Key (B&H) 23.0 (22.6 ht); 6, Clarke 23.1 (22.6 ht).

400: 1, A. Mbanu (Sale) 50.0; 2, C. Bailey (Port) 50.4; 3, M. Penn (H&S) 50.6; 4, G. Henry (HW) 50.6; 5, T. Frost (W Norf) 51.2 (50.9 ht); 6, D. Guyett (RoI) 51.6 (51.1 ht).

800: 1, J. Spooner (B'heath) 1:53.6; 2, A. Lawrence (Darl) 1:54.5; 3, D. Eglen (AF&D) 1:55.1; 4, B. McDonald (RoI) 1:56.7; 5, N. Harper (W&B) 1:58.0; 6, C. Shulman (Port) 1:58.7 (1:57.7 ht); 7, A. Lawrence (Darl) 1:59.7 (1:58.7 ht).

1500: 1, S. Cram (J&H) 3:54.6; 2, C. Clarkson (Swan) 3:55.8; 3, S. Fox (Ox) 3:57.4; 4, P. Dodds (Morp) 3:58.6; 5, C. Moss (Basing) 3:58.8; 6, K. O'Connor (Black) 3:59.2; 7, K. Kiddle (Port) 3:59.3; 8, A. Douglas (VPAAC) 4:00.8; 9, A. Bristow (B&H) 4:02.4; 10, S. Flint (Thet) 4:02.4; 11, D. Pemberton (B'field) 4:03.2; 12, S. Round (Tip) 4:10.9 (4:06.9 ht).

1500SC: 1, D. Lewis (Ross) 4:13.6 (CBP); 2, D. Fleming (B&H) 4:13.7; 3, E. Wedderburn (Tip) 4:13.9; 4, K. Heather (D of Corn) 4:20.8; 5, E. Emms (Ex B) 4:22.4; 6, M. Smith (Barnet) 4:30.0; 7, S. Kirk (Ton) 4:34.0; 8, K. Parker (Yeo) 4:39.5 (4:33.7 ht); 9, P. Davis-Hale (Cann) 4:43.0 (4:37.8 ht); 10, P. Hudson (Burt) 4:56.1 (4:33.3 ht).

100H (+2.8): 1, P. Adams (BoE) 13.1 (CBP); 2, A. Drysdale (Spark) 13.1; 3, H. Bridgeman (Lon I) 13.4; 4, D. Kelly (RoI) 13.4; 5, R. Willard (Stock) 13.4; 6, A. Finnemore (B&H) 13.5; 7, T. Maltby (Lang Pk) 13.6; 8, M. McClure (Shorts) 13.7.

3000W: 1, I. McCombie (NSP) 13:28.8; 2, M. Miley (Harb) 13:33.4; 4, N. Troy (Harb) 13:53.0; 5, G. Vale (Sy WC) 14:09.8; 6, K. Walsh (Grey) 14:39.0; 7, D. Buchanan (B&H) 14:48.8; 8, M. Greenhaugh (Grey) 15:02.8; 9, D. Thorne (Grey) 15:19.2.

HJ: 1, R. Hepburn (EAC) 2.00; 2, V. Clemmens (S&NH) 2.00; 3, T. Llewellyn (B'heath) 1.95; 4, L. Shakes (Sastleas S) 1.90; 5, F. Redley (Spark) 1.90; 6, R. Charles (QPH) 1.90; 7 eq, F. Manderson (AF&D) & R. Gater (New) 1.90; 9, R. McLoughlin (Boyle AC) 1.90.

PV: 1, J. Ball (R&R) 4.10; 2, T. Anstiss (Felt) 4.00; 3, D. Hooper (Sy AC) 3.90; 4, M. Shippen (Bel) 3.90; 5, J. Hartnett (RoI) 3.45; 6, K. Howells (Carm) 3.30; 7, M. Koska (Stowe S) 3.00; 8, T. Green (Spark) 3.00; 9, A. Payne (Spark) 3.00.

continued on page 34

ATHLETES CLINIC

PERIOSTITIS

Dear Sir,

I am writing for advice on an injury for which I had an operation in August 1976. The surgeon operated and removed a piece at the point on the inside of my left tibia halfway between the ankle and kneecap. Since the operation I find a nagging throbbing in the area which I described. It comes and goes but some days when I do a good session on the track it doesn't bother me; it's only when I finish that the throbbing comes back, which is annoying. I had a blood test recently which proved nothing. I wonder how long it will take to heal completely so I can once again enjoy a good run and without the throbbing pains I've been experiencing.

R. Rokicki,

Victoria Park AAC, Glasgow

It sounds very much from your letter as if what you have been suffering from is a periostitis, that is to say inflammation and damage to the membrane covering the shin-bone. This damage can occur when the attachment of the pos-

terior tibial muscle gets pulled away in running, a condition which is called the posterior tibial syndrome. It can easily be cured by an operation. However, this operation has to be over a fairly large area. Some temporary relief may be given if only a small part of the scarred tissue is removed which seems to have happened in your case. When, however, the condition is chronic it is usually necessary to decompress the whole of the leg from just above the ankle to just below the knee. The fact that the pain is not constant I think to some extent dependent on the way in which you are running. The exact amount of work in training and the speed at which the running is done, the track surface involved and the type of shoes worn all are determinances to whether or not pain is felt and if so how much. It might be worth revisiting your surgeon to ask whether a more extended procedure could be helpfully carried out.

PERIOSTITIS OF METATARSALS?

Dear Sir,

The term PERIOSTITIS OF METATARSALS which appears to be a mystery condition not known to your MEDICAL OPINION columnist is illustrated on page 14 on HINTS ON ATHLETIC INJURIES by C. Bould, MCSP, former GB team physiotherapist now in Aus-

EAST HULL HARRIERS & A.C.

Eighth Annual

HALF MARATHON

(Under AAA Laws)

MONDAY, 29th AUGUST, Start 2.30 pm

Excellent prize list: First 10 Ind, first 3 Teams (3 count). Vets prizes O/40, O/45, O/50.

Flat course on quiet country roads. Programme & result sheet sent to all entrants. Entry fee 40p per ind—no team fee. Entries, which close on **Thurs, 18th Aug**, to Peter Dearing, 1 Collinson Close, Witherby, Hull (Office Tel: 0482-24796).

Course record: Jim Alder 65.30

WYCOMBE PHOENIX HARRIERS & A.C.

present the annual

FURNITURE '5' RACES

(Under A.A.A. & W.A.A.A. Laws)

ON SUNDAY, 4th SEPTEMBER, 1977

From The Rye Recreation Ground,

Keep Hill Road, High Wycombe

1.15 p.m. Youths and Boys 1½ Miles Race

1.45 p.m. Junior Girls 1½ Miles Race

2.15 p.m. Senior Ladies '5'

3.15 p.m. Senior Men's '5'

Entry Fees: Snr Ladies and Snr Men 35p per Individual, 40p per Team (4 run, 3 score). Youths, Boys and Jnr Girls 20p per Individual, no Team fee.

Entries to: L. G. B. Thomas, 20 Stephenson Close, High Wycombe, Bucks HP13 5SY. Tel: H.W. 31239.

ENTRIES CLOSE 27th AUGUST

EAST CHESHIRE 'SEVEN'

(Under A.A.A. Laws)

10th SEPTEMBER, 1977

at Ashton-U-Lyne, 3 p.m.

First seven Individuals, first five Teams.

Entries to Ian Garside, 29 Fawley Avenue, Hyde, Cheshire. Tel: 061-368-9472 (Home), 061-368-5855 (Office).

Individual 30p, Team 75p.

ENTRIES CLOSE 29th AUGUST

MISTLEY SPORTS FESTIVAL

5 MILE ROAD RACE

(Under A.A.A. Laws)

Organised by Colchester Athletic Club

SUNDAY, 4th SEPTEMBER

Start 3.00 p.m.

Furze Hills Recreation Ground, Mistley, Essex

Prizes for Individuals, Vets and Teams.

Fee: 30p Individual, no Team fee.

Entries to P. J. Chillingworth, 3 Edison Close, Braintree, Essex.

ENTRIES CLOSE TUESDAY, 30th AUGUST

tralia. Since his book has a foreword from J. L. Stephen, MA, ChM, FRCSE, Senior Surgeon, Paddington General Hospital, one assumes that Bould knew what he was talking about.

On page 50 of **STRENGTH, POWER AND MUSCULAR ENDURANCE**, by John Jesse, the condition is again illustrated and is repeated in **ENCYCLOPAEDIA OF ATHLETIC MEDICINE** compiled by George Sheehan, MD, medical columnist of **RUNNERS' WORLD**.

On page 60 of **HINTS ON ATHLETIC INJURIES** by C. Bould he describes the treatment as being: "The athlete should rest from running for a few days. Short wave diathermy should be administered three times a day and Faradic foot baths should also be given. The latter is useful for preventing or reducing the spasm of the small muscles of the foot which quite often follows the onset of this condition".

Who is the doctor writing this column? Why doesn't he reveal his identity as does Dr Sheehan in his medical column of **RUNNERS' WORLD**?

Frank J. Horwill

The orthopaedic specialist, a surgeon of world-wide reputation, whose name we are not permitted to mention because it contravenes the rules of the General Medical Council, replies:

I have read with great interest Mr Horwill's letter to you on the subject of Periostitis of the Metatarsals and I am very happy to deal with all the particular points that he raises.

In the first place the fact that a condition has been described by a particular physiotherapist in a particular booklet does not in any way guarantee that the condition does actually occur any more than there is any guarantee that such a condition occurs if it is described by a doctor. There are certain criteria that have to be fulfilled before a pathological condition can be accepted as occurring and in this case the relevant criteria have not been fulfilled. Of course periostitis may affect one or other metatarsal in conjunction with a stress fracture or indeed an ordinary fracture but in that case the primary and main diagnosis is of the fracture.

The fact that a surgeon, however eminent, writes a foreword to a book does not in any sense guarantee that everything written in the book meets with that particular surgeon's approval. Indeed if this were the case one could take it that surgeons would only write forewords to books which they had written themselves!

There are many conditions met with in sports medical practice that have been variously attributed to dubious pathologies and it is perhaps not surprising in view of the gullibility of many fringe authors let alone actual coaches, that these obscure and inaccurate terminologies persist. Dr George Sheehan (who is personally known to me) is, of course, a cardiologist and indeed when talking about injuries resulting from athletic activity, is always at pains to point out that he speaks from the point of view of a runner and

not a specialist in locomotor disorders. Regrettably, therefore, he can be regarded as no more an expert in this particular field of medicine than anyone else.

With regard to the treatment Mr Bould describes, one would almost go so far as to say that by definition if that treatment is successful in alleviating pain in the foot ascribed to "Periostitis of the Metatarsals" it is pretty well certain that the condition is not in fact due to such a periostitis! What Mr Bould has in fact described is a programme of treatment that could be very satisfactorily applied to a number of other painful foot conditions (although it is very difficult to see how anybody could reasonably expect short-wave diathermy to be given to any patient three times a day!).

One of the big problems in dealing with and describing sports injuries has been the absence of a satisfactory nomenclature based on a scientifically valid classification of the different types of injuries. It was indeed this lack that prompted the American Medical Association some years ago to produce its standard nomenclature of athletic injuries which, while by no means comprehensive, is nevertheless a useful guideline in respect of the classification of these injuries. The condition of "Periostitis of the Metatarsals" is not included in this nomenclature—not surprisingly to those with some knowledge of sports pathology. If Mr Horwill, or any other of your readers, would care to bring forward a properly reasoned argument for the existence of this condition including appropriately documented case histories with positive objective data including histological material, I and everyone involved in the field would be both interested and grateful.

With regard to the matter of my identity, it is a fact that the General Medical Council is extremely particular in respect of what is and is not acceptable in respect of the identification of Registered Medical Practitioners writing on medical matters in non-medical technical journals. It seems that in this, as in many other matters, customs differ in the United States!

GRANGEMOUTH OPEN MEETING

July 13th

200: 1, C. Sharp (J'hill) 22.0; 2, R. Denham (ESH) 22.3. 400: 1, A. Kerr (CR) 48.3; 2, T. Young (CR) 49.1; 3, W. Caldwell (EAC) 50.1; 4, A. Tarquini (Pit) 50.2. 800: 1, C. McCartney (Law) 1:53.7; 2, P. Hoffmann (EAC) 1:53.9. 3000: 1, J. Dingwall (Falk V) 8:01.1; 2, J. Graham (Clyde V) 8:02.8; 3, J. Brown (Clyde V) 8:11.0; 4, B. McSloy (Clyde V) 8:16.1. 400H: 1, K. McEwan (PSH) 54.4; 2, A. Tarquini (Pit) 54.5; 3, R. Caldwell (EAC) 56.6; 4, D. Hyslop (EAC) 56.6. (Senior Women) 200: 1, L. Sutherland (ESH) 24.6; 2, K. Williams (Pit) 25.2; 3, F. Nixon (ESH) 25.3. 400: F. Nixon (ESH) 57.3. 800: K. Robinson (Pit) 2:16.2. 400H: 1, Sutherland 60.8; 2, S. Livingstone (Pit) 64.5. LJ: V. Whyte 5.41.

AAA YOUTHS contd from page 31

LJ: 1, T. Sinclair (Bed) 6.89; 2, R. Burton (TVH) 6.83; 3, D. Gavrilovic (Ox) 6.56; 4, T. Maltby (Langley Pk S) 6.52; 5, L. White (B'field) 6.34; 6, P. Goacher (Cann) 6.29; 7, A. Trim (B'mouth) 6.27; 8, O. Sussex (S'end) 6.05.

TJ: 1, N. McCarthy (RoI) 14.22; 2, N. Leach (Colch) 14.12; 3, M. Powell (HW) 13.59; 4, C. Brown (B'field) 13.57; 5, C. Leeming (Grim) 13.47; 6, M. Emmett (ER) 13.39; 7, Sussex 12.99; 8, P. Blowfield (Ox) 12.96.

SP: 1, A. Zaidman (H&S) 16.66 (CBP); 2, J. Beaumont (Long) 15.07; 3, G. Savory (AF&D) 15.06; 4, J. Reynolds (Anna) 15.03; 5, C. Dinsdale (Low) 14.82; 6, L. Newton (Bed) 14.65; 7, P. Rees (Carm) 14.26; 8, P. Davies (Elles) 14.25.

DT: 1, G. Savory (AF&D) 46.28; 2, P. Bowkett (Mill) 44.98; 3, R. Weir (B'field) 44.50; 4, J. Buttriss (Here) 43.94; 5, F. Bacon (Cann) 43.60; 6, S. Gough (Hav) 43.30; 7, A. Garforth (Mayes) 42.62; 8, Zaidman 42.50.

HT: 1, D. Hegarty (RoI) 66.16 (CBP); 2, M. Mitchell (Felt) 56.46; 3, L. Hickey (RoI) 54.02; 4, R. Earle (Chelm) 53.56; 5, S. Pickering (H&S) 52.98; 6, G. Middleton (New) 52.52; 7, K. Cardiff (RoI) 51.80; 8, P. Green (W&B) 51.48.

JT: 1, G. Marsh (Ips) 68.26 (CBP); 2, G. Martland (Southport) 60.08; 3, M. Humphries (Melb) 60.02; 4, G. O'Reilly (Har) 55.34; 5, A. Birch (Tip) 51.10; 6, M. Chapman (Med) 50.58; 7, M. Lossemore (Blay) 49.42.

HEAVY SCHEDULE FOR SONIA

Having such a heavy fixture list to contend with, a number of leading athletes give their normal events a miss in the Women's AAA Championships at Crystal Palace on August 19th/20th. Donna Hartley plans to run the 200, and Jane Colebrook and Lesley Kiernan have both entered the 400 and 1500, but not the 800. Sonia Lannaman intends to run both the 100 and 200, which involves six races in 24 hours, plus a leg in a special 4 x 200 Sunsilk Relay, billed as a 'world record attempt'. Bearing in mind her recent injury problems, and forthcoming international commitments, one wonders if this is an unnecessarily hard load, as Raelene Boyle may be one of her rivals.

The demands of European and World Cup competitions have reduced the European entry, but Tessa Sanderson will have a good opponent in Janko of Austria in the javelin, while Tessa also runs the 400 hurdles. Among competitors in the shot and discus will be a face from the past—Suzanne Allday, who last won the WAAA shot title in 1962 and the discus in 1961 (nine years after first winning it!). The championships, which are sponsored for the first time by Sunsilk, also include the Junior and Intermediate championships. First events on Friday at 4.15pm, and Saturday at 12 noon.

Cliff Temple

JOIN THE 'AW' SUPPORTERS TEAM FOR A TOUR TO THE 1978 COMMONWEALTH GAMES

Edmonton, Canada, August 3rd-12th, 1978

'Athletics Weekly' are joining Red Dragon Travel Ltd (officially appointed agents for Wales) in promoting tours to Edmonton for the Commonwealth Games next year. Accommodation at the Holiday Inn Hotel has already been inspected by Red Dragon and 'Jimmy' Green of 'AW' will be going on a Press visit to Edmonton in mid-September to view the Commonwealth Games facilities and to the Rocky Mountains, and will be inspecting other hotel accommodation in the vicinity.

Further details will be available soon and will be published in 'AW'. In the meantime supporters are advised to write to Red Dragon Travel Ltd ('AW' Tour), 10 Church Street, Cardiff, asking to be placed on their priority list for places and tickets.

BIG TEAM FOR DONETSK

Britain's team for the European Junior Championships at Donetsk (USSR) from August 19th to 21st is—100/200: P. Little 10.72 & 21.0w/21.3; 400: A. Kerr 47.7, S. Wymark 47.7; 800: G. Cook 1:47.8, C. Szved 1:48.7; 1500: C. Sly 3:41.6, S. Cahill 3:48.0; 3000: J. Espir 8:09.2, M. Morton 8:13.4; 5000: N. Muir 13:57.6, N. Lees 14:01.0; 2000SC: P. Campbell 5:40.2, S. Butler 5:46.4; 110H: M. Holtom 14.08; 400H: G. Oakes 51.40; LJ/Dec: D. Thompson 7.72/8190; TJ: M. Effiong 15.65, N. Stoppard 15.46; 10,000W: G. Morris (92:46 20km). Women's 100: H. Hunte 11.60, K. Smallwood 11.74; 200: Smallwood 23.22, J. MacGregor 24.11; 800: J. White 2:02.8; 1500: W. Smith 4:17.9, A. Mason 4:19.3; LJ: S. Hearnshaw 6.41w, K. Murray 6.36w; Pent: M. Laing 3813. On the latest European junior rankings, Thompson is top in the decathlon and Jo White (4:16.8) in the 1500, though she will run only the 800 where she ranks 4th. Wendy Smith has the fastest 1500 time of those who will be competing. Other high rankings: 2nd—Garry Cook (800), Heather Hunte (100), Kathy Smallwood (200), Sue Hearnshaw (LJ); 3rd—Nat Muir (5000), Mark Holtom (110H), Thompson (LJ). Preview next week.

JUNIORS BEAT FRANCE

The UK junior team, competing at Dole last weekend, won the men's match with 173 pts to France's 154 and Spain's 111, and defeated France 85-48 in the women's. British winners—400: A. Kerr 48.02; 800: C. Szved 1:50.5; 1500: C. Sly 3:48.2; 5000: N. Lees 14:12.2; 110H: M. Holtom 14.08; 400H: G. Oakes 51.40 (UK age-18 best); LJ: C. Mitchell 7.39; JT: C. Hodder 69.38; 10,000W: G. Morris 47:31.0; 4 x 400: 3:11.6; women's 100: H. Hunte 11.60; 200: K. Smallwood 23.59; 400: E. Beton 54.93; 800: J. White 2:04.0; 1500: W. Smith 4:20.5; HJ: V. Kelly 1.72; LJ: K. Murray 6.08; JT: D. Williams 44.32; Relays: 44.74/3:38.6.

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1.20 per centimetre, per insertion, **prepaid** (minimum 3cms). Quarter page £10, Half page £18, Page £32, per insertion, **25 per cent discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—Tuesday of the week previous.

BANBURY HARRIERS A.C.

third annual

BANBURY '5' ROAD RACE

SATURDAY, SEPT. 17th, at 3.15 p.m.

one lap approx. 4.5 miles

Prizes: First three Individuals, first Vet., and first three Teams (6 to run, 4 to score).

Entries: 30p Individual, no Team fee.

U/18 RACE

Prizes: First three Individuals, no Team prizes.

Entries: 25p. Start: 2.15 p.m.

Entries to: A. K. Hutton, 10 Danvers Road, Broughton, Banbury, Oxfordshire.

ENTRIES CLOSE SEPTEMBER 12th

ROAD RUNNERS CLUB (CORNWALL)

Take your summer break and run in our road race:—

THE CORNWALL '10'

(Under AAA Laws)

SUNDAY, SEPTEMBER 4th, 1977

Start at Penryn R.F.C.

Includes the Cornwall Area Championship with awards to first 6 with County qualifications.

Entry Fee: 30p.

Open Race: Again special vests to first 15 places and first 2 Vets. Awards to first 5 Ind., first 3 Teams, 1st Vet. Ind., 1st Services or College Team (teams 4 run, 3 score). **Entry Fee:** 35p.

Entries to: E. Phillips (Sec.), 7 Mount Pleasant Road, Camborne, Cornwall.

ENTRIES CLOSE 31st AUGUST

EALING AND SOUTHALL A.C.

27th Annual Open Team

CROSS—COUNTRY RELAY RACE

(Under A.A.A. and E.C.C.U. Rules)

6 x 2½ Miles for the Horsenden Trophy

SATURDAY, OCTOBER 1st at 2.45 p.m.

Medals for first three teams, and trophy and medals for first unplaced 'B' team. Plaques for three fastest laps.

Entry Fee: 75p per team for first teams, 60p per team for others.

Entries on A.A.A. forms (all runners must be named on programme) to J. Keating, 88 Sellaon Avenue, London, NW10. **by Monday, September 12th.**

RUGBY OPEN & MIDLAND COUNTIES CHAMPIONSHIPS MARATHON

Under AAA Laws at Rugby, start 2pm

on Sunday, 4th September, 1977

Trophies each event. Several Ind (incl 1st Vet) & Team (3 count) prizes for Open and medals first 3 in Midland Marathon.

Fees: Open 50p, Midland 50p, both 75p.

Entries by 23rd Aug to S. R. Holdsworth, 102 Frobisher Road, Bilton, Rugby (Tel: 812036).

BRISTOL A.C. PRESENTS

THE 18th TALBOT FASTENERS LTD.

CROSS COUNTRY RACES

(Under ECCU & WCC & RWA Rules)

In memory of Mike Sully, Sunday 6th Nov.

Events both sexes, all ages (min. age 11), 1st event 12 noon. Details, timetable & fees in 'AW' mid-Sept. Enquiries: Mr A. Dance, 11 Lymore Avenue, Bath (Bath 51115). Enclose S.A.E.

PRIZES £750 IN VALUE

M.C.A.A.A. DECATHLON

3rd/4th SEPTEMBER, 1977

At Wolverhampton Stadium, Aldersley

Entries & Information:— A. Lindop, 10 Stanley Grove, Badderley Green, Stoke-on-Trent, Staffs. **Entry Fee:** 50p.

ENTRIES CLOSE 19th AUGUST

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Seniors, Intermediates & Juniors

(Under WAAA & IAAF Rules)

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Friday, August 19

At 4 p.m.

Saturday, August 20

At 12 noon

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