

a

thletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

AUGUST 5th 1978

Vol. 32 No. 31

22p

COMMONWEALTH GAMES PREVIEW

*** AAA Junior & Youth
Championships**

*** National Veterans
Championships**



TESSA SANDERSON,
overwhelming
favourite to capture
the javelin title in
Edmonton.



**For people who put
life into living!**

Catalogue available from all
good outfitters.

or write, enclosing stamp to cover postage to Bukta, Brinksway, Stockport, Cheshire, SK4 1ED



Jet ... The Jet

POST FREE

At last we can offer the 'JET' track shoe in all sizes. First class post on all orders usually ensures 24 hours delivery from receipt of order. A Jet service for Jet shoes.

TRACK SPIKES

JET — Royal/white nylon uppers, 7 spike vario plate, soft heel wedge. An ideal spike for most events. Sizes 3½-5½ **£13.50**, 6-12 **£14.95**.

CHAMPION — Royal/line nylon uppers 4 spike plate with ¼" heel wedge, yet extremely light in weight and price. Sizes 3½-5½ **£7.99**, 6-12 **£8.75**.

NIKE INTERVAL — Navy/white nylon upper with excellent training and racing wedge. Sizes 6-12 **£16.75**.

TRAINING SHOES

INTER GPR — Royal/white nylon uppers with suede support all round. Strong resemblance to TRX with the softest heel cushioning we have yet seen. Unbelievable price. Sizes 4-5½ **£8.95**, 6-11 **£9.95**.

INTER SPRINT — Royal/white nylon uppers, built-up roll heel with good fore-foot flexibility. Sizes 3-5½ **£6.95**, 6-11 **£7.95**.

COUNTRY — White/green supple leather uppers superbly cushioned sole. Hardwearing, gum rubber outsole. Sizes 4-5½ **£12.95**, 6-11 **£13.95**.

TRX — A revolution in traction dynamics. Royal/yellow nylon uppers. Waffle studded outsole with deep grooved heel cushioning. A great Adidas advance in running shoes. Sizes 5-5½ **£14.75**, 6-12 **£15.75**.

NIKE WAFFLE TRAINER — Royal/canary nylon uppers with excellent fore-foot to heel protection and the original "waffle" tread on outsole. Sizes 6-12 **£17.50**.

SL76 — With its much improved grooved and flared heel unit plus the long wear of the outsole ensures the SL continued popularity. Sizes 5-5½ **£14.30**, 6-12 (except 10-10½) **£15.50**.

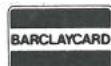
GAZELLE — Royal/white suede uppers, superb micro-cellular cushioned sole for optimal protection from road jar. Sizes 6-11 (except 10) **£14.50**.

CRONUS ELECTRONIC STOPWATCHES

CRONUS T133 3S — Split and cumulative time to 100th sec **£49.75**. Full range available from **£27.50**. Leaflets and full price lists available on request.

POST FREE ON ALL ITEMS

For shoes state size and enclose foot outline, for clothing state size and second colour choice. Post extra on exchanged items.



RUNNERCARE

334 HOLDERNESS ROAD, HULL

Tel: 0482-27483, 0482-835929 or
(after 6 p.m.) 0482-813323

MANCHESTER YMCA 20km ROAD RACE

At Manchester, June 25th

1, G. Ellis (Holmfirth) 61:23
2, Greg Hannon (Duncairn) 61:28
3, J. McLaughlin (Duncairn) 61:35
4, R. Wilde (Man) 61:45; 5, J. Calvert (B'burn) 62:02; 6, D. Wilson (Clay) 62:14; 7, C. Taylor (A&S) 62:17; 8, K. Darlow (Bolt) 62:30; 9, S. Curran (Sal) 62:35; 10, K. Breese (Sale) 62:58; 11, K. Lazarides (Bolt) 63:03; 12, R. Belk (A&S) 63:04; 13, B. Hilton (Leeds C) 63:07; 14, P. Blakeney (Sal) 63:08; 15, W. Domoney (Sheff) 63:35; 16, A. McGee (Bolt) 63:44; 17, I. Clarkson (Roch) 63:47; 18, S. Kelly (Manx) 64:02; 19, P. Rawnsley (Sheff) 64:14; 20, S. Edmunds (Sale) 64:17; 21, S. Clegg (Sal) 64:18; 22, D. Williams (Liv Pem) 64:30; 23, R. Hill (Clay) 64:32; 24, D. Newton (Manx) 64:41; 25, C. Mattock (W&B) 64:54; 26, N. Spiers (Sheff) 64:57; 27, T. Flory (M&C) 64:58; 28, F. Howells (Wrex) 65:01; 29, C. Leigh (Wig) 65:05; 30, R. Brown (Liv Pem) 65:10; 31, G. Nixon (Wrex) 65:13; 32, S. Bullen (Sal) 65:26; 33, M. McGann (E Ches) 65:31; 34, G. Entwistle (Man) 65:35; 35, P. Kilbey (Alt) 65:37; 36, A. Watt (TVH) 66:01; 37, M. Flynn (Liv Pem) 66:09; 38, K. Hodgkinson (E Ches) 66:13; 39, D. Gaskell (A&S) 66:22; 40, B. Ellis (Long) 66:24; 41, D. Burdett (M&C) 66:27; 42, D. Blakeley (Man) 66:30; 43, H. Kelly (E Ches) 66:31; 44, B. Goulding (Sale) 66:37; 45, S. Breckell (B'burn) 66:39; 46, G. Lawson (Man) 66:50; 47, M. Edwards (Bolt) 66:53; 48, B. Boxen (Man) 67:35; 49, J. Ashworth (Bing) 67:39; 50, A. Pickles (Bing) 67:40; 51, D. Cartridge (Bolt) 67:42; 52, G. Bennison (Bolt) 67:43; 53, S. Shaw (Midd) 67:45; 54, W. Crowther (Long) 67:48; 55, G. Kay (Staff) 67:51; 56, T. Parr (Bolt) 68:01; 57, J. McGee (Bolt) 68:18; 58, K. Binney (Barns) 68:19; 59, R. Brandon (TVH) 68:23; 60, A. Ramsbottom (Clay) 68:28; 61, R. Johnstone (Warr) 68:36; 62, R. Hepworth (Long) 68:44; 63, K. Garrett (B'burn) 68:49; 64, P. Wilkinson (Clay) 68:51; 65, J. Jones (Man) 68:55; 66, W. Eldridge (Notts) 68:58; 67, P. Stranding (Bolt) 69:02; 68, A. Kay (Alt) 69:06; 69, K. Peeney (Liv Pem) 69:07; 70, B. Geldard (P&B) 69:08; 71, H. Thompson (S'port) 69:21; 72, J. Prescott (Leigh) 69:24; 73, A. Jones (S'ton) 69:25; 74, T. Wood (E&E) 69:44; 75, N. Williams (Wrex) 69:46.
Teams: 1, Salford 44; 2, Sheffield 60; 3, Bolton 60; 4, Sale 74; 5, Liverpool Pembroke 89; 6, Manchester 116; 7, Wrexham 134; 8, Longwood 156; 9, Altrincham 201; 10, Salford 351.
(Veterans O/40): Flory. **(O/50):** R. Franklin (TVH). **(O/60):** N. Ashcroft (S'ton).

A new club has been formed in the Egremont area of Cumbria under the title of Egremont and District AC — general secretary: B. Curry, No 6 Holyoake Terrace, Beckermep, Cumbria.

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Editor: Mel Watman

Assistant Editor: Jon Wigley

Editorial Assistant: Jackie Penney

Advertisement Director & Business Manager:

P. W. Green

Assistant Business & Advertisement Manager:

Tim Green

Distribution & Subscriptions:

Gabrielle Pace & Karen Hughes

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:

£13.22

Through an agency £15.08

Overseas Surface Mail: £15.08

Air Mail Europe: £16.12

Other Air Mail rates on application.

USA Surface \$30. Air Mail \$37.

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 1977 17,360.

CONTENTS

AUGUST 5th 1978

Commonwealth Games Form Guide by Stan Greenberg & Mel Watman	4
Henry Rono — Will be the Star of Edmonton?	18
Assessing the Edmonton Medal Prospects by Mel Watman	19
AAA U/20 Championships	24
World Veterans 10,000m & Marathon Championships	30
UK Veterans Championships	31
Commonwealth Games Teams (Scotland/Wales & N. Ireland)	37

No part of this magazine may be used or reproduced without the express permission of the editor or publishers, and even if such permission is given, the source must be acknowledged when used.

THE WEEK AHEAD

Saturday, August 5th: Eire v Wales Junior Match, Eire (1st day); WAAA Intermediate & Junior Pentathlon Championships & Relays (all ages) Championships, Birmingham; Redcar '10'; Sale '15'; Swanage '12'; WIN Half Marathon, Dartford; Creagh Dubh Fell Race (Cat: A/2.8M); Borrowdale Fell Race (Cat: A/18M); Preston to Morecambe Milk Marathon; Middlesex League Finals, Hendon; Bracknell Relays; Brodick Highland Games, Isle of Arran; Newtonmore Highland Games; Strathallan Highland Games; Open Decathlon/Hour Run, Aberdeen; Liverpool H Open Meeting, Kirkby; Stretford Open Meeting; Hastings to Brighton Walk.

Sunday, August 6th: UK v Poland v Italy International Walking Match (see preview on page 38); International Junior Match (2nd day); Leicester Coritanian Open Meeting; Great Yarmouth & Dist Trophy Meeting; Barnsley '6'; Lowestoft Carnival '4'; Bournemouth Pier to Pier Races.

Monday, August 7th: Cranham Boundary Chase 6M.

Wednesday, August 9th: SCAAA Open Meeting, Crystal Palace; Blackburn H Open Meeting, Witton Park.

Friday, August 11th: BRWC/Havering AC Invitation 50kms Walk, Hornchurch (4.30 start).

Frank Davies, who has been acting as Midland Counties AAA Hon. Secretary until a replacement could be found, retired at the AGM. The new Hon. Secretary is Roy Mitchell, 109 Bodmin Avenue, Weeping Cross, Stafford. Tel: Stafford 62695.

Yorkshire AAA wish to trace C. J. McGuire, formerly of Leeds City (& Sale?) who received their half-mile trophy in 1974 but has not returned it. They are keen to ensure its return before the loss is reported to the police.

We are informed that the English Schools Championships Organising Committee still have some 'Schools' souvenirs available (eg vests, car stickers, programmes). Details and information from Dunston School, Dunston Lane, Chesterfield S41 8EY.

Cover photo by Mike Street

COMMONWEALTH GAMES FORM GUIDE

Compiled by Stan Greenberg & Mel Watman

(Best 1978 marks by athletes likely to be competing in Edmonton)

100 METRES

World record (WR) — 9.95 Jim Hines (US) 1968; Commonwealth record (CR) — 10.04 Lennox Miller (Jam) 1968; UK record (UKR) — 10.15 Allan Wells 1978; Games record/championship best performance (CBP) — 10.19w Don Quarrie (Jam) 1970. Previous UK winners: (100y) Arthur Sweeney (E) 1934; Cyril Holmes (E) 1938. Timetable: Hts — Aug 6; sf & final — Aug 7.

- 10.12 Peter Okodogbe (Nigeria)
- 10.15 ALLAN WELLS (Scotland)
- 10.22 Don Quarrie (Jamaica)
- 10.26 James Gilkes (Guyana)
- 10.38 Hugh Fraser (Canada)
- 10.39 Rudy Levarity (Bahamas)
- 10.46 Ernest Obeng (Ghana) (10.34w)
- 10.46 Ohene Karikari (Ghana)
- 10.51 Desai Williams (Canada)
- 10.51 O. Oyelewudun (Nigeria) (10.2)
- 10.55 DREW McMASTER (Scotland)
- 10.56 Ainsley Armstrong (Trinidad)

- 10.58 Paul Narracott (Aus) (10.0)
- 10.63 MIKE McFARLANE (Eng) (10.57w)
- 10.63 Mike Fray (Jamaica) (10.43w)
- 10.66 DAVE ROBERTS (Wales)
- 10.67 Graeme French (NZ)
- 10.69 LES HOYTE (England)

- 10.77 BRIAN GREEN (England) (10.58w)
- Wind assisted:

- 9.98 Cole Doty (Canada)
- 10.20 Dennis Trott (Bermuda)
- 10.35 Daniel Osafo (Nigeria)
- 10.43 Chris Brathwaite (Tri) (10.2)
- 10.46 Albert Lomotey (Gha) (10.2/10.0w)

Hand timing:

- 10.2 Joe Siai Siai (Nigeria)
- 10.2 Haseley Crawford (Tri) (10.1w)
- 10.1w Samuels (Jamaica)

200 METRES

WR — 19.83 Tommie Smith (US) 1968; CR — 19.86 Don Quarrie (Jam) 1971; UKR — 20.66 Dick Steane 1968 & David Jenkins 1973; CBP — 20.43w Quarrie 1970. Previous UK winners:

New bigger holdall



ORDER ONE ONLY
-or as many as you require!

Here is a unique, instant printing service now being used by many clubs, organisations, students and individuals to encourage a team spirit. These products are good quality and fully washable. Your name or that of your organisation will be attractively displayed in bold 2" high blue or white print Contemporary style (Red/Yellow) dual coloured print also available.

SEE BELOW FOR CHOICE OF COLOURS

PRICES INCLUDE PRINTING P/P & VAT only in the U.K.

SWEATSHIRTS

Colours: White, Sky, Navy, Black, Yellow, Red.
Sizes: 24"-32" £3.75. Sizes 34"-44" £4.95.

T-SHIRTS

Colours: White, Sky, Navy, Red, Turquoise, Yellow.
Sizes: 24"-32" £1.95. Sizes: 34"-44" £2.25.

CARRYBAGS

Insulated Rayon Adjustable strap. Full length zip.
Outside pocket. Size: approx. 14" x 6" x 9".
Available in Brown, Green, Navy. £3.95.

NEW HOLDALLS (as illustrated)

Insulated Rayon, Grip-type handle. Full length zip.
Size approx. 19½" x 5½" x 13". £6.50. Navy only.

ORDER TODAY!

State product, quantity, bust or chest size and colour (plus second choice if possible)

Send cash (Reg. Post) P.O.'s etc. to: **CLANBROOK LTD.,**

P.O. Box 58, Weston Road, Southend-on-Sea, Essex. Tel: (0702) 545868.



Don Quarrie (31), 100 and 200 champion since 1970, with James Gilkes.

Mike Street

(220y) Stanley Englehart (E) 1930; Arthur Sweeney (E) 1934; Cyril Holmes (E) 1938. Timetable: Hts — Aug 8; sf & final — Aug 10.

- 20.35 Don Quarrie (Jamaica) (20.2)
- 20.42 James Gilkes (Guyana) (20.2)
- 20.65 Joe Siai Siai (Nigeria) (20.6)
- 20.70 ALLAN WELLS (Scotland) (20.5)
- 20.92 Cole Doty (Canada) (20.58w)
- 20.92 Calvin Dill (Bermuda)
- 20.97 MIKE McFARLANE (England)
- 20.99 Dan Biocchi (Canada)
- 20.99 Desai Williams (Canada)
- 20.99 T. Mochache (Kenya)
- 21.00 Tony Husbands (Trinidad)
- 21.03 Hodge (St Kitts) (20.8)
- 21.09 Albert Lomotey (Gha) (20.8w)
- 21.09 Ohene Karikari (Ghana)

* * *

- 21.35 TREVOR HOYTE (England)
- 21.36 DAVE ROBERTS (Wales)
- 21.43 DREW McMASTER (Scotland) (21.1)
- 21.44 TIM BONSOR (England)
- 21.52 CAMERON SHARP (Scotland) (21.1w)

Wind-assisted:

- 20.68 Paul Narracott (Aus) (20.6)
- 20.88 Rick Hopkins (Aus) (20.7)

Subsequent to the compilation of these lists, Nigeria announced their withdrawal from the Games.

Hand timing:

- 20.9 O. Oyelewudun (Nigeria)
- 21.0 Charles Joseph (Trinidad)
- 20.7w Chris Brathwaite (Trinidad)

400 METRES

WR — 43.86 Lee Evans (US) 1968; CR — 44.92 Julius Sang (Ken) 1972; UKR — 44.93 David Jenkins 1975; CBP — 45.01 Charles Asati (Ken) 1970. Previous UK winners: (440y) Godfrey Rampling (E) 1934; Bill Roberts (E) 1938. Timetable: Hts — Aug 6; sf & final — Aug 7.

- 45.41 Joe Coombs (Trinidad)
- 45.49 GLEN COHEN (England)
- 45.65 Dele Udo (Nigeria)
- 45.65 Etoori (Uganda)?
- 45.6 Rick Mitchell (Australia)
- 45.75 Hamil Grimes (Barbados)
- 45.7 John Higham (Australia)
- 46.11 Glen Bogue (Canada)
- 46.22 Tim Peters (Nigeria)
- 46.30 Bryan Saunders (Canada)
- 46.33 DAVID JENKINS (Scotland)
- 46.34 Ray Mahoney (Jamaica)
- 46.35 RICHARD ASHTON (England)
- 46.4 Jeremiah Ongwae (Kenya)
- 46.4 W. Njiri (Kenya)
- 46.5 J. Ngetich (Kenya)
- 46.5 Mike Solomon (Trinidad)
- 46.5 Ray Beaton (Guyana)
- 46.5 Chum Darvall (Australia)
- 46.5 Charles Dramiga (Uganda)?
- 46.66 Gray (Jamaica)
- 46.68 Felix Imadiyi (Nigeria)
- 46.69 TERRY WHITEHEAD (England)
- * * *
- 46.74 JEFF GRIFFITHS (Wales)
- 46.92 MIKE DELANEY (Wales)
- 46.93 ROGER JENKINS (Scotland)

800 METRES

WR — 1:43.4 Alberto Juantorena (Cub) 1977;

TIES
BADGES
TROPHIES
T-SHIRTS AND
SWEAT SHIRTS
ALL CLUB INSIGNIA



Telephone Or Write
For Your Edition
Of The Alec Brook
Catalogue
Illustrated In
Full Colour

Alec Brook

ADB (London) Ltd (Dept. AW)
31 Ebury Street Victoria SW1W 0NZ
Telephone 01-730 0394 (5 lines) Telex 21120



Between them these two smilers hold five world records: Filbert Bayi (left) — 1500; Henry Rono — 3000, 5000, 10,000 and steeplechase.

Peter Tempest

CR — 1:43.6 Mike Boit (Ken) 1976; UKR — 1:45.0 Sebastian Coe 1977; CBP — 1:43.9 John Kipkurgat (Ken) 1974. Previous UK winners: (880y) Tom Hampson (E) 1930; John Parlett (E) 1950, Derek Johnson (E) 1954. Timetable: Hts & sf — Aug 8; final — Aug 10.

- 1:45.7 Peter Lemashon (Kenya)
- 1:46.0 John Higham (Australia)
- 1:46.0 Mike Boit (Kenya)
- 1:46.5 Ray Beaton (Guyana)
- 1:46.6 PETER HOFFMANN (Scotland)
- 1:46.6 James Maina (Kenya)
- 1:46.7 Chum Darvall (Australia)
- 1:47.1 Dennis Norris (NZ)
- 1:47.5 Seymour Newman (Jamaica)
- 1:48.0 PAUL FORBES (Scotland)
- 1:48.2 Horace Tuitt (Trinidad)
- 1:48.6 DAVE WARREN (England)
- 1:48.8i Byron Dyce (Jamaica)
- 1:48.9 COLIN SZWED (England)
- 1:49.1 Donat Mair (Jamaica)
- 1:49.2 GARRY COOK (England)

1500 METRES

WR, CR & CBP — 3:32.2 Filbert Bayi (Tan)

BUYING A CAR?

Particularly if you are an athlete you should try us first. Fellow athletes always well looked after. Any make of new car supplied. Also a huge selection of low mileage, mostly one-owner cars available.

RENAULT AGENTS • HIRE PURCHASE

Write or telephone: Stoke-on-Trent 514444

George Rhodes Ltd.

BIDDULPH, STOKE-ON-TRENT, STAFFS

1974; UKR — 3:34.5 Steve Ovett 1977. Previous UK winners: (mile) Reggie Thomas (E) 1930; Jim Alford (W) 1938; Roger Bannister (E) 1954. Timetable: Hts — Aug 11; final — Aug 12.

(*mile time less 17.5 sec)

- 3:35.7* Wilson Waigwa (Kenya) (3:37.0)
- 3:36.0* Filbert Bayi (Tanzania) (3:38.4)
- 3:36.7* FRANK CLEMENT (Sco) (3:40.3)
- 3:36.8* JOHN ROBSON (Sco) (3:39.0)
- 3:39.1* DAVE MOORCROFT (Eng) (3:39.5)
- 3:39.4 Rod Dixon (NZ)
- 3:39.9 STEVE GRANT (Wales)
- 3:39.9* STEVE CRAM (England) (3:42.7)
- 3:40.3* TIM HUTCHINGS (Eng) (3:44.8)
- 3:40.9 Dave Hill (Canada)
- 3:40.9 John Craig (Canada)
- 3:41.0 Richard Tuwei (Kenya)
- 3:41.8 PAUL LAWETHER (N. Ireland)
- 3:41.7 Suleiman Nyambui (Tanzania)
- 3:43.8 PAUL LAWETHER (N. Ireland)
- 3:44.7 JIM MCGUINNESS (N. Ireland)

5000 METRES

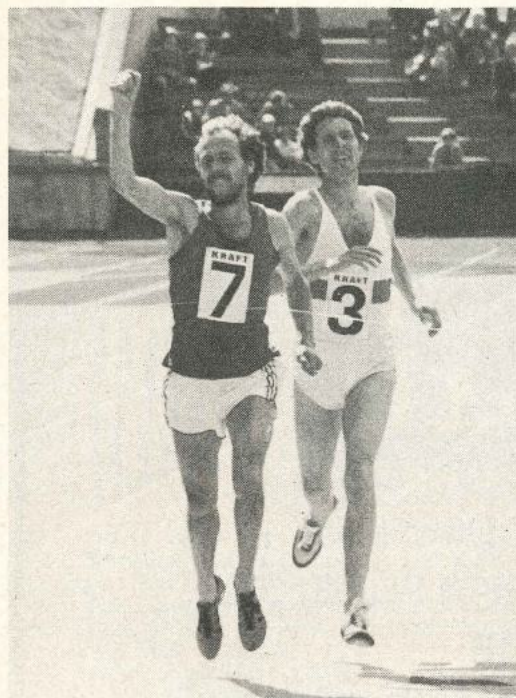
WR & CR — 13:08.4 Henry Rono (Ken) 1978; UKR — 13:14.6 Brendan Foster 1974; CBP — 13:14.4 Ben Jipcho (Ken) 1974. Previous UK winners: (3M) Stan Tomlin (E) 1930; W. J. Beavers (E) 1934; Len Eyre (E) 1950; Chris Chataway (E) 1954; (5000) Ian Stewart (S) 1970. Timetable: Hts — Aug 8; final — Aug 10.

- 13:08.4 Henry Rono (Kenya)
- 13:17.4 Rod Dixon (NZ)
- 13:24.8 Dave Fitzsimons (Australia)
- 13:25.2 MIKE McLEOD (England)
- 13:25.4 NICK ROSE (England)
- 13:25.4 BRENDAN FOSTER (England)
- 13:25.7 TONY SIMMONS (Wales)
- 13:26.0 Dick Quax (NZ)
- 13:29.6 Suleiman Nyambui (Tan)



Official suppliers of
athletic wear, track suits, etc.,
to the
**English, Scottish and
Northern Ireland
Commonwealth Games Teams**
wish the teams
every success in the
**Edmonton 1978
Commonwealth
Games**

Send today for your free full colour brochure on the sport of your choice to
Bukta, Brinksway, Stockport, Cheshire SK4 1ED
enclosing stamp to cover postage.



Mike McLeod outkicks Brendan Foster for the UK 5000m title at Meadowbank.

Nick Brawn

- 13:32.3 Filbert Bayi (Tanzania)
 13:37.7 NAT MUIR (Scotland)
 13:37.7 LAWRIE SPENCE (Scotland)

* * *

- 13:47.3 STEVE JONES (Wales)

10,000 METRES

WR & CR — 27:22.5 Henry Rono (Ken) 1978;

KIRK HALLAM COMMUNITY CENTRE

Third Annual

FESTIVAL OF ROAD RACES

Sunday, 10th September, 1978, 1 p.m.

(Under AAA and WCC & RWA Laws)

Men's 10,000m Road Race (£15, £10, £5)

Inter. & Senior Ladies 4000m Road Race (£8, £5, £3)

Entry Fees: 30p per individual.

Road Relays (3 x 2000m) for Girls, Junior Ladies, Colts, Boys, Youths.

Entry Fees: 75p per team.

Entries close September 4th.

For further information send S.A.E. to:

M. Lawson,
 Kirk Hallam School & Community Centre,
 Godfrey Drive, Kirk Hallam,
 Ilkeston, Derbyshire.
 Tel: ILK 301522.

UKR — 27:30.5 Brendan Foster 1978; CBP — 27:46.4 Dick Tayler (NZ) 1974. Previous UK winners: (6M) A. W. Penny (E) 1934; Peter Driver (E) 1954; (10,000) Lachie Stewart (S) 1970. Timetable: Aug 6.

27:30.5 BRENDAN FOSTER (England)

27:58.9 Joel Cheruiyot (Kenya)

28:04.2 MIKE McLEOD (England)

28:04.3 Dick Quax (NZ)

28:05.2 Mike Musyoki (Kenya)

28:06.9 DAVE BLACK (England)

28:15.0 TONY SIMMONS (Wales)

28:37.1 ALLISTER HUTTON (Scotland)

28:45.3 Samson Kimobwa (Kenya)

28:50.0 Dave Fitzsimons (Australia)

MARATHON

World & Comm best — 2:08:34 Derek Clayton (Aus) 1969; UK best & CBP — 2:09:12 Ian Thompson (Eng) 1974. Previous UK winners: Dunkie Wright (S) 1930; Jack Holden (E) 1950; Joe McGhee (S) 1954; Brian Kilby (E) 1962; Jim Alder (S) 1966; Ron Hill (E) 1970; Ian Thompson (E) 1974. Timetable: Aug 11.

2:11:43 Kevin Ryan (NZ)

2:11:59 Shivnath Singh (India)

2:12:50 JEFF NORMAN (England)

2:13:00 TREVOR WRIGHT (England)

2:13:58 JIM DINGWALL (Scotland)

2:14:41 Dave Chettle (Australia)

2:14:45 STAN CURRAN (England)

2:16:03 Brian Maxwell (Canada)

2:16:03 Paul Bannon (Canada)

2:17:16 MIKE CRITCHLEY (Wales)

2:17:21 MIKE ROWLAND (Wales)

2:17:33 Paul Ballinger (NZ)

2:17:35 JOHN McLAUGHLIN (N. Ire)

2:17:35 GREG HANNON (N. Ireland)

2:17:58 Terry Manners (NZ)

? Jerome Drayton (Canada)

3000 METRES STEEPLECHASE

WR & CR — 8:05.4 Henry Rono (Ken) 1978; UKR — 8:19.0 Dennis Coates 1976; CBP — 8:20.8 Ben Jipcho (Ken) 1974. Previous UK winners: George Bailey (E) 1930; S. C. Scarsbrook (E) 1934. Timetable: Hts — Aug 6; final — Aug 7.

8:05.4 Henry Rono (Kenya)

8:23.5 James Munyala (Kenya)

8:26.0 DENNIS COATES (England)

8:26.4 George Rono (Kenya)

8:26.6 JOHN DAVIES (Wales)

8:31.1 IAN GILMOUR (Scotland)

8:31.3 Euan Robertson (NZ)

8:35.8 TONY STAYNINGS (England)

8:38.9 Howard Healey (NZ)

8:39.3 JOHN GRAHAM (Scotland)

8:41.9 Martin Cauldwell (NZ)

8:42.2 JOHN WILD (England)

110 METRES HURDLES

WR — 13.21 Alejandro Casanas (Cub) 1977; CR — 13.69 Berwyn Price (UK) 1973, Fatwell

Alan Pascoe was no match for Edwin Moses in the Philips Gateshead Games (Bill Hartley is in the centre) but he will be difficult to deprive of the Commonwealth title.



W. Macgregor

Kimaiyo (Ken) 1974 & Godwin Obasogie (Nig) 1976; UKR — 13.69 Price; CBP — 13.66w David Hemery (Eng) 1970. Previous UK winners (120yH) Lord Burghley (E) 1930; Don Finlay (E) 1934; David Hemery (E) 1966; (110mH) Hemery 1970. Timetable: Hts & sf — Aug 6; final — Aug 7.

- 13.73 Fatwell Kimaiyo (Ken) (13.68w)
 - 13.76 Don Wright (Australia)
 - 13.86 BERWYN PRICE (Wales)
 - 13.96 Joe Siai Siai (Nig) (13.83w/13.7)
 - 13.98 Godwin Obasogie (Nigeria)
 - 14.01 MARK HOLTOM (England)
 - 14.13 Pat Fogarty (Canada) (13.8w)
- Wind assisted:
- 14.11 Augustine Igonibo-Oruwari (Nig)
- Hand timing:
- 13.8 Warren Parr (Australia)
 - 13.9 Max Binnington (Australia)
 - 14.1 Ross Pownall (NZ)

400 METRES HURDLES

WR — 47.45 Edwin Moses (US) 1977; CR — 47.82 John Akii-Bua (Uga) 1972; UKR — 48.12

David Hemery 1968; CBP — 48.83 Alan Pascoe (Eng) 1974. Previous UK winners: (440yH) Lord Burghley (E) 1930; Alan Hunter (S) 1934; (400mH) John Sherwood (E) 1970; Alan Pascoe (E) 1974. Timetable: Hts & sf — Aug 8; final — Aug 10.

- 49.48 Daniel Kimaiyo (Kenya)
- 49.55 John Akii-Bua (Uganda)?
- 49.8 ALAN PASCOE (England)
- 50.0 William Koskei (Kenya)
- 50.16 Clive Barrieffe (Jamaica)
- 50.18 Peter Rwahumanda (Uganda)?
- 50.3 Dennis Otono (Nigeria)
- 50.5 Gary Brown (Australia)
- 50.9 P. Kipchumba (Kenya)
- 51.03 BILL HARTLEY (England)
- 51.08 Phil Mills (NZ)
- 51.08 GARY OAKES (England)
- 51.13 Gladstone Williams (Canada)
- 51.21 Silver Ayoo (Uganda)?
- 51.21 STEVE JAMES (Wales)
- 51.31 Fyneyface (Nigeria)

52.3 CLIVE BEATTIE (N. Ireland)



*Power to fame
with the VIGA name!*

HIGH JUMP

WR — 2.34 (& 2.35 indoors) Vladimir Yashchenko (USSR) 1978; CR — 2.26 Greg Joy (Can) 1976 (& 2.31 indoors, 1978); UKR — 2.20 Brian Burgess 1978; CBP — 2.16 Gordon Windeyer (Aus) 1974. Previous UK winners: nil; highest placing: 2nd eq — Alan Paterson (S) 1950. Timetable: Qual (if necessary) — Aug 8; final — Aug 10.

- 2.31i Greg Joy (Canada)
- 2.21 Gordon Windeyer (Australia)
- 2.20 BRIAN BURGESS (Scotland)
- 2.19i MARK NAYLOR (England)
- 2.18 Claude Ferragne (Canada)
- 2.15 Dean Bauck (Canada)
- 2.15 John Beers (Canada)
- 2.15i Robert Forget (Canada)
- 2.14 Winston Strachan (Bahamas)

POLE VAULT

WR — 5.70 Dave Roberts (US) 1976 or, if ratified, 5.71 Mike Tully (US) 1978; CR — 5.53 Don Baird (Aus) 1977; UKR — 5.40 Brian Hooper 1977; CBP — 5.10 Mike Bull (NI) 1970. Previous UK winners: Tim Anderson (E) 1950; Geoff Elliott (E) 1954 & 1958; Mike Bull (NI) 1970. Timetable: Qual (if necessary) — Aug 10; final — Aug 11.

- 5.48 Don Baird (Australia)
- 5.35 Bruce Simpson (Canada)
- 5.31i BRIAN HOOPER (England)
- 5.20 JEFF GUTTERIDGE (England)
- 5.10 ALLAN WILLIAMS (England)
- 5.05 MIKE BULL (N. Ireland)
- 5.03 Glen Colivas (Canada)
- 5.03 Bill Fisher (Canada)

* * *

- 4.40 Girish Patel (India)

LONG JUMP

WR — 8.90 Bob Beamon (US) 1968; CR — 8.23 Lynn Davies (UK) 1968 (indoors: 8.26 Charlton Ehizuelen, Nigeria, 1975); UKR — 8.23 Davies; CBP — 8.06 Davies 1970. Previous UK winners: Ken Wilmschurst (E) 1954; Lynn Davies (W) 1966 & 1970; Alan Lerwill (E) 1974. Timetable: Qual (if necessary) — Aug 8; final — Aug 10.

- 8.11 Charlton Ehizuelen (Nigeria)
- 8.08 Chris Commons (Australia)
- 7.96 Al Ogunfeyimi (Nigeria)
- 7.86 Rick Rock (Canada) (8.13w)
- 7.82i Ajayi Agbebaku (Nig) (7.86w)
- 7.80i Sheikh Faye (Gambia)
- 7.78 ROY MITCHELL (England) (7.90w)
- 7.71 WILLIE KIRKPATRICK (N. Ireland)
- 7.71 Alwyn Chambers (Jamaica)
- 7.68 Ken Lorraway (Aus) (7.82w)

TRIPLE JUMP

WR — 17.89 Joao Carlos de Oliveira (Bra) 1975; CR — 17.02 Phil May (Aus) 1968; UKR — 16.68 Aston Moore 1978; CBP — 16.72 May 1970.

**BRIAN HOOPER**

George Herringshaw

Previous UK winners: Ken Wilmschurst (E) 1954. Timetable: Qual (if necessary) — Aug 11; final — Aug 12.

- 16.97i Ian Campbell (Australia)
- 16.68 ASTON MOORE (England)
- 16.65i Steve Hanna (Bahamas)
- 16.60i Ajayi Agbebaku (Nigeria)
- 16.54i KEITH CONNOR (England) (16.66w)
- 16.51 Charlton Ehizuelen (Nigeria)
- 16.50 Ken Lorraway (Australia)
- 16.49 Maxwell Peters (Antigua)
- 16.29i DAVE JOHNSON (Eng) (16.33w)
- 16.11i Ken Brimmer (Bermuda)
- 16.10i John DoDoo (Uganda)?

* * *

- 15.88 JOHN PHILLIPS (Wales)

SHOT

WR — 22.15 Udo Beyer (GDR) 1978; CR & UKR — 21.55 Geoff Capes 1976; CBP — 20.74 Capes 1974. Previous UK winners: John Savidge (E) 1954; Arthur Rowe (E) 1958; Martyn Lucking (E) 1962; Geoff Capes (E) 1974. Timetable: Qual (if necessary) — Aug 11; final — Aug 12.

- 20.85 Bishop Dolegiewicz (Canada)
- 20.62 GEOFF CAPES (England)
- 19.89 Bruno Pauletto (Canada)
- 18.64 MIKE WINCH (England)

18.64	Mike Mercer (Canada)
18.46	BOB DALE (England)
18.35	Bahadur Singh (India)
18.15	Jagraj Singh (India)
17.52	Gurdip Singh (India)
16.66	TONY SATCHWELL (Jersey)

DISCUS

WR — 70.86 Mac Wilkins (US) 1976; CR — 65.40 Borys Chambul (Can) 1976; UKR — 64.94 Bill Tancred 1974; CBP — 63.08 Robin Tait (NZ) 1974. Previous UK winners: nil; highest placing: 2nd — Douglas Bell (E) 1934; David Young (S) 1938; Mike Lindsay (S) 1962; Bill Tancred (E) 1974. Timetable: Qual (if necessary) — Aug 10; final — Aug 11.

61.04	Borys Chambul (Canada)
60.20	Robin Tait (NZ)
59.96	Dick Priman (Australia)
59.22	Bishop Dolegiewicz (Canada)
58.50	Wayne Martin (Australia)
58.10	Rob Gray (Canada)
57.60	Brad Cooper (Bermuda)
57.54	PETER TANCRED (England)
55.90	Praveen Kumar (India)
55.18	MIKE WINCH (England)
54.84	JOHN HILLIER (England)
49.62	TONY SATCHWELL (Jersey)
(55.90 unconfirmed)	

HAMMER

WR — 80.14 Boris Zaichuk (USSR) 1978; CR & UKR — 74.98 Chris Black 1976; CBP — 69.56 Ian Chipchase (Eng) 1974. Previous UK winners: Malcolm Nokes (E) 1930 & 1934; Duncan Clark (S) 1950; Mike Ellis (E) 1958; Howard Payne (E) 1962, 1966 & 1970; Ian Chipchase (E) 1974. Timetable: Qual (if necessary) & final — Aug 6.

73.60	Peter Farmer (Australia)
72.72	Scott Neilson (Canada)
70.32	PAUL DICKENSON (England)
70.20	CHRIS BLACK (Scotland)
69.00	JIM WHITEHEAD (England)
66.40	IAN CHIPCHASE (England)
63.04	Gus Puopolo (Australia)
61.62	Raghubir Singh Bal (India)
61.52	MARTIN GIRVAN (N. Ireland)

JAVELIN

WR — 94.58 Miklos Nemeth (Hun) 1976; CR — 87.76 Phil Olsen (Can) 1976; UKR & CBP — 84.92 Charles Clover 1974. Previous UK winners: Colin Smith (E) 1958 John Fitzsimons (E) 1966; Dave Travis (E) 1970; Charles Clover (E) 1974. Timetable: Qual (if necessary) — Aug 11; final — Aug 12.

85.54	Phil Olsen (Canada)
80.42	George Megelea (Canada)
80.10	PETER YATES (England)
79.20	DAVE OTTLEY (England)
79.06	BRIAN ROBERTS (England)

Do your fund raising ideas come up to scratch?

If you are really serious about fund-raising forget all those worn out schemes. They are OK if you only want to raise a few quid, but you need something a bit more exciting if you want to raise real money.

About the most exciting idea to hit fund raising for a long time is the INSTANT SCRATCH-OFF LOTTERY. Whether you want to raise £100 or £10,000, this is the way.



You don't need to be an expert, we can tailor an instant lottery to meet your needs exactly and we'll give you all the material and advice you need to make it a success.

Get a copy of our guide, "So you want to run a lottery". It's the first step towards real fund raising!

The Lottery Ticket Company Ltd
Department AW/8, FREEPOST, London SW5 9BR

- 78.08 Mike O'Rourke (NZ)
 74.88 Frank Dejak (Canada)
 74.46 Manfred Rohkamper (Australia)

DECATHLON

WR — 8617 Bruce Jenner (US) 1976; CR & UKR — 8238 Daley Thompson 1978; CBP — 7492 Geoff Smith (Aus) 1970. Previous UK winners: Mike Bull (NI) 1974. Timetable: Aug 7/8.

- 8238 DALEY THOMPSON (England)
 7424 ALAN DRAYTON (England)
 7392 Zenon Smiechowski (Canada)
 7381 GRAEME WATSON (England)
 7380 Suresh Babu (India)
 7243 Peter Hadfield (Australia)
 7109 Craig Considine (Australia)
 7021 Tony Verhoeven (Canada)
 6994 Rob Town (Canada)
 6939 Sanitesi Latu (Tonga)
 6820 Robert Sadler (NZ)
 6742 MIKE BULL (N. Ireland)
 6734 C. Kokoyo (Kenya)

30 KILOMETRES WALK

World best — 2:11:53 Raul Gonzales (Mex) 1978; Comm best — 2:19:25 Willi Sawall (Aus) 1978; UK best — 2:21:54 Olly Flynn 1978; CBP — none (new event). Previous UK winners: (20M) Ron Wallwork (E) 1966; John Warhurst (E) 1974. Timetable: Aug 8.
 2:19:25 Willi Sawall (Australia)
 2:21:22 Tim Erickson (Australia)

- 2:21:54 OLLY FLYNN (England)
 2:22:26 BRIAN ADAMS (England)
 2:23:08 Graham Seatter (NZ)
 2:25:36 AMOS SEDDON (England)
 2:29:27 GRAHAM YOUNG (Isle of Man)
 2:29:39 Mike Parker (NZ)
 ? Marcel Jobin (Canada)

4 × 100 METRES RELAY

WR — 38.03 USA 1977; CR — 38.39 Jamaica 1968; UKR — 39.33 1968; CBP — 39.31 Australia 1974. Previous UK winners: (4 × 110y) England 1934, 1958, 1962. Timetable: Hts — Aug 11; final — Aug 12.

4 × 400 METRES RELAY

WR — 2:56.2 USA 1968; CR — 2:59.6 Kenya 1968; UKR — 3:00.5 1972; CBP — 3:02.8 Trinidad 1966. Previous UK winners: (4 × 440y) England 1930, 1934, 1954. Timetable: Hts — Aug 11; final — Aug 12.

WOMEN'S EVENTS**100 METRES**

WR — 10.88 Marlies Gohr (GDR) 1977; CR — 11.14 Lilieth Hodges (Jam) 1978; UKR — 11.16 Andrea Lynch 1975; CBP — 11.21w Raelene Boyle (Aus) 1970. Previous UK winners: (100y) Eileen Hiscock (E) 1934; Dorothy Hyman (E) 1962. Timetable: Hts & sf — Aug 6; final — Aug 7.

LONDON FIRE BRIGADE ATHLETIC ASSOCIATION

67th ANNUAL

ATHLETIC MEETING

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

CRYSTAL PALACE N.S.C., LONDON S.E.19**WEDNESDAY, 6th SEPTEMBER, 1978**

Commencing 6.30 p.m.

INVITATION EVENTS

Men's — 1000m, 3000m Team and Individual, High Jump, Pole Vault, Long Jump.
Ladies — 100m, 100m Hurdles, 400m Hurdles, 1500m, Long Jump, Shot Put.

OPEN EVENTS

3000m Walk, 1500m Junior (Over 17 yrs, under 19 yrs on 1st Sept., 1978) Inter-Club
 3 × 800m Relay.

Entry FREE. Entries close 16th August 1978. Please enclose S.A.E.

ENTRIES TO: L. Brotherhood, London Fire Brigade Headquarters, Albert Embankment, London SE1 7SD. Tel: 01-582 3811. Ext. 482.

ALL PROCEEDS TO LONDON FIRE BRIGADE WELFARE FUND

- 11.14 Lilieth Hodges (Jam) (11.0)
 11.32 SONIA LANNAMAN (Eng) (11.24w)
 11.34 Patti Loverock (Canada)
 11.35 Marjorie Bailey (Canada)
 11.48 Jackie Pusey (Jam) (11.3)
 11.49 BEV GODDARD (Eng) (11.30w)
 11.50 Hannah Afriyie (Gha) (11.4)
 11.52 Angela Bailey (Canada)
 11.55 Wendy Brown (NZ)
 11.55 Ufon Uko (Nigeria)
 11.60 WENDY CLARKE (Eng) (11.38w)
 11.62 Kim Robertson (NZ) (11.2w)
 11.68 MARGOT WELLS (Sco) (11.4/11.53w)
 11.76 Debbie Jones (Bermuda)

Wind-assisted:

- 11.68 HELEN GOLDEN (Sco) (11.7)

Hand timing:

- 11.2 Raelene Boyle (Australia)
 11.3 Denise Boyd (Australia)
 11.4 Colleen Beasley (Australia)
 11.4 Dorothy Scott (Jamaica)

200 METRES

WR — 22.06 Marita Koch (GDR) 1978; CR — 22.45 Raelene Boyle (Aus) 1972; UKR — 22.75 Donna Hartley 1978; CBP — 22.50 Boyle 1974. Previous UK winners: (220y) Eileen Hiscok (E) 1934; Dorothy Hyman (E) 1962. Timetable: Hts & sf — Aug 8; final — Aug 10.

- 23.09 SONIA LANNAMAN (Eng)
 23.12 BEV GODDARD (England)
 23.16 KATHY SMALLWOOD (England)
 23.30 Lorna Forde (Barbados)
 23.40 Patti Loverock (Canada)
 23.66 Kim Robertson (NZ) (23.2)
 23.70 Wendy Brown (NZ)
 23.71 Freida Nichols (Bar) (23.2)
 23.83 HELEN GOLDEN (Sco) (23.5w)
 23.87 Angela Taylor (Canada)
 23.95 Hannah Afriyie (Gha) (23.5)
 23.99 Margo Howe (Canada)
 24.12 MARGOT WELLS (Scotland) (24.0)
 24.34 LINDA McCURRY (NI) (24.1)

Hand timing:

- 22.8 Denise Boyd (Australia)
 22.9 Raelene Boyle (Australia)
 23.1 Jackie Pusey (Jamaica)
 23.1 Colleen Beasley (Australia)
 23.4 Debbie Jones (Bermuda)
 23.7 Carmeta Drummond (Jamaica)
 23.7w Ruth Waithera (Kenya)

400 METRES

WR — 49.19 Marita Koch (GDR) 1978; CR & CBP — 51.02 Marilyn Neufville (Jam) 1970; UKR — 51.28 Donna Hartley 1975. Previous UK winners: nil; highest placing: 2nd — (440y) Deirdre Watkinson (E) 1966; 2nd (400m) Verona Elder (E) 1974. Timetable: Hts & sf — Aug 6; final — Aug 7.

- 51.04 Lorna Forde (Barbados)
 51.50 June Griffith (Guyana)
 51.70 VERONA ELDER (England)

- 51.71 DONNA HARTLEY (England)
 52.2 Maxine Corcoran (Australia)
 52.56 Helen Blake (Jamaica)
 52.5 Beth Nail (Australia)
 53.3 JOSLYN HOYTE (England)
 53.43 Ruth Simpson (Jamaica)
 53.4 KAREN WILLIAMS (Scotland)
 53.4 Judy Peckham (Australia)
 53.68 Ruth Waithera (Kenya)
 53.88 Joyce Yakubowich (Canada)
 54.05 Penny Hunt (NZ)
 54.06 LINDA McCURRY (N. Ireland)
 54.0 Grace Bakari (Ghana)

* * *

- 54.3 ANN HARLEY (Scotland)
 54.79 ADRIENNE SMYTH (N. Ireland)

800 METRES

WR — 1:54.9 Tatyana Kazankina (USSR) 1976; CR — 1:59.0 Charlene Rendina (Aus) 1976; UKR — 2:00.2 Rosemary Wright 1972; CBP — 2:01.1 Rendina 1974. Previous UK winners: (880y) Gladys Lunn (E) 1934; (800m) Rosemary Wright (S) 1970. Timetable: Hts & sf — Aug 8; final — Aug 10.

- 2:02.0 Charlene Rendina (Australia)
 2:02.2 LIZ BARNES (England)
 2:02.6 JANE COLEBROOK (England)
 2:02.9 Judy Peckham (Australia)
 2:03.2 Mary Chemweno (Kenya)
 2:03.2 PAULA NEWNHAM (England)
 2:03.3 Anne Morelli (Canada)
 2:03.6 Carmen Campton (Australia)
 2:04.2 EVELYN McMEEKIN (Scotland)
 2:04.7 Debbie Campbell (Canada)
 2:05.0 Tecla Chemabwai (Kenya)
 2:05.6 Francine Gendron (Canada)
 2:05.8 Alison Wright (NZ)

1500 METRES

WR — 3:56.0 Tatyana Kazankina (USSR) 1976; CR & UKR — 4:04.8 Sheila Carey 1972; CBP — 4:07.8 Glenda Reiser (Can) 1974. Previous UK winners: Rita Ridley (E) 1970. Timetable: Hts — Aug 11; final — Aug 12.

**SILICONIX ET125
 ELECTRONIC
 STOP
 WATCH**

**£39.50 POST PAID
 INC. BATTERIES**



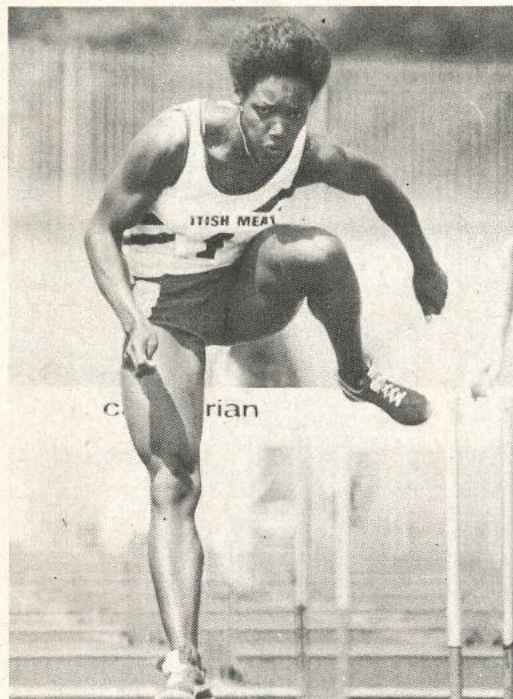
Stop — start! Time in, time out; lap times, part race times frozen while timing.

Times 2 participants — 1.2 fast finish. Range up to 59 mins 59.99 secs with auto roll over past the hour.

Quartz crystal. Shaded readout. Bright LED display. 12 month warranty. Cash with order or Access/Barclaycard/Amex/Diners no. Money back guarantee.

NEWITTS DEPT. AW4, GOODRAMGATE, YORK.

- 4:06.0 MARY STEWART (England)
 4:07.8 CHRIS BENNING (England)
 4:10.0 CHRIS BOXER (England)
 4:12.4 Penny Werthner (Canada)
 4:13.5 Debbie Pearson (Canada)
 4:14.1 HILARY HOLLOCK (Wales)
 4:14.4 Alison Wright (NZ)
 4:15.9 Francine Gendron (Canada)
 4:16.7 Angela Cook (Australia)
 4:16.8 CHRIS McMEEKIN (Scotland)
 4:18.2 MARGARET COOMBER (Scotland)
 4:18.5 Carmen Campton (Australia)



LORNA BOOTHE

Mike Street

WOODFORD GREEN A.C.

OPEN GRADED MEETING

(Under A.A.A. Laws)

AT ASHTON TRACK, WOODFORD BRIDGE
WEDNESDAY, 23rd AUGUST7.00 p.m. 2000 metres Steeplechase; Shot;
Triple Jump

7.25 p.m. 200 metres

8.00 p.m. 1500 metres

Entries: Vets and Seniors 25p, others 20p first event; 15 subsequent events, to John L. Hayward, 128A Princes Road, Buckhurst Hill, Essex, stating name, age, address, club, event, and FORM EXPECTED.

Entries NOT accepted on the night
 CLOSING DATE 21st AUGUST

3000 METRES

WR — 8:27.1 Lyudmila Bragina (USSR) 1976;
 CR & UKR — 8:52.8 Ann Ford 1977; CBP —
 none (new event). Timetable: Aug 7 (should heats
 be necessary they will take place on Aug 6 with
 final on Aug 8).

- 8:53.6 PAULA FUDGE (England)
 9:03.1 ANN FORD (England)
 9:07.4 Heather Thomson (NZ)
 9:08.6 PENNY YULE (England)
 9:09.4 Rose Thomson (Kenya)
 9:21.1 Shona Miller (Canada)
 9:23.7 Debbie Pearson (Canada)
 9:26.6 Nancy Rooks (Canada)
 9:29.2 Angela Cook (Australia)

100 METRES HURDLES

WR — 12.48 Grazyna Rabsztyn (Pol) 1978; CR
 — 12.93 Pam Ryan (Aus) 1972; UKR — 13.08
 Lorna Boothe 1978; CBP — 13.27 Ryan 1970.
 Previous UK winners: Judy Vernon (E) 1974.
 Timetable: Hts & sf (if necessary) — Aug 10;
 final — Aug 11.

- 13.08 LORNA BOOTHE (England)
 13.39 SHARON COLYEAR (Eng) (13.12w)
 13.49 Modupe Oshikoya (Nig) (13.3)
 13.66 SHIRLEY STRONG (Eng) (13.19w/
 13.4)
 13.82 Joanne McLeod (Canada)
 13.82 Sharon Lane (Canada)
 13.88 ELAINE DAVIDSON (Scotland)
 13.94 Cecilia Branch (Can) (13.8)
 Hand timing:
 13.4 Gail Wootten (NZ)
 13.7 Roxanne Gelle (Australia)
 13.8 Glynis Saunders (Australia)

HIGH JUMP

WR — 2.00 Rosi Ackermann (GDR) 1977; CR —
 1.91 Debbie Brill (Can) 1977 (& 1.92 indoors,
 1978); UKR — 1.87 Barbara Lawton 1973; CBP
 — 1.84 Lawton 1974. Previous UK winners:
 Dorothy Tyler (E) 1938 & 1950; Thelma Hopkins
 (NI) 1954; Barbara Lawton (E) 1974. Timetable:
 Qual (if necessary) — Aug 10; final — Aug 11.

- 1.92i Debbie Brill (Canada)
 1.89 Katrina Gibbs (Australia)
 1.85 GILLIAN HITCHEN (England)
 1.83 VAL RUTTER (England)
 1.83 Brigitte Bittner (Canada)
 1.83 Julie White (Canada)
 1.81 BARBARA SIMMONDS (England)
 1.78 Evelyn Brenhouse (Canada)
 (1.85 unconfirmed)
 1.75 WENDY PHILLIPS (N. Ireland)
 1.75 Modupe Oshikoya (Nigeria)

LONG JUMP

WR — 6.99 Sigrun Siegl (GDR) 1976; CR & UKR
 — 6.76 Mary Rand 1964; CBP — 6.73 Sheila
 Sherwood (Eng) 1970. Previous UK winners:
 Phyllis Bartholomew (E) 1934; Sheila Hoskin (E)

UNBEATABLE!

FANTASTIC OFFER

DIRECT FROM MANUFACTURER

QUALITY GARMENTS AT INEXPENSIVE PRICES



CREW NECK SWEATSHIRT £3.20
CHILDRENS £2.50



'V' NECK LONG SLEEVE
SWEATSHIRT £2.95



HEAVY WEIGHT DOUBLE HOODED METAL ZIP

HOODED SWEATSHIRT WITH ZIP £5.00

HOODED SWEATSHIRT WITHOUT ZIP £4.50

CHILDRENS HOODED SWEATSHIRTS £3.25



TEE SHIRT £1.35
LONG SLEEVE £1.60
CHILDRENS £1.25

**YOUR NAME
OR SLOGAN
PRINTED HERE**
(PHONE FOR QUOTATION)

*All garments guaranteed 100%
cotton from Portugal of Super Quality*

DISCOUNTS TO CLUBS

ADULTS

CREW SWEAT SHIRTS:

"V" SWEAT SHIRTS:

white-navy-black-red-grey-sky.

HOODS ZIP/PLAIN:

red-white-black-navy-sky-grey.

TEE SHIRTS:

white-navy-black-red-yellow-sky.

CHILDRENS

CREW SWEAT SHIRTS:

yellow-sky-red-navy-grey.

HOODS WITH CONTRAST BRADING:

navy/navy-red/black-sky/navy
grey/navy

ADULTS SIZE: small-medium-large.

CHILDS SIZE: 22-24-26-28-30-32.

*Ryder International
Textiles*

Telephone: (07873) 77222/3

Telex 987564 VINREA G

9 BALLINGDON HILL, SUDBURY, SUFFOLK

Name _____ (PRINT CLEARLY)

Address _____

Telephone _____

please send the following: State which garment re-
quired and title of design also size and colour for
each garment.

PRICE ENCLOSED £.....

Add 50p postage one garment, 75p for two.

QUOTATIONS GIVEN WITHOUT OBLIGATION. AW

... ALL GARMENTS CAN BE PRINTED WITH YOUR DESIGN

1958; Mary Rand (E) 1966; Sheila Sherwood (E) 1970. Timetable: Qual (if necessary) — Aug 10; final Aug 11.

- 6.70 Lyn Jacenko (Australia)
 6.56 Modupe Oshikoya (Nigeria)
 6.54 SUE REEVE (England) (6.64w)
 6.47 June Griffith (Guyana)
 6.42 Erica Hooker (Australia) (6.48w)
 6.41 Shonell Ferguson (Bahamas)
 6.39 SUE HEARNshaw (Eng) (6.59w)
 6.33 RUTH HOWELL (Wales)
 6.29 Noeline Hodgins (NZ)
 6.29 J. Yawson (Ghana)
 6.28 SHARON COLYEAR (England)
 Wind-assisted:
 6.34 J. Innis (Guyana)

SHOT

WR — 22.32 Helena Fibingerova (Cze) 1977; CR — 18.16 Gael Mulhall (Aus) 1978; UKR — 16.40 Meg Ritchie 1978 (indoors: 16.74 Judith Oakes 1978); CBP — 16.50 Val Young (NZ) 1966. Previous UK winners: Mary Peters (NI) 1970. Timetable: Qual (if necessary) & final — Aug 8.

- 18.16 Gael Mulhall (Australia)
 16.80i Carmen Ionesco (Canada)
 16.74i JUDITH OAKES (England)
 16.73 Bev Francis (Australia)
 16.40 MEG RITCHIE (Scotland)
 16.34i ANGELA LITTLEWOOD (England)
 16.00i Lucette Moreau (Canada)
 15.70 Luigina Torso (Australia)

- 15.31i Rosemarie Hauch (Canada)
 14.81 VENISSA HEAD (Wales)

DISCUS

WR — 70.50 Faina Veleva (USSR) 1976; CR — 61.70 Jane Haist (Can) 1975; UKR — 60.80 Meg Ritchie 1978; CBP — 55.52 Haist 1974. Previous UK winners: Suzanne Allday (E) 1958; Rosemary Payne (S) 1970. Timetable: Qual (if necessary) — Aug 6; final — Aug 7.

- 60.80 MEG RITCHIE (Scotland)
 59.58 Carmen Ionesco (Canada)
 58.48 Gael Mulhall (Australia)
 56.40 Jane Haist (Canada)
 55.06 JANET THOMPSON (England)
 52.78 Lucette Moreau (Canada)
 51.04 LESLEY MALLIN (England)
 50.72 Luigina Torso (Australia)

JAVELIN

WR — 69.32 Kate Schmidt (US) 1977; CR & UKR — 67.20 Tessa Sanderson 1977; CBP — 57.40 Anna Pazera (Aus) 1958. Previous UK winners: Gladys Lunn (E) 1934; Sue Platt (E) 1962. Timetable: Qual (if necessary) & final — Aug 10.

- 64.00 TESSA SANDERSON (England)
 54.76 Margaret Philpott (Australia)
 53.88 FATIMA WHITBREAD (England)
 53.54 Allison Hayward (Canada)
 52.04 JACKIE ZASLONA (Wales)
 51.74 DIANE WILLIAMS (Scotland)

LANGBAURGH BOROUGH COUNCIL RECREATION & AMENITIES DEPARTMENT

presents

ESTON NAB FELL RACE

(under A.A.A. Laws)

SUNDAY, 27th AUGUST

JUNIOR RACE 2.00 — SENIOR RACE 2.30

PRIZES: Seniors: 1st Individual prize to value of £10.00, 2nd £8.00, 3rd £6.00, 4th £5.00, 5th £4.00, 6th £3.00. 1st Veteran O/40 years prize to value of £5.00. 1st Veteran O/50 years prize to value of £5.00.

Teams: (Three to count) 1st Team, 3 prizes to value of £5.00 each, 2nd Team 3 x £4.00, 3rd Team, 3 x £3.00.

Juniors: 1st Individual prize to value of £5.00, 2nd £4.00, 3rd £3.00, 4th £2.00, 5th £1.00, 6th £1.00.

ENTRY FEES: Seniors: Individuals 20p. Teams 75p (four to run, three to count) (All competitors including Team entries must make an individual entry). **Juniors:** Individuals 15p (All entrants must be under 18 years on day of race).

LATE ENTRIES ACCEPTED

Entry forms from: A. D. Dodds, Chief Recreation & Amenities Officer, Langbaugh Borough Council, Albion Terrace, Saltburn, Cleveland. Tel: Saltburn 2013.

ENTRIES CLOSE 21st AUGUST 1978

THE RUGBY OPEN AND MIDLAND COUNTIES CHAMPIONSHIP MARATHON

Incorporating the NALGO & MVAC Champs.
(Under AAA Laws)

SUNDAY, 3rd SEPTEMBER, 1978, 2 p.m.

Start/Finish: Dunsmore Sch., Ashlawn Rd, Rugby

- * 3 lap course on country roads (course record 2:15.02).
- * Good changing facilities with ample car parking.
- * Venue within easy reach of M1 (Junction 18).
- * BRITISH ROAD RUNNERS CHAMP. EVENT.

* Full prize list:

Open Race — prizes to first 15 Individuals (at least), first 3 Veterans, first 2 Teams (3 score). Trophies to Individual and Team winners.

Midland Counties Championships — medals to first 3 Individuals, Trophy to Individual winner.

NALGO Championships — medals to first 3 Individuals.

- * **Entry fees:** Open race 50p, Midlands 50p, Both 75p. Certificates to all finishers

ALSO FOR LADIES

AN OPEN MARATHON (2 p.m.)

Incorporating the MCWAAA Champs.
(Under WCC & RWA Laws)

- * Fee 50p. Prizes first 3 Ind. (at least)
- * **AND A 6 MILES ROAD RACE (2.20 p.m.)**
- * Fee 25p. Prizes first 3 Ind. (at least)
- * **FOR FULL DETAILS CONTACT:** Stuart Holdsworth, 102 Frobbisher Road, Bliton, Rugby CV22 7HS. Closing date 22nd August, 1978.

Strong contender for the Commonwealth Discus title — Meg Ritchie — who heads the rankings with her UK record throw of 60.80m



Mike Street

- 49.38 Laurie Kern (Canada)
 49.00 E. Nekesa (Kenya)
 48.18 Jeanette Kieboom (Australia)
 48.18 Lise Boyer (Canada)

PENTATHLON

(Records, with 800m) WR — 4839 Nadyezhda Tkachenko (USSR) 1977; CR — 4639 Diane Konihowski (Can) 1977; UKR — 4385 Sue Longden 1977; CBP (with 200m): 4524 Mary Peters (NI) 1970. Previous UK winners: Mary Peters (NI) 1970 & 1974. Timetable: Aug 6.

- 4480 Diane Konihowski (Canada)
 4379 Modupe Oshikoya (Nigeria)
 4292 YVETTE WRAY (England)
 4121 SUE MAPSTONE (England)
 4087 Barbara Beable (NZ)
 4006 Glynis Saunders (Australia)
 4005 RUTH HOWELL (Wales)
 3953 Sue Summers (Canada)
 3936 Jill Ross (Canada)
 3817 Karen Page (NZ)

4 × 100 METRES RELAY

WR — 42.50 GDR 1976; CR — 43.17 Canada 1976; UKR — 43.44 1976; CBP — 43.51 Australia 1974. Previous UK winners: (4 × 110y) England 1958. Timetable: Hts — Aug 11; final — Aug 12.

4 × 400 METRES RELAY

WR — 3:19.2 GDR 1976; CR — 3:25.6 Australia 1976; UKR — 3:26.6 1975; CBP — 3:29.2 England 1974. Previous UK winners: England 1974. Timetable: Hts — Aug 11; final — Aug 12.

Swansea H. hold their Open Meeting on August 19th — full details in A.W. next week.

Leicester Coritanian 'Boot Trophy' Meeting is on Sept. 3rd. Full details in A.W. next week.

MIDLAND U/20 CHAMPIONSHIPS

At Wolverhampton, June 30th/July 1st

2000SC : 1, E. Wedderburn (Tip) 5:53.2; 2, S. Wilmott (Cann) 5:57.6; 3, N. Cowie (Cov) 6:05.0; 4, B. Tilley (Bir) 6:05.6. PV: T. Green (Spark) 3.75. DT: R. Weir (W/B) 47.20.

EUROPEAN CHAMPS., PRAGUE

Anyone thinking of going to Prague for the European Championships (August 29-September 3) may still be able to get a place on the 'AW' tour by contacting Jose Sykes, David Dryer Sports Travel Ltd, 242 Oxford Street, London, W1N 0BN, (Tel: 01-408-1141 — the wrong number was printed last week and we apologise for any inconvenience to readers). As we go to press there are a few seats left on the charter flight. Accommodation is in a first class hotel, bed and breakfast with evening meal.

26th HOLBEACH '10' ROAD RACE

(British Road Runners Championship Qualifier)
 CARTER'S PARK, PARK ROAD, HOLBEACH

SUNDAY, AUGUST 13th, 3 p.m.

Fast, traffic-free country course

Prizes valued £65 (£15 first individual).

Team Fee (Incl. Indivs.) £1 (any number). Individual Fee 30p.

CLOSING DATE TUES., AUGUST 8th

Duplicated results to take away

Entries: R. E. S. Clay, 82 Spalding Road, Holbeach, Spalding, Lincs. (Tel: 0406 23316).

Rono: Will He Be The Star Of The Games?

By Hezekiah Wepukhulu (Nairobi)

IN the last 10 years Kenya has produced some of the best and most successful distance runners in the world — Keino, Temu, Jipcho and Kimobwa. But none has made such a sudden and startling impact as Henry Rono, who now looms as the likely outstanding star of the 1978 Commonwealth Games.

A few months ago, Rono (26) a former army private, was unknown to world at large. Then in quick succession he smashed world records for the 3000, 5000, 10,000 and the steeplechase — becoming the first man ever to hold all four.

Rono can't run in all three events at Edmonton because the steeplechase heats and the final of the 10,000 are on the same afternoon. He has chosen the 5000 and the steeplechase and is strong favourite for both. And not only because of his records, but because of the decisive way he has beaten most of the world's best in the last few months — usually by dashing away with two, three or four laps to go. At the moment he seems unbeatable; the only doubt is whether he may not have reached his peak too early in the season.

Rono is one of a growing number of African athletes who have benefitted from the hard training and competition of American university athletics. Like Kenio, Jipcho and Boit, he comes from the Kalenji tribe and was born in the Rift Valley Province.

Rono did not start running seriously until he left school. Before that he had played football and volleyball. But then his ambition was whetted. He recalls: "One day seven years ago I heard that the great Kip Keino was coming to a place near our home. He lived only three miles away from our village, but I had never met him, so I decided to go and see him. Many had packed a small stadium in the village and Keino was asked by the announcer to put up his hand so that we could know who he was. I stood by myself above the stadium and watched, wondering how great it was to be an international athlete. From

that moment I made up my mind to run."

Inspired by what he saw, Rono began running on his own without a coach. "I was made to understand that one could not become a distance runner immediately; so I began gradually without exerting too much. I started first with the steeplechase and then went on to other races."

In 1972, he ran 3000 in 8:30.0 during the Kenya national schools championships. In 1975 he left school at the advanced age of 22 years and the next year he joined the Kenya army as a private.

Rono's father died in an accident in 1960. Young Henry was only seven and his father was driving a tractor pulling a plough. A snake came up over the front tyres. Frightened, Rono's father jumped back and fell. The discs ran over him, cutting his throat. Henry went to live with his grandmother, tending cattle. As a result he was late starting school.

Rono first came to notice in 1976 when he beat the qualifying standard for the Olympics in the steeplechase. However, the African boycott of Montreal ended his Olympic hopes, for the time being at least. Then he was snapped up by Washington State University, and moved to America. He was soon scoring in a wide range of events for the university.

His Washington State coach John Chaplin says this of his new star: "If Henry is not injured he will be the first man to run 5000 in under 13 minutes, the 10,000 under 27 minutes and the steeplechase under 8 minutes."

© Gemini News Service Ltd., 1978

£500 GRANT FOR DONNA

Sunsilk, Elida Gibbs' leading hair care brand, further developed its link with women's athletics with the recent announcement of a Sunsilk Scholarship to Donna Hartley, the UK 200m and 400m record holder. The Scholarship will be spent by Donna on additional training during the year from July 1st, 1978.

"I am absolutely delighted that it is Sunsilk who have offered me such generous help", said Donna. "My ambition is to work up to a peak for the 1980 Olympic Games and Sunsilk's £500 Scholarship will enable me to take advantage of overseas training facilities which are such a boon to British athletes, particularly early in the season".

Sunsilk also announced that they are continuing their sponsorship of the WAAA Championships. They will take place at Crystal Palace on August 18th/19th.

Due to unforeseen circumstances the Reebok International "8" will not be held this year, but it is hoped to continue with the race next year.

FIRST ANNUAL GOODRICH VILLAGE FELL RACE SATURDAY, SEPTEMBER 2nd, 1978

Start 2.45 p.m.

4 Miles — 750 feet of climbing

Prizes: First six, first two Veterans (O/40), first Veteran (O/50), first two Juniors.

Entry Fees (30p) to Terry Haines, 48 The Triangle, Gloucester GL2 0NG. SAE for travel details.

Changing: Goodrich Village School. Goodrich is situated between Ross-on-Wye and Monmouth.

CLOSING DATE WEDNESDAY, 30th AUGUST

Late entries 50p

Assessing The Edmonton Medal Prospects

AS the form guide elsewhere in this issue indicates, athletes from the UK are likely to make a major impact in Edmonton. At the 1970 Games in Edinburgh there were 15 victories by athletes drawn from the home countries; the figure in Christchurch four years ago was 12. This time, if most of the top contenders strike top form, there could be as many as 16. The Games will provide a useful opportunity — denied in Montreal in 1976 — to assess the current state of African athletics. There were nine African winners in Christchurch. Here, event-by-event, is a brief summary of the prospects, by Mel Watman, together with his 1-2-3 forecast and that of Stan Greenberg, sports editor of the Guinness Book of Records and probably the world's foremost authority on Commonwealth athletics statistics.

100: Don Quarrie is already in the record books as the most prolific male gold medallist in Commonwealth Games history with a total of five . . . and he will be chasing the all-time best of seven by Marjorie Jackson. Should he win the 100 (or, more likely, the 200) he would join Howard Payne and Pam Kilborn as the only athletes ever to win three successive titles. Quarrie hasn't shown his most devastating form so far this year but Allan Wells, for one, is convinced that the Jamaican is still the man to beat on the big occasion. Wells himself must stand a fine chance of becoming the first male UK sprinter to win a title since 1938, if he can reproduce the speed he displayed at the UK Championships. James Gilkes (Guy) is another strong contender, and one cannot ever overlook Olympic champion Hesely Crawford (Tri) even if he has had a very quiet season to date. Peter Okodogbe of Nigeria, who tops the rankings with 10.12, placed 2nd in the recent African Games in 10.45, 1/100th ahead of the Christchurch bronze medallist Ohene Karikari of Ghana. Forecast: (MW) 1, Quarrie; 2, Wells; 3, Crawford. (SG) 1, Wells; 2, Quarrie; 3, Okodogbe.

200: If Quarrie does win the 100 there can be little doubt that he will succeed also in the event in which he reigns as Olympic champion. He'll be clear favourite anyway. Again, Wells (who looks set to crack the UK record of 20.66) and Gilkes are very much in contention should the great man be less than in top shape. African record holder Joe Siai Siai (Nig) and Hasely Crawford may be the next best bets for medals. (MW) 1, Quarrie; 2, Wells; 3, Gilkes. (SG) 1, Quarrie; 2, Wells; 3, Gilkes;

400: If he could repeat his 45.49 form, Glen Cohen would be in with as good a chance as anyone (and no Briton has won this title for 40 years), but he has fallen far short of that since his return from the USA. Although he may yet confound us, David Jenkins does not look like a serious medal contender this time. The Africans, who scored a clean sweep in 1974, will be spearheaded this time by Nigeria's Dele Udo, a potential world record holder according to his coach Lee Evans . . . who just happens to be the world record holder (at 43.86). The 1978 Commonwealth rankings are led by Joe Coombs (Tri), who clocked 45.41 in the wake of Juantorena's 44.27 in the Central American Games, while the chances of Olympic 6th placer Rick Mitchell (Aus) must be respected also. Should Uganda decide to compete in the Games, then watch out for a runner named Etoori, who was timed at 45.65 (same as Udo) for 3rd in the African Games. (MW) 1, Udo; 2, Coombs; 3, Mitchell. (SG) 1, Coombs; 2, Udo; 3, Mitchell.

800: Third in the 1972 Olympics, 2nd in the 1974 Commonwealth, deprived of his chance for Olympic glory in 1976 and 2nd to Juantorena in that monumental World Cup duel last summer: there could be no more popular or deserving winner than Mike Boit. Alas, his form has been relatively poor this season, and he completely 'blew up' in the African Games after being well clear at 600. Even if Boit were to miss what could be his last golden opportunity Kenya will field

BERWICK-UPON-TWEED WALLS RACE COMMITTEE

present the sixth annual

"RUNNING OF THE WALLS ROAD RACES"

Sponsored by Bourne Leisure Group Ltd., and North Eastern Co-op

SUNDAY, 24th SEPTEMBER, 1978

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

Maximum prizes as usual, 8 Challenge Trophies with 4 replicas for each winning team and 4 medals for each second team.

Senior Men 6½ Miles, including Veterans over 40, 50, 60

Youths 4 Miles • Boys 2½ Miles

Senior Ladies 4 Miles, including Veterans over 35, 40, 50

Intermediate Ladies 2½ Miles • Junior Ladies 1½ Miles

Entry Fees: 70p per Team, 25p per Individual.

Entries close Saturday, 2nd September, 1978 to:

Mrs. Norma Campbell, 19 Ladywell Road, Tweedmouth, Berwick-upon-Tweed.

SUPAVALUE from K. G. Sports

ROAD SHOES

THE 'GRIP' — A fabulous new shoe selling like hot cakes! Unbeatable for PRICE, QUALITY and COMFORT. 6-10 1/2 ONLY £8.75. Blue nylon uppers with blue suede reinforcing and yellow trim. Wide studded "waffle type" sole with full padding for comfort.

INTER-SPRINT SL — The first and still the best of the cheaper versions of the "SL" style shoe. Blue nylon uppers with white contrast. Sizes 4-5 1/2 £6.95, 6-10 1/2 (except 7 & 10) £7.95.

PONY CALIFORNIA — A training shoe with breathable uppers for maximum comfort. Specially designed sole for extra shock resistance and comfort, made from high abrasion rubber compound. Sizes 5 1/2-12 (except 7 & 8) £11.50.

PONY RUNNER — Budget priced training shoes in red nylon uppers. Rubber wedge mid-sole for extra shock absorption. A flexible lightweight shoe. Sizes 6-9 inc. (except 7 1/2), and 12 £9.95.

INTER-MARATHON — They may have got the name wrong but there's nothing wrong with the shoe! A beige nylon mesh upper with brown contrast. "SL" design sole, light but with plenty of foot protection. Ideal for training or leisure. Sizes 4, 5 1/2, 6 1/2, 7 1/2, 8 1/2, 9, 9 1/2 & 10, £8.95.

CLEARANCE OFFER — at least 1/3 OFF normal prices. Hurry! Limited stocks

REEBOK SIROCCO — Lightweight nylon racing/training shoe. Sizes 4, 4 1/2, 5 1/2, 6 1/2, 7 1/2 & 10. Normal price £10.25, sale price £6.80.

OLD STYLE SIROCCO — Size 9 1/2 & 12 only. Sale price £5.

ARENA — Nylon upper spike with 4 screw-in spikes. Slight wedge effect, an ideal training or "country" spike. Sizes 4, 4 1/2, 5. Normal price £9.99, sale price £6.65. Sizes 6 1/2-10 1/2 (except 10). Normal price £10.85, sale price £7.20.

THE PEAKS — White leather upper cross-country stud, sizes 7, 10 & 12 only. Normal price £13.65, sale price £9.10.

Always a good selection of training shoes and spikes in stock. Why not give us a ring.

ALL ORDERS POST FREE — CASH WITH ORDER

Access or Barclaycard accepted. Just send full name and address (printed please) plus your card number. Goods exchanged or money refunded if returned in new condition within 7 days.

K. G. SPORTS LTD.

The Catford Centre, 28/29 Winslade Way,
Catford SE6 4JU. Tel: 01-690 7324

others capable of succeeding in the footsteps of Robert Ouko (1970) and John Kipkurgat (1974). Peter Lemashon, who has run 1:45.7 this year, has been named only as reserve! James Maina won the Kenyan trial in 1:50.2, but more significantly has clocked 1:46.6 for the first leg of a relay and won the African Games title in 1:47.1 Australian hopes are carried by John Higham, who has 45.7 400 speed and produced some good performances on a recent European tour, while the Briton with the best prospects is Peter Hoffmann — who could do very well indeed if he doesn't leave himself with too much to do in the last 200. Another big danger to all could be Seymour Newman (Jam), the man who ran a 43.8 400 relay leg in Montreal. (MW) 1, Higham; 2, Maina; 3, Hoffmann. (SG) 1, Higham; 2, Boit; 3, Hoffmann.

1500: This was THE race of the Games in 1974 (Filbert Bayi's time of 3:32.2 still standing as the world record) and even though John Walker and Steve Ovett won't be there it could still be a cracker of an event. Bayi defends this title against the man who, in Oslo, defeated him over a mile (3:53.2 to 3:53.5), Kenya's Wilson Waigwa — the man famous for his slow starts and fast finishes. Two others from that Oslo mile, the Scottish duo of Frank Clement and John Robson, could also be in at the kill — as could England's main hope, Dave Moorcroft. Adding spice to this encounter is the probability that whoever finishes first between Clement and Moorcroft will be selected to accompany Robson and Steve Ovett for the European 1500. (MW) 1, Waigwa; 2, Bayi; 3, Moorcroft. (SG) 1, Waigwa; 2, Moorcroft; 3, Bayi.

5000: This surely will be THE race of the Games in 1978. What a prospect! From Africa we have the fantastic Henry Rono (who will already have run, and presumably won, the steeplechase), the not to be underestimated Suleiman Nyambui (and possibly his countryman Bayi if he rates his chances in this event higher than in the 1500) and a potentially dangerous outsider in Kenya's Kip Koskei with his 3:38.6 1500 speed; from Australasia come Rono's predecessor as world record holder Dick Quax and the more obviously in-form Rod Dixon and Dave Fitzsimons; while England fields a marvellous trio in Brendan Foster, Mike McLeod and Nick Rose. The 'domestic' scrap between those three should be a classic, never mind about the rest! Not to be overlooked, either, should he decide to double also is Tony Simmons. It's unlikely that with Rose and Foster in the field it will be a slow race, but should it turn out that way then even Rono will need to watch out for McLeod and Dixon. (MW) 1, Rono; 2, Dixon; 3, Rose. (SG) 1, Rono; 2, Dixon; 3, Rose.

10,000: With Rono a non-starter, Brendan Foster finds himself nearly half a minute faster than his closest rival on times this season. Certainly he will start as clear favourite to add a

gold to the bronze (1970 1500) and silver (1974 5000) medals he collected at previous Commonwealth Games, but he will know better than most that Mike McLeod will be a formidable opponent to drop before the bell, and that Tony Simmons must be ready for a very fast run at this distance. Dave Black, silver medallist in Christchurch, could prove an obstinate opponent for all, and the Kenyans (who have named former world record holder Samson Kimobwa as reserve) field a couple of good prospects in Joel Cheruiyot and Mike Musyoki. Unpredictable Dick Quax could prove to be Foster's toughest rival or be buried way down field. (MW) 1, Foster; 2, McLeod; 3, Simmons. (SG) 1, Foster; 2, McLeod; 3, Quax.

Marathon: Britain has a proud record here; only once, since the war, has this title been won by anybody other than an Englishman or Scot. Jeff Norman, Trevor Wright and Jim Dingwall (who set a 10,000 pb of 28:45.3 recently) all have a good chance of upholding that tradition. In Dingwall's case — as Colin Shields points out — there is quite a precedent for every time the race has been run on the American continent the winner has been a Scot (Dunkie Wright in Hamilton, Joe McGhee in Vancouver, Jim Alder in Kingston)! The opposition will be tough, notably Canada's enigmatic Jerome Drayton (still a potential world beater on his day), Australia's Dave Chettle — who, remember, won last November's Auckland marathon in 2:02:24 over a course 1½ miles or about 8 minutes short, and India's Shivan Singh, who placed 11th in Montreal and who just might prove to be one of the sensations of the Games. The African challenge might be led by Kenya's Richard Juma (the 1974 10,000 bronze medallist in 27:57.0), unless Christchurch third placer Richard Mabuza of Swaziland resurfaces. (MW) 1, Drayton; 2, Chettle; 3, Dingwall. (SG) 1, Chettle; 2, Ryan; 3, Wright.

3000 Steeplechase: It's difficult to envisage how Henry Rono can fail to win this title — and by a goodly margin — even though Dennis Coates, John Davies (the 1974 runner-up to Ben Jipcho) and James Munyala (Ken) could all be running under 8:20. Olympic 6th placer Euan Robertson (NZ) is a good competitor, although it's often difficult to predict how an athlete will perform 'out of season' when there's no recent form to go on. Incidentally, Kenya's fast improving third string also rejoices in the name of Rono: he's George Kiprotich Rono. (MW) 1, Rono; 2, Coates; 3, Munyala. (SG) 1, Rono; 2, Munyala; 3, Coates.

110 Hurdles: At Christchurch it was Fatwell Kimaiyo (Ken) who won the gold and Berwyn Price the silver . . . and it would come as no surprise if that result was duplicated in Edmonton. The men who could upset that arrangement include the Nigerians Godwin Obasogie (co-holder with Kimaiyo and Price of

the Commonwealth record) and ace sprinter Joe Siai Siai, and quite a formidable Australian trio. Young Mark Holtom might not be too far away either. (MW) 1, Kimaiyo; 2, Price; 3, Siai Siai. (SG) 1, Kimaiyo; 2, Price; 3, Siai Siai.

400 Hurdles: Another Kenyan named Kimaiyo, this time Daniel, could prove to be a tough opponent for defending champion Alan Pascoe; he defeated John Akii-Bua (49.55) in 49.48, whereas Pascoe's 1978 best is a hand-timed 49.8. However, Alan's ability to find those extra tenths when they really count is such that he must still be considered the man to beat. As for Akii-Bua, the former Olympic champion and world record holder — who, like Pascoe, is in his final season of racing — he must still be rated highly, but at the time of writing it is still not known whether Uganda will be competing. Similarly, there is no word as to whether Cyprus, a new member of the Commonwealth Games Federation, is sending a team; if so, Stavros Tziortzis (50.03 recently) must be watched. William Koskei (Ken), medallist in the two previous Games, is still running well, and the Australians and Jamaicans have high hopes that Gary Brown and Clive Barrieffe respectively will duck under 50 sec. Bill Hartley, steadily working his way back to the top, has also to be considered. (MW) 1, Pascoe; 2, Kimaiyo; 3, Akii-Bua (if competing) or Barrieffe. (SG) 1, Pascoe; 2, Kimaiyo; 3, Akii-Bua (if competing) or Barrieffe.

High Jump: Olympic silver medallist Greg Joy (Can) hasn't reproduced outdoors the 2.31m form which gained him — fleetingly — possession of the world indoor record this year but he has jumped 2.24 and he will start as favourite. The other Canadians have disappointed this season, and the strongest challenge looks likely to come from reigning champion Gordon Windeyer (Aus), Brian



Reliance Sportswear Limited, distributors of VIGA apparel and NIKE sports footwear, invite entries for their VIGA 5000 M parlauf competition.

The competition is open to male athletes belonging to the same club with at least one athlete under 20 years of age on the day of the competition.

Prizes of VIGA apparel and NIKE footwear will be awarded to the best monthly performances and a NIKE shoe show will be sent to each entry breaking 13 minutes for the distance.

Encourage your club to run a VIGA V and make your running more rewarding.

Entry forms obtainable from VIGA, Reliance Sportswear Limited, Hanson Lane, Halifax, West Yorkshire.



Burgess and Mark Naylor. No British athlete has ever won this event. Disappointing to note that West Africa, which built up quite a record in the fifties, has no high jumpers of top quality nowadays. (MW) 1, Joy; 2, Windeyer; 3, Burgess. (SG) 1, Joy; 2, Windeyer; 3, Burgess.

Pole Vault: Two of the 1974 medallists, Australia's Don Baird (gold) and England's Brian Hooper (bronze), will be expected to mount the rostrum again. Baird is well ahead on the rankings with an early-season 5.40m (18'0") in the USA but might not be anywhere near that in Edmonton. Hooper hasn't competed recently but his form had indicated that he might break his UK record of 5.40 later on. Joint favourite with them is the host nation's Bruce Simpson, a top world class performer when at his best, but in the Canadian trials he was beaten by Glenn Colivas at 4.95. Jeff Gutteridge or Allan Williams could be among the medals if the 'big three' falter. (MW) 1, Hooper; 2, Baird; 3, Simpson. (SG) 1, Simpson; 2, Hooper; 3, Baird.

Long Jump: There appear to be three outstanding contenders: Charlton Ehizuelen (Nig), whose indoor leap of 8.26m three years ago is the longest ever achieved by a Commonwealth athlete; Chris Commons (Aus), beaten by 2cm by Alan Lerwill at the last Games; and Roy Mitchell, a fine competitor capable of producing an 8m leap just when it's needed. (MW) 1, Ehizuelen; 2, Mitchell; 3, Commons. (SG) 1, Ehizuelen; 2, Commons; 3, Rock (Can).

Triple Jump: By world class standards, and in terms of the closeness of the competition, this promises to be the best of the field events. Although Ian Campbell stands well ahead of the opposition on the basis of his indoor 16.97m it might be more relevant to compare the best outdoor marks of the leading aspirants: 16.68 Aston Moore (Eng), 16.67 Ian Campbell (Aus), 16.66w Keith Connor (Eng), 16.51 Charlton Ehizuelen (Nig), 16.50 Ken Lorraway (Aus), 16.49 Maxwell Peters (Ant), 16.33w Dave Johnson (Eng), 16.32 Ajayi Agbebaku (Nig). Yes, this is going to be some contest! (MW) 1, Connor; 2, Moore; 3, Ehizuelen. (SG) 1, Moore; 2, Ehizuelen; 3, Campbell.

Shot: Title holder Geoff Capes has, for several years, been the Commonwealth's outstanding shot put exponent but this season has seen him, unusually, falling below 20m on occasions, while Canada's unecclesiastical Bishop Dolegiewicz has chosen this time to improve to 20.85. Both men have been injured recently but, assuming both are fighting fit for the Games, an intriguing duel is in prospect, with another Canadian, Bruno Pauletto, looking a good bet for the bronze. (MW) 1, Dolegiewicz; 2, Capes; 3, Pauletto. (SG) 1, Capes; 2, Dolegiewicz; 3, Pauletto.

Discus: Robin Tait (NZ) was 3rd in 1966, 6th in 1970 and the winner in 1974, and he could be among the medals again. The only other entrant to have bettered 60m this year is Commonwealth record holder Borys Chambul. Interesting to note the progress of Brad Cooper of Bermuda, the first West Indian to make strides in this event since Roy Hollingsworth of Trinidad, the former UK record holder. (MW) 1, Chambul; 2, Tait; 3, Priman. (SG) 1, Tait; 2, Chambul; 3, Dolegiewicz.

Hammer: Ian Chipchase defends, but the UK challenge this time will be led by Commonwealth record holder Chris Black and Paul Dickenson. In what promises to be a close contest they face Australia's Peter Farmer (1974 bronze medallist) and Canada's Scott Neilson; it's possible that a 70m throw, never seen before in the Commonwealth Games, might go unrewarded by a medal. (MW) 1, Black; 2, Farmer; 3, Neilson. (SG) 1, Farmer; 2, Neilson; 3, Dickenson.

Javelin: With Phil Olsen, the Commonwealth record holder, having gone off the boil since his early-season 85.54m throw and finished second in the Canadian trials with some 10m less, Canada's big hope is now George (Gheorghe) Megelea - the former Rumanian who placed 3rd in the Montreal Olympics with 87.16. On paper there's not much to choose between the English trio, any one (or maybe two) of whom could finish among the medals. (MW) 1, Megelea; 2, Ottley; 3, Olsen. (SG) 1, Olsen; 2, Ottley; 3, Megelea.

Decathlon: Winning the Commonwealth title will be pleasant but fairly meaningless for Daley Thompson, for whom this competition is really

BLANK FIRING

STARTING PISTOLS



320 5-shot Auto
Big calibre automatic, superior design, fires loud shot. CCS03 £14.95

Sub nosed 6mm 8-shot Revolver Detective special CCS02 £4.95

6mm 8-shot Revolver
Swing-out chamber, single or double action. CCS01 £5.50

6mm Pocket Auto Compact
7-shot lightweight, authentic size. CCS04 £3.95

SHOULDER HOLSTER (not illust) Suitable for all our Starting Pistols. CCH19 £4.25

BLANKS 100 6mm
CCA01 £1.50
50 .320 extra loud
CCA02 £3.50

BELT HOLSTER (illust) for all models
CCH18 £3.25

Classic Collections

REPLIGUNS LTD

DEPT. AWW
183 FULHAM PALACE RD.
LONDON W6 8QX.
tel: 01-381 2929

When ordering include declaration that you are over 17 years of age. Send 15% p.s.a.e. (12x9) for Catalogue

Trade & Personal Callers welcome. Fully Guaranteed and Officially Approved

just preparation for the big event of the year, the European decathlon. With an 800-point margin over his nearest rival he might even get away with a disaster like no-heighting in the pole vault and still win. Mike Bull defends the title but he will need to be at his very best to challenge for a lesser medal this time, though England's Alan Drayton and Graeme Watson should give the other main medal contenders - Zenon Smiechowski (Can), the excellent jumper Suresh Babu (Ind) and Peter Hadfield (Aus) - a run for their money. If Cyprus are present, Pan Zeniou would also be closely involved. (MW) 1, Thompson; 2, Babu; 3, Drayton. (SG) 1, Thompson; 2, Hadfield; 3, Zeniou (if competing) or Drayton.

30km Walk: A new event, replacing the 20 miles road walk. The Australian selectors had such confidence in Willi Sawall that they nominated him first in their order of merit list, and his performances suggest he has what it takes to become champion. His perpetual shadow Tim Erickson, New Zealand's Graham Seatter (in super form as shown in a recent sub-88 min 20km in England), England's Olly Flynn and Brian Adams, and Canada's Marcel Jobin will battle for the other medals. (MW) 1, Sawall; 2, Seatter; 3, Flynn. (SG) 1, Sawall; 2, Flynn; 3, Adams.

4 x 100: Africa (Nigeria, Ghana) v West Indies (Jamaica, Trinidad) with only Canada and just possibly Scotland capable of intervening. (MW) 1, Jamaica; 2, Ghana; 3, Canada. (SG) 1, Jamaica; 2, Canada; 3, Nigeria.

4 x 400: Kenya, champions since 1970, have a team which could go under 3:04 but Nigeria's looks even better, while England, Canada, Trinidad, Jamaica and Uganda (?) should play a full part in an exciting race. Scotland could be a surprise packet with the Jenkins brothers, Peter Hoffmann... and Allan Wells, who ran a 47.8 leg five years ago. (MW) 1, Nigeria; 2, Kenya; 3, England. (SG) 1, Kenya; 2, Nigeria; 3, England.

WOMEN'S EVENTS

100: Just one more victory by Raelene Boyle, here or in the 200 or in the 4 x 100 relay, would enable her to equal fellow Australian sprinter's all-time record of seven Commonwealth gold medals. She and arch-rival Denise Boyd (née Robertson) are formidable opponents for the new Commonwealth record holder Lilieth Hodges (Jam), Canadians Patti Loverock and Marjorie Bailey, and England's trio led by Sonia Lannaman. Sonia looks to be rounding into her best form after a relatively shaky start; if so, she should become the first British girl to win since Dorothy Hyman in 1962. (MW) 1, Lannaman; 2, Boyle; 3, Hodges. (SG) 1, Hodges; 2, Lannaman; 3, Loverock.

200: Boyle won ahead of Boyd in Christchurch, and both seem likely to be in the forefront again — though neither will hold Lannaman if she is at the peak of her powers. Sonia will be well

supported by Bev Goddard and young Kathy Smallwood. Watch out for Ghana's Hannah Afriyie, African Games winner in 23.1. (MW) 1, Lannaman; 2, Boyle 3, Goddard. (SG) 1, Lannaman; 2, Boyle; 3, Loverock.

400: Donna Hartley (assuming she is fully fit again) and Verona Elder, the silver medallist in 1974, make up a formidable English partnership but either one or the other might have to break Donna's UK record of 51.28 to win against Lorna Forde (Bar) and June Griffith (Guy). Australia and Jamaica are also strongly represented, and it will be interesting to see how Kenya's Ruth Waithera (who has also run a windy 23.7 200) fares. (MW) 1, Forde; 2, Hartley; 3, Elder. (SG) 1, Forde; 2, Elder; 3, Hartley.

800: Charlene Rendina (Aus), the title holder, stands atop the 1978 Commonwealth rankings with 2:02.0, just a few ticks ahead of Liz Barnes and Jane Colebrook, either one of whom stands poised to become the first British girl to break 2 minutes. Kenya picked up a medal in Christchurch when Sabina Chebichi placed 3rd; this time Mary Chemweno and Tecla Chemabwai will bid to become Africa's first world class performers in this event. (MW) 1, Colebrook; 2, Barnes; 3, Rendina. (SG) 1, Colebrook; 2, Rendina; 3, Barnes.

1500: On paper this event could result in a clean sweep for England (Mary Stewart, Chris Benning and Chris Boxer) but statistics don't tell all and the good competitive record of Penny

NOW from vt UNIK TIME -

SPLIT SECOND QUARTZ ACCURACY

with Stopwatch functions **FOR ONLY £19.95** Plus £1.25 P&P/ins

NOT JUST A WATCH - A CHRONOGRAPH!

- Permanent LCD display showing Hrs, Mins, Secs. Visible in direct sunlight! am/pm indication.
- Month, Date, Day with built in four year calendar.
- Night illuminator button.
- STOPWATCH accurate to 1/100th second. Memory bank ensures Lap Readout and all other functions continue on both stopwatch and time readout etc, even whilst display is frozen!
- Full 1-year international guarantee.

110 Raglan Court, Empire Way, Wembley, Middx

Young Enterprises **FAST TODAY!**

AW 4 110 Raglan Court, Empire Way, Wembley, Middx Tel: 01-983 5086

Please send me _____ quartz chronograph at £19.95 + £1.25 P&P/ins

I enclose cheque/PO value £ _____

or to pay by ACCESS/BARCLAYCARD

Please charge the following amount to my Card Account

NAME _____

ADDRESS _____

Telephone orders accepted Access/Barclaycard

Werthner (Can) and Hilary Hollick, representing Wales, enhances their medal chances. (MW) 1, Stewart; 2, Benning; 3, Hollick. (SG) 1, Stewart; 2, Benning 3, Boxer.

3000: It's going to take some inspired running from someone to prevent the former Yeoman twins from taking first and second places — or perhaps it would be fitting for them to come in holding hands! Ann Ford, the Commonwealth record holder at 8:52.8, was always considered the better of the two at this event, but now that Paula Fudge has clocked 8:53.6 the outcome is now not so obvious. Best of the rest are Penny Yule and two ladies named Thomson. Heather (NZ) and Rose (Ken). (MW) 1, Ford; 2, Fudge; 3, Yule. (SG) 1, Ford; 2, Fudge; 3, H. Thomson.

100 Hurdles: Another event in which England could finish first, second and third. Certainly, Lorna Boothe and Sharon Colyear are the favourites, while it looks as though Modupe Oshikoya (Nig) is the only athlete to stand between Shirley Strong and a medal. (MW) 1, Boothe; 2, Colyear; 3, Strong. (SG) 1, Boothe; 2, Colyear; 3, Oshikoya.

High Jump: The host nation's most celebrated woman athlete, Debbie Brill, looks set to win the title for the second time: she was champion in 1970. Like Greg Joy she hasn't reached her indoor level but she won the Canadian trials at 1.89m, and that will take some beating. With Chris Annison (1.88) having withdrawn from the

Australian team, the battle for the other medals could be between Katrina Gibbs (Aus) and Gillian Hitchen, though it's possible that Julie White (Can) could rise to the occasion as she did in the Olympics where she cleared 1.87. (MW) 1, Brill; 2, Gibbs; 3, Hitchen. (SG) 1, Brill; 2, Gibbs; 3, Hitchen.

Long Jump: One of the biggest surprises of last year's World Cup in Dusseldorf was the victory of Lyn Jacenko (Aus). She heads the Commonwealth rankings this year and is clearly going to be difficult to beat, but Sue Reeve gained the psychological advantage of doing just that the other week. The other chief protagonist is likely to be reigning champion Modupe Oshikoya (Nig), but Sue Hearnshaw is capable of springing a surprise. (MW) 1, Reeve; 2, Jacenko; 3, Oshikoya. (SG) 1, Jacenko; 2, Reeve; 3, Oshikoya.

Shot: A very depressed event by European standards, with only one girl in the Commonwealth over 17m — Gael Mulhall (Aus). At 18.16m she should be unbeatable. The scrap for the other awards will be lively, with Judith Oakes, Meg Ritchie and Angela Littlewood in the thick of it against former Rumanian Carmen Ionesco (Can) and Bev Francis (Aus). (MW) 1, Mulhall; 2, Francis; 3, Oakes. (SG) 1, Mulhall; 2, Francis; 3, Oakes.

Discus: An intriguing three-way battle is on the cards here involving Meg Ritchie, who heads the

ROAD RACERS

Enter these top road races now

READING POLICE '10'

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

SATURDAY, SEPTEMBER 16th, 3.15 p.m.

Incorporating First Ladies '10'

Holders: Steve Ford 46m 56s; Team A. F. & D.

Entries: 40p ind., no Team fees, to Thames Valley Police Sports Club, c/o Sgt. Tony Collins, 37 Sterling Road, Kidlington, Oxon. Tel: Kidlington 2862 (S.A.E. please).

Prizes: Over £100 value to Inds., Vets, Ladies & Teams.

Closing Date: Monday, September 11th

NIAS NEWBURY NINE

(Under A.A.A. Laws)

10th Annual Road Race

for the Hutchins Trophy

SUNDAY, OCTOBER 1st, 1978, 3 p.m.

Holders: Steve Jones 41m 41s; Team Swindon AC

Entries: 30p ind., no Team fees, to A. Kilberry, 8 Beverley Close, Thatcham, Berks. Tel: Newbury 48708 (S.A.E. please).

Prizes: Teams (3 score), Inds., Vets.

Sponsored by Nias of Newbury Ltd.

Closing Date: Monday, September 25th

ENTER NOW — READING '10' & 'NIAS NINE'

9th ROTHERHAM MARATHON

SUNDAY, SEPTEMBER 17th

at 12.15 p.m.

**BRITISH ROAD RUNNERS CHAMPIONSHIP
EVENT!!! Also the 1978 NORTHERN
COUNTIES and YORKSHIRE MARATHON
CHAMPIONSHIPS**

£300 PRIZE LIST

First ten including £40 first. Team awards, Ladies, Veterans and Veteran Teams. Vests to first 20, small memento to all finishers.

Of the 100 finishers in last year's race, 70 athletes recorded their fastest 1977 time.

Women welcome — Linda Thompson (Leamington) 3:04.10 last year.

1976 Barry Watson 2:15.08. 1977 Don Faircloth 2:18.34.

Entries (50p — no extra charge for Northern or Yorkshire) to D. J. Haywood, 14 Whitehill Road, Brinsworth, Rotherham, South Yorkshire (Rotherham 76219) **close 2nd Sept.** Late entries returned. No team fees.

rankings with her UK record of 60.80m, Carmen Ionesco, who threw 64.52 back in 1975 before she became a Canadian Citizen, and Australian record holder Gael Mulhall. Jane Haist (Can), the Commonwealth record holder has been well below form. (MW) 1, Ionesco; 2, Ritchie; 3, Mulhall. (SG) 1, Ritchie, 2, Ionesco; 3, Mulhall.

Javelin: With nearly ten metres in hand over her nearest rival, Tessa Sanderson has to be — along with Daley Thompson — the nearest thing one can get in athletics to a certainty. Once Tessa has a valid throw in, attention can be switched to what could be a wildly fluctuating struggle for the other medals — in which young Fatima Whitbread should be involved. (MW) 1, Sanderson; 2, Philpott; 3, Whitbread. (SG) 1, Sanderson; 2, Whitbread; 3, Hayward.

Pentathlon: Modupe Oshikoya (Nig), Africa's finest ever all-round athlete, filled 2nd place in Christchurch behind Mary Peters (who will be in Edmonton as part of BBC radio's reporting team); this time the chances are she will have to settle again for silver, behind Canada's Diane Konihowski (née Jones). Yvette Wray is well positioned to strike bronze. (MW) 1, Konihowski; 2, Oshikoya; 3, Wray. (SG) 1,

Konihowski; 2, Oshikoya; 3, Wray.

4 × 100: Even without Andrea Lynch, England can field a team which can win the gold medals, although there won't be much in it against Australia, Canada and Jamaica. (MW) 1, England; 2, Australia; 3, Canada. (SG) 1, Canada 2, England; 3, Australia.

4 × 400: It was England from Australia in the inaugural event at Christchurch, and it could well be the same again at Edmonton. (MW) 1, England; 2, Australia; 3, Canada. (SG) 1, England; 2, Australia; 3, Canada.

NIGERIA PULL OUT OF GAMES

Shortly after this preview was completed came the news that Nigeria have withdrawn from the Games on political grounds, citing New Zealand's sporting links with South Africa as the reason. Thus the Games will be deprived of such medal contenders as Peter Okodogbe, Joe Siai Siai, Dele Udo, Godwin Obasogie, Charlton Ehizuelen, Ajayi Agbebaku and Modupe Oshikoya

Graham Williamson Proves His Case Again

WHILE most athletes were flying to Edmonton for the Commonwealth Games, Graham Williamson was proving once again to the Scottish selectors that he should have been there with them, when breaking the UK Junior record in the 1500m at the AAA Under 20 and Youths Championships held at Cwmbran on July 22nd/23rd. The rain, which had been pouring incessantly all afternoon, became lighter for the 1500. Right from the gun, 18-year-old Graham (fastest heat time of 3:49.8) went straight into the lead, passing 300m in 42.1, and then completed his first lap in 55.0. Extending his lead he went through the 700m mark in 1:40.5 and 800m in 1:55.1. His bell time was 2:39.3 and everything was on to go under 3:40, to break his second UK Junior record: With the enthusiastic crowd encouraging him down the home straight he crossed the line at 3:39.7, to shatter Chris Sly's record of 3:41.6. Although his time was slightly slower than the conversion of his 3:56.4 mile race (3:39.0), more important was that he had gone inside the European qualifying standard for 3:40.6, and is now a contender for the remaining places for Prague. In his wake a number of athletes reduced their personal bests, Neil Black clocking 3:44.6 for 2nd spot, with Adrian Royle 3rd at 3:45.3, and 6 others under 3:50.

There were some other good performances during the championships although the heavy rain on the second day threatened the postponement of the Youths high jump, and conditions were bad in the pole vault. In the high

jump the take-off was dangerous, and the event had to be held up. When the competition resumed a number of athletes withdrew on safety grounds. Although the winning height (1.85m) was nothing to shout about, it produced what must be one of the longest jump-offs on record. Both Paul Byrne (who won the ESAA Championships on a jump-off) and Edward Moore had an identical series, and they failed to settle it after they had both unsuccessfully attempted their 4th trial at 1.90m. The bar was then lowered by 1cm on each jump, but it wasn't until 1.82m that the tie was settled, when Moore went clear.

Over at the pole vault, four athletes had failed their opening heights, as the vaulters couldn't get a grip. Tim Anstiss (16) was in a class of his own, taking the Youths title with a Championship best of 4.21m, which was good vaulting in the conditions. The previous day he had gone higher

HAYFIELD SHEEPDOG TRIALS LANTERN PIKE FELL RACE

(Under A.A.A. Laws)

At Little Hayfield, Derbyshire
SATURDAY, 16th SEPTEMBER, 3.00 p.m.
1,050ft ascent over 5 miles

Prizes: First 6 Individuals, first 2 Veterans, first Teams, first local runner (3 mile radius).

Fees: Individuals 40p, Teams 50p (late entries on day 50p).

Entries by 5th September, to A. J. Bond, Rock Mount, Moorlands Road, Birch Vale, via Stockport, SK12 5BS. Tel: New Mills 44091.

in capturing the Junior title. He opened at 4.00, and cleared on his 1st attempt as he did at 4.20, 4.30 and 4.40m, this latter height raising his best by 5 cm. He failed at what would have been a UK age 16 best of 4.54m. Tim has had a most impressive season, with an unique series of championship wins. He has taken the AAA Youth and Junior titles, both indoors and out, the ESAA Championships and the Schools International.

Another athlete who could have come close to achieving similar performances was Tony Zaidman. He had won the Youths/Junior title indoors, and followed with a win in the Schools and International. In the Junior event at the outdoor championships he had to be content with 3rd place, but came back later in the afternoon, adding over a metre to his own CBP with a win at 17.61m. Ian Marsh turned the cards in the javelin, going over 70m. Colin Mitchell and Megarry Effiong retained their jump titles, although their 1977 winning performances were better, as the rain affected the marks this year.

On the track it was fortunate that the photo-finish camera was operating to assist the judges in some of the close finishes.

Both 800m races proved exciting to watch. In the Youths, Chris McGeorge and Paul Elliott did battle again. McGeorge, who won the Northern recently with a UK Youths record and had also taken the English Schools title, had been beaten in the Schools International by Elliott, and they kept together for the two laps, with no one else in contention. McGeorge stayed in the lead, although Elliott made a last minute bid, McGeorge claiming victory in a CBP of 1:51.7, with Elliott being rewarded with a UK age 15 best in 2nd place with 1:52.1. The Junior race certainly needed a photo-finish. Harrison had gone into the lead after 400m, and kept about 5 or 6m ahead of Julian Spooner for most of the second lap, but down the home straight Spooner crept up closer, both making a final lunge for the tape. From the photograph Spooner was given the winner by 1/100th of a second. Mick Morton added the 5000m title to his earlier 3000m victory in a fairly fast 14:03.9, with only Steve Anders anywhere near him.

Colin Reitz, fresh from his UK Junior

steeplechase record of 5:34.7 in Germany, had little opposition and his championship winning time of 5:35.6 has only been beaten by himself and Micky Morris, and with more opposition he would have easily broken his record again. Edwin Cutting had a narrow victory in the 100m into a headwind while Phil Cooke stopped Cutting making it a double by winning in the 200m. Phil Brown, who ran impressively at the English Schools, looked good again in winning the Youths 200m, but Mike Powell also stopped Brown's double by taking the 100m.

The Welsh crowd saw their athletes take two titles. Tony Morgan went under 50 sec for the first time, and set a Welsh record in winning the Youths 400m title, while his team colleague D. Jones also set a Welsh record in winning the inaugural 400m hurdles championship.

Alan Lindop

Juniors

100: (—3.2) 1, E. Cutting (W&B) 10.92; 2, D. Baptiste (Ex B) 10.94; 3, H. King (Brack) 11.07; 4, J. Stark (EAC) 11.12; 5, P. Cooke (Cty Hull) 11.13 (11.08 ht); 6, D. Bills (Cov G) 11.20 (11.18 ht); 7, A. Drysdale (Spark) 11.39; 8, G. Dunlop (Furn) 11.44 (11.22 ht).

200: (—3.4) 1, Cooke 22.24; 2, Cutting 22.27; 3, Stark 22.58; 4, A. Drinkwater (Bognor R) 22.89; 5, Bills 22.93; 6, S. Millar (Ann S) 23.08 (23.07 ht); 7, G. Dunlop (Furn) 23.17 (22.90 ht); 8, R. Wallace (Bally) 23.78 (23.20 ht).

400: 1, S. Wymark (Hull S) 48.19; 2, W. Armstrong (Morp) 48.29; 3, R. Dickens (Shaft) 48.79; 4, N. Jackson (W&B) 49.00 (48.79 ht); 5, J. Houston (Ayr) 49.28 (49.10 ht); 6, M. Roughan (Bally) 49.54 (49.16 ht); 7, M. Fowell (New) 49.69 (49.04 ht); 8, S. Houlton (Hull S) 49.70 (48.94 ht). In heats: C. Jones (Ox) 49.11, C. Hopkins (War) 49.67, D. Galvin (Liv H) & J. Case (Sutt) 49.71, A. Swithenbank (Sutt) 49.92.

800: 1, J. Spooner (B'heath) 1:51.0; 2, R. Harrison (Liv H) 1:51.0; 3, D. Kirk (Dumb) 1:53.2; 4, I. Warsama (Gates) 1:53.8; 5, A. Lawrence (Darl) 1:54.2 1:53.5 ht; 6, S. Bennett (Barr) 1:54.5 (1:53.4 ht); 7, D. Barrett (Carm) 1:54.8 (1:53.3 ht); 8, D. Barlow (New) 1:56.8 (1:54.4 ht). In heats: A. Cummings (QPH) 1:53.6, J. Wilson (Card) 1:54.2, S. Small (Sherb) 1:54.4.

1500: 1, G. Williamson (Spring) 3:39.7 (UK Junior rec/CBP); 2, N. Black (Morp) 3:44.6; 3, A. Royle (Grim) 3:45.3; 4, K. Rothwell (Stret) 3:46.6; 5, R. Wood (S&NH) 3:47.0; 6, G. Nurse (Leic) 3:48.5; 7, C. Miller (A&SV) 3:49.2; 8, A. Salter (B'field) 3:49.7; 9, I. Stewart (Lut) 3:49.9; 10, J. Clark (Roth) 3:50.4; 11, G. Fell (Ex B) 3:51.4. In heats: D. Black (Ell) 3:52.6, S. Wilson (Ips) 3:53.0, A. Douglas (Vic Pk) 3:53.7.

5000: 1, M. Morton (B'burn) 14:03.9; 2, S. Anders (Stret) 14:07.1; 3, E. White (Wirr) 14:17.2; 4, P. Elletson (E Hull) 14:19.6; 5, S. Binns (Bing) 14:22.0; 6, J. Doherty (Leeds)

ROAD RACE IN BRISTOL SUN LIFE ASSURANCE

2nd Inter Company 5 mile Road Race

(Under A.A.A. Laws)

ON TUESDAY, 5th SEPTEMBER, at 6 p.m.

From Cribbs Causeway, Bristol

All athletes welcome but representing company etc. Trophy to winner and winning team (4 to score). Medals: First 6 Inds., first 3 Teams, first Vet, and first 3 'Insurance' men. Entries by 25th August, stating name, company and if over 40 on date of race. 20p Individual, no Team fee, to A. Bennett, Personnel Dep., Sun Life Assurance Society Ltd., Sun Life Court, St. James Barton, Bristol.

SHOES

Every so often, when you're sitting down trying to think up some witty, eye-catching headline to your advert, a flash of sheer genius comes over you and you come up with something brilliant and sparkling enough to make the advertising agencies go green with envy. Then again, sometimes you don't. However, it is shoes we're going to talk about, so why not just "Shoes"?

TRAINING SHOES

New Balance 320. The great training shoes from the USA — terrific cushioning, strong uppers, comfortable and protective against injuries. In three widths, slim, medium and broad. Sizes 3½-14½, £17.95. Resoling service in flat or "waffle" style, £3.95.

Sweat Shop Montreal. A "waffle" trainer at a reasonable price! Green nylon uppers, well padded sole and heel, flared heel and waffle sole. Discount and post free offer still applies, so all you send is £7.45 for sizes 36-39, £7.95 for sizes 40-45.

Stride. Based on the Adidas Country, in red or blue nylon with suede reinforcement all round, good cushioning and hard wearing "wrap-round" sole. Discount and post free service on this too, meaning you send only £5.80 for sizes 4, 5 and 5½ or £6.25 for sizes 6-11 in half sizes.

Roadhog. Beige nylon mesh uppers, suede reinforcement, wrap-round "suction-cup" sole and good cushioning throughout. Prices and sizes as for the Stride.

Tiger Corsair. Similar to the better-known Cortez, these normally retail at well over £20. Our stocks are slight seconds, however, and we can sell them at only £12.50 for sizes 6½-12. White leather uppers and a flexible and well-cushioned sole are the features of this fine training shoe.

Adidas Condor. A unique training shoe from Adidas at a very reasonable price. Blue Cangoran (artificial

leather) uppers, good cushioning and a wrap-round ribbed sole featuring low central studs which give grip on soft ground while adding to the cushioning on hard surfaces. Sizes 5 & 5½ £10.95, sizes 6-12 £11.75.

Adidas TRX. Adidas's waffle trainer, with blue nylon uppers, suede reinforcement, a well padded midsole, and a hard wearing waffle sole. Sizes 5 & 5½ £14.95, sizes 6-12 £15.95.

Adidas Sao Paulo. Similar to the SL76 but in the slightly more subdued colours of blue with red trim. An excellent all-purpose trainer. Sizes 5 & 5½ £14.95, sizes 6-12 £15.95.

Adidas Gazelle. The old favourite amongst road men, with blue suede uppers, a thickly cushioned sole and heel. Sizes 3½-5½ £13.95, sizes 6-12 £14.95.

Adidas Country. Another old favourite, the Country has white leather uppers, a long-lasting wrap-round sole and the usual excellent padding. Sizes 4-5½ £12.95, sizes 6-12 £13.95.

Adidas Leader. For the youngsters, a plain training shoe in white leather with a good heel wedge and a durable sole. Sizes 12-4 only, £6.95.

New Balance Cross-Country. More of a winter racing shoe really, the Cross-Country nevertheless suits some people as a training shoe, with its super flexibility, "waffle"/studded sole, cushioned heel wedge and the New Balance choice of widths — medium or broad. Sizes 5-13, £15.95.

RACING SHOES

Briefly:

New Balance Super Comp. Our choice as the premier racing shoe; breathing orange mesh uppers, flexible, light yet cushioned well enough to give a noticeable bounce to your stride. Medium or broad, sizes 4-13, £17.95.

Tiger Marathon. Sizes 5 & 5½ £12.25, sizes 6-11 £13.25.

Tiger Jayhawk. Sizes 6-11 £17.95.

Mail Order. Please enclose a foot outline and 45p part post and packing except where stated.

All goods exchanged or money refunded if returned in new condition within 10 days.



THE SWEAT SHOP



The Causeway, Teddington, Middlesex
01-943-0239

RUN BY RUNNERS FOR RUNNERS

14:24.2; 7, S. Cahill (Leeds) 14:31.7; 8, A. Douglas (Vic P) 14:34.2; 9, M. Scrutton (Tonb) 14:34.9; 10, D. Beaver (Poly) 14:45.2; 11, I. Campbell (E Kilb) 14:48.5; 12, D. Ellis (B'field) 14:52.2; 13, S. Catchpole (Lon) 14:53.5; 14, A. Cummings (Card) 14:56.4; 15, R. Partridge (B'field) 14:58.6.

2000SC: 1, C. Reitz (Ex B) 5:35.6 (CBP), 2, D. Parish (Rown) 5:47.2; 3, E. Wedderburn (Tip) 5:47.2; 4, K. Irvine (Wig) 5:51.4; 5, N. Cowie (Cov G) 5:53.0; 6, S. Willmott (Cann) 5:55.3; 7, M. Cowman (West) 5:55.9; 8, N. James (EAC) 5:57.1; 9, K. Capper (L&M) 5:57.1; 10, M. Upton (Rown) 6:00.6 (5:58.6 ht); 11, T. Connolly (Sale) 6:11.7 (6:07.7 ht): In heats. A. Fox (Clwyn) 6:08.8, T. Fieldsend (Sheff) 6:09.8, D. Thomson (Dr C) 6:10.2.

10,000W: 1, M. Miley (Harb) 47:44.8; 2, R. Sheppard (Iif) 48:02.9; 3, P. Blagg (Met P) 48:33.2; 4, R. Dorman (Bel) 48:48.4; 5, N. Walsh (Grey) 48:56.9; 6, I. McCombie (NSP) 49:51.9; 7, T. McDermot (Bel) 51:09.6; 8, Ellis (Met P) 51:29.2; 9, R. Peters (Met P) 52:28.8; 10, R. Rawlings (Harb) 54:54.1.

110H: (—2.9) 1, P. Barthrop (E&E) 15.32; 2, N. Alexander (Card) 15.35; 3, A. Sumner (Edin Un) 15.55; 4, H. Jones (Ox C) 15.79; 5, R. Willard (Stock) 16.00; 6, P. Adams (BoE) 16.45; 7, A. Finmore (B&H) 17.02. In heats: P. Johnson (BoE) 15.8.

400H: 1, C. Preston (W&B) 53.68; 2, D. Hall (Leic) 53.87; 3, S. Sole (Sheff) 54.20 (53.98 ht); 4, A. Sumner (Edin Un) 54.94 (54.91 ht); 5, N. Hammersley (Cled) 55.00 (54.22 ht); 6, G. Davies (Port T) 55.40 (55.16 ht); 7, C. Richardson (H'gey) 55.58 (54.18 ht); 8, M. Garmston (Cann) 56.71 (54.06 ht). In heats: P. Goacher (Cann) 55.21, M. Millward (Stoke) 55.26, L. Mulholland (Lisna) 55.81, M. Oakes (H'gey) 56.98, I. McDonnell (S'port) 56.99.

HJ: 1, T. Foulger (B'heath) 2.05; 2, V. Clemmens (S&NH) 2.00; 3, S. Watts (C&N) 2.00; 4, C. Moseley (H'gey) 2.00; 5, A. Breden (Met P) 2.00; 6, L. Shakes (East) 2.00; 7, R. Hepburn (EAC) 1.95; 8 eq F. Manderson (AF&D) & G. Vorgic (Charn) 1.95; 10, F. Redley (Spark) 1.95;

11, D. Abrahams (Glos) 1.95; 12, S. Metcalfe (Scun) 1.90; 13, R. Charles (QPH) 1.90; 14, K. Little (War) 1.90.

PV: 1, T. Anstiss (Felt) 4.40; 2, J. Leiper (AF&D) 4.20; 3, T. Green (Spark) 3.70.

LJ: 1, C. Mitchell (H'gey) 7.14w (7.09); 2, R. Palmer (Ann S) 6.99; 3, T. Sinclair (Bed) 6.97; 4, G. Udo (Shaft) 6.88w (6.73); 5, C. Roberts (B'field) 6.85; 6, E. Starrs (W&B) 6.73; 7, P. Lewis (Carm) 6.54w (6.45); 8, J. Gloag (EAC) 6.38.

TJ: 1, M. Effiong (HW) 15.05; 2, E. McCalla (B'field) 14.37; 3, S. Metcalfe (Scun) 14.35; 4, D. Corless (S'port) 14.28w (14.20); 5, C. Brown (B'field) 13.99; 6, A. Williams (Carm) 13.63; 7, D. Abrahams (Glos) 13.43; 8, D. Smith (Glos) 13.02.

SP: 1, A. Vince (Chelm) 15.42; 2, D. Smedley (Sheff) 14.15; 3, A. Zaidman (H'gey) 13.75; 4, G. Savory (AF&D) 13.63; 5, J. Tym (NW Pol) 13.17; 6, P. Davies (Liv H) 12.87; 7, L. Newton (Bed) 11.82; 8, R. James (WLHS) 11.45.

DT: 1, C. Dinsdale (Low) 43.90; 2, R. Weir (B'field) 41.28; 3, A. Garforth (Ex B) 40.80; 4, G. Savory (AF&D) 40.70; 5, A. Vince (Chelm) 40.64; 6, K. Hind (Sheff) 39.64; 7, D. Smedley (Sheff) 37.62; 8, I. Jackson (Cov G) 37.38.

HT: 1, R. James (WLHS) 54.34; 2, R. Earle (Chelm) 47.16; 3, K. McNab (Dr C) 46.62; 4, G. Middleton (New) 46.42; 5, R. Weir (Hand) 46.18; 6, C. Varley (WLHS) 43.94; 7, G. Curtis (Ex B) 42.76; 8, A. James (WLHS) 42.48.

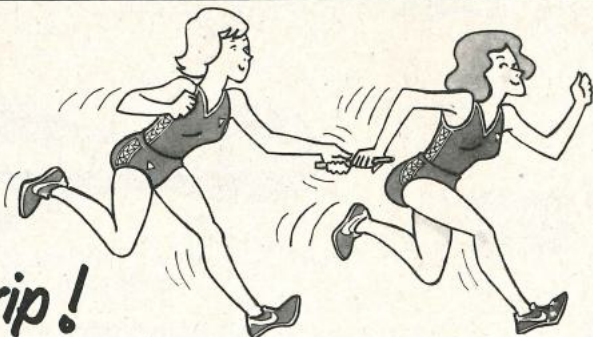
JT: 1, I. Marsh (Ips) 70.14; 2, S. Pearson (W&B) 69.76; 3, C. Hodder (LAC) 62.68; 4, T. Newenham (Norf O) 60.58; 5, N. Stainton (Brad C) 59.46; 6, N. Smith (B'field) 58.84; 7, C. Johnson (Stret) 57.50; 8, G. Martland (S'port) 56.16; 9, E. Hill (Chelm) 54.72.

Youths

100: (—1.3) 1, M. Powell (HW) 10.94; 2, P. Brown (B'field) 11.03 (10.92 ht); 3, P. Moxham (Cov G) 11.13; 4, R. McComb (Lisna) 11.17; 5, S. Lawrenson (Stret) 11.29; 6, M. Ashworth (Burn) 11.29; 7, W. Bird (Hallam) 11.34; 8, R. Bennett (Wyc) 11.56 (11.40 h).



*Keep a grip
in the VIGA strip!*



200: (—2.6) 1, Brown 22.61; 2, Powell 22.93; 3, Moxham 23.06; 4, I Shears (Chall) 23.21; 5, Lawrenson 23.70; 6, P. Neal (Here) 23.82; 7, McComb 23.84; 8, Bennett 24.47 (23.59 ht).

400: 1, A. Morgan (Card) 49.91; 2, J. Fernee (Mit) 50.08; 3, P. Harvey (Swan) 50.58, 4, M. James (Card) 51.35; 5, R. Sheraton (SS) 52.17; 6, P. Hawksworth (Hull S) 52.83 (52.78 ht); 7, M. Holder (Ply) 53.98 (51.62 ht). In heats: P. Norgate (E&E) 50.24.

800: 1, G. McGeorge (Cocker) 1:51.7 (CBP); 2, P. Elliott (Roth) 1:52.1; 3, T. Brennan (S&C) 1:54.6; 4, M. Penn (H'gey) 1:54.7; 5, I. Jones (Kend) 1:56.1; 6, N. Morgan (Card) 1:56.5; 7, A. Leonard (Bolt) 1:58.0; 8, R. Henney (Wirr) 2:00.4 (1:59.9 ht).

1500: 1, N. Harper (W&B) 3:56.2; 2, P. Dodds (Morp) 3:56.5; 3, D. Hughes (Liv H) 3:56.7; 4, D. Jackson (B'burn) 3:58.0; 5, A. Bristow (B&H) 3:59.5; 6, K. Newton (Sund) 4:00.3; 7, M. Weaver (B'field) 4:02.8; 8, G. Richardson (Leic) 4:04.0.

1500SC: 1, D. Lewis (Ross) 4:15.0; 2, D. Swain (Coll) 4:19.6; 3, D. Bennett (B'field) 4:19.8; 4, P. Davis-Hale (Cann) 4:20.9; 5, J. O'Connor (Tip) 4:25.5; 6, D. McQuade (Ann S) 4:28.8 (4:25.5 ht); 7, R. Brightman (W&B) 4:28.9; 8, W. George (Sale) 4:31.5 (4:27.9 ht); 9, M. Jones (West) 4:39.2 (4:30.3 ht). In heats: P. Llewellyn (Shaft) 4:27.5, K. Heather (DoC) 4:33.0, K. Parker (Yeo) 4:33.2, M. Newby (Ross) 4:33.6, S. Bond (Glos) 4:34.2.

100H: (—2.4) 1, D. Finnerty (Nen) 14.12; 2, J. Segal (Stret) 14.23; 3, S. McAslan (Trin A) 14.28; 4, D. Jones (Card) 14.66 (14.3 ht); 5, N. Walker (Rumn) 14.71; 6, P. Whelan (Nen) 14.72.

400H: 1, Jones 56.01 (CBP); 2, K. Wilson (Ash) 56.65; 3, Segal 57.32; 4, D. Bingham (Sale) 57.75; 5, D. Burrell (Tip) 5.12; 6, T. Robinson (St P) 58.45; 7, M. Snowden (Grim) 59.48 (59.33 ht); 8, J. O'Reilly (Stret) 63.70 (60.97 ht). In heats: P. Bourne (Stoke) 59.16.

3000W: 1, N. Troy (Harb) 13:10.6; 2, G. Vale (Sy) 3:26.0; 3, K. Walsh (Grey) 14:20.0; 4, P. Parker (Leic) 14:31.6; 5, P. Vesty (Leic) 14:36.4; 6, A. Reed (Leic) 14:54.0; 7, D. Thorn (Grey) 14:57.2; 8, A. Trigg (Leic) 15:15.8; 9, K. McDermot (Bel) 15:53.4.

HJ: 1, E. Moore (Shaft) 1.85; 2, P. Byrne (Staff) 1.85; 3, R. Hepburn (EAC) 1.85; 4, M. Winslow (Har) 1.80; 5, A. Oversby (Spen), G. Ryan (Kill), C. Sander (Swan), J. Staniforth (Leic) & O. Cham (HHH) 1.75.

PV: 1, T. Anstiss (Felt) 4.21 (CBP); 2, J. Ball (Whit) 3.80; 3, M. Howells (Carm) 3.30.

LJ: 1, L. White (B'field) 6.81w (6.48); 2, I. Strange (Card) 6.59w; 3, P. Flanders (Kt) 6.52w (6.34); 4, P. Kropp (Stret) 6.50w (6.44); 5, S. McAslan (EAC) 6.50w (6.48); 6, R. Dennis (Long) 6.44; 7, K. Hunter (B'field) 6.40w (6.23); 8, G. Ryan (Kill) 6.37.

TJ: 1, N. Leech (Ex B) 13.85; 2, A. Bloomfield (Spark) 13.23; 3, E. Hechavarría (Bris) 13.21; 4,

C. Dickinson (B'burn) 13.04; 5, R. Thomas (New) 12.92; 6, A. Khan (Leeds) 12.92; 7, G. Ryan (Kill) 12.91; 8, G. Simpson (W&B) 12.83.

SP: 1, A. Zaidman (H'gey) 17.61 (CBP); 2, P. Quirke (Crus) 15.93; 3, M. Hower (Card) 15.83; 4, C. Bloomfield (Ips) 15.24; 5, P. Mardle (Tay) 15.01; 6, S. Pickering (H'gey) 14.56; 7, C. O'Donnell (Pearse) 14.34; 8, F. Bacon (Cann) 14.06.

DT: 1, Mardle 46.00; 2, R. Ellis (B'mouth) 43.20; 3, Bacon 42.92; 4, J. Collins (Card) 42.62; 5, Zaidman 41.84; 6, Pickering 38.88; 7, O'Donnell 38.70; 8, J. Daniels (Carm) 37.16.

HT: 1, L. Hickey (Rah A) 59.70; 2, Pickering 57.78; 3, S. Rogerson (Sale) 57.58; 4, D. Smith (Malet L) 56.14; 5, B. Fitzgibbon (Cab) 55.66; 6, G. Curtis (Ex B) 55.18; 7, S. Blackwell (Shaft) 53.74; 8, A. James (WLHS) 53.52; 9, C. Mulcathy (Con) 52.20; 10, A. Kenneally (WLHS) 52.16; 11, C. Varley (Harr) 50.32; 12, M. Hajipanayi (H'gey) 48.28; 13, M. Zaidman (H'gey) 47.58.

HT: 1, M. Humphries (H'gey) 62.54; 2, A. Bradstock (BoE) 58.74; 3, C. Glossop (Sheff) 57.68; 4, M. Williams (Spark) 56.88; 5, D. Mail (Bris) 55.04; 6, S. Griffiths (Card) 48.84; 7, E. Henry (QPH) 46.70; 8, M. Willmott (West) 45.14.



Julian Spooner (35) just edges out Robert Hamson in the Junior 800m.

Tim Pike

World Title For Pendlebury

THE British athletes taking part in this year's World Veterans 10,000m and marathon championships in Berlin produced some of the best results ever achieved in these competitions, and none more so than the women.

In the cool of the evening the 10,000m for men and women was held amid great excitement — and, to a degree, great confusion. Whereas here we are so used to one race finishing, or at least continuing in such a way that it could in no way interfere with the next race, there they had several races going on at the same time — runners in the various age groups as well as walkers all going and coming on the same narrow roads!

The over 40's race brought Britain her first win. Fred Pendlebury of Manchester never looked in any trouble as he headed the 117 runners in his age group. "It was a bit difficult at first when I didn't know who was who", said a jubilant Fred. "After about 2 miles I decided to see how strong the others were, two of them in particular that were sitting right on my shoulder. Both of them came with me when I put in a couple of short bursts and I knew it would end up between the three of us. At 4 miles I was feeling very good and was confident that I could win it so I put in a much longer break and only one of them tried coming with me, a German called Schmitt, and even he didn't get right back to me, so I said 'here goes' and carried it on to the stadium".

The organisers, in their wisdom, had set a 7 am start for the marathon and as the weather turned out to be very hot it was a very wise decision indeed. The pre-race favourite, Muller (USA), made his intentions clear from the word 'go' and had opened a tremendous gap by the 8Km mark. He looked at that stage to be in a different race altogether. I felt sure that he would either pay the penalty for such a fast start or would win convincingly... the latter being the case. By the halfway stage Arthur Walsham of Salford, twice winner in previous years, was in 10th place and looked a little uncomfortable for that early stage. As the race went on Muller just continued to

WITH THE VETERANS

dominate and, having run a 2:20 in this year's Boston Marathon he confidently ran it as he wanted to. Ken Heathcote from Bolton ran very strongly in the second part of the race to overtake Walsham and finish a fresh looking 'first Briton' across the line in 13th place.

I was very surprised at the number of British women who made the long trip to Berlin, most of them to compete in the marathon. Overall, their performances were better than the men's with their worst placing being third. All but Val Howe (Bracknell) ran in the marathon, Val having finished second to Corrie Kontings of Holland in the 10,000m the previous night in 35:55. The most outstanding of British women was the delightful Norma Campbell of Edinburgh who won her group with a time of 3:19.22, not her fastest, but nevertheless a great performance from a lady of 50.

Vince Regan

10,000: (Group 3): 1, F. Pendlebury 31:09... 19, T. Farrell 35:34. **(Group 4):** 1, A. Ida (Ger) 32:20; 2, W. Stoddart 32:41... 18, H. Thornton 36:48; 33, W. Convery 39:12. **(Group 5):** 1, P. Kotila (Fin) 33:32; 2, W. Marshall 33:35; 3, G. Rhodes 33:50... 12, G. Meech 37:02; 22, J. Brownley 38:42. **(Group 7):** 4, G. Scutts 39:06; 6, N. Ashcroft 40:11; 14, W. Storey 42:55; 19, J. Selby 45:02; 30, W. Ross 46:10. **(Group 8):** 35, E. Harrison 49:41; 55, J. Heathcote 57:28. **(Group 9):** 1, B. Doughty 40:04... 6, W. Ross 47:13; 17, R. Devon 61:40.

Marathon: (Group 3): 1, F. Muller (USA) 2:25:20... 13, K. Heathcote 2:37:10; 15, J. Wright 2:38:24; 21, H. Morrison 2:40:57; 22, J. Dixon 2:41:02; 23, G. Wood 2:41:11; 50, A. Beasley 2:50:15; 55, J. Gore 2:51:19; 58, B. Sabini 2:51:59; 68, B. Court 2:54:23; 90, M. Weight 2:57:47. **(Group 4):** 1, P. Van Alphen (Hol) 2:28:55... 5, A. Walsham 2:39:45; 19, J. Foster 2:51:18; 24, P. Gregory 2:54:27; 41, A. Byers 2:59:22. **(Group 5):** 1, R. Franklin 2:41:20... 7, D. Funnell 2:50:44; 9, J. Caddy 2:56:56. **(Group 6):** 1, H. Brech (Ger) 2:45:26... 10, J. J.

THE RIDGEWAY RELAY

(Under A.A.A. Laws)

SWINDON TO READING

SATURDAY, SEPTEMBER 9th, at 1 p.m.

Dorcan School, St. Pauls Drive, Swindon

6 Seniors, 2 Youths

5 Cross Country, 3 Road Stages

Prizes: First 3 Teams, also Plaques for record times.

Entry Fees: £2 first Team, £1 other Teams.

ENTRIES CLOSE FRIDAY, 25th AUGUST

To: G. Danswan, 12 Burden Close, Stratton St. Margaret, Swindon, Wiltshire.

Saturday, October 14th, 1978

Birchfield Harriers Present Their ALEXANDER MEMORIAL PARKLAND RACES

(Under A.A.A., W.A.A.A. & W.C.C. Rules)

Ladies: Senior 5000m Team, Inter 5000m Team, Junior 4 x 2500m Relay, Minor 4 x 1500m Relay.

Men: Senior 5 x 4000m Relay, Youth 4 x 4000m Relay, Boys/Colts 4 x 3000m Relay.

Details (SAE please) R. Tilling, 230 Rookery Road, Handsworth, Birmingham B21 9QG. 021-523 2159.

Fitzgerald 3:07:58. (Group 7): 1, G. Porteous 2:55:51 . . . 3, W. McMinnis 3:08:32; 5, G. Pearson 3:14:27; 14, W. Storey 3:36:58. (Group 8): 1, R. Seydler 3:12:31 . . . 11, S. Lee 3:48:23. (Women 10,000): 1, C. Kontings (Hol) 35:36; 2, V. Howe 35:55. (Marathon) (Group 2): 1, L. Winter (Ger) 2:51:32 . . . 3, B. Cushen 3:14:57. (Group 3): 1, G. Reinke (Ger) 2:57:11; 2, P. Day 3:14:54 . . . 16, D. Greig 4:44:59. (Group 5): N. Campbell 3:19:22.

Many Records Broken In National Championships

Alastair Aitken reporting

THE first day of the National Veterans Championships at Wolverhampton on July 15th produced a World Veterans record and seven UK age-group bests to underline the general improvement in this form of competition.

Rosemary Payne, who competed in 51 internationals in her time, remarked about the marked difference between today's international competitions compared to veteran athletics events. "International competition is now very contaminated whereas veteran competition is very clean. For some countries there is no joy in competing, it is a matter of life and death, with the misuse of drugs. I am glad to see Britain is making a stand about this now." Regarding veteran competition, Rosemary went on to say: "People should be encouraged to continue in athletics over the age of 40, as you are not over the hill then. You can see veterans enjoy their athletics and be able to laugh together straight after they have competed."

Now for a few of the outstanding performances on the first day in humid conditions, with a slight wind against the sprinters in the home straight.

Konstantin Maksimczyk (3A), aged 64, beat his own world best for the discus, hurling the one kilo implement 52.90m — an improvement on his throw of 52.64 at last year's championships. He thinks, if he gets a favourable wind at the European Vets Championships in Italy later this year, that he can improve that mark. Regarding his poor throwing in the World Masters Championships last year, Konstantin said: "Al Oerter and Ludvik Danek, in the 40-45 agegroup, were allowed to throw in the stadium, while we were relegated to the car park outside. It was disgusting; we should have been given the same first class conditions and facilities." Konstantin considers his best performance was when winning the Inter-Counties title in 1951, defeating Mark Pharaoh and John Savidge.

In the steeplechase, Telwyn Davies (40), 1978

TAKE FIVE

1 THE STING



THE LD 1000 2

3 THE OREGON WAFFLE



THE NEW BOSTON 4

5 THE WAFFLE TRAINER



1. STING — Top road racing flat. Suede and nylon uppers. Honeycomb sole, sponge midsole. 3-5½ £22.20, 6-13 £23.99.

2. LD 1000 — One of the most protective trainers in the world. Nylon mesh uppers. Flared heel. Waffle sole. 3-5½ £19.80, 6-13 £21.40.

3. OREGON WAFFLE — The most versatile racing shoe in the world. Great for track, road or country. Yellow with green trim. 3-5½ £14.60, 6-13 £15.75.

4. NEW BOSTON — Super road race shoe. Same sole as Sting. Good heel counter and midsole. Lightweight. 3-5½ £14.80, 6-13 £15.99.

5. WAFFLE TRAINER — Famous throughout the world. Traction, comfort and lightness all in one shoe. Blue with yellow trim. 3-5½ £16.20, 6-13 £17.50.

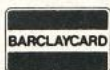
JOG POUCH — Great for those running to work or going on a long run etc. An adjustable broad belt with a roomy bag on the back and two smaller side pouches — all detachable. Ideal for carrying anything. Olive Green 7oz. proofed nylon. £5.90.

MESH VESTS — Lots of colours, and different trim. £2.99.

FEED BOTTLES — Ideal for long distance training and racing. Marked with panels for Name, Club and Feed station. 20p.

ALL ITEMS SENT POST FREE

RON HILL SPORTS
148/150 Market St., Hyde, Cheshire



Shop open EVERY day
Monday-Saturday
8.45 am-5.30 pm
061-366 9191



Send or call for FREE Catalogue

WEST COUNTRY RUNNERS — Contact our S.W. agent. Ed. Philips, 7 Mount Pleasant Road, Camborne, Cornwall.

Cronus

We are pleased to announce that we are now distributors of **CRONUS** digital stopwatches. Cronus Precision Products Inc. are the largest manufacturers of digital electronic stopwatches in the world and supply electronic stopwatches sold under the names of numerous well-known manufacturers.

CRONUS digital stopwatches have been selected as official timers for a vast number of national and international sporting events including the AAU Indoor World Champs., NCAA Swimming Champs., World Cross-Country Champs., Canadian ASA Champs. and others too numerous to mention. Tested and approved by the AAA and ASA, Cronus will supply all stopwatches for major ASA events at regional, national and international level in 1978. All are fully guaranteed and servicing can be done efficiently and speedily in London.

All Cronus digital watches are very much smaller and only a fraction of the weight of the older digital watches and much more comfortable and easy to use.

The three most popular **CRONUS** watches are:
T144 Cronus Olympian. Single event watch with 1/100th second read out, 60min. range (starts again automatically at zero). One year warranty. **£27.50**

T133 Cronus 3-S. Split timer (elapsed time). After the first press of the master control button each subsequent press reads time elapsed at that point. The final press gives the overall time. 1/100th sec. read out. One year warranty. **£49.75**

T124 Cronus 2D. The watch with everything. A sophisticated yet simple dual action split/cumulative and Taylor/sequential watch which gives lap times plus splits, with running total and final race time on a dual display. Two year warranty. **£79.50**

The Cronus T166 3-T at £49.75 and Cronus T155 3-ST at £62.50 can also be supplied if required.

All have low battery warning indicator and are complete with operational manual, lanyard and disposable batteries.

SENT POST FREE

THE SPORTS CENTRE

8 MEDWAY STREET, CHATHAM, KENT
 Medway (0634) 47055

Army cross-country champion, cut a huge amount off the 1A group record of 9:34.0 with a 9:15.6 clocking, leading all the way.

In the 100m, Ron Taylor (1A) gained his fifth consecutive title, winning well as did Sylvester Stein in the 100 and 400 (2B). Colin Fairley (62), who has won a vets title every year since the movement started eight years ago, won the 3A 100 in 13.3 despite being troubled with a hamstring injury, and in that event Jackie Williams set UK figures for the 3B group with 14.5. Duncan Maclean (94) told me recently that his doctor had advised him to stop sprinting: "I have dizzy spells when I do that now, so I just jog at the Palace twice a day"!

Ronnie Anderson (1A) had the inside lane in the 1A 400m, Wilf Morgan ran on the very outside, and they battled into the straight together, recording respectable times of 51.2 and 51.8 respectively. The biggest surprise in veteran sprinting this year has come in the 1B 400m, where Ernie Blackler (47), only a moderate club athlete before reaching veteran level, blossomed out in this category to take the Southern and National titles with his shuffling stride, making his move in each case with 170m left.

George Rhodes (50), who was 11th in the International CC in 1955, showed real grit to draw back Bob Mattock in the 1500 (2A) after Mattock looked a certain winner in the early stages. Rhodes, who had an achilles tendon operation last December, was as good as he has ever been at veteran level and only just outside the age best for that event.

In women's events Sheena Fitzmaurice (WO) a Scottish international in 1970, won the 400 and 35-year-old Valerie Howe (1A) looked a very convincing winner in the 1500 in 4:29.2. She ran 4:56.8 for the mile back in 1963.

Five more UK age-group bests went on the second day. The race many must have looked forward to was the 5000 (1A) and the clash between the National vets CC champion Fred Pendlebury and the 'Old Fox', World Masters 10,000 champion, Roy Fowler, with a supporting cast of Ron Gomez and two new vets Telwyn Davies and Ron Pannell. Was Roy, now 44, past it? One was left in no doubt at Wolverhampton. By the eighth lap, Davies, Pendlebury, Fowler and Gomez were out well ahead and the group momentarily stuttered almost to a stop before the tall Lancashire runner, Pendlebury, burst ahead. In normal circumstances it would have been all over for the rest as he put in a 28 sec 200 (!) but Fowler was close at hand and played his 'Ace' card by very shortly after that going ahead. He was on his own for the whole of the last lap, coming in clear in 14:48.8. Fowler enters the 1B class next year and the world bests for that 45-50 group will be in danger! There were three who beat the listed UK bests: Laurie O'Hara 15:16.8 (1B), George Rhodes 16:06.0 (2A) and Eric Joynson (2B) 16:57.0.

Ronnie Anderson won the 800 in a fast 1:56.6, while Brian Bullen set a UK best for 2:00.5 in the 1B event. In the hurdles there were two UK bests by 50-year-old NUTS members Ian Steedman, who was 3rd in the Scottish 440y hurdles final in 1959.

Charlie Williams (48), who ran 10.3 for 100m behind Dave Sime (USA) in Bordeaux 22 years ago, completed a sprint double, as did Ron Taylor. Jackie Williams (3B) set another group record in the 200 with 30.6 behind Colin Fairey, while Sylvester Stein added the 200 to his 400 and 100 titles.

Another veteran revelation was 40-year-old Una Gore as she and her husband Brian (2:57 marathon) took up athletics only two years ago. Mrs. Gore took titles in her age group for 100, 200 and 400, and was second in the javelin.

(Group 1A) 100: 1, R. Taylor (Mid V) 11.3; 2, F. Smith (W Gn) 11.9; 3, J. Ross (ESH) 12.1. 200: 1, Taylor 23.0; 2, Smith 24.1; 3, D. Burton (Hallam) 24.4. 400: 1, R. Anderson (Morp) 51.2; 2, W. Morgan (Loz) 51.8; 3, Smith 52.9. 800: 1, Anderson 1:56.6; 2, R. Bartholomew (B&H) 2:01.0; 3, W. Morgan (Loz) 2:01.3; 4, R. Allen (Harro) 2:01.8; 5, A. Kimber (Dart) 2:02.9. 1500: 1, Kimber 4:07.8; 2, E. Williams (Shrew) 4:10.8; 3, J. Mills (Spark) 4:13.4; 4, R. Thorpe (Cov G) 4:13.7; 5, H. Salavarda (RFC Liege) 4:14.2; 6, C. Baguley (Leic) 4:16.5. 5000: 1, R. Fowler (Staffs M) 14:48.8; 2, F. Pendlebury (Man) 14:56.8; 3, R. Gomez (VoA) 15:01.6; 4, T. Davies (AF&D) 15:06.8; 5, R. Pannell (Bris) 15:41.0; 6, Salavarda 15:41.4. 3000SC: 1, Davies 9:15.6 (rec); 2, R. Caruthers (Gos) 9:45.6; 3, P. Knott (B&F) 10:11.0; 4, A. Shrimpton (S&E) 10:22.2. 110H: 1, C. Shafto (Rown) 16.5; 2, J. Howell (HHH) 16.6; 3, J. Phillips (Trow) 20.7. 400H: K. Robinson (C&C) 69.5. 5000W: 1, G. Smyth (E Ant) 25:49.2; 2, D. Trigg (Leic) 26:23.6; 3, J. Marshall (Worc) 28:17.6. 10,000W: 1, P. Markham (Leic) 51:34.8; 2, Trigg 52:30.8; 3, Smyth 53:22.2. HJ: 1, J. Darlington (Hales) 1.70; 2, D. Gale 1.65; 3, A. Crocker (Stour) 1.60. PV: 1, R. Wilson (Wig) 3.60; 2, J. Day (B'heath) 3.00. LJ: 1, Gale 6.01; 2, A. Taylor (Bed) 5.72; 3, M. Burrell (Sy B) 5.62. TJ: 1, Burrell 12.40; 2, Darlington 12.22; 3, Gale 11.56. SP: K. Madden (Sale) 11.26. DT: H. Richardson (NVAC) 34.62. HT: 1, N. McDonald

(Edin) 52.64; 2, D. Bayes (Poly) 49.72; 3, Madden 45.52; 4, Richardson 44.32; 5, B. Sumner (Cann) 41.08. JT: 1, P. Hable (Barn) 55.22; 2, J. Ross (Edin) 48.30. Pent: H. Harding (St Lukes) 2092.

(Group 1B) 100: 1, C. Williams (Poly) 11.8; 2, D. Howarth (Leigh) 12.5; 3, G. Atherton (Poly) 13.0. 200: 1, Williams 23.8; 2, K. Whitaker (A&SV) 25.4; 3, J. Cross (Tam) 26.5. 400: 1, E. Blackler (High) 54.6; 2, K. Whitaker (A&SV) 54.9; 3, D. Folkes (Worc) 55.5 (55.0 ht). 800: 1, B. Bullen (Stret) 2:00.5 (rec); 2, A. Hughes (Roch) 2:04.6; 3, T. Clowry (Notts) 2:08.7. 1500: 1, Bullen 4:11.8; 2, Hughes 4:16.8; 3, P. Maffia (Wat) 4:35.5. 5000: 1, L. O'Hara (Bel) 15:16.8 (rec); 2, M. Morrell (Wirr) 15:47.4; 3, P. Morris (Loz) 16:01.6; 4, A. Hughes (Roch) 16:03.6. 3000SC: 1, Morrell 9:57.0; 2, J. Salt (Roch) 10:43.0. 5000W: 1, T. Challis (Trow) 25:13.6; 2, E. Horwill (D&S) 30:50.2. 10,000W: D. Richards (Cov) 62:10.8. 110H: C. Knowles (VoA) 19.2. 400H: 1, K. Whitaker (A&SV) 62.5; 2, P. Field (Dart) 64.5. HJ: Knowles 1.60 (rec). PV: 1, R. Brown (Notts) 3.80; 2, Knowles 2.04. LJ: 1, K. Wilms-hurst (Walt) 5.62; 2, Knowles 5.14; 3, Howarth 4.93. TJ: Knowles 10.70. DT: J. Moore (Rug) 22.58. JT: Morrell (Wirr) 42.42. Pent: Horwill 7052.

(Group 2A) 100: 1, M. Gray (S&E) 12.4; 2, F. Martingdale (Vets) 12.6; 3, S. Brooks (E&S) 12.8. 200: 1, Gray 25.6; 2, J. Farrar (Rown) 26.1; 3, R. Archbold (Norf O) 26.6. 400: 1, S. Brooks 55.6; 2, Farrar 56.4; 3, E. Gallagher (Liv) 57.0. 800: 1, R. Mattock (B'mouth) 2:12.5; 2, B. Neilson (Hill) 2:15.3; 3, F. Wrigley (Mich) 2:18.0. 1500: 1, G. Rhodes (Staff) 4:25.0; 2, Mattock 4:32.0; 3, Neilson 4:37.6. 5000: 1, Rhodes 16:06.0 (rec); 2, R. Franklin (TVH) 16:18.8; 3, J. Ellis (Tam) 16:44.6. 5000W: 1, J-H. Jaquest (Wat) 27:16.8; 2, D. Withers (RSC) 28:08.0; 3, G. Eastwood (W Gn) 28:20.0; 4, A. Stokes (Bole) 29:29.0. 10,000W: 1, Jaquest 55:22.4; 2, Withers 56:47.2; 3, Stokes 59:04.8. 110H/400H: I. Steedman (Loth) 18.3 (rec)/66.7 (rec). LJ: H. Smith (NVAC) 4.36. SP/DT: O. Feldmanis (Mit) 12.72/42.78 (Vets rec). HT: F. Laudobelis (Mid V) 22.02. Pent: I. Steedman (Loth) 2211. (Group 2B) 100: 1, S. Stein (High) 13.0; 2, D. King (B&F) 13.8; 3, A. Bowden (P'boro) 13.9. 200: 1, Stein 26.7; 2, L. Audritt (Trow) 27.5; 3, J. Swinton (Vets) 29.3. 400: 1, Stein 63.3; 2, K. Hallam (NVAC) 65.0. 800: E.

FRODSHAM HILL RACES

2.30 p.m. SUNDAY, 3rd SEPTEMBER, 1978

(Under A.A.A. Laws)

2½ Miles Colts
Age 12 & 13
Mothers Trophy
Bingley H.
£8, £6, £4, £2

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

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

4½ Miles Seniors
Over 18
Fred Ford Trophy
Holmfirth H.
£50, £25, £10, £5

Also prizes for first three teams, first O/40, O/50, first Junior, first Locals. All ages as 1/9/78.

ENTRIES CLOSE 21st AUGUST, 1978 (No Late Entries)

Entries and enquiries to Mrs. Sheila Bunner (Hill Race Sec), 3 Borrowdale Close, Frodsham, via Warrington WA6 7LN.
Fees: Colts and Boys 20p Ind., 50p Team. Seniors and Youths 25p Ind., 60p Team.

Joynson (Gates) 2:24.5. 1500: 1, Joynson 4:40.5 (rec); 2, B. Wade (W Gn) 5:15.5. 5000: 1, Joynson 16:57.0 (rec); 2, P. Minchin (Scots V) 21:06.8. 10,000W: 1, J. Todd (E Ant) 56:59.8; 2, J. Johns (Sheff) 57:57.4. 110H: W. Hartfree (Vets) 26.1. LJ: 1, Trafford (New) 4.26; 2, G. Norman (Cty Hull) 3.78. TJ/SP: Trafford 7.49/10.99 (rec). DT/JT: H. Price (Met V) 13.32/18.04. Pent: J. Ceros (Rug) 2503.

(Group 3A) 100: 1, C. Fairey (Kett) 13.3; 2, B. Metcalfe (Vets) 15.3. 200: 1, Fairey 27.6; 2, Metcalfe 30.8. 800: 1, H. Taylor (March) 2:29.3; 2, T. Bartlett (NZ) 2:53.4. 1500: 1, Taylor 5:03.9 (rec); 2, D. Morrison (Shett) 5:20.5; 3, B. Spiller (Poly) 5:26.5. 5000: 1, R. McMinnis (Sutt) 18:36.6; 2, N. Ashcroft (Sutt) 18:48.0; 3, G. Scutts (Port) 19:02.4. 3000SC: Bartlett 14:33.2. 5000W: 1, A. Poole (Worc) 27:32.8; 2, F. Nicholls (Sy) 30:06.6. 10,000W: 1, Poole 56:30.8; 2, G. Mitchell (RSC) 57:39.6; 3, Nicholls 61:40.2. SP: B. Metcalfe (Vets) 10.85. DT: K. Maksimczyk (West) 52.90 (rec). HT: H. Samuels (Here) 20.66. (Group 3B) 100: 1, J. Williams (Vets) 14.5; 2, A. Beckett (Vets) 15.0; 3, A. Cooke (Swan V) 15.6. 200: 1, Williams 30.6 (rec); 2, Beckett 31.1. 1500: S. Lee (Horw) 5:48.2. 5000: E. Wallace (Wirr) 20:53.2. LJ: 1, R. Evans (Lut) 4.21 (Vets rec); 2, A. Cooke (Swan) 4.07. TJ/SP: Cooke 6.88/8.57. HT: J. Clarke (N Belf) 28.76. (Group 4A) 100: 1, J. Searle (Vets) 16.5; 2, F. Wedgbury (B'field) 18.3. 200: Wedgbury 41.2. 1500/5000: F. Jackson (Horw) 6:00.4/23:10.8. HJ: J. Searle (Vets) 1.16 (Vets rec). (Group 4B) 100/200/400: N. Martin (Vets) 16.6/36.2/99.4. SP/DT/HT/JT: M. Cullen (Swan) 7.23/28.54/16.52/19.54.

Women

(Group WO) 100: 1, P. McNab (Mx) 12.9; 2, V. Surety (If) 13.3. 200: Surety 27.7. 400: S. Fitzmaurice (AF&D) 63.9. 800: B. Brookes (Stoke) 2:26.8. 1500: 1, V. Howe (Brack) 4:29.2; 2, Brookes 5:10.9. 100/LJ: McNab 14.9/5.49. 3000W: J. Farr (Trow) 15:27.4. SP: J. Atack (Wake) 12.55. (Group W1A) 100: 1, U. Gore (Trow) 13.6; 2, M. Boggett (Rad) 14.1. 200: 1, Gore 28.8; 2, Boggett 29.5. 400: Gore 65.9. 800: J. Coker (High) 3:03.2. 1500: 1, B. Cook (Staff) 5:29.1; 2, P. Maffia (High) 5:43.6. 3000W: 1, P. Horwill (D&S) 19:18.0; 2, M. Cox (Trow) 19:18.4. SP: Y. Smith (Stoke) 6.52. JT: A. Williams (B'field) 38.46. (Group W1B) 100/HJ/SP/DT: R. Payne (Loz) 13.7/1.43/10.81/44.26. 800: 1, H. Rider (Camb H) 2:34.1; 2, B. Smith (Kett) 2:41.9. 1500: Rider 5:18.1. LJ: E. Knowles (WVAC) 2.76. (Group W2A) 3000W: 1, R. Scott (Bolt) 19:43.0; 2, I. Hazle (WVAC) 20:19.0.

British Women's League secretary David Billington and marathon running wife Lyn have moved to 1 Links View Road, Hampton Hill, Middx (Tel: 01-977 8500).

* * *

Invicta AC officers: Chairman, C. Gladdle; secretary, R. Harding, 6 Seamark Close, Monkton, Nr Ramsgate, Kent (Tel: Thanet 821684); treasurer, I Jolliffe.

SOUTHERN VETERANS CHAMPIONSHIPS

At Southampton, July 8th

(Group 1A) 100: F. Smith (W Gn) 12.1. 200: 1, Smith 24.3; 2, R. Woodland (Here W) 24.4. 400: 1, Smith 52.7; 2, G. Leroy (Ton) 53.3. 800: 1, B. Bartholomew (B&H) 2:01.9; 2, A. Kimber (Dart) 2:03.4; 3, T. Knight (Colling) 2:03.4. 1500: 1, N. Fisher (Harlow) 4:04.7; 2, L. Vink (AV Edam) 4:13.2; 3, J. Oliver (Kent) 4:14.2. 5000: 1, R. Gomez (V of A) 15:15.0; 2, L. O'Hara (Bel) 15:16.8; 3, Oliver 16:06.8. 3000SC: 1, A. Shrimpton (S&E) 10:09.0; 2, M. Keough (Basing) 10:11.4. 110H: 1, D. Gale (B'ht) 16.9; 2, J. Howell (HHH) 17.7. 400H: W. Lane (Ver) 60.4. HJ: 1, G. Hickey (B'ht) 1.70; 2, Gale 1.65. PV: J. Day (B'ht) 3.10. LJ: Gale 6.61. TJ: D. Smith (TVH) 12.93. SP: Hickey 11.05. DT: S. Robinson (Fare) 37.50. HT: 1, W. Treharne (Sy) 45.44; 2, Robinson 41.52. JT: P. Hable (Barnet) 53.66. 3000W: R. Garrett 16:56.6.

(Group 1B) 100/200: C. Williams (Poly) 12.3/24.8. 400: E. Blackler (High) 55.3. 800: G. Smith (EM) 2:10.7. 1500/3000SC: M. Barratt (E&S) 4:15.9/10:03.4. 5000: 1, A. Jones (Camb H) 15:48.0; 2, D. Dellar (Camb H) 16:23.6. 110H/LJ: TJ: K. Wilmshurst (Walton) 18.4/6.14/12.32. HJ: C. Knowles (Ayl) 1.40. SP: I. Briggs (Sy B) 10.41. DT/HT: L. Bell (RN) 34.58/40.40. JT: R. Cornish (RAE) 27.52. 3000W: 1, F. Purkiss (Met) 15:04.2; 2, P. Eade (Basing) 15:34.8.

(Group 2A) 100/200: M. Gray (S&E) 12.4/25.5. 400: S. Brooks (E&S) 56.0. 800/1500: R. Mattock (B'mth) 2:13.8/4:33.0. 5000: 1, R. Franklin (TVH) 16:33.2; 2, S. Charlton (TVH) 16:54.4. 110H/HJ: TJ: B. Thomas (Ver) 22.1/1.40/9.84. 3000W: J. Jaquest (Wat) 15:47.0. (Group 2B) 100: S. Stein (High) 12.7. 400/SP: L. Audritt (Trow) 65.0/9.44. 800: D. Wenden (Ach) 2:37.4. 1500: E. O'Bree (Camb H) 4:51.5. 5000: J. Downes (QPH) 19:44.0. 110H: W. Hartfree (VAC) 25.2.

(Group 3A) 100: B. Metcalfe (VAC) 15.0. 200/400: R. Barnes (VAC) 30.0/70.4. 1500: B. Spiller (P Oly) 5:31.0. 5000: G. Scutts (Port) 18:44.2. SP/DT/HT: K. Maksimczyk (West) 13.63/52.70/16.00. (Group 3B) 100: J. Williams (VAC) 14.7. 800: L. Rolls 2:42.1. LJ: R. Evans (Lut) 4.51. (Group 4) 100/200: N. Martin (VAC) 16.3/35.8. HJ/LJ: J. Searle (VAC) 1.18/3.40.

Women

(Group WO) 100: A. Drew (Hav) 15.0. 200: Y. Miles (B'mth) 31.8. 800: 1, B. Brookes (Stoke-gst) 2:28.9; 2, Miles 2:35.8. (Group W1A) 100/200/800: V. Gore (Trow) 14.0/30.1/2:44.4. DT: G. Charman (Craw) 28.84.

* * *

Jeanne Coker, treasurer of the Women's Veterans AC, has moved to 8A Heather Park Parade, Heather Park Drive, Wembley, Middx HA0 1SL (Tel: 01-903 9807).

REEBOK'S DUAL PURPOSE SHOE — THE 11oz RACER

Starmaker



3-5½ £13.90

6-12 £14.99

Another new shoe — blue nylon mesh with suede wrap, double layer sole with roll heel and toe protection. Upper fitted with speed lacing.

OTHER REEBOK SHOES IN STOCK

TRAINING SHOES

	3-5½	6-12
California Runner	£9.80	£10.60
Marathon	£13.50	£14.60
Cougar	£12.99	£13.99

ROAD & COUNTRY

Gazelle	£12.75	£13.75
---------	--------	--------

SHORTS (Polyester/Cotton)

Freedom Style, 2 stripes

Colours: White (blue/red), Black (2 orange), Blue (2 white), Green (2 gold), Red (2 white), Yellow (2 blue).

Sizes: 28", 30", 32", 34"

£2.75

ROAD RACING SHOES

	3-5½	6-12
Sirocco	£10.75	£11.60
World Ten	£20.95	£22.60

TRACK SHOES

	3-5½	6-12
Arena	£9.99	£10.85
Orbit	£12.90	£13.90
Zenith	£14.99	£16.20
Elite	£18.40	£19.90

FELL & ORIENTEERING

	3-5½	6-12
Fab-XC	£9.70	£10.50
Contour	£11.90	£12.80

We have a wide range of track suits and other shoes. Call in and collect, phone or send by mail.



ALL ITEMS POST FREE



14 Rochdale Road, Middleton M24 3DP,
Greater Manchester. Tel: (061) 643 9386

Dave Cotton Wins National 50 Kilometres

WITH a fast, seven lap course to negotiate in the National 50km Championship at Stretford on July 15th, Britain's walkers showed that given the course and reasonable weather conditions they can produce fast times.

Barry Ingarfield and Adrian James were the early pacesetters, opening up a sizeable gap over a bunch containing all the favoured performers. John Lees started the pursuit of the two leaders and then the group put in a 49 minute 10km stretch after 10km to drop Lees and overtake Ingarfield at 20km.

James led from the group consisting of Cotton, Dobson, Adams, Richards, Lightman and Maddocks. The Dawlish man was first to be dropped, followed by Lightman, Richards and then, surprisingly, Adams. Overtaking James around 30km the Cotton/Dobson duo were virtually on a 4:10 pace but soon afterwards the 21-year-old Cotton broke away to score a resounding victory in his second race at the distance. Ian Richards and Brian Adams, both bettering 4:20 for the second time this year, passed Dobson while Adrian James produced a storming finish to close rapidly on the placed men. Lightman, Maddocks and Lees all hung on well for pleasing performances while John Warhurst weathered a bad period (he was Sheffield's fourth counter for some time) to head home clubmates, leading Vet Roy Thorpe and Mick Greasley, who had a most encouraging debut. The visiting American foursome, all Lugano Cup performers, put in solid performances without troubling the leaders. Overall the standard was good with 18 under 4:40 and 39 under 5 hours.

Dave Cotton moved to No. 6 on the UK all-time list and may yet prove to be Britain's answer to Reima Salonen. Good to see Ian Richards and

WALKING NEWS — by COLIN YOUNG

Adrian James confirming the promise they have shown frequently in the past. Chris Maddocks would seem to be a natural distance man and will obviously trouble the "regulars", all of whom had good races on the day.

1, D. Cotton (Holloway Poly) 4:14:25; 2, I. Richards (Coventry G) 4:18:32; 3, B. Adams (Leic) 4:19:22; 4, A. James (Enf) 4:20:24; 5, R. Dobson (S'end) 4:24:57; 6, S. Lightman (Met) 4:25:24; 7, C. Maddocks (Daw) 4:26:31; 8, J. Lees (B'ton) 4:27:45; 9, J. Warhurst (Sheff) 4:29:00; 10, R. Thorpe (Sheff) 4:29:17; 11, M. Greasley (Sheff) 4:29:40; 12, D. O'Connor (USA) 4:29:56; 13, A. Hirt (USA) 4:31:32; 14, P. Ryan (Sheff) 4:32:22; 15, R. Wallwork (Ex P) 4:33:49; 16, R. Kitchen (USA) 4:35:01; 17, A. Geal (Stey) 4:38:43; 18, D. Holly (B'ton) 4:39:03; 19, G. Chaplin (Cov G) 4:41:11; 20, J. Eddershaw (Sheff) 4:41:14. 111 started, 73 finished. **Teams:** 1, Sheffield 30; 2, Steyning 68; 3, Coventry G 75; 4, Brighton 75.

COMMONWEALTH GAMES RESULTS

Mel Watman is in Edmonton to cover the Games for 'AW' and the first part of his report, together with the most fully detailed results available, will appear in our issue dated August 19th. The report will be continued in the August 26th issue, which will also contain the European Championships preview.

BINGLEY HARRIERS A.C.

2nd Annual

YOUNG ATHLETES ROAD RACES

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

SUNDAY, SEPTEMBER 17th, 1.00 p.m.

Male/female: U/11, U/13, U/15, U/17 and male U/20, on 1st September 1978.

Awards: Individual and teams; Male 4 to score; Female 3 to score. Also 1st Unplaced in all races and 1st 'B' Team in Male U/13, U/15, U/17.

Entries: 20p Indiv. No team fee.

To: (with S.A.E. and Date of Birth) T. Leigh, 10 Cavendish Drive, Eldick, Bingley (7394) Yorks: by **Wed., Sept. 6th.**

SPONSORED BY VALPRINT LTD.

WYCOMBE PHOENIX HARRIERS & A.C.

present the annual

FURNITURE '5' RACES

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

ON SUNDAY, 3rd SEPTEMBER, 1978

**From The Rye Recreation Ground,
Keep Hill Road, High Wycombe**

1.15 p.m. Youths and Boys 1 1/2 Miles Race

1.45 p.m. Junior Girls 1 1/2 Miles Race

2.15 p.m. Senior Ladies '5'

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

Entry Fees: Snr Ladies and Snr Men 50p per Individual, 50p per Team (4 run, 3 score). Youths, Boys and Jnr Girls 30p 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 26th AUGUST

Commonwealth Teams

Who's Who In The Scottish Team

Chris Black (HT): Edinburgh Southern; b. Edinburgh, 1.1.1950; 1.88/108kg; draughtsman. Best mark/HT — 74.98m (UK rec). **Brian Burgess** (HJ): EAC; b. Edinburgh, 30.9.1957; 1.85/67kg; laboratory assistant. Best mark/HJ — 2.20m (UK rec). **Frank Clement** (1500): Bellahouston; b. Glasgow, 26.4.1952; 1.80/66kg; contract engineer. Best marks/800 — 1:45.8, 1500 — 3:37.4, mile — 3:54.2 (UK rec). **Margaret Coobmer** (1500): Cambridge H; b. Dartford, 13.5.1950; 1.72/58kg; copy typist. Best marks/800 — 2:02.0, 1500 — 4:18.2. **Elaine Davidson** (100H) ESH; b. 2.4.1957; 1.70/60kg; PE student. Best mark/100H — 13.88. **Jim Dingwall** (Marathon): Falkirk Victoria; b. Edinburgh, 30.5.1949; 1.72/63kg; chemist. Best marks/1500 — 3:45.8, 5000 — 13:48.0, 10,000 — 28:45.3, Marathon — 2:13:58. **Paul Forbes** (800 & 4 × 400): EAC; b. Edinburgh, 20.11.1956; 1.72/59kg; student. Best marks/800 — 1:48.0, 3000mSC — 9:07.4. **Ian Gilmour** (3000mSC): Wolverhampton & Bilston; b. Salisbury, 27.1.1952; 1.78/59kg; chemist. Best mark/3000mSC — 8:31.1. **Helen Golden** (100 & 200) ESH; b. Edinburgh, 16.5.1953; 1.65/54kg; clerk. Best marks/100 — 11.2, 200 — 23.0, 400 — 55.6. **John Graham** (3000mSC): Clyde Valley; b. 18.6.1956; Best mark/3000m SC — 8:39.3. **Ann Harley** (400): Central Region; b. Falkirk, 2.12.1957; 1.72/58kg; bank officer. Best mark/400 — 54.0. **Peter Hoffmann** (800 & 4 × 400) EAC; b. Edinburgh, 1.7.1956; 1.78/69kg; student. Best marks/100 — 10.8, 200 — 21.81, 400 — 46.76, 800 — 1:46.6. **Allister Hutton** (10,000) ESH; b. Edinburgh, 18.7.1954; 1.67/54kg; university technician. Best marks/5000 — 13:41.6, 10,000 — 28:13.1. **David Jenkins** (400, 4 × 100 & 4 × 400) Gateshead; b. Pont a Pierre (Tri), 25.5.1952; 1.90/82kg; development manager. Best marks/100 — 10.1, 200 — 20.3 (UK rec), 400 — 44.93 (UK rec). **Roger Jenkins** (400 & 4 × 400): Racing Club de France; b. Liverpool, 30.9.1955; 1.88/77kg; economist. Best marks/100 — 10.5, 200 — 21.3w, 400 — 46.49, 400H — 52.17. **Drew McMaster** (100, 200 & 4 × 100): EAC; b. Edinburgh, 10.5.1957; 1.67/66kg; sports shop manager. Best marks/100 — 10.55, 200 — 20.9. **Chris McMeekin** (1500): Glasgow AC; b. Glasgow, 1.2.1956; 1.62/48kg; student. Best marks/800 — 2:03.5, 1500 — 4:16.8. **Evelyn McMeekin** (800): Glasgow AC; b. Glasgow, 1.2.1956; Best mark/800 — 2:04.2. **Nat Muir** (5000): Shettleston; b. Bellshill, 12.3.1958; 1.75/58kg; laboratory technician. Best marks/3000 — 7:52.1, 5000 — 13:37.7. **Meg**

Ritchie (SP & DT): ESH; b. Kirkcaldy, 6.7.1952; 1.78/91kg; teacher. Best marks/SP — 16.40m (UK rec), DT — 60.80m (UK rec). **John Robson** (1500): ESH; b. Kelso, 31.1.1957; 1.78/63kg; electrician. Best marks/800 — 1:47.8, 1500 — 3:39.0, mile — 3:54.3. **Cameron Sharp** (100, 200, 4 × 100): Shettleston; b. 3.6.1958; Best marks/100 — 10.69, 200 — 21.1w. **Lawrie Spence** (5000): Shettleston; b. Greenock, 16.7.1953; 1.75/59kg; graduate engineer; Best marks/mile — 3:58.8, 3000 — 7:52.8, 5000 — 13:37.7. **Allan Wells** (100, 200, 4 × 100 & 4 × 400): ESH; b. Edinburgh, 3.5.1952; 1.83/73kg; marine engineer; Best marks/100 — 10.15 (UK rec), 200 — 20.70, 400 — 47.8 (relay leg), long jump — 7.32m. **Margot Wells** (100 & 200): ESH; b. Dunfermline, 10.10.1952; 1.72/60kg; PE teacher. Best marks/100 — 11.68 (11.53w), 200 — 24.12. **Diane Williams** (JT): Stretford; b. Kent, 24.11.1958; 1.75/66kg; student; Best mark/JT — 51.74m. **Karen Williams** (400): Pitreavie; b. Kirkcaldy, 10.1.1960; 1.72/60kg; clerical assistant; Best mark/400 — 53.4.

Who's Who In The Welsh Team

Mike Critchley (Marathon): Cardiff; b. 20.2.1951; Best mark/Marathon — 2:17:02. **John Davies** (3000SC): TVH; b. Rhondda Valley, 20.11.1952; 1.68/55kg; teacher; Best marks/3000 — 7:54.0, 5000 — 13:39.8, 3000SC — 8:22.6. **Mike Delaney** (400 & 4 × 400): Cardiff; b. 27.5.1947; Best mark/400 — 46.92. **Glen Grant** (1500 & 4 × 400): Cambridge H; b. Farnborough (Kent), 16.7.1953; 1.79; army officer; Best marks/800 — 1:48.0, 1500 — 3:39.9. **Jeff Griffiths** (400 & 4 × 400): Swansea; b. 20.3.1957; best mark/400 — 46.74. **Venissa Head** (SP): Bristol; b. Merthyr Tydfil, 1.9.1956; 1.85/82kg; staff clerk (WRAC); Best mark/SP — 15.72m. **Hilary Hollick** (800 & 1500): Sale; b. Sidcup, 10.8.1951; 1.60/48kg; teacher; Best marks/800 — 2:04.7, 1500 — 4:12.9. **Ruth Howell** (LJ & Pentathlon); Birchfield; b. Criccieth, 28.1.1947; 1.75/63kg; Best marks/LJ — 6.51 (6.54w), Pent — 4005. **Steve James** (400H & 4 × 400): Wolverhampton & Bilston; b. Swindon, 8.2.1954; 1.85/78kg; civil engineer; Best mark/400H — 51.21. **Steve Jones** (5000): Swindon/RAF; b. 4.8.1955; Best marks/5000 — 13:47.3, 3000SC — 8:48.6. **John Phillips** (TJ): Cardiff; b. Rhyl, 21.3.1950; 1.84/78kg; teacher; Best mark/TJ — 15.88m. **Berwyn Price** (110H): Cardiff; b. Tredegar, 15.8.1951; 1.90/81kg; sports centre manager; Best marks/110H — 13.69 (UK rec), 400H — 52.8. **Dave Roberts** (100, 200 & 4 × 400): Cardiff; b. Bangor, 5.6.1949; 1.75/66kg; solicitor; Best marks/100 — 10.64 (10.51w), 200 — 21.36. **Mike Rowland** (Marathon): Newport; b. 17.9.1942; Best

mark/Marathon — 2:16:53. **Tony Simmons** (5000 & 10,000): Luton United; b. Maesteg, 6.10.1948; 1.67/55kg; paint technician; Best marks/1500 — 3:41.1, 5000 — 13:21.2, 10,000 — 27:43.6, Marathon — 2:12:33. **Jackie Zaslona** (JT): Birchfield; b. Birmingham, 7.1.1956; 1.74/75kg; student; Best mark/JT — 52.04m.

Who's Who In The Northern Irish Team

Clive Beattie (400H); Shorts; b. 20.12.1957; Best mark/400H — 51.9. **Mike Bull** (PV & Decathlon): Wolverhampton & Bilston; b. Belfast, 11.9.1946; 1.84/82kg; lecturer; Best marks/PV — 5.25m; Decathlon — 7417. **Martin Girvan** (HT): Woodford Green; b. 17.4.1960; Best mark/HT — 61.52m. **Vicky Hancox** (100H): Belfast Ladies; b. 21.11.1956; Best mark/100H — 14.4. **Greg Hannon** (Marathon): Duncairn; b. 14.11.1953; Best mark/Marathon — 2:17:35. **Willie Kirkpatrick** (LJ): Ballymena; b. Ballymena, 29.1.1949; 1.85/76kg; teacher; Best mark/LJ — 7.71m. **Paul Lawther** (1500): Annadale Striders; b. Belfast, 22.12.1955; 1.84/1.66; student; Best marks/800 — 1:48.1, 1500 — 3:38.8, 3000 — 7:49.1, 3000SC — 8:39.1. **Linda McCurry** (200 & 400): Shorts; b. 20.6.1955; Best marks/100 — 11.7; 200 — 23.92; 400 — 54.06. **Jim McGuinness** (1500): Achilles AC; b. Co. Cavan, 21.9.1950; 1.78/67kg; accountant; Best marks/800 — 1:49.4, 1500 — 3:38.1, mile — 3:55.0. **John McLaughlin** (Marathon): Duncairn; b. 6.9.1951; Best mark/Marathon — 2:17:07. **Wendy Phillips** (HJ): Belfast Ladies; b. 5.8.1956; Best mark/HJ — 1.76m; **Pam Reece** (800): Ballymena; b. 1.7.1951; Best mark/800 — 2:09.7. **Adriene Smyth** (400): Ballymena; b. 27.7.1950; Best marks/400 — 54.3, 800 — 2:06.0.

ENGLAND

Our apologies to SHARA SPRAGG who is competing for England in the Commonwealth Games, whom we inadvertently left out of our 'Who's Who in the England Commonwealth Games Team'. Her details are as follows:-

SHARA SPRAGG (JT)

Bristol AC. Born Cheltenham, 21.5.1951; Height: 1.64m; Weight: 60kg; Student. Best

DARTFORD HARRIERS 19th ANNUAL ROAD RELAY

(Under AAA Rules)

6 x 3 Miles

SATURDAY, 9th SEPTEMBER, 3 pm

Entries (75p per team) to R. Drew, 23 Claremont Crescent, Crayford, Dartford, Kent, by 5th September.

performances: Shot — 11.90m, Discus — 36.96m, Javelin — 50.84m. Annual progression at javelin: 1966 — 42.48m; 1967 — 44.80m; 1968 — 43.92m; 1969 — 49.58m; 1970 — 36.04m; 1971 — 41.08m; 1972 — 45.70m; 1973 — 44.66m; 1974 — 42.50m; 1975 — 41.56m; 1976 — 47.40m; 1977 — 49.48m; 1978 — 50.84m

*The Scottish team also includes Fay Nixon (ESH), best of 23.9 for 200. She was born on 18.10.60; 1.65/55kg; sports attendant.

STEVE OVETT QUALIFIES FOR PRAGUE

To the relief of the British selectors, Steve Ovett achieved the European qualifying standard for 1500m when winning in Malmo on July 26th in 3:37.6 — fastest by a Briton this year. He easily defeated American star Steve Scott (3:41.3).

One night after his 3:37.6 1500 in Malmo, Steve Ovett equalled his personal best of 1:45.4 of 800 in Turku on July 27th. He will probably race at both distances in Prague.

ONE-DAY MATCH IN JAPAN!

A British team of 20 men and 11 women will compete in an eight-sided international match in Tokyo on September 25th: the other nations involved are USA; USSR; Poland, France, Italy and Germany. The Oceania Games, due to have been staged in Australia, have been cancelled.

WALKING

Great Britain v Italy v Poland. This match takes place on August 6th at Hove Park. A 2km undulating circuit is to be used for all three races and provides excellent viewing for spectators. The timetable is: (35km Senior) 10.00am; (10km Junior) 1.30pm; (20km Senior) 3.00pm. Obviously Italy will be favourites with 20km men such as Armando Zambaldo, Roberto Buccione, and the ever improving Maurizio Da Milano and 50km experts in Vittorio Visini, Paulo Gregucci, and Sandro Bellucci to call upon. Poland, led by Bogdan Bulakowski and Jan Ornoch, have been putting up fast times this year and obviously aim to make their presence felt here and later in Prague. British senior selections for the match are: (20km) Roger Mills; Steve Gower; Chris Harvey; Ken Carter; reserve—Mike Greasley; (35km) Dave Cotton; Ian Richards; Shaun Lightman; Bob Dobson; reserve—Adrian James. Without Olly Flynn, Brian Adams, and Amos Seddon (in Edmonton) the 35km squad contains no surprises, but in the 20km Cari Lawton, John Warhurst and Mick Greasley must feel disappointed at their non-selection. (Junior 10km): Graham Morris; Ian McCombie; Mark Wordsworth; Mike Miley.

(More Walking Notes next week)

ATHLETIC EVENTS

With more than 17,000 copies going out weekly and a total readership approaching 50,000 an advertisement in "Athletics Weekly" can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for first insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date.

TENDRING ATHLETIC CLUB

Tendring Sports Festival

4th Annual

6½ MILE ROAD RACE

Team and Individual (Under A.A.A. Laws)

MONDAY, 28th AUGUST, at 3 p.m.

at Vista Road Sports Ground

Clacton-on-Sea, Essex

Prizes: First 3 Ind., first 2 Teams (3 to score). First Vet. (O/40, first Vet (O/50).

Entry Fee: 35p Individual (No Team Fee).

Entries to: Tendring A.C., 8 Beaconsfield Road, Clacton-on-Sea, Essex.

HORWICH R.M.I. HARRIERS

In conjunction with

RIVINGTON SPORTS CLUB GALA DAY

present the

HORWICH 10 MILE ROAD RACE

(Under A.A.A. Laws)

SUNDAY, SEPT. 24th, 1978 at 2 p.m.

Run over two laps on a very demanding course

starting and finishing at:

RIVINGTON & BLACKROD HIGH SCHOOL

Certificates to all finishers under one hour. Individual awards, Veterans and Super Veterans.

Entry Fee: 30p. **Closing date 10th Sept., 1978.**

Entries to Mr P. Schofield, 18 Stanley Grove, Horwich, Bolton, Lancs. (Tel: 692402).

HAVERING A.C. PRESENTS

A FLOODLIT RELAY MEETING

At Hornchurch Stadium, Bridge Ave., Upminster

Starting at 7 p.m. prompt

(Colts and Junior Ladies first events)

ON WEDNESDAY, 13th SEPTEMBER

Colts	Medley	Jnr Ladies	3 x 800m
Boys	4 x 200m		4 x 100m
	3 x 800m	Inter Ladies	4 x 400m
Youths	4 x 200m		4 x 100m
	3 x 800m		3 x 800m
Jnr/Snr Men	4 x 400m	Snr Ladies	4 x 400m
	4 x 100m		3 x 800m

Also 3000m Open Race for Jnr/Snr Men

No Awards

No Prizes

Entry fees: 25p Relay Teams, 10p Ind. 3000m. S.A.E. for acknow. to Mr. J. Naylor, 34 Newmarket Way, Hornchurch, Essex, by Monday, 11th Sept.

CHESHIRE TRACK & FIELD LEAGUE

POSITIONS — JULY 1978

(Rounds completed in brackets)

MEN		LADIES	
SALE	(4) 575	SALE	(4) 448
CREWE & NANT.	(4) 560	E. CHESHIRE	(4) 435
E. CHESHIRE	(4) 519	BURY	(4) 430
STOCKPORT	(4) 475	MACCLESFIELD	(4) 382
DEESIDE	(4) 471	DEESIDE	(4) 360
CHESTER E.P.	(4) 463	STOCKPORT	(4) 351
MACCLESFIELD	(4) 463	MANCHESTER H.	(4) 331
FRODSHAM	(4) 452	CREWE & NANT.	(4) 330
PILKINGTONS	(4) 440	SUTTON	(4) 315
LIVERPOOL H.	(3) 425	FRODSHAM	(4) 304
SUTTON	(4) 367	LIVERPOOL H.	(3) 296
STOKE	(4) 359	STOKE	(4) 288
ALTRINCHAM	(3) 352	PILKINGTONS	(4) 278
WINSFORD	(4) 301	ALTRINCHAM	(3) 248
MANCHESTER H.	(4) 296	CHESTER E.P.	(4) 223
WIRRAL	(3) 295	WIRRAL	(3) 190
COLWYN BAY	(3) 214	H. FAMILY	(4) 181
HOLY FAMILY	(4) 211	WINSFORD	(4) 161
WALLASEY	(4) 210	COLWYN BAY	(3) 124
BURY	(4) 188	WALLASEY	(4) 100

Publication of the above league table is sponsored by

Games-Brolli

Makers of low cost, quickly erected shelters for officials and spectators

J. F. Foord Ltd., Vale Royal Ind., Dock Road, Northwich, Cheshire.

CLASSIFIED ADVERTISEMENTS

6p per word. Box No. 20p extra. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word—prepaid.

AMUSING STICKERS! S.A.E.: Arena Publications, London SW16 3NS.

CLUB STICKERS: Exciting new money-spinners! S.A.E. **Arena (Above).**

BAAB APPROVED TRAINING DIARY 80p. Starts anytime! All events! **Arena (Above).**

CANADIAN T & F 1977 £2.75. All-Time Rankings etc; **ATHLETIC INJURIES 50p;** **TEACHING ATHLETICS IN SCHOOL, CLUB (Dorothy Tyler) 60p. Arena (Above).**

POLE BUNGS — 140/160 poles, £3.25 for four, 01-857 3810.

CLUB BADGES, Medals and Awards of every description. Send for full details — **'Greens' of 'Olympic Trophies', Astley Lane, Bedworth, Warks.** Phone 0203 312183.

ACTIVE ATHLETE wishes to correspond with same, preferably outside United Kingdom. **Box No. 5878.**

ROTARY WATCHES INTERNATIONAL GAMES

Organised by the
Southern Counties A.A.A.

International Athletics at Crystal Palace

Under I.A.A.F Rules

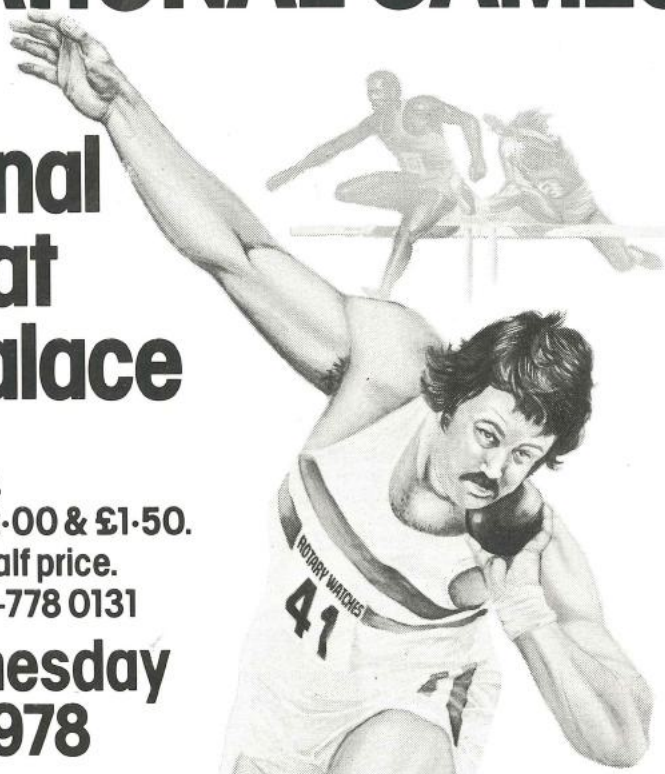
Unreserved seats £1.00.

Reserved seat Prices £2.00 & £1.50.

Children under sixteen half price.

Box Office: Telephone 01-778 0131

**7.30pm Wednesday
23rd August 1978**



ADVANCE BOOKING FORM:

Please send me the following tickets for
ROTARY WATCHES INTERNATIONAL GAMES

Stand (Home Straight) Covered Reserved Block 5-11	ADULT	CHILD	TICKETS £2 CHILD £1
Open Stand (Nr. finish) No'd and Reserved Block 12-13-14			TICKETS £1.50 CHILD 75p
New Jubilee Stand Covered Reserved Block 22-30			TICKETS £1.50 CHILD 75p
Stand Open Unreserved Block 1-4, 15-20			TICKETS £1.00 CHILD 50p

All prices inclusive V.A.T. Children under 16 half price.
Block Bookings 20 or more tickets — 15% discount.

Enclose Cheque/P.O. to the value of £
(BLOCK LETTERS PLEASE)

NAME _____

ADDRESS _____

TEL. NO. _____

Remittances to be made payable to Sports Council.
Please enclose S.A.E. and post to: Box Office,
Crystal Palace National Sports Centre,
Norwood, LONDON SE19 Tel: 01-778 0131
Postal applications must reach Box Office at least
5 days prior to event.