

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

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weekly

DECEMBER 13th 1980 30p



MARATHON
SPECIAL

Alberto Salazar

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THE WEEK AHEAD

Saturday, December 13th: IAC/Provincial Insurance International CC, Crystal Palace; Open Junior/Inter. Pentathlon, Crystal Palace; Southern Counties Men/Women Hurdles Training/Competition Day, Crystal Palace; Kent Women's Champs, Canterbury; Surrey Women's Champs, Camberley; Bradford & Dist. Champs, Bradford; Scottish Inter-District Representative Match, Stirling; Surrey League (Div. 2), Richmond Park; Westward League, Torquay; Gloucester League, Blackbridge; Mid-Lancs League, Kendal; Kent League (Y/B/C), Maidstone; Red Rose League, Rossendale; Chingford League, Enfield; Vets AC CC, Haydon Hall, Eastcote; Thames Hare & Hounds Old Boys Race, Wimbledon; Norman Woodcock Trophy Road Race, Westerhope; Whitbread '5', Portsmouth; Forres Christmas Handicap; Cambridge H Open Walk, Bexley.

Sunday, December 14th: St. Athan Indoor Open Meeting; Wessex League, Yeovil; S. Yorks League, Barnsley; W. Midland YA League, Worcester; Icknield League, Kettering; Aberdeen Open CC Races; Rowntree-Mackintosh CC

Races, Norwich; Worktop CC Meeting; Vale of Neath '10'; Haringey 'Turkey Trot'. Wood Green; Newport to Tredegar '22'; Fire Service Road Relay, London.

Saturday, December 20th: Metropolitan League, Woodford; Chiltern League; Hampshire League, Southampton; Hog's Back '10'; Saltwell Open Road Races, Gateshead; Ilford All-Comers Walk, Chigwell Row.

Sunday, December 21st: Women's Inter-Area CC Match, Stoke; Vets AC CC, Putney Vale.

OLYMPIC ISSUES SOLD OUT

Would readers please note that we have now sold out of our 1976 Olympic results issues. Packages of assorted back numbers from 1977 and 1978 (for details see November 15th issue) are still available, price £2 per package.

COVER PHOTO

(By All-Sport/Duomo)

Alberto Salazar leading in New York Marathon

The Joyce Smith Story (Part 3)

By Mel Watman

Life — As A Marathoner — Begins At 41!

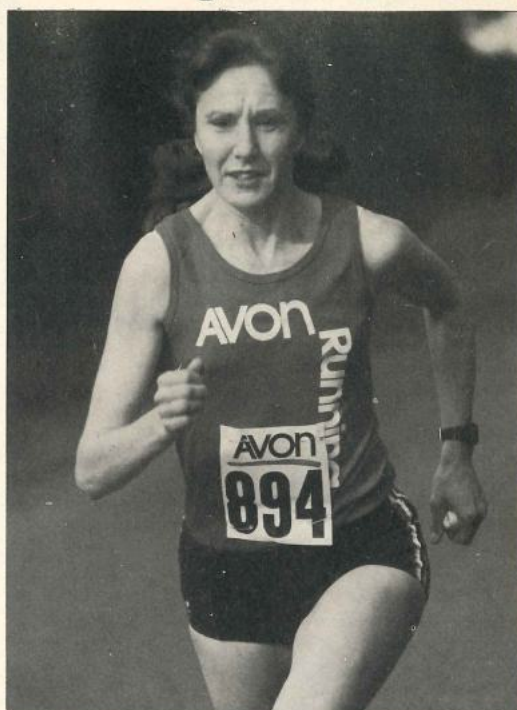
JOYCE SMITH was aged 41, with over twenty years of top-class running behind her, when she turned at last to the event which was to suit her best of all — the marathon.

Interviewed by Cliff Temple for his series of articles on women's marathon racing published in 'AW' in March 1979, Joyce stated: "I've always wanted to do a marathon before I retired, but I want to have done some decent training beforehand. I think any would-be marathoner should have at least a specific eight week build-up before the race, including some 2 hour/20 miles runs. I don't want to make any predictions about times, but I would like to break 2:50". The British best as at the beginning of 1979 stood at 2:50:54 by Rosemary Cox (now Harrold) at Rugby in September 1978, while the world's best was the 2:32:30 registered by Grete Waitz in her debut in New York a month later.

Joyce's marathon plans for 1979 were, however, severely compromised by persistent shin soreness which curtailed her winter training. As a consequence her cross-country results were relatively undistinguished (6th in the Southern, 15th in the National), but all was not lost — as she demonstrated in the Tonbridge '10' on March 10th. Zipping through the first five miles in 27:30, she finished in 55:55, as compared with her previous fastest of 56:27. The time was thought to be a British best until, much later, it was revealed that the former Sale Harrier, Tina Wild, had clocked 55:54 in New Zealand in January 1979.

On a tougher 10-mile course, in the Herne Hill event in April, Joyce was soundly beaten by Glynis Penny (56:39 to 57:09), but she had two better runs in the Trowbridge '10' (56:10) and Newport '15' (1:28:30) prior to her marathon baptism in the WAAA championship at Sandbach on June 17th. The preparation had been going well. "Actually, training-wise the number of sessions per week became less, because whereas I used to train twice a day for the 3000m now I ran only once a day except on Thursdays. Obviously I did do more long runs".

The moment had arrived and, just as in years gone by she had made a successful transition from the sprints to 800, from 800 to 1500, and



from 1500 to 3000, so this time she responded to the new challenge. Not only did she win the race but, in the process, she helped revolutionise women's marathon running in this country. Knocking a staggering nine minutes off the previous UK best with a time of 2:41:37, she pulled the next three finishers — Gillian Adams (2:43:08), Carol Gould (2:44:30) and Kath Binns (2:47:57) — well inside the old record too. "If things had gone wrong at Sandbach, say I had come third, that would probably have been it; I wouldn't have run another marathon", Joyce reflected the other week.

Happily, things went right and Joyce's new career was off to a flying start. Not that she was so fast off the mark in the race itself. Cautious in

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MARATHON SPECIAL

the extreme, Joyce took 32:19 for the first 5 miles — way behind Caroline Rodgers, who clocked 29:51. Joyce, running with Carol Gould, wasn't much quicker over the next '5' and her 10M time was outside 64 min. Realising this was too slow, the Barnett pair really began to move and whittled down Caroline's lead. By the 14-mile mark Joyce had passed the early leader and dropped Carol, and her 15M time of 1:33:14 indicated she had run that third '5' in around 29 minutes. Keeping the fast tempo going, Joyce reached 20M well out in front in 2:03:04. But Joyce, whose longest ever run previously was 22 miles in training, encountered problems in the last few miles. Over three minutes clear of Carol in second place at 22½M, and still three minutes ahead of new runner-up Gillian Adams a mile later, Joyce reached the finish barely a minute and a half up on Gillian, who took 11 minutes off her previous best.

"I went too slow to start with and then went too fast in the middle", admits Joyce. "Gillian was closing quite fast and I was very tired in the last two miles. The one thing I didn't like about the course is that you didn't get a time or a mark until five miles. You really need a time after a mile or two". Despite the errors in pace judgment the race was both a great success and valuable education for Joyce, whose average weekly mileage beforehand was just over 70 with a maximum of 92.

Further victories on the road followed. She ran 20km in 1:13:41 in the Rex Foulkes Memorial race at Aylesbury and 20M in 1:57:00 in the Belgrave '20' in July; while in the Shaftesbury '10' in August she clocked 56:22. She was now all set for her first international marathon — the prestigious Avon women's event at Waldniel in Germany on September 22nd — and all the more fired up as a fortnight before that race Gillian Adams has wrestled the UK record with a 2:41:03 performance at Eugene, Oregon.

This time there were no mistakes. Running with cool efficiency throughout, Joyce scored a resounding victory in a superb 2:36:27, followed in by Kim Merritt (USA), 2:39:43, and Carol Gould, who with 2:40:37 was also inside the UK record. Joyce had jumped to sixth place on the world all-time list breaking the Commonwealth record held by New Zealand's Lorraine Moller with 2:37:37, and setting in addition a world veterans best.

Running alongside Carol Gould (who is also coached by Bryan Smith), Joyce covered the first 10km in 36:45 and the second in 37:11, and the two Britons led past the halfway mark in 1:18:04. With Carol obliged to make two stops, Joyce pulled clear away over the next 10km (36:12) to reach 30km in 1:50:08, with Kim Merritt now

JOYCE'S MARATHON TRAINING

The only time Joyce has ever covered 100 miles in a week was during a school half-term holiday in October 1979. Her training was: — **Sunday:** 14 miles. **Monday:** (am) 5 miles; (pm) 10 miles. **Tuesday:** (am) 5 miles; (pm) 10×400 (72 sec); 5 miles covered in session. **Wednesday:** (am) 5 miles; (pm) 10 miles. **Thursday:** (am) 8 miles; (pm) 5 miles. **Friday:** 25 miles. **Saturday:** 8 miles.

This was Joyce's training for the month leading up to her 2:33:32 marathon at Sandbach on June 22nd 1980: —

(Week starting May 25th) **Sunday:** 11 miles (68:32). **Monday:** (am) 8 miles; (pm) 5 miles. **Tuesday:** (am) 5 miles; (pm) 8×400 (70 sec). **Wednesday:** 12 miles. **Thursday:** 5 miles; fly to New York. **Friday:** 3 miles in New York. **Saturday:** L'Espresso 10,000m road race in New York: 8th in 34:12 (won by Grete Waitz in 30:59.8). **Week's total:** 61 miles.

(Week starting June 1st) **Sunday:** return from New York. **Monday:** 8½ miles. **Tuesday:** 4×800 (2:25, 2:26, 2:24, 2:24.7). **Wednesday:** 18 miles (1:53:01). **Thursday:** (am) 9 miles (58:16); (pm) 5 miles. **Friday:** 8 miles. **Saturday:** 25½ miles (2:44:07). **Week's total:** 80 miles.

(Week starting June 8th) **Sunday:** 10 miles. **Monday:** 8½ miles. **Tuesday:** 8×400 (69-70 sec). **Wednesday:** 18 miles (1:52:52). **Thursday:** (am) 9 miles; (pm) 5 miles. **Friday:** 8 miles. **Saturday:** (am) 20 miles (2:02:17); (pm) 5 miles (31:02). **Week's total:** 89 miles.

(Week starting June 15th) **Sunday:** 10 miles (65:00). **Monday:** 8 miles. **Tuesday:** 4×800 (2:25.1, 2:24.0, 2:23.5, 2:23.7). **Wednesday:** 15 miles. **Thursday:** (am) 9 miles; (pm) 5 miles. **Friday:** 8 miles. **Saturday:** rest. **Week's total:** 60 miles.

Sunday, June 22nd: 1st Sandbach marathon (2:33:32 — UK record).

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second. At the finish her lead had grown to over three minutes, the second half of the race having taken 1:18:23.

On the same day as Joyce's Waldniel triumph, Grete Waitz was tuning up for the second of her momentous New York marathons (2:27:33) with a world's best for 10M on the road of 53:05. Joyce didn't threaten that in her next outing, the Walton '10' in October, but she did shatter the UK best with 54:13 in a fine race which saw Kath Binns clock 54:38, Gillian Adams 55:05 and Glynis Penny 55:23.

Marathon number three — another all women's event, this time in Tokyo on November 18th — produced victory number three. "We went purely to win and not worry about the time", says Joyce. "The plan was to go with whoever led". Joyce did just that, and broke away from Gillian Adams over the last 10km to win in 2:37:48 with Gillian showing 2:39:28. It brought to a close a remarkable year for Joyce, and British women's marathon running.

"Frightening experience"

Alas, 1980 began on a miserable note for Joyce when she raced in the Orange Bowl marathon in Miami on January 12th. Heading for a time of around 2:38 in the very hot and humid conditions, she virtually blacked out during the final mile and in a state of near-collapse was helped across the line and thus disqualified. Dorthe Rasmussen of Denmark was the winner in 2:40:56. It was, says Joyce, the first race in which she wasn't allowed her own personal drinks. "I noticed that the water had a funny taste, sort of like disinfectant. I was running with the Danish girl, and she did annoy

me. She got herself right on my shoulder and our arms were clicking each other quite a bit. You expect that in track racing but not in a marathon, and she kept pushing me into the kerb. I was having problems with her, and I got annoyed — and then of course I hadn't drunk enough. Suddenly it hit me. I remember passing 25 miles, feeling extremely tired . . . and then the next thing I knew . . . I didn't know anything. Apparently I was weaving about although I didn't fall over. I just don't remember anything. It was a frightening experience".

Joyce resolved after that not to compete in potentially hot conditions again but fortunately she recovered completely from the ordeal. She led Barnet to victory in the Southern CC championship (placing 5th), went on to finish 13th in the National, and took part in the first ever women's 10,000m track race to be staged in Britain — clocking 34:26.4 behind Kath Binns (33:33.7). Her first significant road race was a 55:39 victory in the Trowbridge '10' in early May, and she was in scintillating form by the time of the Sandbach Marathon on June 22nd.

Indeed, such was her form that although she insists she was treating the event purely as a training run (the main target for the season being the Avon Marathon in London in August) Joyce succeeded in lowering the Commonwealth and UK record to 2:33:32! "We definitely went there for training", Joyce assured me, "but we were a bit worried to find the Swiss girl, Vreni Forster, there. She said she wanted to run 2:40 and could she run with me. Actually I was planning to run 2:40 myself and I didn't want to be in a race situation". The problem resolved itself, for after passing 5M in 29:50, 10M in 59:00, 15M in 1:28:35 and 20M in 1:58:25, Joyce felt so full of running that "once I knew she had fallen behind I

Joyce, Sissel Grottenberg of Norway, and Gillian Adams (8) take the turning point at 26km together in the 1979 Tokyo International Marathon. Joyce went on to win in 2:37:48, with Gillian clocking 2:39:28 and Sissel 2:43:05.



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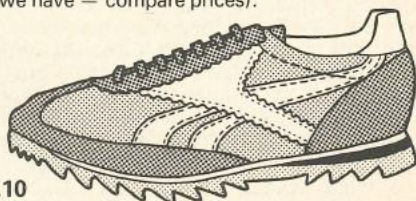


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picked up the pace and got faster and faster". So fast, in fact, that she was operating at close to 5 min mile pace for the final mile or so. The Swiss runner was happy too as she smashed her national record with 2:35:57. The following weekend Joyce ran a blistering 1:28:18 for 25km in a veterans race at Bruges, and she knew that if conditions were favourable she was ready for around 2:30 in the Avon Marathon.

What she couldn't have bargained for was (1) catching chickenpox from her daughter a few days after the Bruges race, which resulted in ten days off training, and (2) sustaining a torn calf muscle just a week after resuming training, necessitating another week's rest. If it had been any other race than the Avon (for which Bryan was race director and which was seen as a very important milestone in women's marathoning in Britain) Joyce would have withdrawn, but she was determined to run. In the circumstances, finishing 7th in 2:41:22 was a remarkable performance. "I was really trying", said Joyce, as though anyone would doubt it but there is a limit to what courage alone can achieve in athletics. Joyce was an isolated third at 30km (1:50:25) behind Lorraine Moller (NZ) and Nancy Conz (USA), together in 1:49:52, but from

Joyce (1) running in the early stages of the Avon Marathon in Battersea Park behind Vreni Forster (5), Karen Doppes Cosgrove (156), Elizabeth Hassell (13), Marty Cooksey (152), Lorraine Moller (7), Carol Gould (2) and Linda Staudt.



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Bryan Smith: The Man In The Background

The man who has quietly guided Joyce Smith throughout her twenty-year span as an international is her husband Bryan, a highly respected coach whose other successes include Carol Gould (Britain's second fastest ever marathoner) and Margaret Beacham (1971 European indoor 1500 champion).

Bryan was primarily a middle-distance runner (best of 2:00.9 for 880y) with Shaftesbury Harriers, but he also competed "in whatever was needed by the club — pentathlon, triple jump, 440y hurdles . . ." His range was such that he won Middlesex county championship medals in the sprint relay and cross-country!

Why did he turn to coaching at such a young age? "I was always the typical athlete who couldn't be coached, because I used to read up on athletics and had my own ideas. I turned to coaching perhaps in frustration at not having achieved much myself as an athlete".

What is the main difference between coaching men and women? "I've found women need guiding all the way along. I

don't say they couldn't formulate their own schedules etc, but they prefer it. It seems to me that women like to be guided every step of the way".

Why are British women middle-distance runners failing to keep up with world standards (Joyce's best 1500 time of 4:09.4, set back in 1972, is only 0.4 slower than the fastest UK time this year)? "I think our girls are not being coached properly. Full stop. Our people say 'if I'm an international then I'm happy', and they do just enough to become an international. For example, if the qualifying time for a Games is, say 4:12 for 1500, then if the girl does 4:11.9 she's happy — which shouldn't be the case really. One should look at the world standards and say 'if the Russians are running 3:56 then I've got to run 3:55'. They think they can't do that, because they believe the Russians are all on drugs. But suppose they're not. Suppose they all agreed to random drug tests and it was found they are not on drugs, then you can't use that as an excuse any more".

20M she was obliged to ease up as the calf muscle began tightening. Lorraine won in 2:35:11 ahead of Nancy's 2:36:02, while Joyce was still the first of the British contingent home.

Next on the marathoning agenda for Joyce was a return visit to Tokyo to defend her women's international race laurels on November 16th, and it was clear from her road racing exploits during the build-up that she was reaching towards a new peak. She clocked 27:09 in the Furniture '5' at Wycombe on September 21st, 1:25:08 in the Norfolk '15' six days later, and a rip-roaring UK best of 53:17 in the Walton '10' on October 12th — that's 5:19.7 miling or around 10 min for 3000m pace all the way! Significantly, she beat Carol Gould by a good four minutes in the '15' and three minutes in the '10' . . . and Carol went on to place 4th in the New York Marathon on October 26th in a magnificent personal best of 2:35:06.

Marathon running has long enjoyed immense popularity as a spectator event in Japan, and there were big crowds and 3½ hours of live TV coverage for this women's only race. The French-Canadian, Jacqueline Gareau, took the lead from the start in the Olympic Stadium and by 5km — reached by Gareau, Allison Roe (NZ) and Joyce in 17:44 — it was clear that a very fast race was in prospect. Those three drew steadily further away and passed 10km in 34:28 — around 2:25 pace. The unofficial 10M time was 55:25 and the New Zealander held a slight lead over the other two

through 20km (1:09:40 to 1:09:42) and halfway (1:13:37 to 1:13:40).

Joyce takes up the story: "The temperature was 12°C, so I decided to wear a long sleeved vest as I feel the cold. I felt just right. The plan was to sit in, although if the pace was too fast I would let them go and hope they blew it. I sat in on Roe and Gareau until at about 14 miles Roe made a small break and I let her go for a while. Gareau and I dropped Allison just after 16 miles and we ran side by side. She tested me a couple of times; then at 38km I was suddenly a couple of strides in front. It wasn't a deliberate break; she had obviously eased. That was when I knew that I had to go".

Joyce and Jacqueline had passed 30km together

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MARATHON SPECIAL

in 1:45:59 and 20M in an unofficial 1:53:55, so a time of around 2:30 was still possible although the steepest uphill part of the course back to the stadium had to be negotiated in the final few kilometres. Joyce pulled 13 sec clear at 40km (2:22:33) and by the finish she was 31 sec ahead in 2:30:27, the fourth fastest time ever — behind Grete Waitz's 2:25:42 and 2:27:33 and Patti Catalano's 2:29:34, all of which were set in the point-to-point New York Marathon in competition against men. Joyce thought the fast times were a result of being so closely matched with the Canadian, but "in a mixed race we were both capable of going under 2:30". Joyce broke her UK record by over three minutes and recaptured the Commonwealth record, which had subsquent to Sandbach been claimed by Gareau (2:31:42) and Moller (2:31:40).

Result of the Tokyo race, with intermediate 5km times: 1, Joyce Smith 2:30:27 (17:44, 34:28, 51:54, 1:09:42, 1:27:38, 1:45:59, 2:04:09, 2:22:33); 2, Jacqueline Gareau 2:30:58 (17:44, 34:28, 51:54, 1:09:42, 1:27:42, 1:45:59, 2:04:09, 2:22:46); 3, Gillian Adams 2:40:53 (18:45, 37:14, 56:14, 1:15:23, 1:34:22, 1:53:43, 2:13:02, 2:32:44); 4, Allison Roe 2:42:24 (17:44, 34:27, 51:53, 1:09:40, 1:27:38, 1:46:27, 2:07:03, 2:31:32).

It's a staggering thought that Joyce, who turned 43 on October 26th and is now the same age as was Jack Holden [see next page] when he won the European marathon title in 1950, has now run the distance faster than the legendary Tipton Harrier (2:31:04) ever did!

But throughout most of the past decade Joyce has been astonishing us with her exploits on the track, over the country and more recently on the road, and there's no reason to suppose she has finished yet. With conditions so variable and unpredictable fast times can never be guaranteed in a marathon, but with just a little luck to complement her ability, courage and determination she'll break that 2½ hour barrier before she finally calls it a day.

That's one of her ambitions; another is to make the England team again for the International cross-country. Joyce isn't sure yet

when her next marathon will be — she's turned down invitations to Miami and Bermuda this winter — but she will be returning with Bryan to Japan in April. This time they will travel with their two daughters, for the whole family has been invited over for a big fun-run being staged in Tokyo where Joyce has become quite a celebrity.

Now that women's marathon running has firmly established itself and there will be a European championship in 1982, is she tempted to reconsider her declared intention of making 1981 her final season? "I don't think so. I can't, at the moment, face the prospect of bashing out the long runs in training — 20 miles, 25 miles — for another two years. On the other hand if I do pack up I'm going to have so much time on my hands at home next winter, when Lia will be at school, that I shall want to go out training! Only time will tell".



The only two women in the world to have run the marathon faster than Joyce are Grete Waitz (F1) and Patti Catalano (F2), seen here during the New York Marathon when they ran 2:25:42 and 2:29:34 respectively.

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Jacks Who Were Aces!

TWO OLYMPIC athletes met again last summer after a period of 30 years. On the right of picture is Jack Holden of Tipton Harriers, now aged 73, who was one of Britain's greatest ever distance runners. In a glittering top-class career, which lasted over 25 years, Jack amassed an amazing total of 64 championships ranging from the Staffordshire one mile up to international marathon titles.

During the 1930's he won the International Cross-Country Championship four times, taking the hat-trick in 1933, 1934 and 1935 to equal the record of the phenomenal Jean Bouin of France. He won again in 1939. During that period he also won the English National Cross-Country Championship in 1938 and 1939. On the track he achieved a hat-trick of wins in the AAA 6 miles Championship in 1933, 1934 and 1935, adding the AAA 10 miles title in 1934.

At the conclusion of the war in which he served in the RAF, Jack again won the National Cross-Country Championship in 1946 at the age of 39. But, unbelievably, his greatest moments lay ahead. He overcame bitter disappointment in having to retire from the 1948 Olympic Marathon, due to severe blisters, by winning the 1950 Empire Games Marathon in Auckland. This was followed by an epic victory in the European



Ted Hollinshead



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by Howard Payne (Official photographer to the AAA, BAAB and IAAF)

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Marathon Championship in Brussels later in the year, aged 43. In the former race, Jack's canvas shoes disintegrated at 18 miles due to prolonged torrential rain. Determined to win, he discarded them and ran on, barefoot, only to be assailed at 22 miles by a Great Dane dog. Jack, ironically enough a dog lover and a keen Staffs bull terrier breeder, managed to ward off the dog to run home to a tremendous reception and a place in athletics history. Later, with typical Black Country humour, he remarked, "Glad the dog didn't fancy English meat".

On the left of picture is Jack Gregory of Bristol AC, now aged 57, who was one of Britain's best post-war sprinters. He represented Great Britain in the 1948 Olympics and was one of the 4 x 100m relay squad who were awarded the gold medals when the USA team were disqualified. This was due to an alleged faulty baton change between Barney Ewell and Lorenzo Wright. The following day, after an Appeal, the Americans were reinstated and Jack and his team-mates Jack Archer, Alastair McCorquodale and Ken Jones had to hand back the precious gold they had held for just 24 hours. Jack went on to represent Great Britain at 200m in the 1950 European Championships in Brussels. This event was won by his team-mate Brian Shenton. His favourite track is the Alexander Stadium at Perry Barry where he was undefeated in championship and open sprint races.

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MARATHON SPECIAL

The two men last met at the 1950 European Championships. They recalled their last conversation, which had taken place in the dressing rooms following Jack Holden's marathon win.

Jack Holden and his wife retired to Weston-super-Mare in 1973, which is just a few miles from Jack Gregory's home town of Nailsea, near Bristol. The photograph records their meeting one Sunday morning this year to chat over old times, and of course, to recall the old races in that golden era in British athletics.

Ted Hollinshead



Flashback to 1948 and a proud moment for Jack Holden as he is presented to Queen Elizabeth at the start of the Windsor to Chiswick Marathon which he proceeded to win in 2:36:45.

Importance Of Fast Running In Training

THE second annual marathon conference, held under the chairmanship of Bill Adcocks at Sandiacre (Notts) on November 16th, was very well organised by Alan Domleo of Derby.

About 30 took part in an 18 mile training run which has now become a regular feature of all marathon club get-togethers and on this occasion Alan made sure the leaders were not going to leave him behind no matter how good they were feeling. "I made sure I was the only one who knew where we were", he said afterwards. "I even laid on a bit of mud and some drizzle to make it suit the time of the season".

After lunch we sat down for what turned out to be one of the best afternoon sessions of lectures I've heard at any of our many such meetings over the past few years.

Value of testing

Dr John Humphries, unquestionably one of the most respected authorities in Europe on human performance testing, gave us a couple of hours on the subject and to say he could have gone on all afternoon and into the night and still kept a totally captivated audience would be an understatement. It would be impossible for me to even attempt to tell you the invaluable information he passed on but I can promise you we are going to try and get Dr Humphries to spare the time to put it on paper for inclusion in our Marathon Handbook No 3 (which we hope will be out in March 1981). One point that John did leave imprinted in the back of everyone's mind is that far too many do too little hard and fast running in their training for the marathon. Another remark of his was: "The training most of our women do would be looked upon as a GOOD WARM-UP in most of the successful countries". Dr Humphries proved how valuable testing is, indicating how it has worked for many of our top athletes as well as some world famous athletes in other countries.

As Bill Adcocks set about thanking Dr Humphries for his excellent lecture I couldn't help but wonder how the second guest speaker, Brian Kilby, would be able to follow that — but, believe me, he managed it without any trouble. Brian, the European and Commonwealth champion in 1962, gave us all a good insight into the sort of training and attitude that applied in his days of marathoning greatness. It was interesting to hear that in a 64-week year, and before you say that sounds Irish it was how Brian worked out his season, Brian raced no less than 46 times and was injured for five weeks in the period. He stressed that if he had planned his main effort to be, say, the AAA championship, he would run in all the other races and take no notice of the fact that he

would be beaten on the way to the marathon he had his sights set on — not the sort of attitude you see today from the top marathon men. It was great to hear too that Brian did more or less what Dr Humphries preaches regarding training fast, and that was at a time when testing was in its infancy, to say the least.

There followed a discussion on such topics as the importance of the AAA marathon in the athletics calendar and the old question of selection for international and major Games teams. The BAAB marathon coach, Don Shelley, took plenty of notes on all these topics and I'm sure will, in his official capacity, pass on the views of the club.

With Don now the official BAAB marathon coach, the BMRC officers held a special meeting prior to the conference and appointed Terry Lewins as the general secretary in place of Don (Gordon Gluyas had been acting secretary but is now NCAA No. 8 District secretary as well as staying as assistant secretary to Terry).

The qualifying time for joining the British Marathon Runners Club has been lowered to 2 hr 30 min. Anyone wanting to join should write to Terry Lewins, 13 Albany Road, Old Windsor, Berks. (Tel: Windsor 62527).

Vince Regan



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Leading World & UK Marathoners In 1980

2:09:01 Gerard Nijboer (Hol)
 2:09:41 Alberto Salazar (USA)
 2:10:14 Rodolfo Gomez (Mex)
 2:10:19 Tony Sandoval (USA)
 2:10:20 Garry Bjorklund (USA)
 2:10:41 Benji Durden (USA)
 2:10:47 Dick Quax (NZ)
 2:10:52 Chun Son Goe (N. Kor)
 2:10:55 Kyle Heffner (USA)
 2:10:58 Vladimir Kotov (USSR)
 2:10:59 Bob Hodge (USA)
 2:11:03 Waldemar Cierpinski (GDR)
 2:11:09 Dave Smith (USA)
 2:11:16 Steymkul Dzhumanazarov (USSR)
 2:11:22 **Dave Cannon (UK)**
 2:11:37 Garry Henry (Aus)
 2:11:40 Oyvind Dahl (Nor)
 2:11:42 Gerard Barrett (Aus)
 2:11:47 **John Graham (UK)**
 2:11:50 Anatoliy Aryukov (USSR)
 Wind aided/straight course:
 2:11:01 Ron Tabb (USA)
 2:11:23 Rick Callison (USA)

Women

2:25:42 Grete Waitz (Nor)
 2:29:34 Patti Catalano (USA)
 2:30:27 **Joyce Smith (UK)**
 2:30:58 Jacqueline Gareau (Can)
 2:31:23 Joan Benoit (USA)
 2:31:42 Lorraine Moller (NZ)
 2:32:29 Marja Wokke (Hol)
 2:34:25 Ingrid Christensen (Nor)
 2:34:29 Allison Roe (NZ)
 2:35:06 **Carol Gould (UK)**
 2:35:57 Vreni Forster (Swi)
 2:36:02 Nancy Konz (USA)
 2:36:47 Christa Vahlensieck (Ger)
 2:37:29 Joelle Audibert (Fra)
 2:37:39 Linda Staudt (Can)
 2:37:56 **Gillian Adams (UK)**
 2:38:04 Charlotte Teske (Ger)
 2:38:10 Laurie Binder (USA)

2:39:29 Sylviane Fouache (Fra)
 2:40:35 Kiki Sweigart (USA)
 Wind aided/straight course:
 2:35:13 Gayle Olinek (Can)

BRITISH

2:11:22 Dave Cannon
 2:11:47 John Graham
 2:13:27 Chris Garforth
 2:13:31 Trevor Wright
 2:14:00 Ian Thompson
 2:14:28 Dave Black
 2:14:47 Chris Stewart
 2:15:18 Andy Holden
 2:15:49 Brendan Foster
 2:16:04 Stan Curran
 2:16:07 John McLaughlin
 2:16:07 Jim Dingwall
 2:16:16 John Cain
 2:16:43 Barry Watson
 2:16:51 Ian Ray
 2:16:51 Colin Taylor
 2:16:55 Brian Cole
 2:16:55 Mike Hurd
 2:17:23 Mike Gratton
 2:17:44 Alan McGee
 2:17:52 Bob Cytla
 2:17:57 Malcolm East
 2:17:59 Norman Wilson
 2:18:12 Mike Longthorn
 2:18:12 Paul Eales
 2:18:14 Andy Robertson
 2:18:17 Mike Critchley
 2:18:56 Don Faircloth
 2:18:56 Hugh Jones
 2:19:00 Barry Heath
 2:19:01 Alasdair Kean
 2:19:03 Jim Brown
 2:19:03 Tony Kearns (Rol)
 2:19:15 Terry Colton
 2:19:19 Steve McHale
 2:19:21 Malcolm Mountford

2:19:23 Ricky Wilde
 2:19:23 Don Macgregor
 2:19:30 Des Austin
 2:19:33 Graham Laing
 2:19:33 Dave Clark
 2:19:41 Derek Fernee (Can-Ex UK)
 2:19:43 Alasdair Reid
 2:19:55 Derek Pratt
 2:20:07 Jeff Norman
 2:20:16 Kevin Best
 2:20:23 Martin Knapp
 2:20:24 Greg Hannon
 2:20:38 Tom Jones (Ger)
 2:20:48 Alan Catley
 2:21:05 Jim Avis
 2:21:14 Gerry Staunton
 2:21:29 Colin Youngson
 2:21:30 Norman Deakin
 2:21:32 Merv Brameld

Women

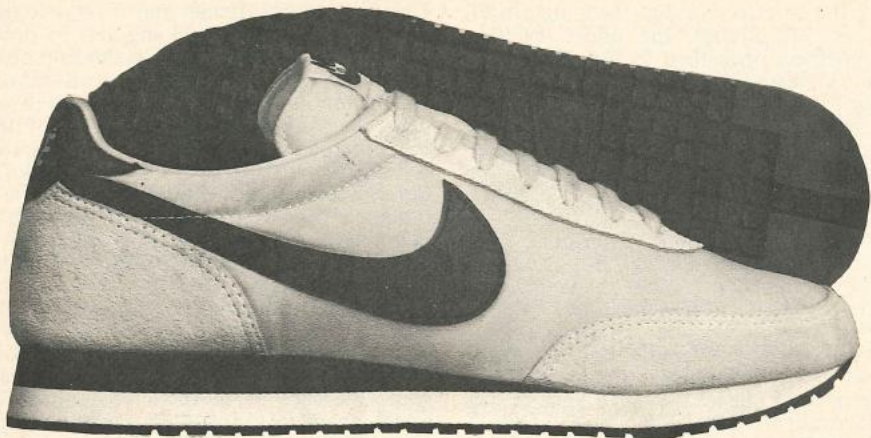
2:30:27 Joyce Smith
 2:35:06 Carol Gould
 2:37:56 Gill Adams
 2:44:43 Sue Hassan
 2:45:09 Gillian Burley
 2:45:40 Leslie Watson
 2:50:17 Julie Barleycorn
 2:50:45 Alison Blake
 2:54:01 Ann King
 2:54:12 Lyn Billington
 3:00:53 Anne Bland
 3:01:25 Pat Day
 3:03:38 Carolyn Rodgers
 3:04:13 Sally McDiarmid
 3:04:29 Lydia Kirk
 3:05:07 Mary Chambers
 3:05:59 Maureen Griffith
 3:08:15 Rosemary Wright
 3:08:26 Yvonne Miles
 3:08:47 Frances Mudway
 3:08:53 Jenny Pearson
 3:10:08 Bridget Cushen
 3:10:30 Elaine Popplewell
 3:11:00 Eileen Bartlett
 3:11:21 Jackie Hulbert



Ian Thompson (313), the winner in 2:14:00, and Ian Ray (261), who finished eighth in 2:16:51, seen well to the fore in the early stages of the AAA marathon championship at Milton Keynes.

Peter Tempest

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NO LIMITS FOR ALBERTO SALAZAR

ALBERTO SALAZAR wouldn't win any style prizes with his ungainly running action — but who cares? It's so effective that the Cuban-born American is just about the most exciting marathon prospect unearthed so far. Winner of the New York classic in October in 2:09:41, the eighth fastest time ever recorded and that in his marathon debut, he says "I think I can go 2:08 or 2:07" — and who's to say he can't. "I refuse to set limitations for myself any more", he remarked last year. "The body can do so much more than we realise".

They don't come any more determined and ambitious than Alberto Salazar. Bill Dellinger (the 1964 Olympic 5000m bronze medallist), his coach at the University of Oregon, says: "We've never had anyone at Oregon handle the load Alberto has shown he can handle, not even Steve Prefontaine". And as Corder Nelson of *Track & Field News* once put it: "Alberto Salazar has intestinal fortitude with a capital G".

That astute observer of the road racing scene, Jack Welch, has written in TFN of Salazar: "His ability to push himself to the limits of his body — and indeed beyond — is already legend. This is, after all, the man who was packed in ice and who received the last rites of his church after collapsing in the heat of the Falmouth 7-mile in 1978. He tries very hard".

Alberto was born in Havana on August 7th 1958. His father, Jose, was once one of Fidel Castro's closest friends and a fervent supporter of the revolution. A civil engineer by profession, he was head of Cuban tourist development. "But when it was evident that Castro was taking Cuba into Communism", he said, "we had to get out". Jose, his wife (a portrait painter) and family fled to Florida to start a new life in the USA in 1960. It was Alberto's eldest brother Ricardo, a good miler, who inspired Alberto to run and he quickly made a name for himself in high school competition. At the age of 14, in 1973, he ran 9:44.0 for 2 miles, improving to 9:28.0 the following season, and in 1975 he made a successful transition to 5000m by clocking 14:14.6 and placing 2nd in the USA junior championship. He was runner-up in that race again in 1976 (best time of 14:04.8) and achieved some measure of national recognition in 1977 when, as an 18-year-old freshman at Oregon, he covered 12M 247y in the hour (an early indication of his eventual leanings) and recorded 13:47.8 for 5000 and 29:03.4 for 10,000. Later that summer he won USA junior titles in both events and scored a 10,000 victory also in the junior match against the USSR.

A resident of Massachusetts, Salazar met up with a more celebrated athlete from that state in a



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SUNDAY, MARCH 1st, 1981

First Race 11.30 a.m.

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28th FEBRUARY, 1981
2 p.m.**

**Sponsored by
Falkirk District Council
EVENTS: SM, JM, Y, SB, JB**

Entry Forms will be posted to all S.C.C.U. affiliated clubs by 10th December. Individuals not being entered by their clubs may obtain entry forms from the convener.

Competitors must be (a) Scots by birth, or either of whose parents are Scots, or (b) must have resided in Scotland for at least the three months prior to the race.

Convener: J. Dingwall, 11 Hawley Road, Falkirk FK1 1SH.

**ENTRIES CLOSE
MONDAY, 19th JANUARY**

MARATHON SPECIAL

7.1M road race in August 1977 when he pushed Bill Rodgers (32:23) with a time of 32:40 in 2nd place. Next track season he progressed to 13:37.4 and 28:46.6 but it was his winter campaign that catapulted him to stardom. In November he won the National Collegiate cross-country title, despite going off course briefly, followed five days later by a very close 2nd place to Greg Meyer in the AAU championship; while on the last day of 1978 he defeated a great field to win the *Runner's World* Midnight Run in 22:13, the fastest time ever recorded for a 5M road race. He outkicked Craig Virgin (also 22:13), with Rudy Chapa 3rd in 22:30 and Brendan Foster 4th in 22:42.

Great things were expected of him in 1979. He improved his times considerably in every event, running 3:44.6 for 1500, 7:43.8 for 3000, 13:22.4 for 5000 and 28:06.2 for 10,000, and though he didn't exactly set the tracks of Europe alight on his first tour of the continent he did learn a lot. It was on this tour that he made his first appearance at Crystal Palace, finishing 2nd (28:12.4) to John Treacy (28:12.1) in the AAA 10,000.

On his return to the States he defeated Rodgers

in an 8M road race (37:15.4 — 37:15.9), and again came close to completing the tough NCAA/AAU cross-country double. This time he was 2nd, 8 sec behind Henry Rono, in the collegiate race prior to romping away with the national title.

Salazar was so intent on doing well at the Olympics that he took the year off from university and flew to Kenya intending to spend five months training at high altitude (8600 ft) at Thompson's Falls. Less than three weeks later he was back in the USA. "I honestly thought a life of doing nothing but eating, sleeping and running would be perfect", he said. But he quickly found it wasn't. On the contrary, with hardly anyone to talk to, little to do, and aware he was an object of curiosity, Salazar admitted, "I was going crazy".

A solo 28:13.4 10,000 at Eugene in mid-March indicated he was set up for a fine track season in 1980 but soon afterwards he hurt his knee so badly that he was unable to race again before the Olympic Trials three months later. Some weeks he was hardly able to run at all, and although he maintained a reasonable state of fitness by swimming and cycling it speaks much for his determination that he was able to finish 3rd in the 10,000 (28:10.5) at the Trials and thus make the Olympic team that wasn't.

Alberto broke 28 min for the first time in Brussels on August 22nd. Leading for most of the race he was outkicked by John Treacy (27:48.7), clocking 27:49.3. Five days later, in Dublin, he came close to his best 5000 time with 13:23.7 behind Eamonn Coghlan (13:21.0) and Nick Rose (13:22.4). A strained hamstring cut short his European tour, but before long he was back in full training for his marathon debut in New York on October 26th. On the entry form, in the section for best or estimated time, he wrote 2:10 — and his self-confidence was not misplaced. Coach Bill Dellinger shared his confidence. "You have to almost take it for granted that there isn't anyone in the race who wants to win more than Alberto. He has the talent of a 10,000m runner, he has a very efficient running style, and he has incredible mental toughness. The longer the race, the more time you have to think about it and that's where Alberto's toughness comes in. You have to want to stay with a killing pace and Alberto does".

Always in contention, Salazar passed the halfway mark in 1:04:52, led through 20M in 1:38:58 and pulled away from Mexico's Rodolfo Gomez to win in the sparkling time of 2:09:41 — the fastest first marathon in history. The 1.83/6'0", 65kg/144lb Salazar covered the second half of the race, the last six miles of which was into the wind, in 1:04:49 for a formidable display of even paced running. His stated target for 1981 is to break the world 10,000 record but Derek Clayton as well as Henry Rono has reason to feel uneasy.



Alberto finishing the New York Marathon.

All-Sport/Paul J. Sutton

Mel Watman

Overseas News and Results

Gordienko First Over 6000 In Women's Heptathlon

THE HEPTATHLON replaces the pentathlon as the official all-rounders competition for women at the beginning of 1981, and holder of the as yet unofficial world record is Yekaterina Gordienko (USSR), who along with Nadyezhda Tkachenko was disqualified after the 1978 European Championships pentathlon when doping tests showed she had been taking anabolic steroids. Gordienko, originally placed 5th in Prague, returned to top competition this year and in Odessa on September 13th/14th she became the first to score over 6000 points for the new seven-event test. She clocked 14.06 for the hurdles, put the shot 14.80m, high jumped 1.74m and ran 200m in 24.53 on the first day, and long jumped 6.43m, threw the javelin 32.08m and covered 800m in 2:11.4 on the second to amass 6144 points. Her pentathlon score during the competition was 4620, and it's obvious that her heptathlon total will be bettered considerably next year when athletes like the Olympic medallists Tkachenko, Olga Rukavishnikova and Olga Kuragina get going. The UK best so far is 5357 by Sue Longden in 1979.

Steeplechasing for women? Why not, say the Finns if nobody else. The first women's 1500m steeplechase was staged in Finland in August 1979 when Tuija Toivonen clocked 5:00.2; the second was held this past August and this time Tuija improved to 4:42.3 — only to lose to Marjo Riitta Lakka (4:41.8).

European Results

7.8. Tampere (Fin). SP: Stahlberg 20.44; JT: Utriainen 85.68. **10.8. Lohja (Fin).** PV: Kalliomaki 5.50. **12.8. Pori (Fin).** JT: Aho 84.80, Kula (USSR) 82.50. **14.8. Nokia (Fin).** JT: Kula (USSR) 83.48 (& 82.96), Toivonen 83.48 (& 81.94). **17.8. Orivesi (Fin).** JT: Puranen 87.14, Aho 84.70, Utriainen 84.56. **17.8. Kerava (Fin).** HT: Sedykh (USSR) 78.06. **17.8. Joutseno (Fin).** JT: Sinersaari 84.92. **19.8. Turku (Fin).** 5000: Maaninka 13:44.7, Peter (GDR) 13:45.1, Viren 13:58.8. **19.8. Rauma (Fin).** Women's SP: Kivi 18.54 (rec). **19.8. Karhula (Fin).** HT: Sedykh (USSR) 77.80, Huhtala 75.94 (rec). **19.8. Lahti (Fin).** JT: Harkonen 87.40, Aho 85.12. **24.8. Porvoo (Fin).** Women's 1500SC: Lakka 4:41.8, Toivonen 4:42.3. **31.8. Turku.** 25km road: Toivola 1:19.50; women — Bondarchuk (USSR) 1:29.40. **14.9 Kuopio (Fin).** Marathon champs: Tikkanen 2:19:04; women — Toivonen 2:46:23, Kiipaa (39) 2:50:05. **8.10. Paris.** PV: Houvion

5.50. **15.10. Marignane (Fra).** 1 hour: Boxberger 20:27.5m. **25.10. Essen (Ger).** Mar: van Essen (Hol) 2:25:39 . . . 7, LAMBOURNE 2:26:49; 17, CROWHURST 2:30:22. **25.10. Lassing (Aut).** 50kmW: Jobin (Can) 4:00:55, Lapointe (Can) 4:06:46, Michalski (Ger) 4:07:13.

16.11. Grenoble (Fra). 10.1km CC: JULIAN GOATER 29:18, BERNIE FORD 29:33, Hagelsteens (Bel) 29:36, Schoofs (Bel) 29:44, Watrice 29:57, Marechot 30:02, Wessinghage (Ger) 30:05, R. Lismont (Bel) 30:10, TONY SIMMONS 30:28. **16.11. Marseilles (Fra).** 9km CC: ROGER HACKNEY 26:15, Duval 26.52. **16.11. Brest (Fra).** 8.7km CC: Person 25:43 . . . 4, NIGEL GATES; women's 4.3km: RUTH SMEETH 13:45, Bouchonneau 14:25. **16.11. Douai (Fra).** 8km CC: GUY McCALLUM 24:20, Lemire 24:50. **16.11. Hannut (Bel).** 9km CC: Mamede (Por) 26:04, Lopes (Por) 26:33, K. Lismont 26:39, Little (Aus) 26:50. **22.11. Montataire (Fra).** 50km track: M. DAYKIN (Gloucester) 3:03:47, Fagon 3:04:28.

ARGENTINA: Amazing time for Moses

Ed Moses scored his 55th consecutive victory in 400m hurdles finals, and posted the remarkable (for him) time of 50.19, in Buenos Aires. It was the first time he had clocked slower than 50 sec for two years!

10-12.10. Buenos Aires. 100: Lattany (US) 10.39, Riddick (US) 10.48; 200: Gilkes (Guy) 20.83, Williams (US) 20.84; 400: Guimaraes (Bra) 46.34, Darden (US) 46.65; 800: Guimaraes 1:46.9; 5000: J. Gomez (Mex) 13:29.4, Jose da Silva (Bra) 13:37.4 (rec); 10,000: da Silva 28:45.2, Gomez 29:00.8 . . . 4, Vainio (Fin) 29:16.5; 3000SC: Ramon (Spa) 8:43.2, Konrad (Aut) 8:43.4; 110H: G. Foster (US) 13.55, Milburn (US) 13.80, Moracho (Spa) 13.97; 400H: Moses (US) 50.19, B. Williams (US) 51.38; HJ: Jacobs (US) 2.21; TJ: Bakosi (Hun) 16.42; SP: Oldfield (US) 21.15; DT: Oerter (US) 63.16, Hjeltnes (Nor) 62.32; Dec: Crist (US) 7991; women's 800: Klinger (Ger) 2:03.9; HJ: Simeoni (Ita) 1.94; Hept: Perez (Spa) 5496 . . . SUE LONGDEN dnf (3240; incl 14.28 100H, 1.68 HJ, 25.30 200).

CHILE: Oerter still going strong

18/19.10. Santiago. 100: Riddick (US) 10.35, Taylor (US) 10.44; 800: Guimaraes (Bra) 1:47.4, Molina 1:48.2; 5000/10,000: da Silva (Bra) 13:51.3/28:41.5 (rec); 3000SC: Ulloa 8:42.9 (rec); 110H: Milburn (US) 13.58, Moracho (Spa) 13.80, C. Foster (US) 13.91; 400H: Moses (US) 49.50; HJ: Bruni (Ita) 2.20, Page (US) 2.20; LJ: de Oliveira (Bra) 7.68, Corgos (Spa) 7.39; TJ: de Oliveira 16.20, Cid (Spa) 16.12, Lamitie (Fra) 16.02; SP: Oldfield (US) 21.13; DT: Oerter (US) 63.82, Oldfield 59.40.

WOLLATON PARK CC RACES**November 16th**

1, G. Fell (Nottingham Univ.) 28:38
 2, N. Lees (Derby) 29:01
 3, A. Harding (Sparkhill) 29:54
 4, S. James (Nun-J) 29:58; 5, M. Puddifoot (TVH) 30:00; 6, A. Lankham (Spark) 30:05; 7, M. Lambert (Notts) 30:06; 8, R. Milne (Notts) 30:13; 9, G. Dugdale (TVH) 30:15; 10, D. Sweeney (Lough. S) 30:25; 11, D. Widdison (A&SV) 30:31; 12, A. Clark (Roth) 30:40; 13, A. Whitaker (Spen-J) 30:48; 14, C. Hetherington (C&AC) 30:51; 15, T. Thornbury (Spark) 31:01; 16, P. Stockford (C&AC) 31:16; 17, N. Pacey (Lut-J) 31:18; 18, P. Upton (Notts) 31:22; 19, T. Smith (Notts) 31:29; 20, R. Edwards (Leic) 31:30; 21, N. Peach (C&AC) 31:32; 22, L. Travers (Der) 31:33; 23, P. Brooksby (Notts. U-J) 31:48; 24, P. Mace (Roth) 31:52; 25, A. Hawkins (S. in A-V) 31:54. **Teams:** 1, Sparkhill 24; 2, Notts 33; 3, Crewe & Alsager Col. 51; 4, Derby 54. **(Vets):** 1, Hawkins; 2, K. Lee (Notts) 31:55; 3, L. Pratt (Charn) 32:44; 4, P. Bourne (Notts) 32:56; 5, M. Simpson (Rock) 33:26; 6, N. Hamilton (Notts) 33:54. **(Youths):** 1, B. Hussain (Stock) 17:11; 2, K. Lamb (Der) 17:17; 3, D. Ramsden (Cov) 17:28; 4, G. Lucas (S. in A) 17:35; 5, M. Craid (Works) 17:53; 6, R. Jackson (Der) 17:54; 7, P. Davies (Der) 18:00; 8, A. Mills (Notts) 18:04; 9, J. Parker (Charn) 18:07; 10, N. Bullimore (S. in A) 18:08; 11, S. Wright (Der) 18:12; 12, A. Hodgkinson (Hallam) 18:15. **Teams:** 1, Derby 15; 2, Sutton in Ashfield 29; 3, Hallamshire 45; 4, Notts 49. **(Boys):** 1, A. Aked (S. in A) 12:43; 2, G. Horn (Stock) 12:50; 3, E. Wilkinson (Notts) 12:55; 4, M. Bryne (Stret) 13:02; 5, M. King (Stret) 13:15; 6, S. Barlow (Stret) 13:18; 7, D. Blount (S. in A) 13:20; 8, S. Martin (Pads) 13:21. **Teams:** 1, Stretford 15; 2, Sutton in Ashfield 20; 3, Halesowen 39. **(Colts):** 1, S. Tinsley (Stret) 10:06; 2, P. Fellows (Cann) 10:15; 3, B. Bariah (Nun) 10:26; 4, R. Fletcher (Spen) 10:29. **Teams:** 1, Stretford 23; 2, Halesowen 34; 3, Spenborough 37. **(Young Colts):** D. McQueen (Notts) 4:56. **Team:** Cannock 24.

Women

1, C. Hanson (Notts) 13:29; 2, M. Drath (Ashton) 14:16; 3, S. Brown (C&AC) 14:26; 4, A. Soar (Warw. U) 14:36; 5, J. Dransfield (Spen) 14:40; 6, E. Adams (S. in A) 14:41; 7, W. Hirst (Leeds) 14:44; 8, A. Pattison (Cann) 14:48; 9, N. Salisbury (Bir) 14:52; 10, J. Platt (Cann) 15:04; 11, S. Dransfield (Spen) 15:06; 12, D. Robinson (Sheff) 15:08; 13, M. Braines (Peter) 15:15; 14, F. Ashmore (Charn) 15:17; 15, L. Robinson (Spen) 15:19. **Teams:** 1, Spenborough 31; 2, Notts AC 34; 3, Cannock Chase 50. **(Juniors):** 1, J. Penfold (Cann) 10:40; 2, J. Kemp (Spen) 10:49; 3, S. Robinson (Lin. W) 10:55; 4, K. McQueen (Notts) 11:04; 5, H. McDonald (Cann) 11:12; 6, C. Farragher (Harr) 11:13. **(U/11):** D. Sharp (Spen) 5:07. **Team:** Spenborough.

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The London Marathon

Dear Sir,

Mr Dobson, the President of the Duchy of Cornwall AC, should direct his anger about the clash of dates (the London Marathon and Duchy of Cornwall both being on March 29th) to the correct quarter and not at myself.

In June this year Barry Willis, honorary secretary of the AAA, wrote, at my request, to give me relevant dates for March 1981. There were two: the ECCU Championships on March 7th and the IAAF Cross-Country Championships on March 21st. No mention of the Duchy Marathon. We therefore chose March 29th for the London Marathon. This date was confirmed in October by our Board of Governors which includes the President of the AAA, Squire Yarrow; the Chairwoman of the WAAA, Mrs Vera Searle; and the Chairman of the BAAB, Bill Evans (David Shaw deputised for him). Only after we announced the date, which also had to be

Letters

approved by the GLC and by the Metropolitan Police (who incidentally are closing the end of Whitehall and part of the Embankment for 4 hours on March 29th), did Mr Dobson leave messages on my tape machine, along with scores of other people who were offering willing help. It was impossible for me to reply to them all but each one has been listed for future reference. But I did reply immediately I returned from the New York Marathon to two letters from Mr Dobson's club and suggested that they direct their complaint to the AAA.

But please, Mr Dobson, realise that people like Squire Yarrow, Barry Willis and Ray Stroud (who has also taken on the task of being our London Treasurer) are honorary officials who work very hard for our sport with little thanks. Ultimately the sport is in the control of the clubs and if they wish to avoid fixture clashes (the edition of 'AW' of November 22nd is full of complaints about clashes) then let them come to the AGM of the AAA (it has been pitifully attended in the last few years) and make their voices heard. And let them and the athletes realise that we could have a full-time fixtures secretary to avoid these problems if we paid for him.

At present the contribution we make to the government of our sport is miserly. As a paid up member of Ranelagh Harriers, I contribute nothing to the BAAB, nothing to the AAA and about 12½p to the SCAAA. And the same applies to us all. The sport would be bankrupt long ago if it wasn't for Ray Stroud and the Finance and GP Committee.

So can we please have more goodwill to man,

more willingness to take part in and pay for the government of our sport — and less, far less, backbiting.

Finally, readers might like to know that entry details for the London Marathon will be announced in 'AW' on December 20th. The planning proceeds apace thanks to the goodwill of the GLC, the City of London, the Sports Council, the London Tourist Board and the governing bodies of athletics. As I write this letter at midnight, John Disley, the controller of the course, is out in the night on his bicycle checking distances on the route at a time when it is nearly as traffic-free as it will be on March 29th. It is a great route, full of interest and very fast. Before long someone will run it in 2 hours 8 minutes.

Christopher Brasher,
Director, London Marathon
Management Committee.

Dear Sir,

I wonder how many other readers find it as depressing as I do that the first two responses in this Letters column concerning Chris Brasher's London marathon are ones of carping criticism. Mr Garrod, of Ranelagh Harriers, tetchily points out that the "first marathon for the people" was held in Birmingham, while Mr Dobson, of Duchy of Cornwall AC, complains because of a clash of date.

All right, so Mr Brasher may just possibly be guilty of journalistic licence in his description of the London event. Okay, so maybe he should have responded immediately to the Cornish club's worries. Sadly, it's so often the case that when somebody comes up with an idea which is original, exciting and full of potential benefit for the sport, the reaction is as petty as that of Messrs Garrod and Dobson.

There is no greater enthusiast for the sport of athletics than Mr Brasher — even if he does sometimes seem to let his heart rule his head in what he writes — and I think he deserves the utmost credit for what he is trying to do, and all-out support from athletes and the public. My entry for the race is already submitted, and let's hope thousands more feel the same way.

Incidentally, in another recent letter to 'AW', Mr Champion of Met Police AC, rightly pointed a finger of suspicion at the running of the Ethiopian, Kedir, on the last lap of the Olympic 5000m. It's my belief that a close study of the TV tapes will indicate quite clearly that Kedir slowed to a near jog as Yifter went into the lead about 250m from the finish. The effect of Kedir's dramatic change of pace was to cause at least half-a-dozen men behind him to check or stumble. Whether Kedir intended that, who can say, but there's no doubt it did no harm to Yifter's chances.

Bob Phillips,
Hoylelake, Wirral.

OLYMPIC 5000 METRES

Dear Sir,

I refer to Ian Champion's request for comment on the Moscow 5000m final. Mohammed Kedir was indeed well placed entering the final 250m, at which point he left the kerb and allowed Yifter through on the inside. It is my recollection that two or three seconds later, Kedir received an almighty thump from Marti Vainio which effectively ended the former's challenge.

The real mystery for me, however, was the behaviour of the third Ethiopian, Youssef Mohammed. Seemingly strong and relaxed, he was well in contention until, coming off the last bend on the penultimate lap, Mohammed was seen to stumble and simultaneously hold and shake his head. Approaching the bell his distress apparently intensified and his gestures became more erratic. He thereafter lost ground and disappeared from camera-view — though I believe that he was to be seen lying prostrate on the track shortly after the finish.

I wonder if other readers observed this incident and if anyone can throw light on it, particularly on the health of Mr. Mohammed.

A. Wilson

GIRLS HURDLES EVENTS

Dear Sir,

With due respect to Mr Neal Dickinson, Hon. Secretary of the ESAA, I feel that in his letter recently published in 'AW' he has given the impression that all Junior Girl Hurdlers from the age of 11 to 15 must compete over the revised specification distance of 80 metres as agreed at the AGM of the WAAA held in March 1980.

This is not quite right, as it was agreed that Juniors from the age of 11 to 13 years old may still compete at 75 metres for WAAA competitions.

Anyway, the object of the change is to encourage a growing girl to use her natural stride length between hurdles and not be confined to 75 metres for four years using so called 'stride discipline' with the difficulty of having to increase over the Intermediate and Senior distances.

In my opinion, shortening natural stride length

ELLIOTTS A.C.

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over a long period gradually becomes 'second nature' and I have seen many very talented Junior and Intermediate hurdlers becoming discouraged by this and retire from the sport.

I also note the observations of Mr Dickinson concerning the opposition of the change for the Schools from the National Coaches and schoolteachers!

It is true I have received a letter from a National Coach with strong school interests that the coaches had received a 'mandate' not to support the proposition concerning the revised distances, but I wonder if those teachers who are good hurdle coaches all oppose the change? In fact, the teacher who coached the winner of the 1980 WAAA National Championship for the 100 metres Intermediate hurdles event told me he was quite in agreement with the revised specifications.

It is also interesting to note that resulting from a Coaches Conference held at Crystal Palace NSC in 1977, and attended by 39 coaches and two International and Olympic women hurdlers, a full discussion took place concerning the various age groups of the hurdle events, and a resolution was passed, with only one abstention, in favour of the revised distances now being adopted by the WAAA.

Finally, Mr Dickinson or any member of the ESAA would be extremely welcome to attend the Monthly Hurdle (Training) Competition Sessions held at the Crystal Palace NSC Indoor Area which includes competition for Juniors and Intermediates over 5 flights of hurdles at 60 metres with the spacings between hurdles at 80 metres and 100 metres respectively — all have three races.

In the November Sessions 11 Juniors and 14 Intermediates competed and produced some very good performances without any difficulty, and I am certain that, subject to these age groups being taught the correct hurdling technique by good hurdle coaches, only progress of performance can result, and they will be able to compete in the senior age groups with more confidence and relaxation, and most important be able to use their natural stride with speed.

George Stratford,
Southern Counties Area Event Coach.

MEN'S HURDLING

Dear Sir,

Neal Dickinson's letter (Nov. 1st) has at last brought the hurdles change issue into the open.

I assume that the rule change was made by the WAAA on the recommendation of active hurdles' coaches. The principle involved, however, applies to men's hurdling also, yet no similar recommendation had been made to the AAA.

I would be most grateful if someone would explain why the men have been excluded from such progress, or if their requirements are different from those of women hurdlers what it is that makes it so?

Carl Johnson,
BAAB National Coach.

IMPORTANCE OF WIND READINGS

Dear Sir,

Due to the importance the ruling body of our sport puts into authenticating performances, may I make a further plea to local bodies — Authorities and Clubs alike, to purchase wind gauges and use them.

Two of the major rule changes discussed by the IAAF in Moscow concerned using two wind gauges at each relevant sprint/jump event. Lengthy details had been laid down about their compulsory use and although ultimately defeated at the last Congress, will be brought up again.

Only too often one goes to major meetings — leagues and even championships, where no gauge is in use. What is the point in the electronic timing of races up to 10,000m in 0.01 sec, if the wind factor, which can change the result drastically in the shorter events, is ignored. Such has become the importance of wind gauges in assessing relative performances, that some countries have separately listed those races "controlled" (as they call them) by a gauge recording.

Can we therefore urge purchase during this close season of more wind gauges throughout the country, meeting organisers allocating officials to operate them and ensuring the speeds are marked on the results slips for posterity and publication.

Peter Martin

N. LONDON CCA CHAMPIONSHIPS

At Eastcote, November 8th

1, O. Arif (N. Lon) 31:47; 2, J. Kilsby (Har) 31:53; 3, C. Barley (Enf) 31:57; 4, M. Ellison (Har) 31:58; 5, M. English (N. Lon) 32:03; 6, G. Ward (Har) 32:08; 7, M. Lepps (Old G) 32:12; 8, J. Mouat (Hill) 32:14; 9, A. Beattie (Shaft) 32:23; 10, S. Moore (Shaft) 32:27; 11, A. Campbell (Enf) 32:39; 12, J. Barnard (Poly) 32:48; 13, S. Kerr (Enf) 32:49; 14, P. Field (N. Lon) 32:49; 15, M. Philpott (Hill) 32:51; 16, P. Cummins (High) 32:57; 17, J. Mortimer (Old G) 33:01; 18, L.

Benjamin (Hill) 33:04; 19, S. Poulton (Enf) 33:15; 20, G. Gavin (Hill) 33:17; 21, J. Abberton (Pol) 33:18; 22, D. Sweeney (Shaft) 33:24; 23, N. Stops (Shaft) 33:29; 24, J. Quirke (Lon. I) 33:32; 25, C. Ryan (QPH) 33:36; 26, C. Ross (High) 33:43; 27, N. Saunders (Har) 33:52; 28, G. Harrold (Enf) 33:53; 29, C. Peirson (Har) 33:54; 30, S. Hunter (Har) 33:56. **Teams:** 1, Haringey 98; 2, Borough of Enfield 113; 3, Hillingdon 126; 4, N. London 166; 5, Shaftesbury 184; 6, Polytechnic 281; 7, Highgate 288; 8, Old Gaytonians 307.

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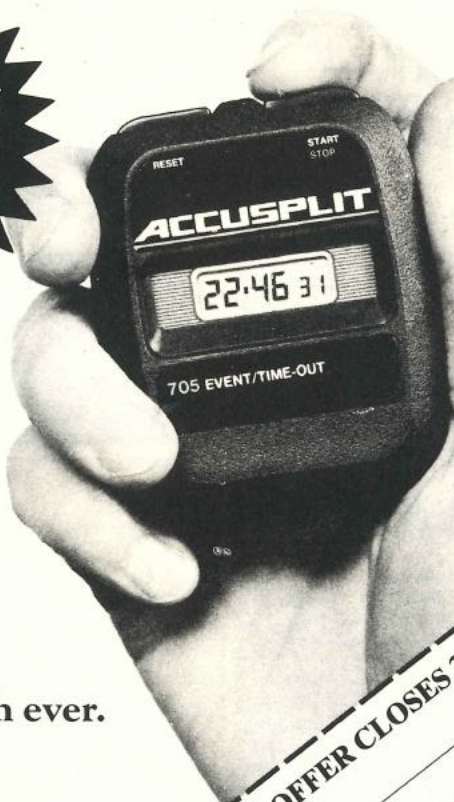
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UK BEST PERFORMERS (Junior Women) 1980

Compiled on behalf of the NUTS by Tony Miller

Any amendments, additions and details of unreported performances to NUTS' standards (in brackets) should be sent to the compiler at 6 Beachy Road, Broadfield, Crawley, West Sussex, RH11 9HW.

100 METRES (12.6)

- 11.9 Etta Kessebeh (Bury)
- 12.1 Natalie Byer (Haringey)
- 12.1 Lisa Goreeph (Essex Ladies)
- 12.1 Angela Turner (Birchfield)
- 12.1w Dawn Oliver (Stretford) (12.2)
- 12.2 Helen Miles (Bridgend YMCA)
- 12.2 Julie Clemmy (Ayrshire)
- 12.3 Glenys Quailey (Bedford)
- 12.3 Susan Briggs (Spenborough)
- 12.3 Susan Croker (Bedford)
- 12.3 Helen Pilkington (Wolverhampton & B)
- 12.3 Gail Hayes (Rotherham)
- 12.3 Simone Jacobs (Reading)
- 12.3 Amanda McCoy (Portsmouth)
- 12.3 Natalie Parsons (Solihull & SH)
- 12.3 Ann Girvan (Frodsham)
- 12.3 Diane Glazebrook (Wakefield)
- 12.3w Morag Todd (Clyde Valley)
- 12.3w Heather McLeod (Inverness)
- 12.4 Jan Hall (Barrow)
- 12.4 Ann Dodds (Chesterfield)



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Eileen Langsley

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- 12.4 Claire Tamblyn (Coventry)
- 12.4 Sarah Clarke (Leicester)
- 12.4w Carol Candlish (Pitsea) (12.5)
- 12.4w Dawn Tucker (Bristol)
- 12.4w Amanda Collman (Bracknell)
- 12.5 Carol Yates (Stretford)
- 12.5 Margaret Ogunade (Borough of Enfield)
- 12.5 Susan Mayes (Norfolk Olympiads)
- 12.5 Sandra Pattinson (Carlisle)
- 12.5 Helen Braisby (Dorothy Hyman TC)
- 12.5 Caroline Lamb (Liverpool Pem.)
- 12.5 Sharon Burke (Croydon)
- 12.5w Ann Okwesia (City of Hull)
- 12.5w Wendy Steele (Fife Southern)
- 12.5w Jane Lakeland (Inverness)

200 METRES (26.2)

- 24.5w Helen Pilkington (Wolverhampton & B) (25.3)

- 24.9w Nicola Parsons (Solihull & SH) (25.4)
 25.0 Glenys Quailey (Bedford)
 25.03 Simone Jacobs (Reading)
 25.03 Etta Kessebeh (Bury)
 25.1 Amanda McCoy (Portsmouth)
 25.1w Lisa Goreeph (Essex Ladies) (25.3)
 25.2 Sandie Richards (Fareham)
 25.2 Dawn Oliver (Stretford)
 25.29 Carol Candlish (Pitreavie)
 25.3w Sarah Clarke (Leicester) (25.6)
 25.4 Susan Croker (Bedford)
 25.4w Angela Turner (Birchfield) (25.6)
 25.5w Jackie Harman (Herne Hill)
 25.6 Sandra Leigh (Stevenage & NH)
 25.6 Jane Lakeland (Inverness)
 25.6w Natalie Byer (Haringey)
 25.6w Michele Comiskey (Borough of Hounslow)
 25.6w Gail Hayes (Rotherham) (25.8)
 25.6w Kim Price (Worcester) (26.0)
 25.7 Caroline Lamb (Liverpool Pem.)
 25.7w Marie Nestor (Sale) (25.8)
 25.78 Pamela St. Ange (Belgrave)
 25.8 Maxine Smith (Radley)
 25.8 Janet Wyard (Spenborough)
 25.8 Margaret Ogunade (Borough of Enfield)
 25.8 Sharon Burke (Croydon)
 25.8 Lynne Draper (Redhill & R)
 25.8 Susan Briggs (Spenborough)
 25.9 Diane Glazebrook (Wakefield)
 25.99 Alison Calderwood (Shorts)

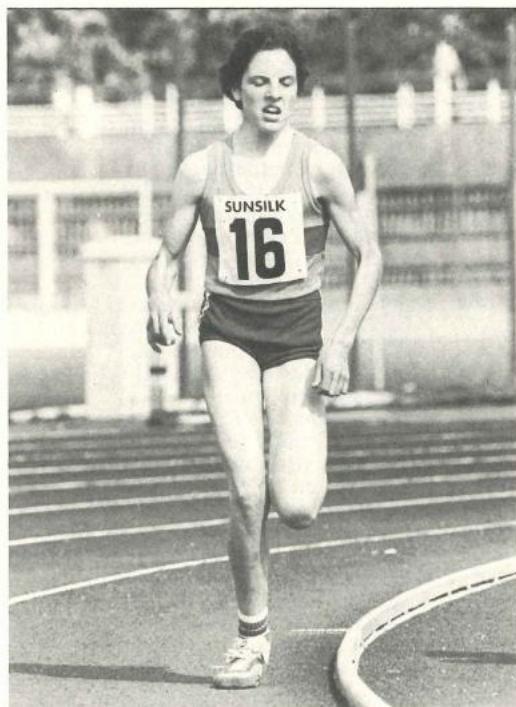
800 METRES (2:19.9)

- 2:11.1 Tonia McCullough (Carlisle)
 2:11.4 Elise Lyon (Wycombe Ph.)
 2:12.2 Phillipa Weaver-Smith (Ashford)
 2:12.69 Donna Thomas (Bognor Regis & C)
 2:14.3 Marion McKie (Exeter)
 2:15:65 Jackie Thomas (Carmarthen)
 2:15.8 Michelle Walker (Parkside)
 2:15.9 Jacqueline Oliver (Essex Ladies)
 2:16.2 Kay Petford (Andover)
 2:16.4 Diane Edwards (Sale)
 2:16.5 Karin Hendrickse (Mitcham)
 2:16.6 Carol Candlish (Pitreavie)
 2:16.6 Angela Gibson (Longwood)
 2:16.7 Christine Faraguer (North Yorks. Schools)
 2:16.7 Helen Gent (Rotherham)
 2:17.0 Lynda Dumbill (Warrington)
 2:17.0 Sally Ramsdale (Leeds City)
 2:17.5 Heather McFarlane (Ayrshire)
 2:17.6 Maria Dineen (Salford)
 2:17.8 Sarah Hague (Wycombe Ph.)
 2:17.9 Hope Wallace (Andover)
 2:18.1 Louise Ingram (Wolverhampton & B)
 2:18.4 Kathryn Smith (Andover)
 2:18.4 Carol Lillie (Aldershot F&D)
 2:18.47 Michelle Lavercombe (Exeter)
 2:18.5 Allison D'Arcy (Melbourn)
 2:18.55 Karin Stensmyren (Glasgow)
 2:18.6 Melissa Smith (Halifax)

- 2:18.6 Ruth Green (Bristol)
 2:18.6 Fiona Harwood (Cardiff)

1500 METRES (4:49.9)

- 4:32.0 Elise Lyon (Wycombe Ph.)
 4:36.0 Michelle Walker (Parkside)
 4:38.01 Jane Uren (Border)
 4:39.0 Rosalind Adshead (Stockport)
 4:39.2 Lynn Vose (Sutton (St. H))
 4:40.2 Susan Tierney (Windsor S&E)
 4:41.1 Marion McKie (Exeter)
 4:42.6 Sally Ramsdale (Leeds City)
 4:43.9 Michelle Lavercombe (Exeter)
 4:44.1 Donna Thomas (Bognor Regis & C)
 4:44.2 Karin Hendrickse (Mitcham)
 4:44.7 Allison Cushen (Thurrock)
 4:45.1 Kirsty Husband (Edinburgh Southern)
 4:45.1 Alison Johnston (Dundee)
 4:45.3 Melanie Kell (Middlesbrough & C)
 4:46.0 Christine Lord (Halifax)
 4:46.0 Caron Lillie (Aldershot F&D)
 4:46.2 Angela Gibson (Longwood)
 4:46.2 Sandra Hughes (Morpeth)
 4:46.4 Tracey Gleed (Wycombe Ph.)
 4:46.8 Sally Robinson (Lincoln Wellington)
 4:46.8 Angela Rowson (Bury)
 4:46.9 Vicky Dawes (City of Hull)
 4:47.2 Phillipa Weaver-Smith (Ashford)
 4:48.1 Jayne Millership (City of Hull)

**ELISE LYON**

Mike Street

Noelle Morrissey (right) of the Republic of Ireland on her way to winning the WAAA 75m hurdles title in 10.92, with Natalie Byer second in 11.01. The Haringey girl was also ranked prominently in the 100 (12.1), 200 (25.6w) and long jump (5.51m).



Mike Street

- 4:48.4 Lynda O'Connor (Thetford)
 4:48.5 Heather Foundling (Exeter)
 4:48.8 Bernadette Ely (Sale)
 4:48.9 A. Cowx (Workington)
 4:49.0 Heather MacFarlane (Ayrshire)

75 METRES HURDLES (12.0)

- 10.8w Natalie Byer (Haringey) (11.01)
 10.8w Ann Girvan (Frodsham) (11.2)
 11.1w Joanne Evans (Croydon) (11.2)
 11.2 Beverley Scott (Southampton & E)
 11.2 Jeanette Gibson (Basildon)
 11.3 Gail Hayes (Rotherham)
 11.3w Andrea Barron (Grimsby) (11.6)
 11.3w Juliet Kay (Wigmore) (11.54)
 11.3w Jillian Booth (Warrington) (11.6)
 11.3w Donna Pert (Dartford) (11.4)
 11.3w Karen Hood (Pitreavie) (11.6)
 11.4w Sally Gunnell (Essex Ladies) (11.5)
 11.6 Anne McArdle (Liverpool Pem.)
 11.6w Carey Spiers (Caithness) (11.7)
 11.6w Ann Okwesia (City of Hull) (11.7)
 11.7 Lisa Tait (Stretford)
 11.7 Louise Manning (Sutton & C)
 11.7 Caroline Donald (Luton)
 11.7 Sonia Ellis (Borough of Hounslow)
 11.7 Andrea Lynn (Gloucester)
 11.7 Felicity Carter (Winchester)
 11.7w Angela Mair (Ayr Seaforth) (11.8)
 11.8 Gillian Flowerdew (Crawley)
 11.8 Sharon Robinson (Spenborough)
 11.8 Michelle Grant (Oxford City)
 11.8 Pamela St. Ange (Belgrave)
 11.8 Pauline Donegan (Stretford)
 11.8 Karen Lamb (Sale)
 11.8 Rhona McLeod (Glasgow)
 11.8 Amanda Brampton (Basildon)
 11.8w Susan Rose (Bedford)
 11.8w Julia Charlton (Carmarthen)

- 11.8w Lizabeth Churchley (Exeter)
 11.8w Dawn Timmins (Shettleston)
 11.8w Amanda Lochead (Aberdeen)

HIGH JUMP (1.57)

- 1.79i Julia Charlton (Carmarthen) (1.78)
 1.68 Christine Woolley (Ashton)
 1.68 Maxine Fry (Brighton & H)
 1.67 Anne Higgins (Ayrshire)
 1.65 Kerry Crook (Cleddau)
 1.65 Susan Webb (Halesowen)
 1.65 Jacqueline Oliver (Essex Ladies)
 1.65 Suzanne Watkins (Bexley)
 1.65 Debora Marti (Redhill & R)
 1.65 Tina Reeson (Peterborough)
 1.64 Sharon Heffernan (Dartford)
 1.64 Coral Douglas (Verlea)
 1.64 Lorraine McQuarrie (Glasgow)
 1.64 Christine Brooks (Cardiff)
 1.63 Linda Wong (Liverpool Pem.)
 1.63 Marcia Clark (Bedford)
 1.62 Vicky Waldron (Cannock Chase)
 1.62 Kerrey Howe (Portsmouth)
 1.60 Melanie Brown (Aldershot F&D)
 1.60 Jane Arnold (Leicester)
 1.60 Louise Manning (Sutton & C)
 1.60 Catherine Brown (Milton Keynes)
 1.60 Keeley Johnson (Southend-on-Sea)
 1.59 Lizabeth Churchley (Exeter)
 1.59 Claire Richards (Bristol)
 1.59 A. Reid (Glenrothes HS)
 1.59 Julia Cockram (Camberley)
 1.59 Sally Gunnell (Essex Ladies)
 1.59 Karen Byrne (Barnet)

LONG JUMP (5.20)

- 5.73 Clare Edwards (Bournemouth)
 5.66w Joanne Mulliner (Wolverhampton & B)
 (5.60)



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5.47w	Billie-Jean Muckalt (Rossendale) (5.33)	11.74	Lisa Angulatta (Cardiff)
5.46	Fiona Dulson (Cannock Chase)	11.71	Dawn Brentnall (Notts)
5.45w	Linda Wong (Liverpool Pem.) (5.41)	11.68	Glenys Quailey (Bedford)
5.41w	Mandy Bell (Bognor Regis & C)	11.66	Ruth Thompson (Brecon)
5.41w	Wendy Freeman (Sale) (5.39)	11.50	Terri Salt (City of Stoke)
5.40	Beverley Scott (Southampton & E)	11.46	Cathy Edgar (Parkside)
5.40	Sandra van Frederici (Mitcham)	11.33	Karen Towersey (Mitcham)
5.38w	Sally-Ann Butler (Chester) (5.24)	11.11	Sonia Young (Birchfield)
5.36w	Shirley Dick (Inverness)	11.06	Julie Abel (Yeovil Olympiads)
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5.26	Carol Windle (Leeds City)	10.61	Jacqueline Barclay (Clyde Valley)
5.26	Catherine Brown (Milton Keynes)	10.61	Christine Shepherd (Great Yarmouth)
5.26	Elaine Sommerville (Selsonia)	10.60	Claire Mills (Havering)
5.25w	Margaret Harland (Falkirk Victoria)	10.50	Alison Seal (Crawley)
5.23	Sarah Booth (Central Region)	10.50	Sian Newington (Swansea)
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12.75	Iona Doyley (Selsonia)	38.84	Karen Pugh (Birchfield)

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but late entries will be accepted until 31st January, 1981, at £5 per team.

31st DECEMBER, 1980

N.B. We ask clubs to co-operate by entering in good time so that the very difficult task of allocating venues can be completed by 31st January, 1981.

ENTRY DETAILS FROM:

G.R.E. Cups Secretary:	Richard A. Weston, 17a Montague Road, London SW19 1TB. Telephone: 01-540 6016.
Assistant Cups Secretary:	Miss Norma Blaine, 5 Goodrest Croft, Yardley Wood, Birmingham B14 4JU.

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35.38	Deborah Crawley (Hayes Ph.)
33.90	Karen Springate (Medway)
33.48	Claire Mills (Havering)
33.28	Gina Major (Sheffield)
32.78	Wendy Townsend (Essex Beagles)
32.56	Jacqueline Murray (St. Peters)
32.28	Emma Mitchell (Dorchester)
32.04	Joanne Dengel (Basildon)
32.00	Amanda Stone (Bristol)
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31.42	Dawn Brentnall (Notts)
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29.96	J. Welsh (Huntingdon)
29.86	Susan Luing (Winchester)
29.72	Karen Curtis (Southend-on-Sea)
29.62	Emma Ayres (Shrewsbury)
29.02	Darryl Stewart (Bracknell)

JAVELIN (29.00)

41.22	Maxine Worsford (Borough of Enfield)
39.92	Julie Abel (Yeovil Olympiads)
39.48	Catherine Bishop (London Olympiades)
38.56	Jane Birnie (Bury)
38.26	Gina Major (Sheffield)
38.08	Nicola Tetley (Yeovil Olympiads)
37.98	Geraldine Cresswell (Derby)
36.50	Jacqueline Barclay (Clyde Valley)
36.06	Tracy Neal (Crawley)
34.82	Monika Murphy (Sparkhill)
34.52	Wendy Broderick (Stretford)
34.50	Jacqueline Murray (St. Peters)
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34.34	Elaine Rey (Leeds City)
34.00	Ann Alder (East Kent)
33.74	Kathleen Malvern (Lakeland)
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32.68	Janet Kellock (Pitreevie)
32.64	Nicola Sutherland (Sutton & C)
32.44	Claudette Pottinger (Middlesex)
32.38	Tracy Darlington (Aldershot F&D)
32.14	Catherine Porter (Bracknell)

PENTATHLON (2750)

3438	Julia Charlton (Carmarthen)
3433	Sally Gunnell (Essex Ladies)

**MAXINE WORSFOLD**

Eileen Langsley

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2983	Jacqueline Oliver (Essex Ladies)
2931	Susan Webb (Halesowen)
2911	A. Fleming (Blackpool & F)
2906	Maxine Fry (Brighton & H)
2849	Donna Pert (Dartford)
2846	Jane Smith (Leigh)
2836	Helen Moody (Bartan)
2833	Claire Richards (Bristol)
2816	Lisa Mitchinson (Harlow)
2805	Michele Hart (Middlesex)

Spotlight On Shirley Thomas

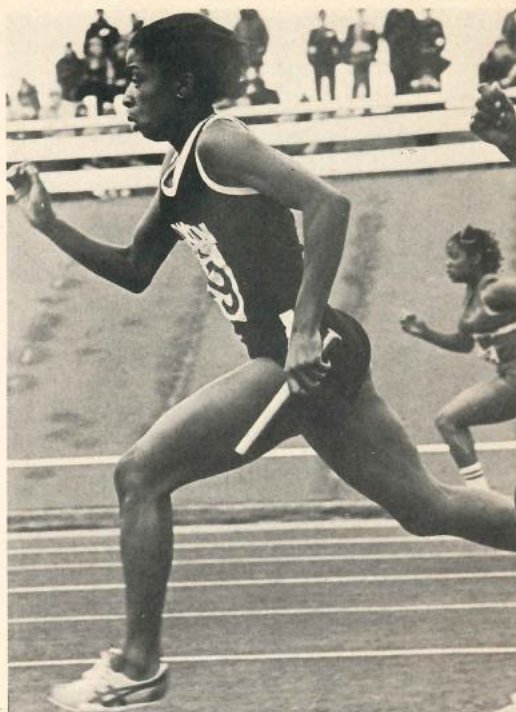
FULL NAME: Shirley Thomas. **Born:** 15.6.63. **Height:** 1.58m (5'2"). **Weight:** 48kg (106 lbs). **Attends** Southwark College. **Coached by** Eric Payne and is a member of Borough of Hounslow AC. **Hobbies:** "There isn't a lot really because you don't get time, but I like going to parties and being with my boyfriend. I also like playing badminton, basketball and volleyball". **Got started in athletics** "because my sister (Eleanor) was in it and I was really keen from when I was young. My school also helped me. I joined Selsonia in about 1976". **Besides Eleanor,** nobody else in her family is involved in athletics.

Competed in the English Schools' Championships four times. She failed to reach the finals over 200m in 1977 and 1978, but won the 100m titles in 1979 (I) and 1980 (S). Her 11.5 in 1980 was a CBP. **Brief details of achievements in other major competitions:** 1979 — 1st Southern WAAA Inters 100m & 200m, 2nd WAAA Inters 200m & 3rd 100m, 3rd Junior International v Italy & Canada 200m, 2nd Schools International 100m. 1980 — 4th Junior International v W. Germany 100m, 2nd Bells International 100m, 3rd Home Countries U/21 International 100m, 1st Junior International v Italy 100m 'B'.

Annual progression:

	100m	200m
1976	13.3	26.5
1977	12.9	25.5
1978	12.3	24.9
1979	11.8w (11.9)	24.5
1980	11.90 (11.4w, 11.5)	24.22

Favourite event is "the 100m because it is shorter than the 200m, but I know I have to do 200's to improve my 100m times". **Most enjoyable part of athletics** is "meeting all these people. They are really friendly and if you're a newcomer they try and make you feel like one of them". **No dislikes** — "Sometimes I don't like training in the winter, but everybody feels like that". **Performance** which has given most pleasure was winning the English Schools for the first time". **Greatest disappointment** was at the 1979 WAAA Championships — "I didn't win the 100m, but I thought I had a good chance of winning the 200m. I tried really hard and it was Debra Warner and Jane Christian who were going to give me the most trouble. Down the straight I was clear and about 50m to go they came back at me. I thought I had done enough to win, but I hadn't". **Considers** Jane Parry and Linsey Macdonald as her main rivals. **Athlete** she particularly admires is "Don Quarrie, because even now he's still great. He's been around for quite a while now, but he can still produce fine performances". **Short-term target** is "to beat my



Shirley competing in English Schools relay.

A. S. Maw

rivals and reach the final of the European Juniors next year". **Long-term:** "I'm going to be there at the '84 Olympics if nothing happens between now and then. Really, that, and to get my Senior International vest".

Training: Trains three times a week all year round. **Typical week's training in Summer:** Sunday — four lap warm-up, exercises and three set of strides. 5x150m with repetitions walk-back recovery. 3x4 hills each of about 180m. Tuesday — four lap warm-up, exercises and three sets of strides. 5x150m with fast walk-back recovery or 150m, 120m, 90m, 60m x 2 or 180m, 150m, 90m fast. "These may sound quite easy, but they are quite difficult". Thursday — quite relaxing because we do drills (high knees, flick backs, highs and lows), drives 5x60m, and starts — usually about 6x30m". **Winter:** Sunday — "After warm-up and exercise we run up the steps of Crystal Palace about six times to start off with, and work our way up from there. There is a 20 minute jog round the park which includes some hills and sprinting. After the park run there is 5x150m on a steady incline. Everybody must do at least 20 press-ups". Tuesday — warm-up and exercises, 6x300m. In January it drops down to 6x250m. Thursday — warm-up and exercises. Ten double hills "out the back" straight off. Drills and mobility. Weights to start this winter.



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LEAGUE RACES

HAMPSHIRE LEAGUE

At Bournemouth, October 18th

1, P. Banning (And) 23:26; 2, N. Coupland (S&E) 23:34; 3, M. Gregory (S&E) 24:04. **Teams:** 1, Southampton & E 31; 2, Portsmouth 60. **(Youths):** 1, P. Dean (S&E) 15:18; 2, A. Wheatley (F&C) 15:22; 3, S. Fowler (S&E) 15:25. **Teams:** 1, Southampton & E 15; 2, Fleet & C 49; 3, Portsmouth 53. **(Boys):** 1, P. Henby (Hav) 10:51; 2, N. Andrews (Ports) 10:53; 3, R. Miller (S&E) 10:55. **Teams:** 1, Aldershot F&D 40; 2, Portsmouth 46; 3, Fleet & C 79. **(Colts):** 1, G. Burnett (F&C) 11:58; 2, P. Alden (S&E) 11:59; 3, P. Nealy (Fare) 12:01. **Teams:** 1, Southampton & E 25; 2, Fleet & C 45; 3, Portsmouth 61.

At Portsmouth, November 15th

1, N. Coupland (S&E) 23:11; 2, P. Banning (And) 23:49; 3, J. Patton (Ports) 24:00; 4, J. Hood (AF&D) 24:04; 5, P. Lewis (S&E) 24:09; 6, T. Kazik (Ports) 24:17. **Teams:** 1, Portsmouth 40; 2, Aldershot F&D 52; 3, Southampton & E 74. **(Youths):** 1, C. Plumptre (Ports) 15:41; 2, A. Wheatley (F&C) 15:49; 3, P. Dean (S&E) 15:59. **Teams:** 1, Southampton & E 23; 2, Portsmouth 40; 3, Fleet & C 52. **(Boys):** 1, G. Henry (Hav) 12:28; 2, T. Dicker (F&C) 12:30; 3, R. Dean (S&E) 12:41. **Teams:** 1, Aldershot F&D 35; 2,

Portsmouth 53; 3, Fleet & C 55. **(Colts):** 1, G. Till (Ports) 13:33; 2, W. Thackeray (AF&D) 13:42; 3, P. Nealy (Fare) 13:43. **Teams:** 1, Southampton & E 38; 2, Fleet & C 44; 3, Portsmouth 51.

NORTH MIDLANDS LEAGUE

At Grimsby, November 1st

1, R. Callan (Leicester) 31:15
2, A. Armitage (Charnwood) 31:49
3, J. Clarke (Grimsby) 31:51
4, C. Mochrie (Leic) 31:52; 5, D. Driver (Charn) 32:12; 6, I. Robertson (Der) 32:15; 7, I. Mills (Notts) 32:33; 8, A. Salter (Trent P) 32:36; 9, J. Masterson (Leic) 32:48; 10, M. Cawood (Leic) 32:49; 11, S. Martin (Lough. S) 32:59; 12, R. Brewitt (Holb) 33:05; 13, G. Balfour (Leic) 33:09; 14, D. Dix (Trent P) 33:20; 15, C. Dugdale (Notts) 33:25; 16, A. Reade (Grim) 33:31; 17, G. Kemp (Leic) 33:36; 18, I. Kiltie (Der) 33:40; 19, A. Domleo (Der) 33:46; 20, J. Bland (Grim) 33:50; 21, R. Marshall (Holb) 33:53; 22, J. Barker (Grim) 33:57; 23, D. Reeves (Der) 34:01; 24, M. Hager (Kett) 34:02; 25, P. Clark (Grim) 34:06. **Teams:** 1, Leicester 37; 2, Grimsby 86; 3, Derby 98; 4, Charnwood 109; 5, Leicester 'B' 135; 6, Notts 194; 7, Holbeach 204; 8, Grimsby 'B' 211; 9, Trent Poly 234; 10, Nott Univ. 277. **(Youths):** 1, K. Lamb (Der) 19:12; 2, P. Makepeace (Leic) 19:17; 3, P. Davies (Der) 19:54; 4, H. Bullimore (S. in A) 19:56; 5, G. Lucas (S. in A) 20:03; 6, P. Ward (S. in A) 20:07; 7, M. Walker (Leic) 20:16; 8, M. Catlin (Leic) 20:25; 9, A. Mills (Notts) 20:38; 10, E. Baker (Gran) 20:40. **Teams:** 1, Sutton in Ashfield 15; 2, Leicester 17; 3, Derby 27; 4, Notts 39; 5, Grantham 50; 6, Berry Hill 72. **(Boys):** 1, A. Aled (S. in A) 13:01; 2, G. Morris (Leic) 13:22; 3, E. Wilkinson (Notts) 13:49; 4, J. Hudson (S. in A) 13:51; 5, A. Tedrive (Newk) 13:52; 6, A. Lewitt (Leic) 13:53. **Teams:** 1, Sutton in Ashfield 12; 2, Leicester 22; 3, Derby 33; 4, Notts 48. **(Colts):** 1, H. Borrett (Holb) 7:11; 2, R. Hesmondhalgh (Leic) 7:13; 3, S. Harrison (Gran) 7:17. **Teams:** 1, Holbeach 15; 2, Leicester 18; 3, Grantham 34.

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CHINGFORD DISTRICT LEAGUE

5000m Road Race at Eastway Cycle Circuit November 4th

1, M. Ellison (Har) 14:58; 2, O. Arif (N. Lon) 15:00; 3, J. Goldring (Walt) 15:02; 4, S. Poulton (Enf) 15:14; 5, G. Ward (Har) 15:16; 6, S. Kerr (Enf) 15:21; 7, A. Surridge (Walt) 15:26; 8, A. Sullivan (N. Lon) 15:35; 9, N. Saunders (Har) 15:54; 10, G. Harrold (Enf) 15:55; 11, J. Scott (Barn) 15:56; 12, M. Heath (Har) 15:59; 13, C. Pierson (Har) 16:00; 14, A. Barber (VPH) 16:04; 15, J. Anstey (VPH) 16:13; 16, S. Trew (Enf) 16:15; 17, M. Hobbs (Enf) 16:18; 18, M. Parker (Barn) 16:21; 19, D. Reed (VPH) 16:23; 20, M. Spinks (Har) 16:26. **Teams:** 1, Haringey 60; 2, Borough of Enfield 78; 3, Victoria Park 138; 4, Barnet 145; 5, Walthamstow 203; 6, N. London 215.

LONDON SERVICES LEAGUE**At Mill Hill, November 12th**

1, Pickford (PCD) 36:55; 2, Scott (PCD) 37:49; 3, Grey (North) 38:15; 4, Flanagan (W. Dray) 38:20; 5, Campbell (Chess) 38:40; 6, Donovan (PCD) 38:45. **Teams:** 1, PCD RE 585; 2, Chessington 549; 3, Northwood 544.

WESTWARD LEAGUE**At Okehampton, November 8th**

1, J. Richards (Duchy of Cornwall) 29:32
 2, T. Osborne (City of Plymouth) 29:42
 3, R. Williams (Tiverton) 29:44
 4, C. Hazlewood (RM) 30:53; 5, M. Exley (Ply) 30:57; 6, M. Laflin (Exe. U) 31:09; 7, R. Butler (N. Dev) 31:18; 8, M. Spencer (Exe) 31:29; 9, A. Collins (Torb) 31:38; 10, R. Chudley (Torb) 31:42; 11, J. Street (DoC) 31:50; 12, W. Chapman (Ply) 32:10; 13, W. Valentine (Torb) 32:17; 14, M. Preece (N. Dev) 32:21; 15, G. French (Ply) 32:25; 16, D. Lightowler (Exe. U) 32:29; 17, W. Muller (Ply) 32:33; 18, C. Sowden (Torb) 32:45; 19, J. Flatters (Torb-V) 33:08; 20, A. Cooper (RM) 33:19. **Teams:** 1, Plymouth 454; 2, Torbay 436; 3, Exeter U. 390; 4, Duchy of Cornwall 385; 5, Plymouth 'B' 360; 6, Torbay 'B' 347; 7, Tiverton 318; 8, Royal Marines 306. **(Vets):** 1, Flatters; 2, T. Honeychurch (Torb) 33:36; 3, C. Mills (Torb) 33:58. **(Youths):** 1, M. Hawkins (Exe) 25:42; 2, R. Martin (Ply) 25:58; 3, A. Reed (Exe) 26:01; 4, A. Moore (DoC) 26:25; 5, D. Dixon (Pres. Sch) 26:34; 6, M. Thomey (Ply) 26:39; 7, N. Young (Pres. Sch) 27:02; 8, S. Manley (DoC) 27:12; 9, P. Barron (DoC) 27:12; 10, M. Morgan (Ply) 27:23; 11, S. Towler (T&WS) 27:31; 12, A. Westcott (Tiv) 27:34. **Teams:** 1, Plymouth 285; 2, Exeter 283; 3, Duchy of Cornwall 282; 4, Preston Sch. 278; 5 eq, Duchy of Cornwall 'B' & Brixham 238. **(Boys):** A. Piper (New. A) 17:22; 2, T. Brice (Ply) 17:38; 3, P. Edworthy (Exe) 17:48; 4, A. Cocking (DoC) 17:54; 5, M. Reeves (Torb) 18:04; 6, A. Ivory (Est) 18:13; 7, S. Alford (Pres. Sch) 18:25; 8, P. Murray (DoC) 18:29. **Teams:** 1, Duchy of Cornwall 352; 2, Torbay 348; 3, Preston Sch. 342; 4, Exeter 333. **(Colts):** 1, P. Gribble (DoC) 15:19; 2, S. Lloyd (Torb) 15:31; 3, M. Bowen (Torb) 15:44; 4, J. Towler (T&WS) 15:52; 5, J. Field (Pres. Sch) 15:53; 6, M. Burgess (Oke. Sch) 15:57. **Teams:** 1, Preston Sch. 357; 2, Duchy of Cornwall 339; 3, Exeter 346. **(Women):** 1, Y. Jones (Tiv) 18:15; 2, C. Bolt (Tiv) 18:21; 3, S. Hawkeswood (Ply) 18:47; 4, E. Bartlett (Ply) 19:15; 5, H. Myers (Torb) 19:17; 6, S. Lovemoor (Exe. U) 19:21; 7, L. Winsor (Exe) 19:26; 8, S. Brimacombe (Exe) 19:54; 9, W. Harvey (Ply) 20:00; 10, G. Burley (Exe) 20:06. **Teams:** 1, Plymouth 287; 2, Tiverton 286; 3, Exeter 278; 4, Exeter Univ. 185. **(Juniors):** 1, M. McKie (Exe) 14:58; 2, M. Lavercombe (Exe) 15:13; 3, S. Parker (Exe) 15:42; 4, K. Turtle (DoC) 15:43; 5, J. McKie (Exe) 15:53; 6, B. Mutter (Torb) 15:57.

Teams: 1, Exeter 297; 2, Exeter 'B' 281; 3, Preston Sch. 262. **(Girls):** 1, L. Ashe (DoC) 8:51; 2, G. Darke (New. A) 8:54; 3, Z. Carter (Exe) 8:54; 4, A. Hughes (Torb) 8:55. **Teams:** 1, Duchy of Cornwall 289; 2, Exeter 277; 3, Plymouth 274.

MID-LANCS LEAGUE**At Burnley, November 15th**

1, A. Taylor (Kendal) 34:38
 2, P. O'Brien (Lancaster Univ) 34:46
 3, H. Walker (Blackburn) 35:10
 4, J. Jackson (Wig) 35:18; 5, A. Girling (Lanc. U) 35:31; 6, D. Wilson (B'burn) 35:38; 7, S. James (S'port W-V) 35:50; 8, J. Reade (Clay) 35:56; 9, B. McKenna (Clay) 36:02; 10, R. McAndrew (Wig) 36:08; 11, G. Mason (Barr) 36:26; 12, R. Hill (Clay-V) 36:30; 13, L. Mutiso (Lanc. U) 36:35; 14, N. Weaver (Clay) 36:39; 15, R. Brewster (Clay) 36:40; 16, T. Brierley (Clay) 36:49; 17, P. Lightowler (Lanc. U) 37:01; 18, R. Peters (S'fields) 37:02; 19, W. Halsall (Wig) 37:02; 20, P. Willacy (Barr) 37:10. **Teams:** 1, Clayton-le-Moors 74; 2, Lancaster Univ. 91; 3, Wigan 163; 4, Barrow 172; 5, Blackburn 186; 6, Kendal 241. **(Vets):** 1, James; 2, Hill; 3, K. Windle (Clay) 38:12; 4, D. Spencer (Barr) 38:51; 5, D. Barton (Clay) 40:29. **Teams:** 1, Clayton-le-Moors 123; 2, Blackburn 267; 3, Barrow 366. **(Youths):** 1, R. Crorken (Burn) 21:16; 2, R. Higgins (Pend) 22:00; 3, S. Stretch (L&M) 22:24; 4, G. Hargreaves (Burn) 22:33; 5, D. Garvey (B'burn) 22:37; 6, M. Smith (Burn) 22:46; 7, S. Hickey (B&F) 22:49; 8, W. Thomson (B'burn) 22:58; 9, W. Liptrot (Wig) 23:01; 10, D. Garnett (Barr) 23:14. **Teams:** 1, Burnley 47; 2, Blackburn 59; 3, Lancaster & M 78. **(Boys):** 1, M. Hale (B'burn) 12:09; 2, G. Robinson (Chor) 12:10; 3, N. Isherwood (B'burn) 12:14; 4, P. Darbyshire (Wig) 12:19; 5, M. Spry (Barr) 12:20; 6, G. Smith (L&M) 12:23. **Teams:** 1, Blackburn 36; 2, Wigan 56; 3, Kendal 94. **(Colts):** 1, P. Causey (Wig) 12:43; 2, M. Isherwood (B'burn) 12:44; 3, I. Dermott (Wig) 12:50. **Teams:** 1, Wigan 23; 2, Blackburn 34. **(Women):** 1, L. Parker (Lake) 13:33; 2, E. Brennan (B'burn) 13:42; 3, L. Woodburn (Lake) 14:42; 4, J. Taylor (L&M) 14:45; 5, M. Gollop (Wig) 15:09; 6, L. Millen (Lake) 15:20. **Teams:** 1, Lakeland 10; 2, Blackburn 21; 3, Wigan 29. **(Inters):** 1, J. Spencer (Ross) 14:03; 2, H. Gaskell (Wig) 14:15; 3, D. Hammond (Ross) 14:20; 4, M. McGuire (L&M) 14:22; 5, J. Steele (Wig) 14:33; 6, J. Macgregor (PH) 14:44. **Teams:** 1, Wigan 20; 2, Rossendale 21; 3, Southport W 34. **(Juniors):** 1, R. Medd (L&M) 10:18; 2, L. Platt (Chor) 10:38; 3, A. Lund (Ross) 10:46; 4, M. Gaffney (B'burn) 10:52; 5, B. Spencer (Ross) 10:54; 6, M. Whiteman (B'burn) 11:02. **Teams:** 1, Rossendale 23; 2, Blackburn 49; 3, Lancaster & M 72. **(Girls):** 1, Haddow (Barr) 10:55; 2, K. Still (Wig) 11:00; 3, J. Hale (B'burn) 11:06. **Teams:** 1, Blackburn 27; 2, Wigan 42.

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

At Thirsk, November 16th

1, P. Harker (Darl) 27:43; 2, C. Graydon (Darl) 28:53; 3, S. Watson (M&C) 28:54; 4, J. Williams (Mand) 29:24; 5, T. Dinn (Burn R-J) 29:28; 6, C. Donald (Darl-J) 29:34; 7, A. Morrell (M&C-J) 29:36; 8, A. Precious (Burn R-J) 29:42. **Teams:** 1, Darlington 21; 2, Middlesbrough & C. 29; 3, Mandale 55. **(Youths):** 1, P. McNaughton (N'field) 20:16; 2, C. Skelton (M&C) 20:20; 3, S. Walker (Mand) 20:22; 4, A. McAuliffe (Stainsby) 20:25; 5, R. Jack (M&C) 20:29; 6, D. Rhymer (Blakes) 20:29. **Teams:** 1, Middlesbrough & C 23; 2, Northfield 44; 3, Stainsby 50. **(Boys):** 1, M. Simmons (M&C) 9:36; 2, G. Robertson (Blakes) 9:38; 3, D. McAuliffe (Stainsby) 9:46; 4, M. Webster (T&S) 9:57. **Teams:** 1, Northfield 113; 2, Middlesbrough & C. 132; 3, Stainsby 142. **(Colts):** 1, S. Dickinson (M&C) 10:16; 2, K. Hudson (Mand) 10:34; 3, N. Baker (M&C) 10:48. **Teams:** 1, Mandale 55; 2, Middlesbrough & C. 110; 3, De Brus 133. **(Women):** 1, C. Shears (M&C) 11:20; 2, C. Gordon (Burn R) 11:28; 3, S. Cunliffe (T&S) 11:45; 4, J. Roadman (Lang) 13:00. **Teams:** 1, Langbaugh 31; 2, Middlesbrough & C. 31. **(Inters):** 1, E. Baker (M&C) 11:27; 2, K. Pell (De Brus) 11:31; 3, A. Knoke (T&S) 11:35; 4, A. Troupe (N'field) 11:58; 5, J. Wass (De Brus) 12:00; 6, R. Hall (M&C) 12:09. **Teams:** 1, De Brus 23; 2, Middlesbrough & C. 29; 3, Northfield 68. **(Juniors):** 1, T. Thompson (De Brus) 12:23; 2, V. Christison (N'field) 12:47; 3, S. Hall (Lang) 13:02; 4, H. Smith (N'fields) 13:05. **Teams:** 1, Langbaugh 80; 2, Blakeston 110; 3, Sacred Heart 115.

SUSSEX LEAGUE

At Haywards Heath, November 22nd

1, F. Tota (Crawley) 26:09
2, M. Lassetter (Brighton & H) 26:36
3, A. Douglas (Crawley) 26:36
4, P. Witcombe (B&H) 26:53; 5, M. Paterson (B&H) 27:15; 6, R. Helland (B&H) 27:23; 7, P. Rowland (Hor) 27:26; 8, P. Rockwood (B&H) 27:29; 9, J. Stevenson (B&H) 27:39; 10, K. O'Neill (E'bourne) 27:40; 11, A. Lambourne (B&H) 27:48; 12, T. Challenger (B&H) 28:04; 13, A. Wood (B&H) 28:12; 14, R. Peel (B&H) 28:20; 15, D. Peel (Hay. H) 28:22; 16, R. Parker (Worth) 28:34; 17, S. Holland (Hast) 28:47; 18, C. Bigg (B&H) 28:51; 19, C. Ashdown (B&H) 29:02; 20, P. Bristow (B&H) 29:04. **Teams:** 1, Brighton & H 34; 2, Brighton & H 'B' 87; 3, Crawley 122; 4, Worthing 135; 5, Horsham BS 151. **(Young Athletes):** 1, M. Wheeler (E. Grin) 17:47; 2, P. Davies (Craw) 18:05; 3, M. Clark (Craw) 18:13; 4, A. Purl (Craw) 18:34; 5, A. Marshall (Craw) 18:46; 6, B. Warren (Hast) 18:48; 7, D. Agnew (Hay. H) 18:50; 8, A. Byrne (Worth) 18:51. **Teams:** 1, Crawley 14; 2, Haywards Heath 51; 3, E. Grinstead 55; 4,

Worthing 68. **(Boys):** 1, M. Howard (Worth) 12:24; 2, A. Rowe (Hay. H) 12:27; 3, K. Howard (Worth) 12:33; 4, J. Bigg (B&H) 13:02; 5, S. Beeforth (B&H) 13:04; 6, G. Johnson (Craw) 13:04. **Teams:** 1, Brighton & H 28; 2, Worthing 36; 3, Haywards Heath 40. **(Colts):** 1, H. Lee (Worth) 10:00; 2, A. Williams (B&H) 10:02; 3, S. Fenson (Craw) 10:05; 4, C. Grantham (Craw) 10:16. **Teams:** 1, Brighton & H 27; 2, Crawley 29; 3, Worthing 38. **(Women):** 1, D. Peel (Craw) 13:55; 2, T. Howard (Worth-I) 14:04; 3, A. Gooderham (Hast) 14:10; 4, S. Vinnall (B&H-I) 14:18; 5, S. Morley (B&H) 14:36; 6, H. Thompson (Havant) 15:00; 7, M. Pratt (BR&C-I) 15:01; 8, T. Astley (Hast-I) 15:11; 9, T. Rashford (Ports) 15:23; 10, E. Sloan (Hast) 15:23. **Teams:** 1, Hastings 33; 2, Brighton & H 34; 3, Crawley 52; 4, Worthing 71. **(Juniors):** 1, R. Gamble (E. Grin) 10:20; 2, D. Thomas (BR&C) 10:30; 3, J. Devlin (Havant) 10:45; 4, H. Bravery (B&H) 10:50; 5, T. Jones (Hor) 11:08; 6, P. Stanley (Ports) 11:11. **Teams:** 1, Brighton & H 28; 2, E. Grinstead 77; 3, Crawley 78. **(Girls):** 1, H. Rooney (B&H) 7:56; 2, H. Jenner (Ports) 8:01; 3, K. Creamer (Ports) 8:03; 4, N. Redman (B&H) 8:18. **Teams:** 1, Brighton & H 30; 2, Portsmouth 31; 3, Crawley 73.

SURREY LEAGUE

(Division One)

At Lloyd Park, Croydon, November 22nd

1, R. Lunnon (Aldershot F&D) 24:52
2, R. Treadwell (Croydon) 25:05
3, D. Chettle (Croydon) 25:13
4, E. Herridge (AF&D) 25:18; 5, L. Wells (Walton) 25:22; 6, F. Bell (HW) 25:24; 7, S. Barnshaw (AF&D) 25:27; 8, D. Faircloth (Croy) 25:29; 9, I. Logan (AF&D) 25:37; 10, J. Hood (AF&D) 25:50; 11, W. Upcott (SLH) 25:54; 12, W. Ewers (E&E) 25:59; 13, S. Newton (HW) 26:02; 14, A. Nicholson (E&E) 26:02; 15, K. Woods (AF&D) 26:06; 16, J. Lee (Croy) 26:08; 17, R. Yeomans (AF&D) 26:11; 18, M. Connolly (Walton) 26:18; 19, M. Walmsley (Croy) 26:25; 20, A. Dippie (Walton) 26:29; 21, C. Whitty (AF&D) 26:33; 22, P. Clarke (HW) 26:34; 23, C. Thomas (Croy) 26:34; 24, C. Beauvais (Walton) 26:39; 25, D. Bishop (E&E) 26:41; 26, J. Watts (AF&D) 26:41; 27, P. Yarett (Croy) 26:43; 28, M. Rezin (AF&D) 26:43; 29, T. Marsden (E&E) 26:44; 30, M. Page (Walton) 26:44. **Teams:** 1, Aldershot F&D 138; 2, Croydon 227; 3, Walton 358; 4, Epsom & E 404; 5, S. London 411; 6, Hercules Wimbledon 454. **(Youths/Boys):** 1, K. Hutchings (SLH) 13:19; 2, S. Kendall (AF&D) 13:32; 3, M. Kendall (AF&D) 13:37; 4, R. Hudson (AF&D) 13:38; 5, J. McDonald (SLH) 13:39; 6, J. Davis (SLH) 13:47; 7, A. Horton (Bel) 14:02; 8, A. Malcolm (HW) 14:08; 9, A. Izatt (SLH) 14:15; 10, D. Flack (AF&D) 14:25. **Teams:** 1, S. London 35; 2, Aldershot F&D 35; 3, Belgrave 77; 4, Hercules Wimbledon 81. **(Colts):** 1, D. Dyson (HW) 15:18; 2, C. Pleon (Croy)

15:49; 3, J. Woodhouse (HW) 15:55; 4, J. Booth (HW) 16:01. **Teams:** 1, Hercules Wimbledon 19; 2, Belgrave 51 1/2; 3, Croydon 65.

METROPOLITAN LEAGUE

At Ruislip, November 22nd

1, R. Samuel (Shaftesbury) 24:30
2, A. Pretty (Thames Valley) 24:53
3, D. Coates (Ilford) 24:58
4, K. Steere (Ilf) 24:59; 5, O. Arif (N. Lon) 25:00;
6, A. Gilham (Ilf) 25:01; 7, S. Livingstone (Ver) 25:02; 8, A. May (Ver) 25:09; 9, A. Ross (Ver) 25:11; 10, K. Clifford (Ilf) 25:15; 11, A. Campbell (Enf) 25:17; 12, P. Barrett (E&S) 25:21; 13, S. Poulton (Enf) 25:26; 14, M. English (N. Lon) 25:34; 15, M. Puddifoot (TVH) 25:38; 16, P. Fagan (Lon. I) 25:39; 17, B. Meadows (Ilf) 25:41; 18, A. Catton (Ilf) 25:42; 19, P. Field (N. Lon) 25:44; 20, B. Prosser (TVH) 25:48; 21, A. Watt (TVH) 25:53; 22, N. Morrison (Ver) 25:57; 23, P. Browne (TVH) 25:58; 24, G. Staunton (Lon. I) 25:59; 25, L. Benjamin (Houn) 26:00; 26, D. Hardstaff (N. Lon) 26:03; 27, D. Clark (Ver) 26:10; 28, A. Cox (W. Gn) 26:12; 29, J. Broe (Shaft) 26:16; 30, P. Holland (N. Lon) 26:21. **Teams:** 1, N. London 325; 2, Verlea 3285; 3, Ilford 3267; 4, Thames Valley 3241; 5, Borough of Enfield 2934; 6, Shaftesbury 2905; 7, Hillingdon 2830; 8, Verlea 'B' 2485; 9, Woodford Green 2328; 10, Highgate 2194. **(Vets):** 1, G. Harrold (Enf) 26:36; 2, M. Barratt (E&S) 26:55; 3, J. Steed (Ver) 26:56. **Teams:** 1, Borough of Enfield 187; 2, Ealing & S 185; 3, Verlea 180. **(Youths/Boys):** 1, D. Hoinville (High) 13:07; 2, M. Martyn (High) 13:07; 3, E. Kimani (Shaft) 13:21; 4, D. Phombeah (Shaft) 13:23; 5, M. Passfield (Houn) 13:24; 6, M. Green (W. Gn) 13:29; 7, D. Cameron (N. Lon) 13:38; 8, W. Hick (Ilf) 13:41; 9, J. Scott (Enf) 13:42; 10, D. Singh (Ilf) 13:45; 11, N. Keane (Ilf) 13:53; 12, S. Burton (N. Lon) 13:54; 13, M. Walker (W. Gn) 13:55; 14, G. Gader (Enf) 13:55; 15, R. Prinett (Enf) 13:56. **Teams:** 1, Shaftesbury 306; 2, Highgate 306; 3, Borough of Enfield 301; 4, Woodford Green 286; 5, Hillingdon 278; 6, Ilford 278. **(Colts):** 1, B. Robbins (TVH) 14:54; 2, C. Payne (N. Lon) 15:10; 3, S. Duncan (Houn) 15:14; 4, T. Sloman (W. Gn) 15:23; 5, A. Reilly (Enf) 15:29; 6, R. Earl (N. Lon) 15:45. **Teams:** 1, N. London 315; 2, Hillingdon 294; 3, Shaftesbury 280; 4, Borough of Enfield 280.

LIVERPOOL & DISTRICT LEAGUE

at West Derby, November 22nd

1, K. Irvine (Wig) 35:33; 2, E. Arrowsmith (Liv) 36:04; 3, G. Richards (Wirr) 36:34; 4, R. Brown (Liv. P) 36:35; 5, L. Carroll (Wirr) 36:38; 6, R. Harrison (Liv) 36:43; 7, S. James (S'port W) 36:45; 8, N. Holliday (Warr) 36:53; 9, R. Wood (Frod) 37:03; 10, I. McEvoy (Liv) 37:11; 11, J. Crehan (Sutt) 37:13; 12, D. Moore (Frod) 37:19; 13, B. Currie (Liv) 37:26; 14, P. Standing (Bol) 37:29; 15, N. Hume (S'port W) 37:47; 16, K. McGee (Wall) 37:52; 17, P. Roberts (Liv. P)

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37:57; 18, B. Renshall (Liv. P) 38:00; 19, L. Dawson (Wir) 38:08; 20, D. Barnes (Wirr) 38:09. **Teams:** 1, Liverpool 85; 2, Liverpool Pem. 112; 3, Wirral 120; 4, Frodsham 220; 5, Warrington 252; 6, Southport W 256. **(Youths):** 1, P. Bohan (Wirr) 17:07; 2, G. Crouch (Sutt) 17:23; 3, L. McGeehan (Sutt) 17:31; 4, A. Loughney (Liv) 17:56; 5, P. White (Sutt) 18:10; 6, P. Reddington (Sutt) 18:12; 7, J. Arnold (S'port W) 18:17; 8, R. Lester (EP) 19:19; 9, J. Williams (C&EP) 19:24; 10, R. Diamond (Wirr) 19:34. **Team:** Sutton (St. H). **(Boys):** 1, G. Jones (C&EP) 10:44; 2, A. Kinch (Warr) 11:05; 3, A. Sproston (C&EP) 11:22; 4, T. Morrison (S'port W) 11:30; 5, P. Doyle (Wall) 11:32; 6, A. Davies (C&EP) 11:44. **Team:** Chester & EP. **(Colts):** 1, P. Hamilton (Sutt) 12:30; 2, P. O'Brien (Liv) 12:39; 3, W. Morrison (S'port W) 12:41. **Teams:** 1, Sutton (St. H) 17; 2, Chester & EP 33; 3, Southport W 72.

RUNNING WILD LEAGUE At Stockport, November 22nd

1, J. Norman (Altrincham) 29:35
2, D. Blakeley (Manchester) 30:01
3, A. Sladen (Salford) 30:05
4, P. Blakeney (Sal) 30:40; 5, D. Gee (Man) 30:46; 6, H. Symmons (Alt) 30:47; 7, P. Shaw (Man) 30:50; 8, B. Painter (Sale) 30:54; 9, S. Curran (Sal) 30:57; 10, M. McGann (E. Ches) 30:58; 11, S. Torrence (Sale) 31:08; 12, M. Oldham (Man) 31:17; 13, T. Barker (Bury) 31:22; 14, M. Bocock (Sale) 31:25; 15, B. Aspdon (Sal)

31:26; 16, M. Delany (Sale) 31:27; 17, F. Clayton (Man) 31:29; 18, D. Brown (Sal) 31:39; 19, M. Donnellan (Sal. M) 31:42; 20, S. Bullen (Sal) 31:47; 21, M. Sinkinson (Sal) 31:52; 22, H. Kelly (E. Ches) 31:56; 23, D. Farwell (Man. Y) 31:57; 24, M. Burgess (E. Ches) 31:58; 25, S. Clegg (Sal) 32:03. **Teams:** 1, Salford 69; 2, Manchester 72; 3, Sale 102; 4, E. Cheshire 164; 5, Altrincham 210; 6, Manchester YMCA 386; 7, Oldham & R 418; 8, Buxton 466. **(Juniors/Youths):** 1, K. Smith (Sale) 20:16; 2, S. Kenyon (Sale) 20:54; 3, N. Schofield (O&R) 21:15; 4, — 21:17; 5, S. Walton (O&R) 21:39; 6, D. Lenten (Sal) 21:47; 7, F. Mulhearn (Sale) 21:49; 8, D. Townsend (Sal) 21:51; 9, A. Gain (Sale) 21:54; 10, D. Taylor (Sale) 21:54; 11, D. Robinson (E. Ches) 22:05; 12, I. Wilkinson (Man) 22:22. **Teams:** 1, Sale 19; 2, Salford 49; 3, E. Cheshire 64. **(Boys):** 1, T. Alexander (Sale) 10:40; 2, D. Ireland (O&R) 10:50; 3, C. Simpson (Sal. M) 10:57; 4, C. Treflar (O&R) 10:58; 5, D. Marshall (O&R) 11:02; 6, S. Livesey (Man) 11:06. **Teams:** 1, Oldham & R 18; 2, Sale 31; 3, Salford Met. 36.

Ipswich H officers: general secretary — P. Leigh, 122 Bramford Road, Ipswich, Suffolk; CC sec. — J. Mower, 188 Hadleigh Road, Ipswich; track sec. — R. Leek, 24 Ipswich Road, Elmsett, Ipswich; women's sec. — Mrs M. Leek, 24 Ipswich Road.

NORTH WEST ATHLETICS COACHING COMMITTEE COACHING PROGRAMME JANUARY—APRIL, 1981

- Coaches Education** — Courses leading to the award of B.A.A.B. Club Coach (all events covered). Wednesday, Thursday, Friday (evenings), Saturday 14th-17th January, 1981. Merseyside Venue. Friday (evening), Saturday, Sunday 27th, 28th February & 1st March, 1981. Mid Lancashire Venue. Friday (evening), Saturday, Sunday 13th-15th March, 1981. Greater Manchester Venue.
- Sprint Refresher Course** — for club coaches wishing to proceed towards the B.A.A.B. Senior Coach Award. Saturday/Sunday, February 21st/22nd, 1981. Greater Manchester.
- Performance Clinics** — for athletes of good quality. Regular and controlled coaching of all events at Stretford, Kirkby, Warrington and Blackburn Centres. All courses Directed and Staffed by National or Senior B.A.A.B. Coaches.

Full details and application forms for courses and clinics from: Gordon Gluyas, Hon. Secretary N.W.A.C.C., 98 Charlestown Road East, Woodsmoor, Stockport, Cheshire. Tel. 061 483 2346. (S.A.E. please for details).

IAAF Golden Mile In 1981 Set For Brussels

THE IAAF has announced details of its Golden Events for 1981. They are:— **IAAF Golden 5000m** — Gateshead, June 7th; **IAAF Golden 10,000m** — Prague, June 19th; **IAAF Golden Sprints** — West Berlin, August 21st; **IAAF Golden Mile** — Brussels, August 28th.

The centre-piece of the Series over the past three years has been the IAAF Golden Mile, and the 1981 event will be fittingly staged at the Ivo Van Damme Memorial Meeting, scene of many superb 1500m/mile races and staged annually in memory of the brilliant young Belgian 1976 Olympic 800m/1500m silver medallist, who was so tragically killed in a car accident.

The success of the Golden Sprints and 10,000m, staged so successfully in 1979 at Zurich and Brussels respectively, has led to their re-appearance in the Series. Great Britain play hosts to a Golden 5000m, which promises an intriguing clash of distance running stars at Gateshead.

Following the first tentative step in staging the IAAF/Dubai Golden Mile at the Tokyo Eight Nations Meeting on September 25th 1978 — won by Steve Ovett in 3:55.5 — the IAAF Series of Golden Events has flourished in a very short space of time, on the strength of the fabulous fields assembled and the fine winning performances:—

* The IAAF Golden Javelin in Budapest, July 10th 1979, won by Arto Harkonen of Finland with a throw of 90.18m.

* The IAAF Golden Mile in Oslo, July 17th 1979, won in a new world record time of 3:49.0 by Sebastian Coe.

* The IAAF Golden Sprints in Zurich, August 15th 1979, won by James Sanford (USA) with combined times of 10.15 for 100m and 20.39 for 200m.

* The IAAF Golden 10,000m in Brussels, September 4th 1979, won with a blistering last lap finish by Mike McLeod in 27:39.8.

* The IAAF Golden Pole Vault in Nice, August 17th 1980, won by Serge Ferreira, one of the fabulous French vaulting school, with 5.70m.

* The IAAF/Gillette Golden Mile in London, August 25th 1980, won with a devastating finish by Steve Ovett in 3:52.9.

The marketing and sponsorship support for these events has been secured by the West Nally Group, the international sports marketing company. The events are thus providing valuable financial assistance to the IAAF. This has in particular enabled the Federation to expand considerably its Development Aid Programme — providing the developing countries with the necessary expertise and materials to build up a healthy and successful athletics organisation. Courses have been held all over the world for

coaches and judges to gain from the experience of the world's leading athletics coaches, officials and administrators. In addition, much needed athletics literature has been prepared and distributed in the Third World countries.

In this way, many of the world's greatest athletes have made a positive contribution to the global development of track and field athletics, by competing in the IAAF Series of Golden Events, and the Federation would like to publicly express its gratitude to them in particular for this involvement.

So great is the demand from Member Federations to stage these events that it is confidently expected that the Series will be expanded, thus complementing the Games and Championships held throughout the world.

MONDO SURFACES INDOOR LEAGUE

The first inter-club indoor league in Britain, sponsored by Mondo Surfaces, opened at the New River Sports Complex, Haringey, on November 9th and was dominated by Shaftesbury's Gus McKenzie who tackled the 60m, 60m hurdles and long jump within 1½ hours. He jumped 7.01m to oust John Patterson, the 1980 Essex Youth champion who cleared a personal best of 6.90; comfortably won the hurdles 'A' race and placed third in the flat 60. The second league meeting took place on November 30th and the remaining fixtures at Haringey are on January 11th and February 15th.

(Men: Haringey 41, Essex Beagles & Shaftesbury 40, Enfield 8). 60: 1, V. Bramble (H) 7.0; 2, D. Baptiste (EB) 7.2; 3, A. McKenzie (S) 7.2; 4, P. Pinnington (E) 7.3; (B) 1, P. Metcalf (EB) 7.2; 2, J. Obajimi (H) 7.3; 3, F. Attoh (S) 7.4 (7.2 ht); (C) J. Davis (B) 7.3; (D) G. Waterman (EB) 7.3. 60H: 1, McKenzie 8.5; 2, R. Honey (EB) 8.7; 3, W. Campbell (H) 8.7; (B) 1, P. Atherton (S) 8.5; 2, J. Margree (H) 9.1; 3, T. Shiret (EB) 9.1; (C) 1, T. Benton (EB) 9.1; 2, A. Kibblewhite (S) 9.1. LJ: 1, McKenzie 7.01; 2, J. Patterson (EB) 6.90; 3, J. Herbert (B) 6.48; (B) Attoh 6.72. SP: 1, A. Zaidman (H) 15.81; 2, R. Weir (EB) 12.72; (B) M. Aldridge (H) 15.54; (C) S. Pickering (H) 14.40.

(Women: Essex Ladies 23, Haringey 21, Enfield 12, Hounslow 11). 60: 1, S. Longden (EL) 7.9; 2, S. Moseley (H) 7.9; 3, J. Sardinia (Houn) 8.3 (8.1 ht); 4, L. Yell (E) 8.4 (8.2 ht); (B) 1, L. Goreeph (EL) 8.0; 2, Y. Taylor (H) 8.2; (C) H. Dyble (EL) 8.1; (D) J. Taylor (EL) 8.2. SP: 1, M. Jervis (H) 12.43; 2, G. Bird (E) 12.20; 3, Longden 11.46; (B) 1, S. Tudor (H) 12.35; 2, L. Whiteley (E) 10.78; 3, K. Hagger (EL) 10.71; (C) 1, G. Achille (H) 10.38; 2, J. Taylor (EL) 10.36.

Book Reviews

"The 1980 Olympics: Track & Field", photographed by Mark Shearman, reported by Matti Hannus; published by The Sports Market Ltd; obtainable from the 'AW' Book Dept, £8.30 (inclusive of postage).

With expert reporting by Matti Hannus, well over 200 superb photos (many in colour) by Mark Shearman, the complete results and much other material of interest, this is without doubt the most comprehensive and sumptuously produced book on Olympic athletics I have seen.

Mark Shearman, whose work frequently adorns the pages of this magazine, has surpassed himself with the range of photos in this book. The months that have passed may have dimmed memories of the Moscow Games — but they come flooding back as you turn the pages. Recaptured is the moment when Allan Wells' uncertainty turned to joy as he realised from the TV playback that he had won the 100m; Steve Ovett's elation and Seb Coe's despair after the 800m, followed by Seb's "Lord, I did it" expression as he won the 1500; and the many facets of Daley Thompson's road to the gold (showing plenty of scope for technical improvement in his hurdling, by the way!). There are numerous studies of that ever intriguing mystery man Yifter, and world record breakers Wessig, Kozakiewicz, Sedykh, Olizaryenko and Tkachenko are included also of course. But so too are the likes of Thipsamay Chanthaphone of Laos who was last man home in the 20km walk and the 'third world' tailenders in a heat of the women's 800.

Matti Hannus, the well-informed Finnish journalist, has written a detailed and perceptive event-by-event report in English. Little has escaped his attention. He notes with justified scepticism that the athletes from Sierra Leone performed far below the Olympic qualifying performances claimed for them by their national federation. Three sprinters said to have run 10.20 each (more likely a hand-timed 10.2, but even that's doubtful) all ran outside 11 sec, a supposed 46.40 400 man took 52.98, a "1:47.4 800 performer" clocked 2:06.5 and a female credited with 2:02.8 recorded 2:33.4 in Moscow! Matti takes several verbal swipes at the unsporting behaviour of certain segments of the crowd; as when the USSR 200 metres representative Aleksandr Stasevich pulled a muscle after 40m in his heat and fell to the track in agony. "The merciless crowd whistled at its own man", he observes. He mentions other cases where spectators attempted to put off athletes with a good chance of defeating Soviet contenders.

He also cites various instances of "dubious judging" in the triple jump when Joao Carlos de

Oliveira and Ian Campbell were persistently red-flagged, while in his report of the discus he writes of Luis Delis's final throw (66.64m to win): "The 22-year-old Cuban . . . gets his big body well behind the discus and throws far — to about 67m. Spectators are roaring, but, for some reason, the throw is measured only as 66.32. The discus sailed as if to gold but it only brought bronze". Equally disturbing was the measurement accorded Dainis Kula's third-round javelin throw; remember, he had opened with two fouls and all depended on this one if he was to remain in the competition. Matti writes: "The throw is straight from the book, a masterpiece, low against the wind . . . but lands quite flat at about 87m, bounces forward — and the officials measure 8-8-8-8!" With his next throw the reprieved young Latvian recorded 91.20, and the gold medal was his.

Adding to the breadth of coverage are press comments on various events, personalities and incidents culled from correspondents from Britain, Finland, Norway, USA, France, Switzerland, Germany, Italy, Sweden and the GDR; a who's who of the gold medallists; and highlights and leading results of all the previous Games.

"Guinness Book of Records" (27th Edition); editor & compiler: Norris McWhirter; sports editor: Stan Greenberg; published by Guinness Superlatives; obtainable from any bookshop, price £4.50 (no orders, please, to 'AW' Book Dept).

One hundred pages of the latest edition of this ever fascinating catalogue of everything from the ridiculous to the sublime are devoted to sports records, with athletics naturally claiming a fair share of the space.

Among records that might otherwise have eluded your notice . . . Fastest run backwards: 100 yards in 13.1 by Paul Wilson (NZ) in 1979. Longest 'non-stop' run: 568km (352.9 miles) in 121 hours 54 minutes by Bertil Jarlaker (Swe) in May 1980, during which he was moving for 95.04% of the time. Longest sequence of weekly marathons: Jay F. Helgeson (USA) ran a certified marathon or longer each week for 52 weeks in 1979/80.

Mel Watman

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DUMBARTONSHIRE

At Garscube Estate, October 11th

1, Clydesdale (J. McKay 12:16, G. Millar 12:14, A. Marshall 12:05, P. Dolan 12:06) 48:41;

2, Victoria Park (C. McQueen 12:15, D. McMeekin 12:11, A. Douglas 11:58, J. Docherty 12:32) 48:56;

3, Clydesdale 'B' (G. Carlin 12:10, R. McWatt 12:29, D. Williams 12:57, D. Jack 12:41) 50:17;

4, Stirling Univ. 52:00; 5, Dumbarton 52:19; 6, Glasgow Univ. 52:52; 7, Clydesdale 'C' 52:55; 8, Westerlands 53:19; 9, Maryhill 53:36; 10, Dumbarton 'B' 54:25. **Fastest:** I. Archibald (Glas. U) 11:50; Douglas 11:58; Marshall 12:05.

(Youths): 1, Clydesdale (J. Pearson 8:24, S. Hoggan 8:55, G. Porter 8:22) 25:41; 2, Clydesdale 'B' 26:57; 3, Victoria Park 27:10; 4, Garscube 28:22. **Fastest:** J. Cowan (VP) 8:20.

(Senior Boys): 1, Victoria Park (C. Little 5:46, S. Munn 5:49, S. Campbell 5:42) 17:17; 2, Dumbarton 17:28; 3, St. Columba's HS 18:39; 4, Clydesdale 18:48. **Fastest:** A. Currie (Dumb) 5:17. (Junior Boys): 1, St. Columba's HS (D. Boyd 5:49, C. Docherty 6:56, W. Bartley 6:29) 19:14; 2, Victoria Park 19:29; 3, Clydesdale 19:54. **Fastest:** Boyd 5:49.

LANARKSHIRE

At Coatbridge, October 11th

1, Clyde Valley 46:30; 2, Cambuslang 47:34; 3,

Law 47:51. **Fastest:** N. Muir (Shett) 11:12; R. Macdonald (CV) 11:21; 3, J. Brown (CV) 11:28. (Youths): 1, Springburn 38:41; 2, Shettleston 39:19; 3, Clyde Valley 39:27. **Fastest:** M. Taggart (Shett) 12:23; A. Minto (S'burn) 12:30; J. Joap (CV) 12:54. (Senior Boys): 1, Springburn 25:57; 2, Cambuslang 26:02; 3, Shettleston 26:30. **Fastest:** D. McShane (Cam) 8:08; S. Bradley (S'burn) 8:33; M. Conner (Shett) 8:35. (Junior Boys): 1, Shettleston 27:54; 2, Springburn 27:55; 3, Clyde Valley 29:08. **Fastest:** A. Swan (Shett) & D. Green (Shett) 9:07.

RENFREWSHIRE

At Bellahouston Park, October 11th

1, Bellahouston (A. Daly 12:38, G. Getty 12:33, C. Joss 12:57, G. Braidwood 11:54) 50:02;

2, Spango Valley (M. Coyle 13:20, C. Leck 12:27, C. Spence 12:05, S. Brownlie 13:32) 51:24;

3, Strathclyde Pol. (S. Millar 13:09, N. Scott 13:05, J. Pollock 12:44, R. Blair 13:01) 51:59;

4, Greenock Wellpark 52:13; 5, Kilbarchan 52:16; 6, Bellahouston 'B' 52:46; 7, Greenock Glenpark 53:28; 8, Greenock Wellpark 'B' 55:28;

9, Paisley 55:48; 10, Spango Valley 'B' 56:09. **Fastest:** Braidwood 11:54; Spence 12:05; R. Gardner (Kilb) 12:17; A. Coutts (G. W'park) 12:24; Leck 12:27; Getty 12:33. (Youths): 1,

Kilbarchan (C. Wallace 9:50, A. Puckrin 9:40, R. Hawkins 9:57) 29:27; 2, Bellahouston 33:10; 3, Pentastar 34:32; 4, Strathclyde Pol. Cadets 35:00; 5, Paisley 36:01. **Fastest:** Puckrin 9:40;

SPENBOROUGH & DIST. A.C.

2nd Annual

OPEN CROSS COUNTRY MEETING

(Under E.C.C.U. & W.C.C. Rules)

SUNDAY, 18th JANUARY, 1981

commencing 11.30 a.m.

at Princess Mary Playing Fields,
Cleckheaton

£500 IN PRIZES AND AWARDS

Not Exceeding		Not Exceeding	
U/11	1 mile	U/11 Boys	1 mile
Girls	2,500m	Colts	2,500m
Jnr. Ladies	2,500m	Boys	3,500m

Plaques to first 3 inds. and Tee-Shirts to the first 15 in each race. **Medals** to first three teams of 4. **Entry Fee:** 30p.

Inters	3,500m	Youths	4,500m
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Plaques to first 3 inds. and first 3 teams of 4. Two spot prizes in each race. **Entry Fee:** 30p.

Senior Ladies 4,500m **Jnr/Snr. Men 7,500m**

Prizes: Senior Ladies first 3, Jnr. Men first 3, Snr. Men first 15 and first unplaced Vet. **Entry Fee:** 50p.

ENTRIES CLOSE THURS., 8th JAN., 1981

No late entries or entries without fees accepted.

Entries to: Hon. Secretary Miss Jane Gledhill, 61 Greenhead Road, Huddersfield, West Yorkshire. Telephone: Huddersfield 32201.

ROUND THE TOWN ROAD RACES

(By Courtesy of Ipswich Borough Council)

Organised by Ipswich Harriers
in Association with
Southern Counties A.A.A.

(Under A.A.A. Laws)

AT IPSWICH

on

SAT., 27th DECEMBER, 1980

7.00 p.m. Colts Mile Race

7.20 p.m. Boys 1 1/2 Mile Race

7.40 p.m. 4 1/4 Mile Road Race

PRIZES: Colts and Boys: First 6 to finish, first 3 teams (3 to score). **Seniors:** First 10 to finish, first 3 Vets., first 3 teams (3 to score). First 2 Vets. teams (3 to score). First finisher from Suffolk, Essex, Norfolk, Kent, Cambs., Beds., and Herts.

ENTRIES CLOSE 20th DECEMBER, 1980

Race Secretary: R. Leek Esq., 24 Ipswich Road, Elmsett, Ipswich, Suffolk. (Send SAE with entry).

Entry Fees: Senior Race 50p per Individual, Colts and Boys 30p per Individual. All teams 50p.

Wallace 9:50; Hawkins 9:57. **(Senior Boys):** 1, Greenock Glenpark (C. Grainger 10:55, D. Campbell 11:01; A. McInnes 10:50) 32:46; 2, Bellahouston 32:58; 3, Bellahouston 'B' 33:43; 4, Kilbarchan 34:01. **Fastest:** D. McNamee (Kilb) 9:42; S. Carmichael (Bella) 10:49; McInnes 10:50. **(Junior Boys):** 1, Kilbarchan (C. Erskine 12:21, B. Hawkins 11:12, P. McDonald 12:10) 35:43; 2, Pentastar 37:39; 3, Bellahouston 38:15. **Fastest:** Hawkins 11:12.

NORTH DISTRICT LEAGUE

At Forres, November 8th

1, J. McKenzie (Forres) 35:35
2, I. Mitchell (Inverness) 35:53
3, T. Johnstone (RAF Moray) 36:02
4, R. Boswell (Loch) 36:27; 5, R. Campbell (Loch) 36:36; 6, D. Taylor (Caith) 37:28; 7, G. Reynolds (RAF) 37:28; 8, R. McDonald (Innes) 37:51; 9, A. Stubbs (Loch) 38:01; 10, E. McEvoy (Loch) 38:11. **Teams:** 1, Lochaber 376; 2, RAF Moray 369; 3, Forres 356; 4, Inverness 344; 5, Caithness 314; 6, Elgin 178. **(Youths):** 1, J. Watson (Loch); 2, N. Martin (Forr); 3, J. Johnstone (Caith). **Teams:** 1, Caithness 285; 2, Elgin 258; 3, Lochaber 191; 4, Inverness RA 190. **(Senior Boys):** 1, C. Martin (IRA) 16:17; 2, R. Matheson (Caith) 16:18; 3, M. Mitchell (IRA) 16:44. **Teams:** 1, Inverness RA 290; 2, Caithness 279; 3, Elgin 193. **(Junior Boys):** 1, K. Hegen (Forr) 10:30; 2, N. Green (Elg) 10:31; 3, G. Gunn (Caith) 10:44. **Team:** Ross-shire. **(Women):** 1, F. Hinde (Loch); 2, M. Jeans (Innes); 3, A. Taylor (Caith); 4, M. McLeod (Elg); 5, S. Laidlaw (R'shire); 6, A. Williamson (Forr). **Teams:** 1, Inverness 283; 2, Elgin 278; 3, Caithness 271; 4, Lochaber 193; 5, Ross-shire 187; 6, Forres 95. **(Juniors):** 1, D. McIntosh (Forr) 11:13; 2, J. Duffin (Elg) 11:21; 3, L. Munro (Innes) 11:35. **Teams:** 1, Caithness 283; 2, Elgin 281; 3, Inverness RA 265. **(Girls):** 1, F. Webster (Elg) 8:52; 2, M. Palmer (Elg) 8:55; 3, N. Munro (Forr) 8:58. **Team:** Elgin.

TEVIOTDALE OPEN CC MEETING

At Hawick, November 15th

In what proved to be the largest athletic meeting ever held in the Borders, with a record 850 finishers, Linsey Macdonald was a surprise competitor. Flying up from London where she was presented with the *Daily Express* Sportswoman of the Year Award, she finished 4th in the Inter/Senior 400m race, proving her winter's training (as promised by coach, Jimmy Bryce) will provide a solid basis of cross-country training and racing as preparation for next summer's track season.

1, K. Rankin (Cen. R) 15:59; 2, A. Miller (Law) 16:05; 3, C. McGeorge (Cock-J) 16:10; 4, C. Hume (ESH) 16:12; 5, B. Emmerson (Tev) 16:14; 6, D. Ross (FVH) 16:15; 7, H. Forgie (Law) 16:24; 8, G. Mathieson (ESH) 16:37; 9, S. Clark (ESH) 16:39; 10, B. Scobie (Leeds) 16:41.

Teams: 1, Edinburgh Southern 21; 2, Law & Dist. 45; 3, Teviotdale 64. **(Youths):** 1, K. McCluskey (Cock) 12:06; 2, J. Cunningham (Fife) 12:10; 3, M. Ferguson (EAC) 12:24; 4, M. Colman (Bord) 12:32; 5, J. Blair (EAC) 12:36; 6, M. Ramsden (Bord) 12:39. **Teams:** 1, Edinburgh AC 18; 2, Border 30; 3, Cockermouth 32. **(Senior Boys):** 1, A. Patterson (Walls) 9:55; 2, D. Russell (Law) 10:08; 3, N. Sweeney (ESH) 10:17; 4, M. Mallace (Liv) 10:28. **Teams:** 1, Edinburgh Southern 34; 2, Livingston & Dist. 37; 3, Edinburgh AC 43. **(Junior Boys):** 1, M. Graham (Bord) 5:56; 2, T. Hanlon (ESH) 5:58; 3, S. Campbell (Liv) 6:00. **Teams:** 1, Livingston & Dist. 25; 2, Pitreavie 34; 3, Edinburgh Southern 37. **(Colts):** C. Murphy (Tev) 3:54. **Team:** Edinburgh Southern 18. **(Women):** 1, N. Porter (Leeds) 14:10; 2, K. Greally (Pit) 14:12; 3, S. Walker (ESH) 14:20; 4, L. Macdonald (Pit) 14:25; 5, A. Linton (Edin. U) 14:32; 6, J. Anderson (Pit) 14:44. **Teams:** 1, Pitreavie 12; 2, Edinburgh AC 42. **(Juniors):** 1, J. Uren (Bord) 8:39; 2, A. Johnson (Dund) 8:46; 3, S. Ramsdale (Leeds) 8:53. **Teams:** 1, Edinburgh Southern 24; 2, Border 28; 3, Workington 31. **(Girls):** 1, S. Hamilton (ESH) 6:34; 2, P. Provan (Ayr. S) 6:39; 3, K. Scobie (Leeds) 6:45. **Team:** Ayr Seaforth. **(Minors):** S. Pratt (Ken) 4:05. **Team:** Edinburgh Southern.

McANDREW TROPHY ROAD RELAY

At Scotstoun, October 4th

1, Clyde Valley (C. Farquharson 14:00, J. Graham 13:31, R. Macdonald 13:31, J. Brown 14:16) 55:18;
2, Edinburgh Southern (C. Taylor 14:21, I. Elliot 13:46, A. Robertson 14:16, A. Hutton 13:30) 55:53;
3, Shettleston (A. Smith 14:12, J. Burns 14:13, L. Stewart 14:55, N. Muir 13:04) 56:24;
4, Victoria Park 56:43; 5, Law 57:05; 6, Edinburgh AC 57:33; 7, Falkirk Victoria 'B' 57:40; 8, Cambuslang 57:43; 9, Bellahouston 57:45; 10, Clydesdale 58:12; 11, E. Kilbride 58:14; 12, Falkirk Victoria 58:40; 13, Springburn 59:04; 14, Glasgow Univ. 59:29. **Fastest:** Muir 13:04; Hutton 13:30; Graham & Macdonald 13:31; J. Dingwall (FVH) 13:45; Elliot 13:46; J. Thomson (Law) 13:53. **(Vets):** 1, Clyde Valley (W. Marshall 15:31, R. McKay 15:41, W. McBrinn 16:19, A. Brown 15:24) 62:55; 2, Greenock Wellpark 66:28; 3, E. Kilbride 66:38; 4, Shettleston 70:34; 5, Maryhill 72:01. **Fastest:** D. Macgregor (Fife) 14:40.

Colin Shields

Eton Manor AC officers: secretary — P. Coventry, 22 Matlock Road, Leyton, London, E.10; track sec. — M. Fitzgibbons, 8 Barnardo Gardens, London E.1; CC sec. — G. Smith, 36 Uplands Road, Woodford Bridge, Essex.

National Women's Road Relay Championships

Seniors

- 1, Sale (B. Abbott 10:19, K. Binns 10:06, S. Lonsdale 10:23) 30:48;
 - 2, Bracknell (S. Coulson 10:30, K. Whapshott 10:45, S. Samy 10:09) 31:24;
 - 3, Sale 'B' (J. Davidson 10:22, J. Murray 10:43, K. Pilling 10:27) 31:32;
 - 4, Bolton (S. Little 10:25, C. Price 10:29, C. Markin 10:40) 31:34;
 - 5, Stretford (C. Riley 10:56, J. Marlow 10:51, J. Asgill 10:43) 32:30;
 - 6, Bromsgrove & R (A. Turland 10:53, B. Smith 10:33, P. Brearley 11:30) 32:56;
 - 7, City of Stoke (L. Degg 11:17, G. Rhodes 11:35, C. Readdy 10:43) 33:35;
 - 8, Bolton 'B' (M. Hendley 10:17, N. Pendlebury 11:18, L. Heron 12:05) 33:40;
 - 9, Barnet (C. Mijovic 11:28, J. Adams 10:38, B. Nelson 11:44) 33:50;
 - 10, Airedale & SV (R. Toth 10:52, A. James 11:49, S. Newbold 11:28) 23:09;
 - 11, Notts 34:13;
 - 12, Stevenage & NH 34:31;
 - 13, Coventry 34:35;
 - 14, Derby 34:41;
 - 15, Longwood 35:18;
 - 16, Bury 35:30;
 - 17, Sale 'C' 35:35;
 - 18, Darlington 35:42;
 - 19, Leeds City 36:00;
 - 20, Stretford 'B' 36:31;
 - 21, Airedale & SV 'B' 37:07;
 - 22, Pilkington 37:58;
 - 23, Bromsgrove & R 'B' 38:20;
 - 24, Barnet 'B' 38:45;
 - 25, Airedale & SV 'C' 39:50;
 - 26, Coventry 'B' 40:03.
- Fastest:** Binns 10:06; Samy 10:09; S. Arthurton (Leeds) 10:14; Hendley 10:17; J. Loughton (Der) 10:18; Abbott 10:19; Davidson 10:22; Lonsdale 10:23; Little 10:25; Pilling 10:27.

Intermediates

- 1, Thurrock (R. Newman 8:11, D. Dudley 8:08, K. Hughes 7:44) 24:03;
- 2, Leeds City (J. Midgley 8:13, D. Burton 8:06, W. Hirst 8:19) 24:38;
- 3, Sale (D. Ridings 8:19, B. Brown 8:13, P. Matheson 8:18) 24:50;
- 4, Coventry (C. Clark 8:20; N. Carmody 8:16; S. Batstone 8:18) 24:54;
- 5, E. Cheshire (J. Bacon 8:07, K. Bielby 8:36, L. Davies 8:20) 25:03;
- 6, Stevenage & NH (J. Lindsey 9:27, L. Wight 7:57, A. Alford 7:55) 25:19;

At Rossendale, November 9th

- 7, Manchester (F. Keyte 8:30, J. Massey 8:39, M. McPhee 8:25) 25:34;
 - 8, Darlington (S. Raine 8:14, D. Robinson 8:30, L. Walker 8:55) 25:39;
 - 9, Coventry 'B' (J. Cooke 8:33, D. Parry 8:49, E. Jones 8:26) 25:48;
 - 10, Barnet (L. Gilzene 8:24, A. Trainor 8:42, K. Bonney 8:57) 26:03;
 - 11, Leeds City 'B' 26:24;
 - 12, Sutton (St. H) 26:25;
 - 13, Halifax 26:39;
 - 14, Stretford 27:14;
 - 15, E. Cheshire 'B' 27:29;
 - 16, City of Stoke 27:49;
 - 17, Liverpool 27:54;
 - 18, Rossendale 27:59;
 - 19, Barnet 'B' 28:16;
 - 20, E. Cheshire 'C' 28:18;
 - 21, Notts 28:44;
 - 22, Coventry 'C' 28:53;
 - 23, Leeds City 'C' 29:10;
 - 24, Airedale & SV 29:22;
 - 25, Derby 29:40;
 - 26, Halifax 'B' 29:44;
 - 27, Altrincham 32:20.
- Fastest:** Hughes 7:44; Alford 7:55; Wight 7:57; Burton 8:06; Bacon 8:07; Dudley 8:08; S. Lees (Bury—dnf) 8:10; Newman 8:11; Midgley & Brown 8:13.

Juniors

- 1, City of Hull (V. Dawes 7:53, H. France 8:04, J. Millership 7:57) 23:54;
 - 2, Andover (L. Pigrome 8:07, K. Petford 8:01, H. Appleby 8:03) 24:04;
 - 3, Leeds City (K. Horncastle 8:17, J. Southwell 8:20, S. Ramsdale 7:30) 24:07;
 - 4, City of Stoke (T. Jones 7:59, S. Holland 8:10, K. Flannagan 8:00) 24:09;
 - 5, Halifax (C. Lord 8:06, G. Smith 8:10, M. Smith 7:58) 24:14;
 - 6, Manchester (J. Holland 8:04, S. Driver 8:00, J. Massey 8:17) 24:21;
 - 7, Victoria Park AAC (L. Docherty 7:55, J. Stewart 7:49, S. Graham 8:37) 24:21;
 - 8, Sale (D. Edwards 7:57, M. Nash 8:13, B. Ely 8:15) 24:25;
 - 9, E. Cheshire (G. Haycock 8:03, A. Thomas 8:22, D. Brockley 8:02) 24:27;
 - 10, Darlington (L. Souter 8:26, L. Thomas 8:15, D. Wilkinson 8:00) 24:41;
 - 11, Longwood 24:47;
 - 12, Notts 24:48;
 - 13, Sale 'B' 24:56;
 - 14, Sutton (St. H) 25:03;
 - 15, Bingley 25:04;
 - 16, Bolton 25:11;
 - 17, Barnet 25:19;
 - 18, Andover 'B' 25:21;
 - 19, Rossendale 25:21;
 - 20, Coventry 25:21;
 - 21, Salford Met. 25:27;
 - 22, Stevenage & NH 25:28;
 - 23, Derby 25:47;
 - 24, Lancaster & M 25:48;
 - 25, Barnet 'B' 25:55;
 - 26, Wirral 26:00;
 - 27, Blackley 26:01;
 - 28, Leeds City 'B' 26:12;
 - 29, Derby 'B' 26:13;
 - 30, Coventry 'B' 26:17;
 - 31, Rossendale 'B' 26:22;
 - 32, Pilkington 26:27;
 - 33, Longwood 'B' 26:35;
 - 34, Sutton (St. H) 'B' 26:39;
 - 35, Bingley 'B' 26:45;
 - 36, Halifax 'B' 26:51;
 - 37, Bury 26:54;
 - 38, Liverpool 27:05;
 - 39, E. Cheshire 'B' 27:08;
 - 40, Airedale & SV 28:08;
 - 41, Liverpool 'B' 28:23;
 - 42, Salford Met. 'B' 28:37;
 - 43, Altrincham 30:29;
 - 44, Blackley 'B' 31:20;
 - 45, Southport W 31:59.
- Fastest:** Ramsdale 7:30; Stewart 7:49; A. Gibson (Long) 7:51; Dawes 7:53; Docherty 7:55;

CITY OF HULL A.C.

"FERRIBY TEN" MILE ROAD RACE

(Under A.A.A. Laws)

SUNDAY, 11th JANUARY, 1981, 12 noon

From: Costello Park,

Anlaby Park Rd. North, Hull

(1st left off A63 on crossing city boundary,
or 63C/73C bus from station)

Entries: (40p individuals, 50p teams) to D. Longman, 233 Hull Road, Anlaby Common, Hull HU4 7RY. Tel. (0482) 5020941, by 31st December, 1980. Send S.A.E. for details.

Course Record: 48.01 — Brendan Foster, 1980.

Continued on page 46

North Of The Thames Inter-Team CC Race

At Cranford, November 15th

1, M. Ellison (Haringey)..... 25:27
2, P. Gayter (Thames Valley) 25:29
3, P. Barratt (Ealing & S) 25:44
4, S. Moore (Shaft) 25:45; 5, M. Cursons (Old G) 25:50; 6, A. Newman (Ox. C) 26:11; 7, M. Randall (Ver) 26:25; 8, S. Hannaford (High) 26:28; 9, C. Peirson (Har) 26:31; 10, J. Storey (High) 26:31; 11, J. Exley (Ox. C) 26:33; 12, P. Nesbitt (High) 26:35; 13, S. Eshelby (VoA) 26:38; 14, K. Grey (Hill) 26:43; 15, T. Sullivan (N. Lon) 26:45; 16, B. Costello (N. Lon) 26:49; 17, D. Wilcock (N. Lon) 26:52; 18, B. Booth (Ver) 26:54; 19, K. Davies (N. Lon) 26:55; 20, S. Penny (Old G) 26:56; 21, A. Magnall (VoA) 26:57; 22, G. Galvin (Hill) 26:59; 23, P. Ogalby (Shaft) 27:02; 24, B. Prosser (TVH) 27:03; 25, S. Bishop (Chelm) 27:04; 26, R. Ball (Old G) 27:09; 27, C. Ryan (QPH) 27:11; 28, D. Hunt (Har) 27:12; 29, M. O'Halloran (Lon. I) 27:14; 30, R. Kennan (High) 27:18; 31, C. Lizieri (Hill) 27:19; 32, G. Naughton (QPH) 27:20; 33, C. Turner (Chelm) 27:22; 34, C. Pennington (Houn) 27:23; 35, J. Quirke (Lon. I) 27:24; 36, H. Czapski (VoA) 27:25; 37, M. Hobbs (Enf) 27:28; 38, K. McDonald (Wat) 27:32; 39, I. Talbot (QPH) 27:34; 40, D. Daniels (Houn) 27:35. **Teams:** 1, Highgate 60; 2, N. London 67; 3, Haringey 104; 4, Old Gaytonians 108; 5, Oxford City 110; 6, Vale of Aylesbury 113; 7, Verlea 125; 8, Hillingdon 132; 9, Queen's Park 152; 10, Shaftesbury 178; 11, Chelmsford 180; 12, London Irish 188; 13, Borough of Hounslow 203; 14, Thames Valley 211; 15, Borough of Enfield 234. **(Boys):** 1, E. Kimani (Shaft) 13:22; 2, G. Watts (Lon. I) 13:31; 3, B. Pfeiffer (Lon. I) 13:33; 4, D. White (Hill) 13:38; 5, R. Bailey (Barn) 13:42; 6, G. Salih (Har) 13:49; 7, B. Henry (S&NH) 13:51; 8, N. Davidson (TVH) 13:55; 9, A. Macdonald (Hill) 13:57; 10, M. Nyrinda (Lon. I) 14:04. **Teams:** 1, London Irish 26; 2, Thames Valley 60; 3, Shaftesbury 61; 4, Hillingdon 80; 5, Barnet 96; 6, Borough of Hounslow 106.

Entries for the Southern Counties CC Championships at Trent Park, Enfield, on February 14th close on January 13th. Any clubs which have not received entry forms should contact Harry Hicks as soon as possible. His address: 34 The Crescent, Friern Barnet, London N11 3HH (Tel: 01-368 6605; office — 01-481 2020).

The next committee meeting of the Veterans AC will take place on December 17th (7 pm) at Golden Square, W1.

FLINTBARN 1981 RUNNER'S TRAINING DIARY

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Clean sweep for Tipton

FORMER UK 1500m record holder Mike Kearns proved that he is now fully recovered from the leg injuries which have hampered his career for the past three years by winning the Tipton '10' on November 6th in 47:37. He and Tipton club mate Allan Rushmer (back in top form also, after being plagued in recent years by asthma) broke clear after 7 miles, and Kearns was on his own for the final 2 miles to win by nearly 100m. Tony Milovsorov made it a clean sweep for the promoting club by taking third place well clear of Trevor Wright, whose wife Rosemary was a close second in the women's division to Bronwen Smith. There was a record field of over 400 starters.

1, M. Kearns (Tipton) 47:37
 2, A. Rushmer (Tipton) 47:54
 3, A. Milovsorov (Tipton) 48:04
 4, T. Wright (W&B) 48:18; 5, B. Cole (Tip) 48:39; 6, S. Hollingsworth (Holm) 48:54; 7, R. Smedley (Bir) 49:06; 8, A. Robertson (Army) 49:16; 9, J. King (S&SH) 49:17; 10, J. Wheway (W&B) 49:34; 11, R. Cytla (Tip) 49:40; 12, A. Holden (Tip) 49:42; 13, M. Deegan (O&R) 50:09; 14, S. Emson (Tip) 50:17; 15, N. Leach (Charn) 50:25; 16, R. Sinclair (Sheff) 50:28; 17, S. Livingstone (Ver) 50:30; 18, P. Flatman (CoH) 50:38; 19, J. Wright (Tip) 50:45; 20, R. O'Hara (S&SH) 51:03; 21, A. Marsh (Holm) 51:34; 22, J. Wagstaff (Tip) 51:40; 23, R. Bridgeman (Houn) 51:41; 24, C. Digby (Birm. U) 51:55; 25, D. Reeves (Der) 52:02; 26, E. Austin (Worc-V) 52:06; 27, A. Biston (Birm. U) 52:16; 28, K. Scott

On the Road

(W&B) 52:17; 29, A. Grice (Tip) 52:20; 30, I. Atkins (Worc) 52:24; 31, L. Pearson (Burt) 52:25; 32, K. Mayor (Bol) 52:31; 33, R. Bentley (Tip) 52:34; 34, R. Statham (Cov) 52:47; 35, N. Fisher (Der) 52:47; 36, D. Holland (Ver) 52:49; 37, S. Brown (Chelt) 53:02; 38, M. Phillips (Bir) 53:07; 39, G. Crowe (Sun) 53:23; 40, M. Black (Spark) 53:27; 41, A. Reavley (S&E) 53:33; 42, C. Windle (Bing-V) 53:36; 43, D. Jackson (Tel) 53:40; 44, C. Perkins (Tip) 53:45; 45, D. Tierney (Spark) 53:50; 46, C. Smith (Birm. U) 53:51; 47, B. Baldaro (Spark) 53:56; 48, B. Rees (N. Pow) 53:57; 49, J. Mills (Spark-V) 53:58; 50, K. Rollason (Tip) 54:01. (Vets): 1, Austin; 2, Windle; 3, Mills; 4, A. Hughes (Newk-O/50) 54:04; 5, C. Hunt (Staff) 56:08; 6, T. Parr (Bol) 57:08. (O/50): 1, Hughes; 2, C. Simpson (S&SH) 57:57. (Women): 1, B. Smith (B&R) 58:56; 2, R. Wright (W&B) 58:59; 3, A. Turland (B&R) 59:37; 4, C. Readdy (Stoke) 60:27.

BATHPOOL '5'

October 25th

1, B. Bowler 23:33; 2, M. J. Bishop 23:38; 3, M. A. Bishop 24:09; 4, P. Bowler 24:52; 5, A. Mills 24:56; 6, N. Deakin 24:57; 7, P. Fowler 25:00; 8, C. Smith 25:11; 9, G. Hetherington 25:13; 10, R. Fowler 25:33; 11, M. Evans 25:35; 12, P. Larkin 25:36; 13, P. Stockford 25:37; 14, P. Whiteman 25:48; 15, J. Majewski 25:49; 16, J. Davies 25:50; 17, R. Carp 25:53; 18, C. Bradley 25:54; 19, M. Mountford 26:01; 20, M. Smith 26:06; 21, A. Tweddle 26:33; 22, J. Martin 26:36; 23, M. Harris 26:39; 24, C. Lowe 26:44; 25, D. Brown 26:49.

CAMBORNE '15'

November 1st

1, D. Collins (Ply) 1:22:02; 2, C. Davis (W. Corn) 1:23:28; 3, J. Street (DoC) 1:25:07; 4, A. Rowling (DoC) 1:25:33; 5, V. Phillips (Ply) 1:25:36; 6, G. French (Ply) 1:25:44; 7, B. Dale (M&C) 1:25:53; 8, D. Symons (W. Corn) 1:26:37; 9, E. Phillips (Ply) 1:27:06; 10, S. Gwynne (W. Corn) 1:27:40; 11, P. Bowden (Torb) 1:28:12; 12, C. Bibby (Ply) 1:28:32; 13, C. Sowden (Torb) 1:28:54; 14, J. Lothian (DoC) 1:28:54; 15, J. Stokes (Ply) 1:28:57; 16, B. Donaldson (RM) 1:29:03; 17, R. Brenton (Ply) 1:29:37; 18, A. Cooper (RM) 1:30:20; 19, A. Gray (DoC-V) 1:31:24; 20, P. Muller (Ply) 1:31:37. Teams: 1, City of Plymouth; 2, Duchy of Cornwall; 3, W. Cornwall; 4, City of Plymouth 'B'; 5, Royal Marines; 6, RN Culdrose. (Vets): 1, Gray; 2, C. Mills (Torb) 1:32:36; 3, G. Chambers (RN) 1:35:57. (Women): A. Blake (Ply) 1:36:22.

Highgate Harriers Distance Group Seminar FUELS FOR MARATHON RUNNING

Dr E. A. NEWSHOLME, M.A. Ph.D., Dept. of Biochemistry
University of Oxford.

Dr P. H. SUGDEN, D. Phil., Dept. of Biochemistry, Cardio-
Thoracic Institute, London.

SUNDAY, 14th DECEMBER, 3 p.m.

Haverstock School Arts Centre, N.W.3

(Junct. Prince of Wales Rd. & Craddock St., Hampstead)

Fee: £1. (Refreshments provided).

NOTE THESE DATES FOR 1981 WARRINGTON A.C. PROMOTIONS

APRIL 5th, 1981

CHRIS VOSE '10' ROAD RACE
ALSO LADIES '10'

Supporting Races: Young Colts, Colts,
Boys and Youths.

APRIL 12th, 1981

PARKLAND RELAYS

BRAMPTON TO CARLISLE '10'

November 22nd

- 1, K. Forster (Saltwell) 49:04
 2, D. Kelly (Saltwell) 49:36
 3, D. Wilson (Blackburn) 49:54
 4, A. Catley (Mor) 50:09; 5, S. Markley (M&C) 50:25; 6, A. Girling (Lancs.U) 50:39; 7, D. Robson (Els) 50:42; 8, R. Hill (Clay-V) 51:08; 9, M. Harris (Mor) 51:11; 10, J. Colquhoun (Blay) 51:28; 11, B. Emmerson (Tev) 51:30; 12, D. Rawlings (Barr) 51:44; 13, R. Marshall (Mor) 51:51; 14, K. Peters (S'fields) 51:59; 15, G. Mason (Barr) 52:05; 16, I. Brazier (Mor) 52:12; 17, A. Whitfield (C. le S) 52:17; 18, R. Belk (A&SV) 52:18; 19, G. Hogarth (S'fields) 52:21; 20, S. Shaw (M&C) 52:23; 21, G. Balfour (Leic) 52:24; 22, R. Lamb (NSP) 52:28; 23, H. Burdett (M&C) 52:30; 24, H. Matthews (Els) 52:33; 25, M. Black (Spark) 52:40; 26, S. Fargo (Lancs. U) 52:41; 27, R. Shiwach (L&M) 52:44; 28, D. Thomas (Bord) 52:49; 29, B. Dale (M&C) 52:53; 30, G. Lewis (Els) 53:13; 31, M. Richardson (Dur. C-V) 53:14; 32, H. Jarrett (Cumb) 53:15; 33, D. Jones (B'burn) 53:16; 34, A. Thomas (Dur. U) 53:18; 35, D. Smith (Tyne) 53:25; 36, L. Mutiso (Lancs. U) 53:33; 37, D. Kelly (Barr) 53:37; 38, A. Bowe (S. Sh) 53:38; 39, S. Connolly (S'fields) 53:40; 40, W. Green (Walls) 53:46.
Teams: 1, Morpeth 26; 2, Middlesbrough & C 48; 3, Elswick 61; 4, Barrow 64; 5, Univ. of Lancaster 68; 6, Blackburn 131. **(Vets):** 1, Hill; 2, Richardson; 3, T. Llewellyn (L&M) 55:16; 4, D. Spencer (Barr) 55:54; 5, F. Docherty (J&H) 56:08; 6, W. Ramage (Dur) 56:49. **Teams:** 1, Durham City 201; 2, Kendal 364; 3, Heaton 421.

WELSH 10km CC CHAMPIONSHIPS

At Newtown, Powys, November 8th

- 1, A. Cole (Swan) 35:05; 2, M. Lane (Newp) 35:29; 3, D. Hopkins (Newp) 35:44; 4, I. Ellis (Newp) 35:56; 5, S. Smith (Swan) 36:02; 6, A. Blackwell (W&B) 36:28; 7, P. Lanfear (Read) 36:32; 8, S. Seaman (Swan) 36:41; 9, G. Nixon (Wrex) 36:49; 10, G. Potts (Swan) 37:21; 11, B. Rees (N. Pow) 37:35; 12, N. Adams (Swan) 37:43; 13, F. Thomas (Aberys) 37:57; 14, J. O'Brien (Bridge-V) 38:00; 15, T. Gardner (Der) 38:02; 16, D. Roberts (Swan) 38:05; 17, S. Penny (Old G) 38:16; 18, C. Starr (Bridge) 39:21; 19, H. Roberts (Car) 39:25; 20, D. Davies (Dyf-V) 38:29; 21, D. Morris (Wrex) 38:40; 22, P. Evans (Swan) 38:41; 23, M. Roberts (Aberys. U) 38:47; 24, K. Davies (Newp) 38:49; 25, P. Hitchings (Newp) 39:01. **Teams:** 1, Swansea 42; 2, Newport 64; 3, Bridgend YMCA 128; 4, Wrexham 131; 5, Aberystwyth Univ. 211; 6, N. Powys 221. **(Vets):** 1, O'Brien; 2, Davies; 3, B. Griffiths (Swan) 39:42; 4, J. Collins (Swan) 39:45. **(O/45):** 1, T. Wood (Newp) 45:56; 2, A. O'Brien (Bridge) 46:04. **(O/60):** R. Crombie (W. Vets) 58:00. **Teams:** 1, Wrexham; 2, Swansea; 3, Newport.

Arthur Kimber was 3rd veteran to finish in the Rochester '5' (28:23), not as printed.

Results In Brief

August 9th

West London Hammer School Championships, at Hendon. 1, R. James 58.40; 2, A. Kenneally (Y) 53.06; 3, M. Jones (Y) 52.32. **(Juniors):** 1, Kenneally 58.82; 2, Jones 57.00; 3, M. Zaidman (Har-Gst) 55.18. **(Youths):** 1, Kenneally 68.98; 2, Jones 63.44; 3, K. Power (B) 48.82. **(Boys):** 1, Power 56.86; 2, C. Bowles 50.94.

October 26th

Scottish Marathon Club 20km Track Race, at Coatbridge. 1, H. Barrow (VP) 1:11:51; 2, A. Pretsell (Ayr S) 1:11:54; 3, W. Russell (Fife) 1:17:53.

November 12th

Fleet St. Bridges Race, at Blackfriars. Fastest: H. Evans (AF&D) 13:41; G. Harrold (Enf-V) 13:52; C. Woodcock (HHH) 13:59; R. Marriott (SLH) 14:01. **(Women):** C. Trent (Camb. H) 18:10.

November 16th

Winter Warm-up Meeting, at Leicester. 60: P. Dunn 6.9. 300: C. Dunn (Liv) 35.3. HT: M. Roberts (Spark) 42.52. **(Youths):** 60: M. Williams (Leic) 7.4. 300: M. Williams (Unatt) 37.3. **(Boys):** 60: S. Brader (Linc) 7.5. 300: S. Bradley (Linc) 39.4. 1000: B. Nadin (Leic) 2:53.5. **(Women):** 60: 1, M. Laing (Liv) 8.0; 2, W. Laing (Liv) 8.1. SP: 1, M. Laing 10.96; 2, W. Laing 10.29. **(Juniors):** 60: 1, T. Sharratt (Linc) 8.0; 2, C. Tamblyn (Cov) 8.2. 300: L. Ford (Notts) 45.0. **(Girls):** 60: S. Frisby (Nun) 8.4. 300: Sharratt 44.2.

LES TRUELOVE

I would like to record my appreciation of the late Les Truelove, both as a team manager and also as a friend.

We first joined forces in 1954 when he was managing a major team for the first time at the Empire Games in Vancouver and I was appointed as his assistant manager-coach. Four years later he managed the British team at the European Championships in Stockholm and I again had the good fortune to be appointed as coach.

Les had a forthright manner which inspired confidence. Athletes knew where they stood with him and appreciated him for this. Beneath his commanding manner he was a very kind person.

A great many international athletes of the fifties will remember Les with great affection and will associate the most successful medal-winning teams of Vancouver and Stockholm with his management. Sadly we have lost a very great friend.

John Le Masurier

WOMEN'S ROAD RELAYS from page 42

Millership & Edwards 7:57; Smith & H. Ansell (Notts) 7:58; Jones 7:59.

Girls

1, Victoria Park AAC (H. McHenry 7:58, J. Cameron 8:17, C. Bartley 8:09) 24:24;
2, Fleet & C (J. Smith 8:37, L. Smith 8:21, R. Hughes 7:56) 24:44;
3, Leeds City (K. Scobie 8:12, A. Sharkey 8:27, F. Southwell 8:10) 24:49;
4, City of Stoke (L. Collis 8:17, J. Allen 8:19, D. Morris 8:35) 25:11;
5, Stevenage & NH (P. Higgs 8:19, S. York 8:22, A. Smith 8:34) 25:15;
6, Derby (W. Wright 7:48, L. Clarke 9:04, S. Borrett 8:33) 25:25;
7, Sutton (St. H) (N. Roberts 8:45, D. Pinnington 8:23, L. Hannaby 8:19) 25:29; 8, Barnet (D. Lee 8:31, M. Shaw 8:27, B. Pfeiffer 8:33) 25:31; 9, Victoria Park AAC 'B' (L. Rankin 8:14, M. Ramsay 8:42, L. Moreland 8:40) 25:36; 10, Manchester (C. Keller 7:47, H. Marsland 9:20, K. Smith 8:31) 25:38; 11, Chester & EP 25:48; 12, E. Cheshire 25:49; 13, Thurrock 25:50; 14, Liverpool 25:51; 15, Salford Met. 25:59; 16, Bury 26:02; 17, Sale 26:13; 18, Leeds City 'B' 26:23; 19, Halifax 26:25; 20, Wirral 26:33; 21, Halifax 'B' 26:39; 22, Pilkington 26:49; 23, Stevenage & NH 'B' 26:50; 24, Rossendale 26:51; 25, Liverpool 'B' 26:57; 26, Chester & EP 'B' 27:03; 27, E. Cheshire 'B' 27:07; 28, Salford Met. 'B' 27:18; 29, Darlington 27:20; 30, Coventry 27:21; 31, City of Stoke 'B' 27:51; 32, Blackley 27:54; 33, Wirral 'B' 28:05; 34, Sutton (St. H) 'B' 28:10; 35, Bingley 28:16; 36, Southport W 28:29; 37, Rossendale 'B' 28:47; 38, Blackley 'B' 29:15; 39, Pilkington 'B' 29:21; 40, Derby 'B' 30:18; 41, Coventry 'B' 30:19; 42, Rochdale 30:38; 43, Altrincham 31:32; 44, Altrincham 'B' 32:17.
Fastest: Keller 7:47; Wright 7:48; Hughes 7:56; McHenry 7:58; A. Penfold (Thur) 8:07; Bartley 8:09; Southwell 8:10; Scobie 8:12; Rankin 8:14; Cameron & Collis 8:17.

MOSCOW REUNION DANCE

A Moscow Reunion Dance will be held on Friday, February 6th, 1981, at The Empire Rooms, Tottenham Court Road, London, W.1 from 7.30 pm until midnight. Ron Pickering will be M.C., representatives from Press, Radio and Television have been invited and officials of the B.O.A. will be present. Some surprise entertainment is being organised and awards presented to the Sportsman/woman who did most for British Sport in the 1980 Olympics, nominated by those who purchase tickets. Bookings have to be made by December 19th and application forms may be obtained from, and should be returned to David Dryer Sports Travel Ltd., 243 Euston Road, London, NW1 2BT (01-388 7512). Tickets are £5.

Ethiopians at Crystal Palace

THE INTERNATIONAL CROSS COUNTRY season continues today (December 13th) at Crystal Palace with the IAC/Provincial Insurance meeting.

As is usual, the highlight will be the last event — the Men's International Team Race (2.45 pm) — and the declared entries indicate that things could be as equally exciting as in last year's epic when 'dad-for-only-a-day' Mike McLeod just got the better of Steve Binns to produce a memorable victory. Those two led the North to a resounding win then, and they team up again today to challenge all comers. Their support comes in the forms of Steve Kenyon, David Lewis, Nick Lees, David Slater, Chris Woodhouse, Graham Ellis and Glen Forster, but it certainly looks as if they will be strongly challenged by the RAF contingent, as Steve Jones, John Wild, Roger Hackney, Julian Goater, Ray Crabb, Keith Brackstone, Roger Clarke and the Rimmer twins have been declared for the Service's team.

Other 'home' runners include David James, John Davies, Ali Cole and Chris Buckley (Wales), Jim Brown — but, alas, no Nat Muir — for Scotland, Andy Holden, Alan Rushmer, Tony Milovsorov and Mike Kearns (Midlands) and Peter Standing, Barry Knight, Bob Treadwell, Grenville Tuck and Nick Brawn (South). There are a host of other big domestic names, the line-up being larger than at Gateshead.

The 'Gateshead' Ethiopian trio race again, and Dan Dillon (12th in Paris), Max Little and Eddy De Pauw are also amongst the overseas challengers. Eamonn Coghlan and Gerry Deegan are due to run for Ireland.

The overseas challenge in the Women's race comes from Ingrid Christensen, Cornelia Burki and Ireland's Carol Meagan, but with Joyce Smith, Chris Benning, Paula Fudge, Kath Binns and local girl Deansie Phillips there as well, it should be a good scrap.

The meeting starts at 1.00 pm, there being two youngsters races before the women go off at 2.00 pm. These races themselves should be fine spectacles, as almost 300 Boys and Colts are prepared to do battle for a chance to rub shoulders with their heroes.

B.T.**NEXT WEEK**

Next week's issue includes a profile of Olympic javelin champion Maria Colon by Ivan Berenyi, UK junior men's lists, and Judy Oakes featured in the Who's Who series.

The new Cosford indoor track opens with an inter-area match, sponsored by Mondo Surfaces, on December 17th (6.30 p.m.).

ATHLETIC EVENTS

With over 20,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £2.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £17, ½ page £32, page £60. 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. Booking of space is advised four weeks in advance.

CLEVEDON ATHLETIC CLUB

Run off that pudding in our Annual

BOXING DAY ROAD RACES

Senior (Men & Ladies) 4M, all others 2M

Start at Clevedon Triangle Clock

First Races 10.00 a.m., Seniors 10.30 a.m.

Medals & Perpetual Trophies (Incl. Vets)

Entries: Senior 50p, others (all age groups) 30p, to G. Hutton, Gardens Road, Clevedon, Avon.

NALGO NATIONAL

CROSS COUNTRY CHAMPIONSHIPS

Sunday, February 22nd, 1981 in Oxford

(Members only)

Write with S.A.E to:

Nalgo Cross Country Race,
City Architect & Planning Officers Dept.,
St. Aldate's Chambers,
109-113 St. Aldates,
Oxford OX1 1DX.

PRELIMINARY NOTICE

SOUTHEND A.C.

Y.A.

OPEN MEETING

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

SUNDAY, 12th JULY, 1981

CLASSIFIED ADVERTISEMENTS

6p per word. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word — prepaid.

TREMENDOUS DISCOUNTS. Unbeatable prices on Vitamins/Food supplements, weights, apparatus, books etc. SAE illustrated lists. Healthways (AW6), P.O. Box 28, Harrogate HG1 3HP.

MITCHAM ATHLETIC CLUB

Men's 30th and Women's 5th

25 KILOMETRES

ROAD RACES

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

SATURDAY, JANUARY 10th at 2 p.m.

From Cranmer Middle School,

Cranmer Road, Mitcham

USUAL PRIZES & TROPHIES

Vets (Both sexes) & Newcomers to distance, please state. No entries accepted from unattached runners who have been competing for more than a year.

Entries: 50p per Individual, (£1.50 on the day). No Team fee to J. Fitzgerald, 6 Tyers House, Aldington Road, S.W.16 1TJ, by **December 29th**. S.A.E. for confirmation and travel directions.

ROSSENDALE ATHLETIC CLUB

WINTER

TRACK & FIELD MEETING

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

at Longford Stadium, Stretford

ON SUNDAY, 11th JANUARY, 1981

Commencing 11.30 a.m.

EVENTS

80m U/11, U/13, Boys & Girls

100m }
200m } All ages, Male & Female O/13
800m }

400m Inter & Snr. Ladies, Youths & Snr. Men

1500m Inter & Snr. Ladies

3000m Open Men

L.J. All ages, Male & Female

H.J. Youths, Snr. Men, Inter/Snr. Ladies

Shot } All ages, Male & Female O/13
J.T. }

Entry Fee: 25p per event. No entries on the day. Send a S.A.E. for acknowledgement/details.

CLOSING DATE 2nd JANUARY, 1981

Ages as at 1st September, 1981

Entries to: Mr D. Mann, 11 Victoria Street, Haslingden, Rossendale, Lancs. Tel. Ross 26235.

NOTE: Rossendale Shields Ladies Cross Country Races — Saturday, 14th March, 1981.

CHINA AWARDS — Plates, mugs, ash trays. Club insignia, event dates, sponsors' names, etc. shown. Planning for 1981? Contact **Berkshire China Co. Ltd.**, 298 King Street, Fenton, Stoke-on-Trent, Staffs. Tel. 0782 311447. See commemorative plate for UK Veterans Marathon, 5th October, 1980.

MR PRESIDENT JOG SUITS — Grey, all sizes. Crew neck £10.50. Hooded £11.95. The Running Stopwatch, 10 Brooklands Road, Sale, Cheshire.



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