

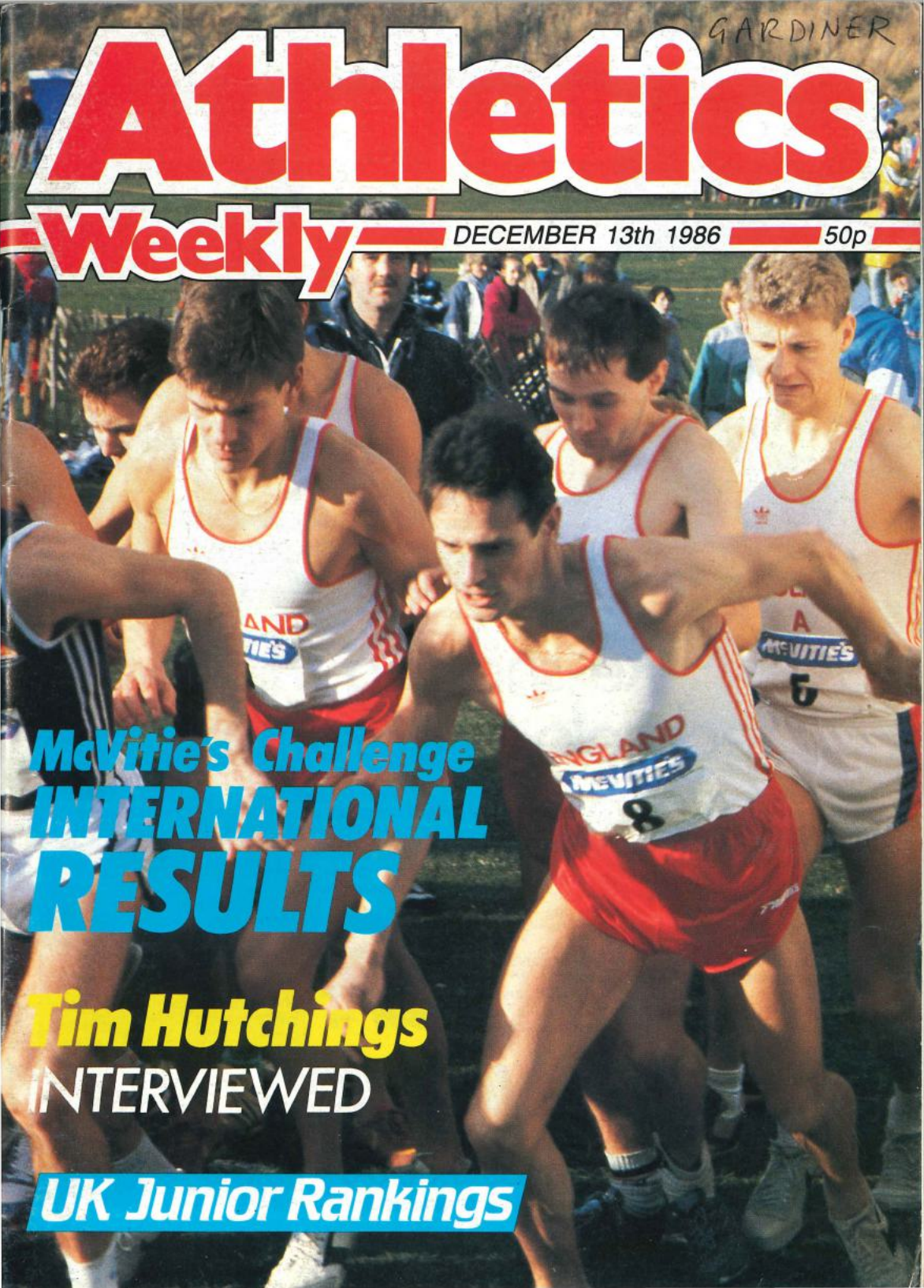
GARDINER

Athletics

Weekly

DECEMBER 13th 1986

50p



**McVitie's Challenge
INTERNATIONAL
RESULTS**

Tim Hutchings
INTERVIEWED

UK Junior Rankings

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This Week . . .

- 5 McVitie's Challenge International CC Meeting**
Barry Trowbridge reports from Gateshead.
- 15 1988 — A British Cross Country Team**
Mel Watman's *Trackwise* column.
- 20 Tim Hutchings**
The Gateshead winner reflects on 1986 with Nigel Whitefield.
- 24 Athletics In The GDR**
Sport's great success story; this week telling of the country's acceptance into world sport — by Iain Macleod.
- 35 Readers Write . . .**
Letters to the Editor, including comment on recent coverage of the Kodak Rhyll Classic '10K'.
- 39 1986 UK Junior Men's Top Twenties**
Ranking lists compiled by the NUTS.
- 45 What Value Your Coach?**
A question asked by Brian Smyth after attending the UK National Coaching Conference in Croydon.
- 50 Cross Country Leagues** **55 Track & Field Results**
- 59 UK Road Racing** **60 Notice Board**
- 60 The Week Ahead** **61 1987 GRE Cups**

Cover photo showing the start of the International Team Race at the McVitie's Challenge CC Meeting at Gateshead by Ian Weightman.

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1986



Sport For The People — That's Gateshead!

A PERFECT day for cross country running graced the Riverside Bowl at Gateshead on November 29th for the McVitie's Challenge International CC Meeting. Brilliant sun shone all day, the air temperature stayed healthily above freezing, and what horse racing followers would describe as 'firm going' greeted the athletes. And as if to show their gratitude, they too didn't disappoint, and put on a day's sport — over seemingly hardly before it had begun — that sent everybody away smiling.

From the day's first event, the McVitie's 'Aid for Africa' Challenge, which saw a galaxy of stars, including Frank Bruno, 'doing their bit' for the cause, right to the last, when Richard Nerurkar, in a little over 20 minutes, made the mightiest of impressions on even Darren Mead, there was plenty to enjoy. From everybody's point of view, let's hope that the speculation in some of the national press that this particular meeting may lose its way because of 'market forces', is unfounded. Whatever happens to British cross country running in the next couple of years, there should always be a place for Gateshead... when the sport, for once, goes to the people.

Barry Trowbridge Reports

International Race (6900m — 4 laps)

Certainly the most consistent English cross country exponent since winning his first national title at Luton in 1983, Tim Hutchings looks set to have another sparkling winter if both his form at Gateshead and his attitude to this branch of the sport (and the World CC Championships), expressed later in this magazine in an interview with Nigel Whitefield — obviously carried out long before the Gateshead weekend — are anything to go by. For the third time in four years 28-year-old Hutchings dominated the race once he made his move, and, with further reference to that interview, there is every reason to believe we saw the 1987 CAU Inter-Counties champion elect in action.

And the 'good news' for English cross country didn't stop there; because on top of the now expected solid runs from Dave Lewis and Steve Binns, there were eye-catching efforts also from Jon Richards — inspired in third place — Paul Taylor, Paul Roden and Richard Findlow, with Colin Moore and Dave Buzza close behind. From the England selectors' point of view (and that is why no mention has been made here

to Steve Cram's seventh place — I can't imagine Warsaw at the end of March having any particular appeal for him), it was a very rewarding weekend — and I suspect they already know who they *want* in the last *English* team that will contest the IAAF World Championships. It's now up to the athletes!

You would probably have got very long odds on the leaders off the hill for the first time, for as they entered the bowl it was a quartet of Roden, Deon McNeilly, Taylor and Richards setting the pace. Throwing a further spanner in the works McNeilly, who in fact won the strongly contested Mike Sully race four weeks beforehand ahead of Richards, Buzza, Chris Buckley, Taylor, etc., then decided it still wasn't fast enough, and by the end of the circuit had moved himself 20m clear of Taylor, Hutchings, Jose-Luis Gonzalez and Neil Tennant. What would happen next?

We soon knew; for as they mounted the hill for the second time the familiar figure of Hutchings, was in its equally familiar position; and as he led towards the half distance he found Gonzalez — spearheading the International Select team — joining him ten metres ahead of a file that read Lewis, Suleiman Nyambui (pulling up after an ultra conservative start), Tennant, Brendan Quinn, Richards, Taylor, Buzza, Cram, McNeilly and Peter Jenkins — but with maybe only 50m covering the top dozen.

Up the hill again, and now the gap was 40m, but it was the figure of Cram who had moved into third place, leading the close rank round the Bowl. Try as he did though — and it certainly looked as if he was trying (perhaps the left calf injury incurred on the third circuit is foolhardy testament to it), the European 1500m champion couldn't close on the leaders; and as they went out for the final time the gap to third was something nearer 60m: Nyambui now occupying that spot from Cram, Richards, Quinn, Lewis and Binns.

Cram starting to look troubled

The final climb and the final effort, and at the top daylight at last appeared between the leaders; the popular figure of Hutchings just three metres clear. Five men followed some 70m back, obviously set for a close finish, though Cram was starting to look more than a little troubled; but could Hutchings consolidate his position? In the best way possible he proved he could, because as ten metres soon became 20, the writing was on the wall for the game Spaniard; Tim

eventually running out a winner by seven seconds. Holding everyone's attention Richards, perhaps unexpectedly, just held off Lewis in the race for third, but when Binns closed England 'A' in fifth place, the team race too was over; ten points being an unbeatable total.

Completing the first ten Nyambui held sixth whilst, even though he was obviously injured, Cram came back hard in the last furlong to cheer the locals and sprint through to seventh ahead of Quinn. With the Pauls — Taylor ninth and Roden tenth — following, England's domination of the domestic team race was complete; and Barry Wallman was a happy man!

1, Tim Hutchings (England 'A').....	20:13
2, Jose-Luis Gonzalez (International Select).....	20:20
3, Jon Richards (England 'B').....	20:33
4, Dave Lewis (England 'A').....	20:34
5, Steve Binns (England 'A').....	20:37
6, Suleiman Nyambui (International Select).....	20:39
7, S. Cram (Eng 'A') 20:40; 8, B. Quinn (Irl) 20:42; 9, P. Taylor (Eng 'C') 20:43; 10, P. Roden (Eng 'B') 20:44; 11, D. McNeilly (NI) 20:47; 12, E. DeBeck (IS) 20:49; 13, R. Findlow (Eng 'D') 20:52; 14, C. Moore (Eng 'D') 20:53; 15, D. Buzza (Eng 'C') 20:54; 16, P. Jenkins (Wal) 20:55; 17, N. Tennant (Scot 'A') 20:58; 18, A. Callan (Scot 'B') 21:00; 19, G. Nagel (Gate) 21:03; 20, A. Wilton (Tip) 21:04; 21, J. Robson (Scot 'A') 21:12; 22, B. Rushworth (NE) 21:13; 23, P. Tootell (Eng 'C') 21:16; 24, P. Jackson (Wal) 21:17; 25, C. Henderson (Scot 'A') 21:19; 26, D. Miles (Gate) 21:20; 27, A. Smith (Wal) 21:21; 28, N. Adams (Wal) 21:27; 29, A. Hartveld (IS) 21:29; 30, R. Treadwell (Eng 'D') 21:30; 31, T. Murray (Scot 'B') 21:31; 32, S. Faulkner (Irl) 21:33; 33, N. Muir (Scot 'A') 21:34; 34, A. Gilmour (Scot 'B') 21:36; 35, P. Fox (Scot 'B') 21:37; 36, D. Moorcroft (Eng 'B') 21:38; 37, S. Anders (Eng 'C') 21:40; 38, G. Wade (NI) 21:47; 39, P. Cuskin (NE) 21:50; 40, P. Fowler (Tip) 21:53; 41, M. Hutchinson (NE) 21:56; 42, G. Ryan (Irl) 22:03; 43, W. Goddaert (IS) 22:06; 44, J. Wheway (Tip) 22:17; 45, R. Bentley (Tip) 22:17; 46, R. Powell (Gate) 22:20; 47, K. Capper (Eng 'B') 22:26; 48, A. Fowler (Tip) 22:36; 49, I. Breen (NI) 22:36; 50, S. Jones (NE) 22:39; 51, P. Rogers (NI) 22:40. Teams: 1, England 'A' 10; 2, International Select 20; 3, England 'C' 47; 4, England 'B' 49; 5, England 'D' 57; 6, Scotland 'A' 63; 7, Wales 67; 8, Ireland 82; 9, Scotland 'B' 83; 10, Gateshead 91; 11, N. Ireland 98; 12, NE Counties 102; 13, Tipton 104.	

Senior Men's Open (6900m — 4 laps)

Last year Darren Mead won the Junior race whilst still an ECCU Youth, and with that notch on his belt he stepped up to try his luck in the Senior contest this time. But it's never luck with Darren, for here is an athlete who really excites; and second place to Richard Nerurkar — surely one of Britain's most improved runners this winter — is certainly no failure.

Obviously a race that attracts over 800 entries takes a while to sort itself out, and after some of the early hopefuls drifted back the blue and white hoops of Bingley were much to the fore as the leaders

approached half way — Nerurkar, Simon Fielding and Mick Hawkins thrashing it out with Alan Johnson, Phil Makepeace, Jake Harper and Mead. Going into the third lap though Nerurkar started to turn the screw, and in the space of the next kilometre — including the steepest hill on the course — he had taken 40m out of Mead, who was now in second, and spread-eagled the bunch. By the bell his advantage was up to 50m, with Mead, Harper, Fielding, Hawkins and Makepeace in file.

Piling on the pace relentlessly the leader entered the bowl for the final time some 80m clear, and interest now turned to a) how would his winning time compare with those in the International Race, and b) who would come out on top of the scrap for second, as Mead and Harper were locked together, comfortably clear of Hawkins. Pushing it all the way, the Bingley Harrier finished in 20:39 — a time beaten by only five men in the main event — and in a barn storming charge down the last 100m Mead, 18 on October 4th, just held off Harper to snatch second. Way behind them Tony Patterson finished strongly to squeeze Hawkins out of fourth place, with Kevin McCluskey, second last year, completing the first six. But with due respect to 24-year-old Harper, it was a day when the new breed — in the form of Richard Nerurkar and Darren Mead — earned their colours, and earned them well.

1, Richard Nerurkar (Bingley).....	20:39
2, Darren Mead (Thetford).....	20:50
3, Jake Harper (Morpeth).....	20:50
4, A. Patterson (Mor) 21:08; 5, M. Hawkins (Bing) 21:08;	
6, K. McCluskey (Cope) 21:11; 7, G. Forster (Sun) 21:13;	
8, P. Makepeace (Leic) 21:15; 9, W. Bedell (Tel) 21:16;	
10, A. Johnson (Els) 21:17; 11, A. Jones (Sutt) 21:24; 12,	
S. Fielding (Bing) 21:26; 13, C. Speers (Ox. C) 21:27; 14,	
C. Roberts (Ken) 21:29; 15, S. Carey (Sheff. U) 21:30; 16,	
C. Bucknall (Stret) 21:31; 17, A. Walker (Leic) 21:33; 18,	
J. Walsh (Anna) 21:34; 19, A. Maddocks (Leic) 21:35; 20,	
D. Wilson (Anna) 21:36; 21, S. James (Cov) 21:37; 22, S.	
Platts (C&AC) 21:39; 23, M. Thompson (Sheff) 21:39; 24,	
P. Tweedie (Anna) 21:40; 25, A. Ashworth (Sun. P) 21:41;	
26, P. Hegarty (Finn) 21:42; 27, P. Lawther (Anna) 21:47;	
28, R. Smedley (Bir) 21:47; 29, G. Hull (Leeds U) 21:48;	
30, C. Woods (WLI) 21:49; 31, K. Hayes (GEC) 21:50;	
32, K. Boal (Sun) 21:53; 33, D. McTear (Gate) 21:54; 34,	
C. Naisbitt (Sun) 21:55; 35, B. Thompson (Cope) 21:56;	
36, S. Haylock (Stock) 21:57; 37, M. Flint (Sheff) 21:58;	
38, S. Marshall (Moth) 22:00; 39, K. Gill (Finn) 22:01; 40,	
G. Baker (CoH) 22:02; 41, D. Stones (Gate) 22:03; 42, S.	
Beattie (Mor) 22:04; 43, S. Doherty (Anna) 22:05; 44, A.	
Richardson (S. Sh) 22:06; 45, M. Hager (Kett) 22:07; 46,	
P. Faulds (FVH) 22:08; 47, N. Duggan (Sheff) 22:09; 48,	
S. Johnson (Bing) 22:10; 49, D. Moore (Anna) 22:10; 50,	
K. Lowther (J&H) 22:11;	
51, C. Wallace (Kilb) 22:12; 52, D. Payne (Leic) 22:13;	
53, R. Ogle (Blay) 22:14; 54, D. Thomas (WLI) 22:16; 55,	

R. Higgins (Sheff. U) 22:17; 56, D. Bowness (Cope) 22:18; 57, B. Curran (Shett) 22:19; 58, S. Speak (Rown) 22:20; 59, D. Beris (S. Sh) 22:20; 60, D. Gawn (Anna) 22:21; 61, W. Cain (Salt) 22:22; 62, J. Brennan (Finn) 22:22; 63, R. Hibbard (Stret) 22:22; 64, K. Bell (Blay) 22:22; 65, R. O'Hara (Long) 22:23; 66, G. Hetherington (Dur. C) 22:23; 67, P. Geehan (B&R) 22:23; 68, K. Brown (Mand) 22:24; 69, M. Smith (Burn) 22:24; 70, D. Wyatt (Sun) 22:26; 71, D. Dymond (Exe) 22:27; 72, J. Yeats (Camb. U) 22:28; 73, G. Morris (Willow) 22:29; 74, J. Grindley (Leic) 22:33; 75, A. Dent (Blay) 22:34. **Teams:** 1, Bingley 66; 2, Annadale S 89; 3, Leicester 96; 4, Morpeth 138; 5, Copeland 183; 6, Sheffield 210; 7, Finn Valley 231; 8, Kendal 248; 9, W. London IHE 255; 10, Gateshead 299.

Veterans (5200m — 3 laps)

It wasn't very long ago that Veterans athletics was something of a 'soft touch', but that is light years from the truth now as anybody who saw this fierce scrap at Gateshead will witness. As it turned out, the first three home were never out of the medal positions throughout, but that hardly tells the story.

In introducing some of the protagonists the otherwise informative Tony Ward may have misled a few people into anticipating middle distance pacemaker *extraordinaire* Bob Benn leading the way (somehow Bob got confused in Tony's mind with namesake Maurice!) up this first hill, but indeed it was Alun Roper, Eddie Oxlade and last year's runaway winner John Bicourt pushing things along. Brian Scobie and Jim Hayes had joined them in what I noted as a 'big lead' by the end of the first circuit, but by the second time up the hill Roper was away. 40m back Scobie, Oxlade, Bicourt and Hayes filed past in the length of a cricket pitch — the Ballydrain man looking to lose touch — but by the end of the circuit it was clear that Roper wasn't going to slow and the race was for second.

Such was the intensity of that duel that Bicourt (now just up against Oxlade), in fact closed five seconds on the winner in the last kilometre, reducing the 14 seconds margin that Roper had created on the final climb to nine by the line, but as I said at the outset, 'soft touch' days in the Vets ranks are over — and all power to their elbows, albeit that they're creaking a bit these days!

1, Alun Roper (Swansea).....16:45
2, John Bicourt (Belgrave).....16:50
3, Eddie Oxlade (Annadale Striders).....16:54
4, B. Scobie (Mary) 17:03; 5, R. Milne (Notts) 17:12; 6, D. Quinlan (Bing) 17:14; 7, P. Cheate (N&EB) 17:16; 8, J. Hayes (B'drain) 17:18; 9, F. Pendlebury (Man-O/45) 17:20; 10, D. Littlewood (Crook) 17:26; 11, S. Keith (Els) 17:27; 12, J. Williams (Mand) 17:32; 13, R. Donkin (Sun) 17:35; 14, J. Barker (Mor) 17:47; 15, S. Grace (Alt) 17:48; 16, K. Summersgill (N. Vets-O/45) 17:51; 17, R. Toogood (Hallam-O/45) 17:52; 18, V. Holman (Thet) 17:53; 19, J.

Cook (Stain) 17:57; 20, M. Smith (Bing) 17:59; 21, D. Grayson (Stain) 18:06; 22, L. Jones (9th OB) 18:07; 23, V. Allen (Tad) 18:08; 24, M. Benn (W. Gn) 18:09; 25, P. Bentley (Mor) 18:10; 26, T. Alderdice (9th OB) 18:12; 27, M. Wagstaff (Blay) 18:15; 28, D. Reay (C. le S) 18:16; 29, D. Green (Stain) 18:17; 30, J. Collins (Sun) 18:19; 31, F. Dockerty (J&H-O/50) 18:22; 32, A. Griffiths (Notts-O/50) 18:24; 33, A. Smith (Mand) 18:28; 34, A. Boland (St. B) 18:28; 35, J. Spells (Els) 18:29; 36, D. Love (Derw) 18:30; 37, T. O'Gara (Walls-O/45) 18:36; 38, T. Lowe (Wake) 18:37; 39, K. Jenner (Sun) 18:38; 40, B. Fletcher (Dur. C-O/50) 18:39. **Further O/45** — 8, G. Atkinson (Walls) 18:44; 9, R. Manning (Blay-O/55) 18:54; 10, D. Moore (N. Der) 18:56. **Further O/50** — 5, R. Checkley (Heat) 18:58; 6, R. Peart (Els-O/55) 19:27; 7, H. Thompson (N. Mar) 19:35; 8, B. Atkinson (B'turn) 19:56; 9, E. Appleby (Heat) 19:59; 10, W. Ramage (Dur. C) 20:08.

Juniors (5200m — 3 laps)

Whereas last year's race included virtually every top Junior in the country, and with the greatest of respect to Ian Cornford — who is enjoying a magnificent winter — and Nick O'Brien, this year's contest was as much about those that didn't run as those that did. And indeed if they do all turn up at Luton next spring, the 'National' is already worth looking forward to. For amongst the absentees from Gateshead were Richard Findlow (yes, like O'Brien he is still an ECCU Junior) — on duty in the main event — Darren Mead — already mentioned — John Nuttall — who spent the weekend winning the American Junior title — the current English champions Tonbridge, bar Spencer Newport (but their absence is another story), and Terry Thornton.

And it is the last of those, Thornton, who is maybe set to make the biggest impact on the British running scene. Various stories abounded last spring about this 'other' South African — but of course with a British passport — who was hoping to get into international athletics via the UK. Well, before the 'looney brigade' summon their forces, let's clear a few things up . . . at least about Terry's eligibility. He spent the first six years of his life where he was born — in PRESTON — and that makes him fairly British in my book. Okay, his family moved to South Africa after that, but he made it clear at the beginning of 1986 that he wanted to run for Britain, and given that he is due to take up studies shortly at the University of Western Kentucky, surely there can be no objections. Oh, and he's not a bad athlete either; having run 13:26-odd on the track for 5000m earlier in November. He's only just 19!

But all that's to come, and will doubtless occupy some of these pages in the months to come. For now, back to Gateshead.

Stephen Atkinson and Rob Carey took an early lead of some 15m over a herd headed by O'Brien —

obviously looking to improve on his second place of last year — but by the end of the first circuit that gap had closed and Cornford, Newport and O'Brien were sharing the pace with the flyaway pair. The second climb did little to break things up, and only approaching the bell did gaps start to appear: Cornford and O'Brien 25m clear now of Sean Cundy, with Martin Amor, Alistair Russell, Carey and Tom Hanlon next through.

The leading pair were still together atop the hill for the final time, and thoughts went back to last year's grandstand finish. Behind them Mark Keld had made his way into the top six and indeed there was some good scraping for the minor placings in the last kilometre, but up front there was all to play for. But not for long, as to many people's surprise it was the Exeter Harrier who in fact made the break, and when it came it was decisive enough. O'Brien knew it too, and the final time gaps are maybe not truly indicative of relative strengths up front. But nonetheless seeds of anticipation — with Findlow, Mead, Nuttall, *et al* — have already been sewn for the 'National'.

1, Ian Cornford (Exeter).....	16:01
2, Nick O'Brien (Stretford).....	16:09
3, Martin Amor (Copeland).....	16:11
4, S. Cundy (Tyne) 16:13; 5, A. Russell (Law) 16:14; 6, S. Newport (WLI) 16:18; 7, T. Hanlon (ESH) 16:19; 8, M. Keld (N. Der) 16:21; 9, R. Carey (Annan) 16:22; 10, R. Goddard (Stret) 16:23; 11, P. Hilton (Lough) 16:25; 12, J. Pes (Camb. U) 16:27; 13, J. Dunbar (WLI) 16:30; 14, D. Donnet (S'burn) 16:30; 15, M. Thompson (WLI) 16:31; 16, M. Wallace (VP) 16:32; 17, R. Whalley (Scar) 16:33; 18, R. West (C. le S) 16:35; 19, P. Williams (Lough) 16:36; 20, M. Peters (Sal) 16:37; 21, A. Smith (Walls) 16:39; 22, P. Wakefield (Roth) 16:40; 23, J. Pavis (Rown) 16:41; 24, I. Robinson (L&M) 16:42; 25, R. Worthington (Lough) 16:44; 26, S. Hill (B'burn) 16:46; 27, P. Hoare (Lough)	

16:47; 28, E. Bolland (W&B) 16:48; 29, C. Roberts (Gate) 16:49; 30, D. Good (Harr) 16:51; 31, C. Teague (Liv) 16:52; 32, A. Johnstone (Cope) 16:53; 33, A. Thompson (Lough) 16:54; 34, A. James (Mor) 16:55; 35, M. Howarth (Stret) 16:58; 36, S. Ellis (Roth) 17:00; 37, M. Peace (Bing) 17:02; 38, A. Swann (Shett) 17:04; 39, S. Shepley (Lough) 17:05; 40, S. Atkinson (Leeds P) 17:06; 41, — 17:06; 42, J. Ashford (Norf) 17:07; 43, I. Hunter (Anna) 17:07; 44, A. Peacock (Derw) 17:08; 45, D. Bannister (Leeds U) 17:09; 46, P. Gladwin (W&B) 17:11; 47, S. Priest (Mor) 17:11; 48, C. McGivern (St. M) 17:12; 49, N. McRobb (Roth) 17:13; 50, S. Mitchell (Scun) 17:14. **Teams:** 1, Loughborough Stu. 82; 2, Stretford 123; 3, W. London IHE 127; 4, Wolverhampton & B 192; 5, Rotherham 196; 6, Morpeth 219; 7, Wallsend 227; 8, Gateshead 251; 9, Chester le Street 290; 10, Rowntree 298.

Youths (5200m — 3 laps)

If Jason Lobo's win in the Youths race in 1985 was in any way 'hollow' due to Darren Mead's absence, he more than made up for it this year by coming from behind twice in the last quarter mile to finally overcome the challenge of never-say-die Liverpoolian Mark Hunt in the day's closest race.

Steve Brook, Lee Dunn and Martin Fysh were leading things alongside Lobo after the first lap, but the 1986 AAA Youth 3000m champion always looked in command and was clearly dictating the more than considerable pace. Hunt had eased his way up to join Brook and Lobo going out onto the final circuit, with an ordered trail of Karl Orchard, Dunn, Fysh, Jonathan Brown — second in the Boys race in 1985 — and Steve Green following at a short distance; but when they re-entered the Bowl inside the final mile there was still nothing between the three leaders, although Orchard had detached himself well just behind them and looked a solid fourth at worst.



Jason Lobo (18) takes control of the Youths race, with the Hallamshire pair of Jonathan Brown (85) and Martin Fysh (86) and Leicester's Gary Day (138) also well to the fore. In the closest finish of the day Lobo just held off the challenge of Liverpool's Mark Hunt; Steve Brook running his Bingley vest into third.

Photo: David Hewitson

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Leading round the gentle but testing inclines Lobo still made the pace, but as they dropped down the final sharp slope of the race Hunt struck for home and immediately Brook was dropped. Within 100m though Lobo was back in front, but even then Hunt wasn't out of it. Striking again coming off the final bend he again stole two yards, but Lobo isn't the fastest UK Youth in 1986 at 1500m for nothing, and with a last ditch gritting of teeth pushed himself back ahead for the final time.

1, Jason Lobo (Blackburn).....	16:18
2, Mark Hunt (Liverpool).....	16:19
3, Steven Brook (Bingley).....	16:24
4, K. Orchard (Leic) 16:27; 5, J. Brown (Hallam) 16:39;	
6, L. Dunn (Stret) 16:40; 7, S. Green (Bing) 16:46; 8, L.	
Freeman (SB) 16:50; 9, W. Dart (SB) 16:53; 10, M. Fysh	
(Hallam) 16:56; 11, N. Allen (Leic) 16:57; 12, G. Day (Leic)	
16:59; 13, C. King (Tad) 17:00; 14, S. Walford (Norf) 17:05;	
15, B. Mabon (Stret) 17:06; 16, D. Smith (Ton) 17:08; 17,	
B. Brackstone (Brack) 17:10; 18, R. Draper (SB) 17:14;	
19, P. Marsh (Norf) 17:14; 20, G. Burren (Med) 17:14;	
21, J. Aufenast (SB) 17:22; 22, S. Quinn (C. le S) 17:23;	
23, H. Vaughan (B&R) 17:24; 24, R. Groundwater (Mor)	
17:25; 25, C. Pusey (Brack) 17:27; 26, B. Treacy (St. M)	
17:28; 27, J. Routledge (Stret) 17:29; 28, D. Moore (Cope)	
17:31; 29, K. Adey (Tad) 17:33; 30, J. Hunn (Stret) 17:34;	
31, M. Cox (Leic) 17:35; 32, E. Cotton (Ken) 17:36; 33,	
S. Rankin (FVH) 17:37; 34, G. Barker (C. le S) 17:38; 35,	
M. Chilver (R&S) 17:38; 36, R. Draper (C. le S) 17:38;	

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37, S. Craig (Leic) 17:41; 38, J. Cookson (Stret) 17:42; 39, M. Hogg (Tyne) 17:44; 40, S. Green (Stret) 17:44; 41, K. Ducker (Blay) 17:44; 42, D. Gee (N. Der) 17:47; 43, G. Hartis (C. le S) 17:47; 44, A. Cocker (Bord) 17:47; 45, G. Lough (Anna) 17:49; 46, C. Hopkins (Tad) 17:49; 47, F. Togneri (Moth) 17:50; 48, G. Robinson (Ken) 17:51; 49, M. Forder (Med) 17:51; 50, M. Williams (S&D) 17:51.
Teams: 1, Shaftesbury Barnet 56; 2, Leicester 58; 3, Stretford 78; 4, Chester le Street 135; 5, Tadcaster 150; 6, Norfolk Olym. 186; 7, Morpeth 228; 8, Ballydrain 235; 9, Liverpool 249; 10, Bracknell 292.

Boys (3500m — 2 laps)

Going one better than his clubmate in the Youths race, another Liverpoolian — John Dunn — ran out an easy winner over two laps after hitting the front just before half distance. At that stage Peter Hull, Andrew Pearson and Mike Threadgill were also well positioned, and indeed those four and Mark McKie had pulled well away from the pack after the second steep climb. With the hard work now done though Dunn decided it was time to take off, and with a concentrated surge round the final kilometre stretched his advantage from five metres to six seconds by the line.

1, John Dunn (Liverpool).....	11:23
2, Peter Hull (Woking).....	11:29
3, Mike Threadgill (Middlesbrough & Cleveland).....	11:30
4, A. Pearson (Long) 11:31; 5, M. McKie (Darl) 11:34; 6,	
V. McKie (Darl) 11:41; 7, D. Beach (Hynd) 11:46; 8, I.	
Bond (B'burn) 11:47; 9, J. Moorhouse (Scun) 11:48; 10,	
R. King (Tad) 11:56; 11, I. Knox (Walls) 11:58; 12, J. Gib-	
bons (Mor) 12:00; 13, G. Reid (Kilm) 12:01; 14, D. Bond	
(Wok) 12:03; 15, M. Heavey (Warr) 12:03; 16, G. Rose	
(L&M) 12:04; 17, P. Creadland (Scun) 12:05; 18, L. Towers	
(N. Ayc) 12:06; 19, M. Scaife (Mand) 12:06; 20, J. Berry	
(Long) 12:10; 21, G. White (J&H) 12:11; 22, P. Darkins	
(Leeds) 12:11; 23, M. Taylor (Liv) 12:12; 24, W. Chojnacki	
(E. Ches) 12:13; 25, M. Openshaw (C. le S) 12:15; 26, M.	
Dolan (Warr) 12:15; 27, B. Conway (St. M) 12:15; 28, N.	
Brooks (Donc) 12:15; 29, M. Outerside (Tyne) 12:15; 30,	
S. Wilson (Hallam) 12:16; 31, J. Turner (Leic) 12:16; 32,	
S. Kefford (Warr) 12:18; 33, S. Foy (Stret) 12:19; 34, M.	
Benham (Brack) 12:20; 35, A. Gill (B'drain) 12:21; 36, W.	
Walker (Ridd) 12:22; 37, J. Halliday (C. le S) 12:23; 38,	
S. Binks (Tyne) 12:23; 39, P. Green (E. Ches) 12:24; 40,	
J. Deham (Leic) 12:25; 41, J. Smith (Dur. C) 12:26; 42,	
J. Warburton (Spen) 12:27; 43, B. O'Doherty (J&H) 12:29;	
44, D. Fielden (Mand) 12:29; 45, S. Allison (BHM) 12:30;	
46, N. Scott (C. le S) 12:31; 47, P. Allison (BHM) 12:31;	
48, J. McRoy (J&H) 12:31; 49, S. Starvis (R&Z) 12:31; 50,	
D. Powell (Wok) 12:31. Teams: 1, Woking 126; 2, Warr-	
ington 128; 3, Chester le Street 180; 4, Darlington 180;	
5, Jarro & H 197; 6, Stretford 236; 7, Berry Hill Mansfield	
244; 8, Leicester 270; 9, Longwood 277; 10, Liverpool 313.	

Colts (3500m — 2 laps)

As in the Boys race there was another massive entry here — of which a very high proportion actu-

ally ran — and in likewise fashion the eventual winner, Michael Thomas, had worked himself to the front by half way. Neil Barton, Ben Worthington and Mark Steinle occupied second to fourth at this stage, and all four worked tremendously hard through the third quarter of the race to enjoy a useful buffer entering the closing stages. One by one though they tailed off, and in the end it was Thomas, maybe knowing how much he'd taken out of the others with his pacemaking, who prevailed by three seconds.

1, Michael Thomas (Wakefield).....	12:23
2, Mark Steinle (Tonbridge).....	12:26
3, Ben Worthington (Jarrow & Hebburn).....	12:29
4, N. Barton (Lut) 12:39; 5, R. Kirk (Leeds) 12:44; 6, J. Gowans (Tay) 12:54; 7, M. McEwan (Moth) 12:57; 8, W. Styan (Holm) 12:59; 9, S. Purcell (Mand) 13:00; 10, D. Parkinson (Wake) 13:00; 11, R. Hird (Bing) 13:02; 12, P. Miller (Bing) 13:02; 13, M. O'Neill (St. T) 13:04; 14, T. Highnam (Tyne) 13:05; 15, R. Matthews (Wok) 13:06; 16, A. Blight (Els) 13:07; 17, S. Pomfret (Wok) 13:08; 18, L. Morgan (Walls) 13:09; 19, C. Walker (Spen) 13:09; 20, M. Curry (J&H) 13:09; 21, R. Coupland (Mor) 13:12; 22, R. Murray (Leeds) 13:13; 23, P. Cunningham (Blyth) 13:14; 24, L. Franklin (Long) 13:15; 25, P. Masterton (Leeds) 13:16; 26, L. Spencer (Keigh) 13:17; 27, R. Doherty (St. M) 13:17; 28, M. Kelson (Pit) 13:18; 29, S. Young (B'drain) 13:18; 30, P. Dickie (Mor) 13:18; 31, G. Mason (Cope) 13:20; 32, D. Wilcox (Sun) 13:20; 33, P. Wilson (Walls) 13:21; 34, B. Watson (Gate) 13:21; 35, D. Marsden (Ton) 13:22; 36, D. Marden (Ton) 13:22; 37, C. Fink (Leeds) 13:24; 38, S. Scott (Derw) 13:26; 39, R. Curran (St. M) 13:28; 40, S. Browne (C. le S) 13:29. Teams: 1, Leeds City 91; 2, Jarrow & H 131; 3, Bingley 140; 4, Woking 185; 5, Morpeth 190; 6, St. Malachy's Col. 194; 7, Wakefield 223; 8, Warrington 231.	

Senior Women (3500m — 2 laps)

Perhaps in time, if the Gateshead festival — for that's surely what it is — continues in its present form, Senior, Veteran and Intermediate Women will enjoy their separate races; but for the time being they continue to be lumped together over what must seem to some of the hardened Seniors the virtual 'sprint' course of two laps. Whatever the distance had been this year, though, few can doubt that Commonwealth 10,000m champion Liz Lynch would have taken everybody to the cleaners, such was her margin of majestic victory once the game challenge of Yvonne Murray had evaporated.

Right from the start the Scottish duo and female 'find' — though that's perhaps not a true definition — of the season Jill Hunter were well to the fore, and as early as the top of first steep climb they were out on their own: the Scots together ten metres up on the local lass, who had 20m to spare on Lynn Maddison, Kirsty Wade, Liz Hamill and Mary Donohoe. Quite remarkably the lead at the front had stretched to 60m within the next half mile! And in hindsight it

was obvious that something would have to give; or, more accurately, someone, as Miss Hunter, now 40m 'safe' in third, was herself running at a fair old pace . . . ahead of the late Irish entry (note the **correct** spelling), Jane Shields, Sonia Vinnall and Ingrid De La Grange.

By the top of the hill for the second and final time we knew for sure who had been forcing that breathtaking pace up front, for it was Liz Lynch who was out on her own and stretching towards a remarkable 31 seconds triumph. To say the least Yvonne Murray was now in trouble, and with Mary Donohoe right up on Jill Hunter — the pair of them closing fast on the European bronze medallist — there was plenty of racing to come; even though it wasn't now for the top prize.

Blasting past Yvonne as if she was standing still, Mary and Jill engaged in a fierce battle right to the line — the diminutive, relatively new-comer from across the Irish Sea just holding on — as Sonia Vinnall also got caught up in the final assault. Credit to Yvonne, she stayed the pace to edge out another fast finisher, De La Grange, for fifth . . . but such was the winner's dominance, by now she was well on her way to her second cup of tea!

1, Liz Lynch (Scotland).....	11:29
2, Mary Donohoe (Ireland).....	12:00
3, Jill Hunter (Blaydon).....	12:01
4, S. Vinall (Lough) 12:03; 5, Y. Murray (EAC) 12:12; 6,	
I. De La Grange (Bel) 12:12; 7, J. Shields (Sheff) 12:17;	
8, K. Wade (Blay) 12:23; 9, L. Maddison (Colw) 12:29; 10,	
C. Cahill (Gate) 12:31; 11, A. Hollington (Lough) 12:37;	
12, L. Reilly (Mor) 13:02; 13, J. Scott (Darl) 13:10; 14,	
S. Cox (WLI) 13:11; 15, D. Farren (Cope) 13:12; 16, D.	
Hillen (Blay) 13:13; 17, S. Kerambrum (LOAC) 13:14; 18,	
P. Griffen (Irl) 13:17; 19, E. Warren (Thet) 13:18; 20, A.	
Holmes (Liv) 13:19; 21, C. Le Roi (Darl) 13:20; 22, P.	
McFarland (Clare-V) 13:21; 23, N. Harron (Finn) 13:26;	
24, N. Bargh (N. Der) 13:31; 25, B. McCaule (Finn) 13:32;	
26, M. McDonald (Darl) 13:33; 27, G. Macdonald (WLI)	
13:35; 28, K. Scobie (Leeds) 13:36; 29, S. McGranaghan	
(Finn) 13:38; 30, E. Hamill (Liv) 13:39; 31, C. Letchford	
(Lough) 13:42; 32, P. Quinn (B&A) 13:52; 33, J. Cooper	
(Darl) 13:55; 34, A. Singari (C&AC) 13:56; 35, T. McKeown	
(Liv) 14:07; 36, R. Halliday (Blay) 14:08; 37, C. Buckley	
(Knave) 14:08; 38, R. Youdale (Cope) 14:09; 39, C. Darke	
(Lough) 14:09; 40, N. Taylor (Mand) 14:09; 41, T. Farren	
(Cope) 14:12; 42, C. Moore (N. Der-V O/40) 14:19; 43,	
J. Newton (C&AC) 14:20; 44, R. Bogle (Finn) 14:24; 45,	
H. Robinson (C. le S) 14:28; 46, K. Johnson (WLI) 14:29;	
47, D. Barclay (Bart-V) 14:30; 48, A. Watson (Stain) 14:32;	
49, J. Malvern (C&AC) 14:35; 50, L. Dunn 14:36. Teams:	
1, Blaydon 27; 2, Loughborough Stu. 45; 3, Darlington 59;	
4, W. London IHE 77; 5, Copeland 92; 6, Finn Valley 94;	
7, Crewe & Alsager Col. 123; 8, N. Derbyshire 131; 9,	
Morpeth 148; 10, Ballymena & A 187. Further Vets —	
4, S. Wilson (Hough) 14:55; 5, D. Harris (N. Der) 14:56;	
6, H. Fyffe (Hadd-O/45) 15:02; 7, M. Avery (Els-O/45)	
15:37 . . . 11, V. Robson (Gate-O/50) 16:32.	

Junior Women (3500m — 2 laps)

Wrong information about the time of the Junior race at the Mike Sully CC Meeting on November 2nd (Nov. 29th issue, pg. 45) was the reason that Julie Adkin ran in the Intermediate contest there, but just how significant that result may prove — when she beat a good quality field by 13 seconds — was shown at Gateshead when, in her own age-group, she dominated from gun to tape to win easily. Unlike many youngsters Julie is already selective about her racing, and whereas many must have toed the line at Gateshead with maybe eight races already under their belts for this campaign, she had raced scarcely half that number of times; and if proof were needed...

Natalie Tait and a wedge of Darlington vests — led by first year Junior Claire Nicholson — were with the Tonbridge lass at the top of the first climb, but from then on she was out on her own and scenting a third consecutive victory at this meeting. Young Claire ran on well to take second, with another first year, Liverpool's Joanne Colleran, consolidating her sixth in last spring's 'National' in third. But for the winner — and not for the first time — she's going to take some stopping when the championship races began in the new year; I certainly wouldn't bet against her.

1, Julie Adkin (Tonbridge).....	12:46
2, Claire Nicholson (Darlington).....	13:01
3, Joanne Colleran (Liverpool).....	13:11
4, R. Green (Darl) 13:15; 5, L. Carr (Cram) 13:17; 6, K. Ryan (Darl) 13:22; 7, S. Priest (Mor) 13:25; 8, N. Tait (Cope) 13:29; 9, M. Laverty (Finn) 13:33; 10, T. Walker (Cram) 13:35; 11, A. Armstrong (Bord) 13:40; 12, C. Forster (Blay) 13:45; 13, A. Devoy (Cope) 13:51; 14, N. Lupton (Bord) 13:57; 15, S. Houghton (MC) 13:58; 16, D. McNulty (Finn) 13:59; 17, K. Foster (Mor) 14:00; 18, A. Morton (Seat) 14:07; 19, S. Griffiths (Cram) 14:08; 20, K. Kelly (Gate) 14:14; 21, C. Blanden (Blay) 14:19; 22, A. Duke (Carr H) 14:28; 23, M. Gallagher (Finn) 14:33; 24, A. Blight (Mor) 14:37; 25, C. Whitfield (Derw) 14:40; 26, S. Best (Blay) 14:42; 27, R. Houston (Moth) 14:44; 28, D. Evans (Stap. S) 14:46; 29, T. Callaghan (Finn) 14:47; 30, D. Barker (Els) 14:47. Teams: 1, Darlington 12; 2, Cramlington 34; 3, Finn Valley 48; 4, Morpeth 48; 5, Blaydon 59; 6, Derwentside 117.	

Girls (1900m — 1 lap)

The programme for Gateshead suggested that Janine Stirling, who finished fourth in 1985, "should certainly be to the fore this year", and the Carlisle youngster duly obliged by running away from the others from virtually the very first stride. In such a short race there is little room for error, and as could be expected those 'that were going to' had done, in the main, by the top of the only steep climb. By then Janine was well on her way, 30m up, with Catherine Allsop and Nicola Brown disputing second from



Photo: David Hewitson

JANINE STIRLING

Joanne Keenan. As the Blaydon girl faded so Nicola pushed on to secure second, with Stacey Armstrong and Joanne Geddes closing fast in the last half mile to join Miss Keenan in the tussle for the minor placings.

1, Janine Stirling (Carlisle).....	6:46
2, Nicola Brown (Tynedale).....	6:56
3, Stacey Armstrong (Bord).....	7:04
4, J. Keenan (Darl) 7:06; 5, J. Geddes (C. le S) 7:08; 6, S. King (Mand) 7:15; 7, C. Allsop (Blay) 7:15; 8, C. Gill (Cram) 7:15; 9, J. McGill (Cram) 7:15; 10, C. Palmer (Blay) 7:17; 11, C. Howard (Scun) 7:17; 12, S. Carr (Cram) 7:17; 13, H. Jacnuik (Mor) 7:19; 14, N. McFarlane (Darl) 7:19; 15, L. Hogarty (Bord) 7:21; 16, S. Kelly (Darl) 7:21; 17, A. Crowe (Om) 7:23; 18, M. McGinley (Finn) 7:23; 19, E. Lavell (Finn) 7:23; 20, L. Hall (Blay) 7:27; 21, C. Taylor (C. le S) 7:27; 22, S. Farr (Wake) 7:29; 23, E. Brady (Els) 7:29; 24, P. Salmon (Ridd) 7:30; 25, T. Jennings (C. le S) 7:30; 26, C. Callaghan (Finn) 7:30; 27, M. Anderson (Darl) 7:30; 28, T. Miller (Darl) 7:35; 29, A. Ball (Mor) 7:35; 30, W. Betts (Scun) 7:35. Teams: 1, Darlington 34; 2, Chester le Street 35; 3, Blaydon 37; 4, Finn Valley 63; 5, Cramlington 67; 6, Carlisle 82.	



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BOX 1

S	Which English hurdler had two achilles tendon operation in 1985?
G	Which sea is Barcelona on the coast of?
H	Who was the 1964 national cross country champion?
E	Who is the disc jockey now famous for marathon running?
L	"The Long Hard Road" is who's autobiography?
SP	Which English city put in a bid to host the 1992 Olympics?

BOX 2

S	What is the common name for the tibia?
G	In which city did Roger Bannister break the 4 minute mile barrier?
H	How old was Seko when he won the 1986 London Marathon?
E	Which pole vaulter won world superstars?
L	"The Making of An Athlete" by Roger Tames is about which athlete?
SP	Who is the current British Fell Running Champion?

BOX 3

S	What does hypoglycaemia mean?
G	Which club does Carol Haigh (World Mountain Racing Champion) run for?
H	Who won the 1924 Olympic 400m event?
E	Who endorses Lucozade?
L	Who wrote "Challenge of The Marathon"?
SP	Who is currently the No. 1 in the UK marathon rankings?

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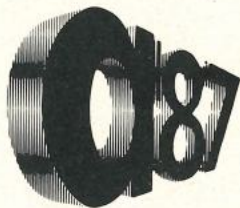
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1988 — A British Cross Country Team

THE present season will be the last in which England, Scotland, Wales and Northern Ireland go their separate ways in the World Cross Country Championships. The IAAF has decided that, as from 1988 (when the Championships will be staged in New Zealand), there should be just one team to represent the United Kingdom — thus falling in line with the practice at all other IAAF Championships. A British trial race will need to be added to the calendar from 1988, and one possible formula for selecting the men's team of nine would be to pick the first six finishers in that trial with the other three places chosen at the discretion of the selection committee.

A British cross country team would, naturally, be dominated by English runners, but with athletes of the calibre of Wales' **Steve Jones** and the **Tooby twins** and Scotland's **Nat Muir** and **Yvonne Murray** available, the UK will be able to field squads capable of taking on all comers.

England's record in the men's race at the World (International prior to 1973) CC Championships

is one to be proud of. Since the event's foundation in 1903, England have won the team race no fewer than 45 times out of a possible 73, and had the strongest possible UK team been fielded that figure would have risen to 53.

Here is how England has fared in the men's team race since the IAAF took over the event in 1973 with, in brackets, the position which would have been obtained by adding up the places of the leading six UK finishers on the day.

Such hypothetical British teams would never have finished outside the medals, except for the past two years.

1973	— 5th (2nd)
1974	— 2nd (1st)
1975	— 2nd (2nd)
1976	— 1st
1977	— 2nd (1st)
1978	— 3rd (1st)
1979	— 1st
1980	— 1st
1981	— 6th (3rd)
1982	— 2nd (1st)
1983	— 8th (3rd)
1984	— 6th (3rd)
1985	— 8th (4th)
1986	— 8th (8th)

By Mel Watman

The BAAB has asked to meet the IAAF Council to ascertain whether the decision can be reversed, but it would appear most unlikely that the IAAF will permit the tradition of four separate teams from the home countries to continue. The decision to limit the UK to one team was made several years ago and has merely been held in suspense until now.

Junior Award Scheme

Of all the major sponsors of British athletes none is making a more valuable investment in the future than Dairy Crest Foods. In addition to the £285,000 a year the company is already contributing (which includes the underwriting of various BAAB Junior Commission activities), Dairy Crest is to sponsor the European Junior Championships at Birmingham's Alexander Stadium from August 6th to 9th 1987 and spend £15,000 on a new awards scheme.

Each month, starting in January, a Junior (man aged under 20 at the end of the year) and Euro-Junior (woman under 19 at the end of the year) will be presented with a Dairy Crest Junior Achievement Award trophy plus a £200 training grant. Additionally, the Dairy Crest Award of Excellence will be presented annually to a Youth and Intermediate, the winners receiving a £500 training grant as well as a trophy.

Millfield scholar Spencer Duval and **Derby long jumper Fiona May** receive the 1986 Dairy Crest Awards of Excellence from **Jenny Bradley** of Dairy Crest Foods.



The Class Of '75

Each addition of the European Junior Championships has featured athletes who eventually made it to the very top as Seniors, but although 19 European Junior champions have gone on to win Olympic gold medals in individual events it has often been the 'also-rans' who ultimately achieved the greatest success. Let's take a look at the 1975 European Junior Championships in Athens, the competitors at which are now mostly around the age 30 mark. Among those contestants 11 years ago were 13 who have since become Olympic or World champions or have broken world records, although only three of that number were actually winners in Athens.

Seb Coe (UK; 3rd 1500 — 3:45.2); **Patriz Ilg** (FRG; 2nd 3000 — 8:15.0); **Volker Beck** (GDR; 2nd 400H — 51.46); **Jacek Wszola** (Pol; 1st HJ — 2.22); **Vladimir Kiselyev** (USSR; 1st SP — 18.27); **Sergey Litvinov** (USSR; 3rd HT — 64.44); **Maurizio Damianno** (Ita; 4th 10kmW — 45:24.0); **Marlies Oelsner**, now **Gohr** (GDR; 2nd 100 — 11.43); **Lyudmila Kondratyeva** (USSR; 4th 200 — 23.98); **Christina Brehmer** (GDR; 1st 400 — 51.27); **Marita Koch** (GDR; 2nd 400 — 51.60); **Gabriela Dorio** (Ita; 3rd 1500 — 4:19.6); and **Sofia Sakorafa** (Gre; 5th JT — 53.18).

Other well known names who participated at the 1975 Championships included: **Marian Woronin** (Pol; 3rd 100 — 10.55); **Harald Schmid** (FRG; 7th 400 — 47.76); **Jose Abascal** (Spa; 8th 1500 — 3:48.8); **Ray Flynn** (Irl; 10th 1500 — 3:51.6); **Jose-Luis Gonzalez** (Spa; 3rd 3000 — 8:17.0); **John Treacy** (Irl; 2nd 5000 — 14:19.2); **Arto Bryggare** (Fin; 7th 110H — 14.86); **Klaus Tafelmeier** (FRG; 6th JT — 71.86); **Roland Wieser** (GDR; 1st 10kmW — 43:11.4); and **Ginka Zagorcheva** (Bul; 5th and last in 100H heat — 14.71).

Of Britain's two gold medallists, triple jumper **Aston Moore** went on to win medals at the 1978 and 1982 Commonwealth Games, but steeplechaser **Micky Morris**, alas, died at the age of 24.

The 1986 Awards of Excellence go to **Spencer Duval**, who was unbeaten in the 1500m steeplechase (winning the English Schools and AAA Youth titles, and recording the fastest times of the year), and **Fiona May**, the WAAA Intermediate and English Schools Intermediate long jump champion who ranked high on the Senior lists with best marks of 6.27m and 6.47m.

Roy Mitchell, Chairman of the Junior Commission, commented: "This is the first major award scheme set up for Britain's Juniors and I particularly welcome the annual awards for the younger age-groups. The structure of Junior athletics in Britain is on a par with

the best in the world. Dairy Crest's extensive support is much envied by our international rivals and has paid golden dividends already in Cottbus and Athens".

The next big test for Britain's top youngsters is the European Junior Championships, at which some 800 athletes from at least 30 countries are expected. "It is very exciting for us to be staging our first European Championship meeting", said BAAB General Secretary **Nigel Cooper**. "When the cream of Europe's Junior athletes descend on Birmingham next August we will be assured of four days of the most exciting competitive athletics seen in Britain for a long time".

Sir Arthur Gold, President of the European Athletic Association (who founded the BAAB Junior Commission along with **Mike Farrell** and **Bill Sykes** in 1968), stated: "The European Junior Championships are a key element in the development of European athletics and many Junior champions of the past have gone on to become European Senior and Olympic champions. I am, of course, particularly delighted that the ninth Championships are to be staged in Britain and believe they will be the best yet".

The programme of events will duplicate that of this year's World Junior Championships with one exception: the steeplechase will be run over 3000m and not 2000m. Other events not previously staged at the European Junior Championships are the men's 10,000m (the 3000m has been dropped) and 20km road race, and the women's 10,000m.

* Although most other leading British marathoners will be treating the London Marathon on May 10th as the trial for the World Championships in Rome, **Steve Jones** will be making his bid for selection by running in the Boston Marathon on April 20th. That will be his first marathon since the trauma of Stuttgart. Boston is one of five annual 'classics' that Jones has set his sights upon winning during his career, in addition of course to the major championships for which he is selected. He has won two — Chicago and London — and the others are New York and Fukuoka. Jones was originally due to race in Boston this year, but injury caused him to withdraw.

* Scottish coach **Robert Inglis**, whose pupils include sprinters **Elliot Bunney**, **Jamie Henderson** and **Dawn Flockhart**, all of whom have won medals in either the European or World Junior Championships, has won the United Kingdom BANC Dextrosol 'Coach Of The Year' Award for

producing top Junior performances in 1985/86. He has also received a Dextrosol Coach Study Award which has been created to enable winning coaches to study at home or abroad to further their knowledge of coaching. He has chosen to study the techniques used by Italian sprint coach **Carlo Vittori** to raise the performance of the good sprinter to that of the elite.

* **Colin Jackson**, the World Junior 110m hurdles champion, is being helped also from sponsorship, by Nu-Aire Ltd., one of the UK's leading manufacturers of ventilation and air moving equipment. Under the deal, Nu-Aire will provide Colin with a *Ford Orion* car and pay his petrol bills over a period of three years. "This is a tremendous boost for me", he said. "This car will give me the chance to run when and where I want and make my training life far easier. My ultimate goal is the Seoul Olympic Games, but also I have my sights set on reaching the final of next year's World Championships in Rome".

* The shame of drug taking continues apace, and particularly in the United States, it would seem. No fewer than three of the top eight discus throwers in the USA



Colin Jackson with the keys to his new *Ford Orion*.

this year have been caught in dope tests. **Art Swarts** (64.94m this year, best of 69.40) was found after the TAC Championships to have taken testosterone, while **Rick Meyer** (65.86) and **Greg McSeveney** (64.52, best of 66.98) were found to have used steroids when tested at the US Olympic Festival, as were **Joe**

Zelezniak (19.23m shot this year) and 8203 decathlete **Gary Armstrong**. The Federal Republic of Germany's governing body has banned long jumper **Markus Kessler** (7.89m this season) after being found positive in a dope test at a domestic meeting prior to the European Championships.

* More than 50 track and field athletes are benefiting from the 'Minet Awards For Olympic Excellence' scheme, sharing over £76,000 in annual grants from now until the 1988 Olympics. The latest athletes to be awarded grants, which are administered by the Sports Aid Foundation, are Commonwealth champions **Phil Beattie**, **Billy Cole**, **John Herbert**, **David Smith** and **Joyce Oladapo**, plus **Elliot Bunney**, **John Gladwin**, **Jamie Henderson**, **John Hill**, **Colin Jackson**, **Paul Mardle**, **Mike**



Bob Inglis receives the BANC Dextrosol 'Coach Of The Year' Award for 1986 from Sebastian Coe.

25 Years With 'AW'

It was this week 25 years ago that, on completion of my National Service in the RAF, I began working full-time for *Athletics Weekly*. After all that time I'm happy to say that my enthusiasm for reporting on athletics remains unabated; indeed, I can't wait for the World Championships in Rome next summer — an occasion I am confident will rank as the greatest in the entire history of athletics.

I am often asked which have been the most thrilling contests I have seen during my years in the sport. Well, the **Chris Chataway v Vladimir Kuts** 5000m classic at the White City in 1954 still takes some beating for prolonged tension and a fabulous climax, and during my time with 'AW' perhaps the only race to rival it for sheer excitement and a 'happy ending' was the first ever European women's 4x400m relay in Athens in 1969 when **Lillian Board** dipped to the narrowest of victories over **Colette Besson** of France.

Billy Mills galloping to victory in the 1964 Olympic 10,000m in Tokyo was possibly the most stunning upset I ever witnessed, and in fact many of my fondest memories stem from those, the last politically trouble-free, Olympics. Watching **Lynn Davies**, **Ken Matthews**, **Ann Packer** and **Mary Rand** win their gold medals was a proud and emotional experience. Without wishing to appear too chauvinistic it is a special moment when a British athlete whose career one has followed so closely over the years and whose ups and downs one has shared and charted does triumph on the big occasion. What a privilege it was to be present as **David Hemery** in Mexico City, **Mary Peters** in Munich, and **Seb Coe**, **Daley Thompson** and **Tessa Sanderson** in Los Angeles mounted the victory rostrum.

There are so many other wonderful memories over these 25 years . . . of looking up at the right time to see **Bob Beamon's** leap into immortality in Mexico City . . . of looking in disbelief at my stopwatch as **Ron Clarke** shattered the world three miles record at the White City . . . of cheering **Brendan Foster** to a world record on the day his beloved Gateshead track was inaugurated . . . of sitting transfixed as athletics and aesthetics merged while the likes of **Sara Simeoni**, **Rosi Ackermann**, **Debbie Brill** and **Ulrike Meyfarth** fought so gracefully for high jumping supremacy. May the years ahead be as eventful and pleasurable!

Makin, **Jon Ridgeon**, **Max Robertson**, **Eddie Wedderburn**, **Diane Edwards**, **Sharon Gibson**, **Wendy Hoyte**, **Wendy Jeal** and **Sandra Whittaker**. **Judy Simpson** has had her existing grant increased from £1000 to £2080 per year. **Minet Holdings**, the major city insurance broking firms, is providing £1½ million to assist potential British Olympic representatives in all sports as they prepare for the 1988 Games.

* A summary of the achievements of **Sharon Danville** (née Col-year) by **Peter Matthews** in the latest issue of *Track Stats* reminds us of the length, brilliance and diversity of the Manchester-born athlete's career. Way back in 1971, as a 16-year-old, she set a UK 200m hurdles record of 26.7 and she was still among Britain's best at 100m hurdles in 1985, although Achilles tendon troubles kept her out of competition this year. Her best marks make



SHARON DANVILLE

Photo: Peter Tempest

impressive readings: 100 — 11.35 (1977), 200 — 23.40 (1977), 300 — 37.46 indoors (1981), 400 — 55.4 (1971), 800 — 2:24.0 (1969), 100H — 13.11 (1976) & 13.06w (1984), 200H — 26.7 (1971), 400H — 57.55 (1981), HJ — 1.50m (1971), LJ — 6.44m (1977), Pent — 3681 (1971). She shared in a world 4x200m relay record of 1:31.57 in 1977 and has competed for Britain at 100, 200, 400, 100 hurdles, long jump and sprint relays. **Wilbert Greaves'** career is analysed in detail also, while other features include deep world 400m hurdles lists by **Richard Hymans** complete with statistical details of many of the event's all-time greats. *Track Stats* (£5 annual sub) is available from **Tim Lynch-Staunton**, 17 St. Martins Drive, Walton-on-Thames, Surrey, KT12 3BW. Cheques should be made payable to National Union of Track Statisticians.

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Tim Hutchings

England's current cross country champion reflects on the successes of the summer and the winter season ahead — in conversation with Nigel Whitefield.

"IF SOMEBODY said to me that every other year I would run like a dog, but that in alternate years I would pick up a medal somewhere — I'd settle for that!!!"

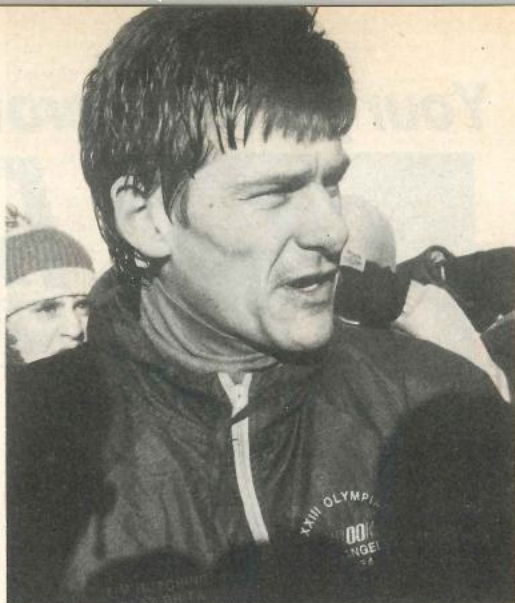
After the spectacular heights of 1983/84 when, on the country at least, he hammered all but the very best, Tim Hutchings did indeed endure a lengthy spell of miserable form last year.

With the disappearance of a suspected blood disorder, which lingered throughout the summer of '85, 1986 has brought the predictable change in his fortunes. From the solo 7:44 3000m he ran at Loughborough in June, to the 8:15 two miler at Crystal Palace in September, when he came to within a sheep's eye of handing Aouita his first defeat of the summer, he was altogether a more purposeful athlete.

Having survived the usual cocktail of uncertainties which attend a championship season, emerging intact from the familiar skirmish with the selectors, yet losing out to a rampant Jack Buckner on three of their five crunch encounters, his attentions are once again drawn by the winter campaign, where he has a ghost or two to lay, and the possibilities of a new challenge.

"I should have done it a couple of years ago — the 10,000m that is, but somehow I never got around to it! When I eventually did try it out, in Oslo this year, it was a disaster. There were a number of points in the season when I might have run quite fast — August, for example; but when I chanced it, just after the AAAs, it backfired on me. I handled it all wrong on the build-up. I had been 'flying' the previous eight or nine days in training, and I had just done too much. By the time the race came around I was worn out.

"I was looking for a 'sub-28', and it was just the sort of race where you could have been dragged around in 27:45, and nobody would have noticed. Perfect! I think even the guys back in eighth place



were running 27:50-odd! I chose it because it was the ideal debut race; you either get pulled along to 27:35, or you have a 'bad' one and do 27:55. I did neither, but then nor did many of the field!

"I will eventually say 'Right, now I'm going to be a 10,000m runner'. It might be next year, it might be 1989! My training is more geared to strength than speed anyway, so the adjustment wouldn't be that severe. I would have to start doing half marathons seriously, and looking at the 5000m more as a complement to the longer distance than a challenge in itself, and I am not prepared to do that until I have reached my limit at 5000m. I know there is a lot of room for improvement in that direction, and only when I feel fulfilled will I opt for the '10K'."

Target inevitably Stuttgart

The focal point of Tim's competitive season was inevitably Stuttgart, though he still regards it with mixed feelings despite the obvious progression from 1982, when he finished seventh, and a return to the sort of form which had eluded him since his fourth place in LA. Moreover, there were signs aplenty that other interested parties were ticking over nicely for the Europeans, three weeks earlier, in Edinburgh.

"I was aiming to be fit for Stuttgart, and I was. To be honest, I didn't think twice about Jack. He had beaten me in the Commonwealths, certainly, but all along I had said that they were of no real significance, and I wasn't in that great a shape when I was there anyway, so I sort of dismissed it. What with the boycott, there was no way I was going to make Edinburgh my main aim!

"Had the conditions been more favourable — less windy — I would have made my move earlier and pushed the race into the 13:18 region. That still might

not have been enough to win it, but it would have made for a better spectacle, and Steve would have had to work a lot harder for his victory! As it was, I tried something decisive, and I just wasn't fit enough to follow it through, it was probably the easiest medal I will pick up — not in terms of effort, but regarding the quality of opposition.

— "a little frustration" —

"I was amazed that Jack won so convincingly in Stuttgart! Apart from his solo 7:40 in Oslo he never looked anything like as good at any other point in the season. I just didn't think he was that much better prepared than me! Nonetheless, I was pleased with my performance overall. The time was quite fast considering it was a tactical championship race with a lot of pressure on, but there will always remain a little frustration that I finished the race third fastest in Europe, yet only second Englishman home. It will be to my advantage I suppose, because every time I race Jack now, I will be motivated.

"Apart from Deleze, Jack was probably the fastest 1500m man in the field. I think that was significant in the end. Plus, of course, he has finally come to grips with the distance".

In contrast to recent years, Tim has at last been forced to take Jack Buckner's challenge most seriously, looking up at the Charnwood man on the rostrum in the season's two premier events, with Buckner unburdening him of at least two silver medals, and earning himself a world number two ranking. Satisfying though Tim's victory over the new European champion undoubtedly was in the McVitie's Challenge two miles race, it proved scant reward.

"I just wanted to beat Jack really — it was my last chance to do it, and the motivation was there. It's a strange sort of distance; you tend to run it only every other year or so, and there was no pressure on because it was billed as a 'Buckner v Aouita' showdown.

"If Jack had won, and make no mistake, Aouita was beatable on the night, he may have been ranked number one in the world over 5000m. As it was, Jack ran his usual sort of race; certainly it was the wrong way to run against Aouita. Jack could have been really psyched up for it, but instead he said he was feeling tired after a long season. It's a pity because Aouita was vulnerable; he must have been tired from Rome, and the pair of us chasing him would have made it a far better race.

"I had run 13:19 in Brussels the previous Friday, and was really looking forward to it. I followed Jack pretty closely, but in doing so I let winning the race get away from me. If only I had gone hard a few laps out, as I always feel more comfortable doing; it might have been a different story, though the thought of ME outkicking AOUITA is inconceivable to most people! You are accustomed to him blazing away

down the back straight, but he only edged ahead off the final bend, which confirms that he wasn't feeling particularly strong.

"So in the end I got what I went for — I beat Jack, but I left wondering what might have been. It has been swings and roundabouts for us really. I believe that we are both capable of running close to 13 minutes, certainly 13:05, and then the psychological factor becomes important. You need to hit 3000m in 7:50 or so, which is pretty hard running, and then grit your teeth. It is very difficult to find that sort of race, and conditions.

"At the moment, the chief difference between Jack and I is that his basic speed is better. The only reason for this is that he has set about bringing down his 1500m/mile times. 3:51 is a very big advantage to take into a 5000m. I haven't attacked my middle distance times since 1982. That is something I desperately want to do next year. It has irritated me that for one reason or another I haven't done myself justice over those distances. When, rather than if, I get down to 3:35/3:51, it will open up a lot of new doors; I will be in a much better position to handle the faster men. I ran 13:11 as my third race in four days back in 1984, and it's about time I made inroads into it. I ran 3:54 for the mile back in 1982, and even then I thought it was worth a fair bit more. I am still hungry to improve my times from 800m all the way up!"

Stuttgart also very much confirmed the Italian stranglehold on the distance events, which has been developing at a stupendous rate in recent months — further accentuated by the victory of Gianni Poli in the New York Marathon, where the Italians managed to squeeze four men home in the first nine finishers. Not bad for a nation renowned for its sprinters and hurdlers! Tim, like ex-Italian National Coach Dr. Tordelli, attributes such accelerated progress to rather more sinister factors.

"I have heard that a lot of the top Italian runners blood-dope. But that is the problem, it is always rumour passed on by word of mouth! I believe that Stefano Mei and Orlando Pizzolato DON'T do it — possibly Nicosia too . . .

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Tim leads Jack Buckner in the AAA 5000m, before going on to take the title in 13:25.03.

Photo: John Evans

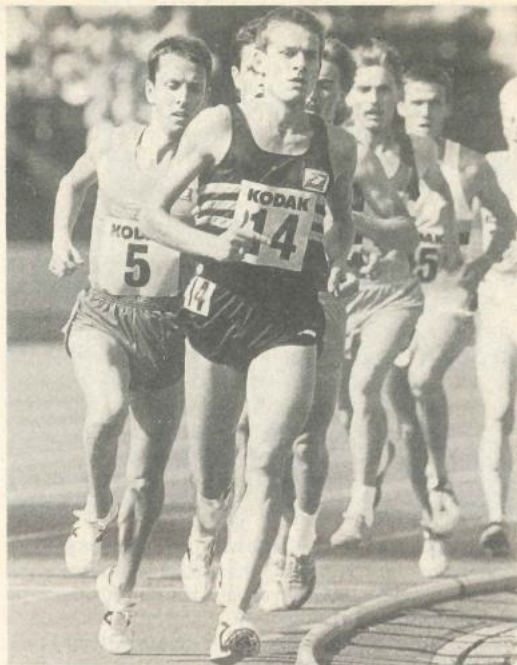
"When I went out to train in Italy in May, I talked to Nicosia's coach who claimed that he was coming under pressure to put his athlete — who is one of their top distance/cross country types — through the process. It's deplorable really! Most people know the story of Stefano Mei. He wanted to run the 5000m in LA, but the Italian Federation wouldn't allow him to unless he blood-doped. He refused, very wisely in my opinion, and had to contend himself with the 1500m instead. They have been doing it for a few years now, and are probably expert in the technology. I was told that it can make up to 20 or 30 seconds over 10,000m, which is a huge margin. Let's face it, if it improves the blood's oxygen carrying potential by just 3/4%, that in itself is a major advantage. Apparently it does.

"The Finns did, and maybe still do, use it — that's common knowledge. But I imagine the Italians are the leaders in that field at the moment — going by results. Apart from Viren and Maaninka, the Finns weren't enormously successful. People say 'Oh, but blood is a natural enough product!' How can it be 'natural' to remove quantities of it from the body under carefully monitored scientific conditions, store it, and later replace it at a time when it is calculated to be of most value? Blood, once controlled outside the body, is a drug, just as other liquids taken from the body and commonly referred to as steroidal and hormonal substances are drugs.

"Cova has been linked with it, and that obviously casts suspicion upon his associates; Panetta, for example. They are from the same club, and virtually inseparable — when Cova fell over in Oslo, Panetta almost stopped to pick him up! Most of our success at middle distance has been predictable, but many of the Italians' victories have come out of the blue. It depends upon how you view 'artificial aids' really, I think most people would be inclined to denounce it.

"This sounds like 'sour grapes' though. I believe that all the British successes in Stuttgart, and that includes Yvonne Murray, Jack, and myself, as the only people to gain medals in the distance events, were the result of damned hard work. And, as I dearly hope for the future of the sport, as the result of honest training methods.

"If you are looking for other reasons for the Italians' success, look no further than their system . . . and climate. I was in Ostia, near Rome, in May. The weather was warm, sunny, and perfect for distance training. In England, it has been peeing down with rain, and was freezing cold! The facilities are first rate too. If you are even slightly motivated, the opportunity is there. The Italian Federation even pays



its athletes to concentrate on training! Not a bad idea, by any means!"

The perennial issue of selection — rarely uncomplicated, and always contentious — will shortly receive star billing as the cross country season winds inexorably towards another catastrophic anti-climax, this year in Warsaw. There will once again be those who are mystified that we expect our athletes to rehearse for a 7½ miles race across the tennis lawns of Europe by engaging in a nine miles slog at the end of February. Of course, there will also emerge, as there always does, an individual whose form in December is so hot that he does everything except self-ignite, thereafter appealing for pre-selection.

The announcement of an impending 'Great Britain' team will doubtless further confuse matters. This subject, Tim intends to discuss with Basil Heatley and the ECCU at the Gateshead weekend, this time with his 'Secretary of the IAC' hat on. As he appreciates, having nearly watched the European 5000m from Earlsfield, selectorial anomalies are not exclusively the preserve of cross country.

"We need to rationalise the situation once and for all. You can be more objective with the track because of timing, accuracy of distances, etc., but even so we have misunderstandings every year.

"I nearly missed the Europeans because of precisely the lack of communication between selectors and athletes which is at the root of it all! They don't have an easy job, but they seem to make things harder for themselves! In the summer, as AAA champion

and bronze medallist from Edinburgh, I had every reason, and the right, I believe, to expect that I would be picked for Stuttgart.

"I hadn't done the BAAB qualifying time of 13:25, though I came close to it at the AAAs, but then neither had Jack. Steve Ovett had run 13:20 in a paced race in Belfast — pretty different ordeals from the AAA/Commonwealth — both championship races that Jack and I had run . . . and he was on his way!!! The problem arose from the fact that Jon Solly, who had run inside the qualifying time when clocking 13:22 for sixth place or so in Helsinki, clearly expected this to do the trick for him.

"The British Board had created a precedent by sending both myself and Mike McLeod to the Europeans in 1982 without either of us having done the qualifying time, so they were very much in a subjective area. What they did initially was to select Jon Solly. I was horrified when somebody 'phoned to tell me of the selectors' decision. I had to do a lot of lobbying and explaining to individual Council Members before they almost unanimously overruled the previous decision. It was a disgraceful state of affairs, and it could all have been avoided if only they had approached Jack and I to clarify the situation, say, before the Commonwealths. If they had said 'Look, either Jack or yourself is going to miss out unless you get your finger out!', the whole thing would have been prevented.

"The night before the BAAB Council meeting, and after I'd spent most of the day on the 'phone ensuring that the Council Members appreciated the pros and cons of the position, I entered the IAC 3000m. Jon was running, and I hoped that if I could be seen to beat him, it might help my case. The point is, the situation should never have developed!

"It is all about simple communication! We need to sort that aspect of it out before it all starts again for the World Cross Country Championships. Unfortunately, the athletes are very apathetic. I sent 20 letters out a few months ago soliciting their views, and got TWO replies! I shall do the same again shortly, saying that if I don't hear from them, I will assume they don't give a toss!

"I suggested to the ECCU that the first three home in the Inter-Counties should henceforth be rewarded with immediate selection for the World CC, and the remainder taken from the 'National'. In this way the Inter-Counties would receive an enormous and much needed boost, while not diminishing the quality of the 'National'. The 'phased' approach would mean that the athletes get two stabs at qualifying — satisfying all parties. They wrote to inform me that the Inter-Counties IS used as a selection race for the World CC. It's the first I've heard of it . . . ! But it means that for the first time in six years I shall probably run the Inter-Counties in 1987!'

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Athletics In The GDR

Sport's Great Success Story — Part II — Acceptance

TOKYO was the end of one era and the dawning of another; a new, more boisterous and revolutionary chapter in global sport that de Coubertin could scarcely have imagined. The western powers, who had dominated world sport in the early post-war years and who could not forget the carnage, yet still turned a blind eye to the FRG's participation while ignoring the claims of the GDR, finally relented to permit the East Germans to participate at the Olympic Games as a separate state. The year was 1965, one that was notable on four counts concerning the GDR's future as an athletics power.

Clearly, the settlement of the Olympic issue concerning the GDR-FRG was the most important, enabling as it did for the socialist republic to finally claim its own identity on the greatest stage on Earth. It had been a long and bitter struggle to gain acceptance as a separate state, but one which had been inevitable for some time, the GDR's superior numerical advantage in Tokyo having emphasised the futile pretence of a single team from two nations, one, the economic miracle of the post-war period, the other, a bleak symbol of oppression that stood for everything its western counterpart did not.

The affluence and success of the Federal Republic was undoubtedly a source of the greatest irritation to the GDR, while the former's claim to speak for all the peoples of the German nation were bitterly resented. At the Olympiads of Melbourne, Rome and Tokyo, the FRG had always been the dominant force of the two in the medals table; similarly at the European Championships of 1958 and 1962, the FRG's total of 15

(six gold) and 14 medals (three gold) respectively, had apparently shown up the GDR for the workers' and peasants' state it purported to be.

Again, however, the political influence was to prove crucial and the feared head of state, Walter Ulbricht, emphasised repeatedly, throughout the late 1950s and early 1960s, the need for the GDR to prove its superiority to the west, particularly West Germany and the United States. So, when Avery Brundage, the patriarch President of the IOC, finally relented to allow separate German teams in 1968, at the already controversial high altitude venue of Mexico City, a decade and a half of inflexible and autocratic opposition to such a move ended, and with it the GDR attained a newfound respectability that would soon gain added lustre on the track.

Yet even the IOC's assent of separate teams stayed faithful to the bitter end of the uncompromising, unbending attitude it had displayed for the previous 15 years, as its decision stopped short of full recognition for the GDR — there was a condition: in Mexico, the two Germanys could enter separate teams, but only providing the GDR acceded to the request to use a specially designed flag in deference to its own national emblem and that their national anthem would not be played at victory ceremonies. Nevertheless, it was a considerable victory of sorts, though one that illustrated how much the past still played in forming the future.

So, the door has been opened considerably, yet still fell tantalisingly short of full recognition: but that would come and the GDR would have the last laugh. But the

significant events of 1965 were not merely confined to the Olympic issue; indeed the inaugurations of two events, one at international level, the other on the home front, were to play, in their different ways, a prominent role as the GDR steadily clawed its way to the top of world athletics in the following decade and a half.

By Iain Macleod

The latter event was the 1st Spartakiade Children's and Youth Games, which since their inception have become the embodiment of the legend of GDR athletics and which ideally complemented the beginning of a major continental team trophy for men and women — the European Cup. Mention should also be made of another event, one that can be seen as an intermediary to bridge the gap — the European Junior Championships. The latter was first held, unofficially, in the Polish capital of Warsaw in 1964, subsequently became the European Junior Games when next held in the Soviet town of Odessa in 1966 and in Leipzig in 1968, before being given full championship status two years later in Paris.

The European Cup, or the Bruno Zauli Cup as it is otherwise known, is dedicated to the memory of the former President of the European Committee of the IAAF, who died shortly after the competition had been agreed upon in 1963, and will, perhaps more than any other, stand as the eternal monument to the phenomenal rise and ultimate domination of GDR athletics. At Junior level the same can be said of the European Championships, dominated since their inception largely by the young elite athletes of the GDR. Here, perhaps, begins the real story of success in terms of medals won; a story inspired by the hardship and isolation of the 1950s and which today is justly

considered the success story of the century. One generation succeeds another with devastating efficiency.

On August 22nd 1965, the GDR men's team triumphed by one point (90-89) from the UK, in Zagreb to qualify for the first final of the European Cup; on the same day in Leipzig, their women saw off the Polish challenge by 58-56 to do likewise: they have never missed a final since. Initially, the men's and women's finals were held at separate venues, and though the GDR men finished only fourth (out of six teams) as the Soviet Union edged the first trophy by one point from the FRG, when the final was held in Stockholm in September; the GDR women a week later in their final, across the border at Kassel, gave a more potent warning of what was to come when they finished second, 14 points behind the Soviet Union. For a nation whose past was littered with poor failures, second place represented a not inconsiderable achievement in a competition which the GDR has now come to regard almost as being its own.

Carefully nurtured

What makes it all possible, however, is the method by which the GDR's athletes are carefully nurtured from an early age and given stiff competition at the Spartakiade Games, which encompass all youngsters, male and female, and are held at various levels in the GDR's 15 counties. The district games are held annually, though the more important regional games, and the prized national games, are staged alternately, at two-yearly intervals. It all begins at the very bottom of the age scale, with, for instance, track and field competitions being held in every school in the land and with almost every pupil participating to determine the best athletes in each age-group for advancement to the district, and subsequently the

regional and national Spartakiades.

And even the district event cannot be classed as any ordinary school games; they are, in fact, a major occasion that lack nothing in either incentive or atmosphere, the winners then eligible for participation at the regional and national Spartakiades, the latter the true test of ability. The standard at the national event can be gauged simply by the fact that, with eliminating heats being held throughout the nation, only the best survive to sample the incredible atmosphere of these bi-ennial games, which have been held in Leipzig since their inception in 1965.

Spartakiades have become a byword for sporting excellence, and they are sponsored jointly by the DTSB, the Free German Youth — and its Young Pioneers Branch, together with the Ministry of Education; it is a system that sifts through every aspect of the nation's society — they have, in effect, become part of the way of life. Furthermore, every effort is made to ensure that youngsters get a taste of what they can experience if they go on to the more rarified level of international competition, as the Spartakiades are modelled on the opening, closing and victory ceremonies of the Olympic Games. It is estimated that 90% of the participants in the GDR's Olympic Games teams won their first major title at the Spartakiade.

Leipzig is undoubtedly the spiritual home of East German sport, home of the giant Central Stadium (100,000-capacity) which always hosts the national Spartakiade. The next one is due to be held in the summer of 1987, though the 1983 event, the last one to be held, deserves a mention as it provides the means of illustrating the impact it has on the nation and its development as a major sporting power.

Leipzig, world famous for its annual trade fairs, hosted the 9th National Spartakiade Games

(together with the 7th Sports and Gymnastics Festival) in July 1983, and the participant figures make startling reading: 10,000 boys and girls competed for 856 titles in 19 different sports in a week-long event that attracted four times as many competitors as the 1980 Olympic Games in Moscow.

100,000 spectators

Moreover, the growth of the event in 15 years is even more astonishing: 2.25 million youngsters participated in 1967, rising to 3.7 million nine years later, with the figure dropping slightly to 3.5 million in 1983. The event culminated with a display staged by the DTSB, consisting of 32,000 athletes in 12 segments and watched by . . . 100,000 spectators. A further statistic indicates the sheer depth of talent there is to choose from in the GDR: the combined number of competitors at the Sports and Gymnastics Festival and the Spartakiade totalled 72,000.

So, when one considers the tremendous emphasis placed on youth within a national setting, it is hardly surprising that there is a marvellous enthusiasm for sport. Yet it is a little ironic that athletics, the sport which above all others has given the GDR such a high profile in the modern world, ranks only fifth in the list of popular participatory sports. Club members total approximately 185,000 (football, as in the majority of countries, is the most popular with 570,000 members), yet it also remains the one flaw in any theory about the GDR being a so-called 'miracle' sporting machine.

But athletics continues to be the centrepiece of the nation's success, and in the eyes of the world success at international level is where it matters most of all. In some ways, perhaps, the arrival of the European Cup in 1965 was probably just a decade or so too late for the GDR and its Eastern Bloc allies, for with its emphasis

on superbly honed individual talent operating within a strict team framework, it — and the later coming of the World Cup — have presented the GDR with the ideal platform by which to present the contrasting faces of communist-capitalist ideologies. On the one hand, there are the GDR athletes who supposedly win for the glory of the state, while on the other, there are the athletes of the west whose own self interests are supposedly the main priority. Neither is wholly true, yet neither can be said to be a misrepresentation.

Not all western athletes are totally engrossed with self gain, but that many of the elite are, was certainly given credence at last year's World Cup in Canberra, when, for one reason or another, their absence was construed by many as being an indictment of the power of the dollar; appearance money not a feature of the global cup. It was an attitude that contrasted starkly with the presence of all the top GDR athletes, for

whom the World Cup represented the highlight of the season. But then, that is the way it has always been, and while it would be naive to think that it is all for the glory of the state — human frailty dictates that it is not — there is still a certain pride taken by the GDR athletes in wearing the national vest, a trait not quite as apparent in the west.

Integral part

Indeed, international matches, quite aside from major championships, have always formed — and still do — an integral part of the nation's thinking, ever since the GDR beat Poland in its inaugural match back in 1951. There was a certain reverence attached once to the old style match, especially in Europe, but the onset of commercialism and the lucrative permit and Grand Prix meetings have gradually ensured that the west has become, rather sadly I feel, negligent in its attitude towards

the continuation of traditional matches, with the very notable exception of the very famous, and often epic, Finland-Sweden clash.

Not so in the Eastern Bloc, where the GDR (in common with the rest of the Warsaw Pact nations) has maintained a tradition stretching back 35 years. And it indicates a fundamental difference in east-west attitudes that the much prized annual GDR-Soviet Union clash remains one of the highlights of the season, the final outcome no less important to the East Germans than their performances at major championships. It is the Scotland-England soccer match in an athletics setting, and though passions may not run quite as high, underneath the surface there is — when one considers the two nations are politically aligned — a seething resentment and each event is bitterly contested.

Not unnaturally, the Soviet Union have been among the GDR's most frequent opponents throughout the past three



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decades, though Poland, who the East Germans beat in that historic inaugural match, remain the nation they have faced most times. Indeed, the Poles often got the better of their neighbours during their encounters in the first decade and a half or so, though since 1970 both the GDR's men's and women's teams have been virtually invincible with the exception of the odd defeat against the Soviet Union. Great Britain have also been frequent opponents, as have Bulgaria, Sweden, Romania and Finland. There have also been two historic meetings with the United States, initially at Karl-Marx-Stadt in 1982, with a return match in Los Angeles the following year.

Eyes of the world

However, for all the importance attached to such matches, the GDR is fully aware that the nation will, ultimately, be judged on its success at major championships — when the eyes of the world are upon it. That is why the opening of the Olympic door, in 1965, was so important and the nation appeared to benefit quickly from being given its own identity. The shackles of the FRG had finally been cast off and whatever success the GDR was to find in the future would be without having to contend with what had been the long shadow of its western neighbour.

Grudging acceptance was one thing, but there were still minor obstacles, though at the 1966 European Championships in Budapest the GDR's desire for complete sporting autonomy — flags and all — received a massive boost when its athletes, gradually beginning to reap the benefit of a scientifically-orientated system the GDR had made indisputably its own, took the continent by storm. Only the Soviet Union remained untouched by the GDR's resounding success of eight gold, three silver and six bronze medals.

What mattered, however, was



Photo: Tony Duffy

MARGITTA GUMMEL

that for the first time since the formation of two German states, the eastern half had totally eclipsed its neighbour: four less medals overall the GDR may well have had (FRG 2-10-9), but in the gold medal stakes, which is after all the eternal gauge for success, the 8-2 tally in favour of Ewald's troops ended forever the significant advantage the FRG had previously enjoyed: the feeling of inferiority was at an end.

A new generation emerged that week in Budapest, names such as Wolfgang Nordwig, the pole vault champion who won eight GDR titles in the period 1965-72, and Christine Spielberg, the discus champion, while more experienced stars such as Manfred Matuschewski, who defended

successfully his 800m title, and Karin Balzer, who won a thoroughly deserved European crown in the 80m hurdles, consolidated their positions among the continent's elite. But in true East German fashion, what was important was not so much the performance of certain individuals, more the collective achievement of a nation that had, only 18 years earlier, utilised football pitches to grow potatoes.

Those who were present in the Hungarian capital witnessed what was, in one sense, the fulfilment of a dream, yet was in reality only the tip of a sporting iceberg that was to stun the world. The continual progress being made was further emphasised the following September when, with both men's and women's European Cup Finals being held at the same venue — Kiev in the Soviet Union — the home nation again enjoyed a double triumph, although the margin of victory over the GDR — one point in the men's event and eight in the women's — was a positive indication of how quickly the gap was closing.

Yet for all that had gone before — good, bad or indifferent — the GDR will likely regard 1968 as the most significant year of the first two decades of their existence. The nation's acceptance within the Olympic Movement under their own name, and not, as before, under the rather anonymous title of Germany, offered the GDR's athletes an incentive they had previously been denied, and can be viewed as the turning point that was to replace mediocrity with greatness: Mexico was the final stage of the pre-Munich explosion.

Mexico City's high altitude Games were shrouded in controversy long before the opening ceremony ever took place. Then, immediately prior to the Games, there were serious student riots, while during the Games there were Black Power demonstrations by American athletes. Both these issues created many of the

headlines during the Games, but when the dust had settled it could be seen from the overall medals tally of the GDR (9-9-7) and FRG (5-11-10) that the communist nation was well and truly in the ascendancy; though, admittedly, when the figures are specifically broken down for athletics, the total of 2-3-1 ensured that, after the euphoria shown in Budapest, suddenly it had all been put firmly into a more realistic perspective.

Conditions at altitude were, of course, not entirely favourable for European athletes, but there was still much to be done and the division of the medals, four won by the men and two by the women, gave no indication of the impact that the latter, in particular, were to make in Munich four years later. Both medals came in the shot competition, where Marita Lange took a first round lead only to see her compatriot, Margitta Gummel, break her own world record in the third round, and then unleash a wonderful throw of 19.61m in the penultimate round to improve her pre-Games world record by a remarkable 29 inches — history's first 19 metres throw. Gummel, who broke the GDR record 12 times during her career, later became a doctor, though of all the GDR medallists in Mexico City, the one who went on to make the greatest impression globally was the legendary pole vaulter, Wolfgang Nordwig, a bronze on this occasion to be remedied on German soil four years later.

Prague uprising

1968 was also to be remembered for other reasons. The Prague uprising in the autumn offered a salutary lesson to the East and West that Soviet tanks would crush any spark of resistance as once again sport and politics became undeniably entwined. The European Junior Games in Leipzig were badly hit by the events in the Czechoslovakian capital, and, as 13 of the 24 nations

due to participate withdrew at the last minute, only one gold medal did not find its way to the Eastern Bloc, as the Soviets, with 17 gold medals, and the GDR, with 11, dominated the event.

Earlier in the year, on April 9th, an event also occurred that was to have far reaching consequences for every citizen in the GDR. On that day was promulgated the nation's constitution which contained a decree that obliged the state to give *'Every possible support to the development of physical culture and sport'*. Article 18, sub-section 3, states that: *'Physical culture, sport and outdoor recreation, being elements of socialist culture, shall serve the all round physical and mental development of all citizens'*. That led to the creation of an annual event — 'Sport and Youth Week' — which is used to explain to the public the progress being made, and, more importantly, the new opportunities to be provided, concerning youth sport.

So, at the end of what had been an extraordinary year, the GDR, though a little disappointed with the athletics medal tally in Mexico, had taken valuable lessons from the experience and discovered hope for the future — not reflected by the medals total. And with the ending of another four-year cycle began the serious hard work of building towards the next goal that would culminate in glorious fulfilment at Munich in 1972. In industry and agriculture the GDR have their five-year plans; in athletics those plans centre on a four-year period, which reach their climax at the Olympic Games, but have an intermediate appraisal every two years at the end of each European Championships.

And it did not take long for the GDR to bounce back, for at the European Championships in Athens the following September (in the late sixties/early seventies the event cycle was uneven), there was offered the strongest evidence yet that a new power had

emerged in the world of track and field athletics, as the pupil finally graduated with honours and left its Soviet master languishing in second place in the medals table for the first time since the GDR had been formally admitted to the global arena in 1956. Yet politics stalked a Championships that will always have the shadow of the Jurgen May affair hanging over them. Who was Jurgen May? Well, he was 1500m runner from ... the GDR, who had defected to ... the FRG.

Jurgen May

May, in fact, had competed for the GDR at the 1966 European Championships in Budapest, but in light of his accepting money from a West German shoe company, his national federation (the DLV) had subsequently banned him for life. In 1967 May defected to the west, had his ban reduced, and, by the beginning of 1969, was back in action, making an immediate impression by winning the West German indoor 1500m title. May then declined an invitation to compete at the European Indoor Games in Belgrade, but when he was declared ineligible to compete for the FRG at the European Championships in Athens, on the grounds that he had not fulfilled the three-year residential qualification, the FRG consequently boycotted the championships — except for the four relay events — and for the first time in the post-war period, the GDR had only the Soviets to concern themselves with. For once, the shadow of the GDR hung over the FRG — it has remained ever since.

This was, indeed, the dawning of a new era. But familiar names were also to be found: Jurgen Haase retained his 10,000m title, as did Wolfgang Nordwig his in the pole vault, while Christoph Hohne added the European 50km walk title to the Olympic gold won in Mexico the previous year, as the GDR men won seven gold medals

in all. The women were then still the poor relation of the two, though as Petra Vogt completed a marvellous sprint double and Karin Balzer, by winning the 100m hurdles, took the second of three successive European titles, the GDR's sprint relay squad began a fearsome tradition to take the overall tally of titles to 11. Nineteen years after their first national championships, the GDR, by conquering Europe, were halfway to conquering the world.

And, perhaps, it is the women's sprint relay that best epitomises the spirit of the times, for in Athens, as the GDR edged out the FRG, there began a remarkable series of relay clashes in which the divided nation was to finish one-two at three European Championships, two European Cup Finals and an Olympic Games, in the period 1969-74. The battle for Teutonic superiority was being fought out on the track, though even this mini series of races ended in the stalemate that had dogged their political relationship for 25 years.

Following their defeat in Athens, the FRG soon made amends and beat their neighbours on three consecutive occasions — at the 1970 European Cup Final, the 1971 European Championships and then the greatest prize of all, the 1972 Olympic title — after which the 'Generals' changed and the mini war swung back in favour of the GDR, who went on to take the 1973 European Cup title and the 1974 European crown; the lat-

ter being the final worthwhile battle between the two: the 3-3 draw was an indication that nothing had changed. Stirring clashes all, a matter of national pride as much as anything else, and some of the finest female sprinters in history — Stecher, Vogt and Eckert from the East; Richter, Wilden and Mickler from the West.

European Cup win

Budapest, 12 months later. And the GDR-FRG battle resumed in a ferocious manner at the 1970 European Cup Final, as the former sought to consolidate its newly-found status as the continent's leading athletics nation. There was a series of battle royals between the women athletes of both nations at all events from 100m to 1500m, though the overall match result — 70-63 in favour of the GDR — ensured, for the first time, victory in the Bruno Zauli Cup. It became a permanent fixture in Berlin for the next 15 years, perhaps the finest example of excellence by which to cite the nation's achievements.

Stockholm, a week later. On this occasion it was the turn of the GDR's men's team to re-affirm the hopes of some and the fears of many when they, too, achieved an historic first with a 102-92½ victory over the Soviet Union, with the FRG a point and a half further behind. In so doing, the GDR had wrenched from the Soviet grasp a trophy about whose future home in Moscow serious doubts

had been cast the previous year in Athens. And the GDR's own future appeared also to be well provided for, further confirmation being given that year when the European Junior Games were upgraded to championship status, the stepping-stone to international stardom for many GDR hopefuls; the haul of ten gold medals in Paris, for instance, included the highly talented 400m runner Monika Zehrt, who, two years later in Munich, stood on the podium as Olympic champion.

However, it would be unjust to leave 1970 without mentioning one of the greatest of all GDR athletes — the javelin thrower, Ruth Fuchs, an extraordinary lady whose achievements stand comparison with any of the present legends. Fuchs broke onto the scene in 1967, when she won the first of a record 11 GDR titles, though it was at international level, where she was the dominant force for almost a decade (113 victories in 129 competitions), that the lady from Egeln made an indelible mark.

The East German's victory at the 1970 European Cup Final marked the first of four — a record — though it was to be in 1972 that she ensured her place among track and field's immortals. In a remarkable pair of related events in two cities on the same day, the long-standing world record of the Soviet, Gorchakova, which stood at 62.40m, was broken, initially in Bucharest by Gryziecka of Poland, whose throw of 62.70m was to be

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Ruth Fuchs had a remarkable career with the javelin, and was the only woman ever to retain the Olympic title.

one of the shortest world marks on record; for within an hour, in Potsdam, Ruth Fuchs had unleashed the spear out to what was a truly astonishing distance of 65.06m — an improvement of 2.36m on Gryziecka's mark.

Fuchs then won the first of two Olympic titles at Munich in 1972 — beating, incidentally, the West German-born Marian Becker, who was raised in the GDR, married a Romanian and eventually settled in the land of her birth — improved the world record to 66.10m and 67.22m when winning the 1973 European Cup Final and the 1974 European title, respectively; then went on in 1976 to take the world record to 69.12m on the way to becoming the first woman in history to retain the Olympic

javelin title. Even then, Fuchs was far from finished and won World Cup titles in 1977 and 1979, in between retaining her European crown in Prague with a new European record. She then won back her world record in 1979 and came within 4cm of history's first 70 metres throw in Split in 1980 — the sixth world record of her career which finished with a somewhat disappointing eighth place at the 1980 Olympic Games in Moscow. Ruth Fuchs, however, was a model for the future.

In 1971, with the Munich Games on the horizon, the GDR offered, at the European Championships in Helsinki, the most potent warning to date of the frightening athletic potential within its borders; and a distinct swing in the balance of

power between the men's and women's teams. The men won only one track medal (Siebeck in the 110m hurdles), and as Nordwig completed a hat-trick of victories in the pole vault, there were three other titles won in the field together with Kirst's decathlon gold. Paradoxically, all six of the women's titles were gained on the track, including Balzer's gold that gave her, also, a superb triumvirate of European crowns.

Ominous warning

Domination on the track was an ominous warning that would find total fulfilment in Munich; but even in Helsinki, Renate Stecher — the GDR's first lady of sprinting — demonstrated awesome power as she completed the sprint double — a feat she would also achieve at the following year's Olympiad. Stecher was the forerunner of the even more legendary Marlies Gohr, and will always have the distinction of having run history's first sub-11 seconds time, a 10.9 at Ostrava on June 7th 1983. She had previously four times clocked the then existing world record of 11 seconds. Stecher's domination was such that in the period from August 1970 to June 1974, she won 90 successive races at 100m and 200m.

The long-standing bitterness between the GDR and the FRG was not softened in any way by the events in the Finnish capital: the final medals tallies — GDR: 12-13-7; FRG: 5-7-5 — made grim reading in Bonn, especially with West Germany due to host, in just over a year's time, the Games of the XXth Olympiad. With the GDR having won almost twice as many medals and twice as many titles, there were real fears that the West Germans would be totally eclipsed on their own soil and in front of a predominantly German crowd at that; many now living in the west, but with thoughts, perhaps, still firmly fixated in the east.

[To Be Continued]

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12 Noon

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Lisa Martin 69:45
(Commonwealth Best)
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Entries will be restricted to 4,000. Men who have bettered 1 hr. 11 minutes or women who have bettered 1 hr. 20 minutes (or 10 mile/marathon equivalent) will receive automatic entry up to 28th February.

SURNAME/FAMILY NAME (BLOCK CAPITALS PLEASE)

FIRST NAME (in full)												OTHER INITIAL		TITLE OR RANK	
ADDRESS															
ADDRESS															
TOWN															
COUNTY												POSTCODE			
DAYTIME TELEPHONE								HOME TELEPHONE							
DATE OF BIRTH				SEX		AGE ON DATE OF RACE				AAA Registration Number (if applicable)					
ATHLETIC CLUB/ARMY UNIT (state if unattached)															
NON-AFFILIATED TEAM (e.g. Pub. Club. Firm)															
BEST HALF MARATHON TIME				DATE OF BEST TIME				ANTICIPATED TIME				PEARL EMPLOY/EE			
HR		MIN		SEC				HR		MIN				MARK 'Y' FOR YES	

£3.50

AAA registered/affiliated club athletes

£4.00

Non-registered/unaffiliated

I certify that the entered particulars are correct and I am an amateur as laid down by the laws of the NIAAA, SAAA, SWCC, AAA, WCC and RRA. I declare that I will be over 17 on the Race day, that I am medically fit to run, and that the Organisers will not be held responsible for any injury or illness incurred to my person during or as a result of the event or for any property lost or damaged in the vicinity of the course, the car park or changing area. I understand that my entry is subject to the approval of the promoters and that the entry fee is not refundable.

Date _____

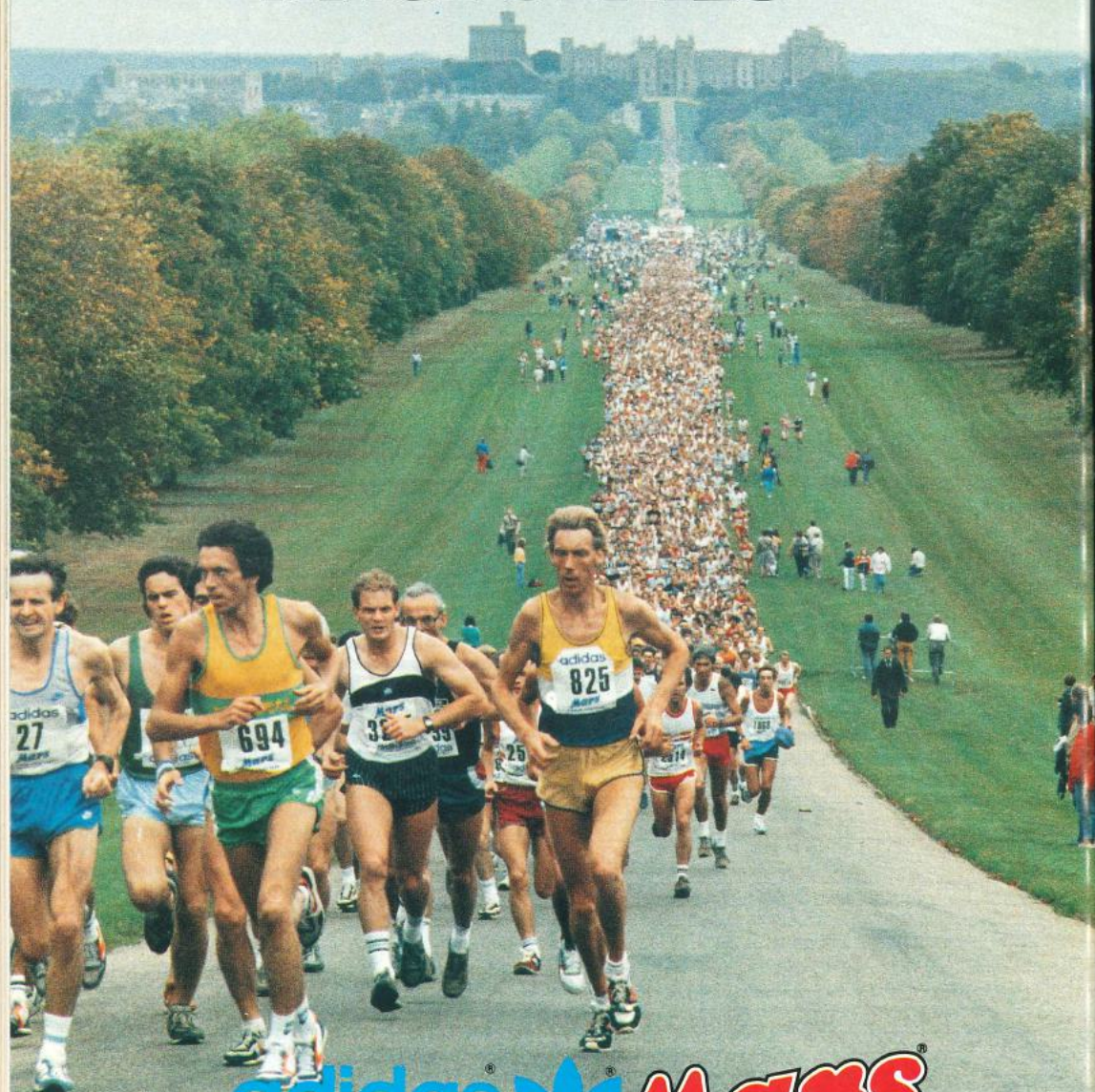
Signature

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March 8th Portsmouth*. Start Time: 9.45am. Entry Fee: Affiliated £3.25. Unaffiliated £3.75. Cheques payable to "Portsmouth Half Marathon". Send entries to: Portsmouth Half Marathon, The Lord Mayor's Office, The Guildhall, Portsmouth. Fun Run entries (6-16 year olds) apply for separate entry form.

March 15th City of Bath. Start Time: 11am. Entry Fee: Affiliated £3. Unaffiliated £3.50. Cheques payable to "City of Bath AC". Send entries to: City of Bath Half Marathon, 8 Ferndale Avenue, Longwell Green, Bristol BS15 6XS.

March 29th Wilmslow*. Start Time: 10.30am. Entry Fee: Affiliated £3. Unaffiliated £3.50. Send extra SAE plus 50p if results required. Cheques payable to "WRUFC (Marathon A/c)". Send entries to: Adidas/Mars Wilmslow Half Marathon, P.O. Box 25, Wilmslow, Cheshire SK9 5QG.

May 17th Chester*. Start Time: 11am. Entry Fee: Affiliated £3.50. Unaffiliated £4. Cheques payable to "Rotary Club of Chester". Send entries to: ITEC Meadow Lane, Ellesmere Port, South Wirral L65 4EH. Tel: 051 355 1178.

June 7th City of Norwich*. Start Time: 12 noon. Entry Fee: Affiliated £3.50. Unaffiliated £4. Cheques payable to "City of Norwich Half Marathon A/c". Send entries to: City of Norwich Half Marathon, 43 Keswick Road, Cringleford, Norwich NR4 6UG.

August 16th Newport. Start Time: 11am. Entry Fee: Affiliated £3. Unaffiliated £3.50. Cheques payable to "Newport Harriers AC". Send entries to: Ivor Adams, 5 Camelot Court, Caerleon, Gwent.

August 30th Aberdeen*. Start Time: 10am. Entry Fee: Affiliated and Unaffiliated £4. Cheques payable to "Adidas/Mars Half Marathon". Send entries to: Aberdeen Half Marathon, 48 Westholme Ave., Aberdeen AB2 6AB.

September 20th Wolverhampton*. Start Time: 11am. Entry Fee: Affiliated £3. Unaffiliated £3.50. Cheques payable to "Wolverhampton and Bilston AC". Send entries to: Derek Kelsey, 84 Crossland Crescent, Tettenhall, Wolverhampton, West Midlands.

October 4th Windsor Great Park*. Combined Half Marathon and overall Race Series Grand Final. Start Time: 1pm. Entry Fee: Affiliated £3.50. Unaffiliated £4. Cheques payable to "The Spastics Society". Send entries to: Adidas/Mars Windsor Half Marathon, 32 Grove Close, Old Windsor, Berks. SL4 2LY. Do not send SAE but 2 x 2nd class postage stamps. (Wheelchair athletes are invited to this race. Please mark your entry form clearly).



*Indicates Children's 2 mile Fun Run also held - registration/entry on Race Day unless otherwise stated above.

Under AAA, WCCA, RRC, SAAA and SWCCC Rules. Local AAA affiliated clubs will be linked into the organisation of the events and these clubs will benefit financially from the proceeds.

SURNAME

SEX M/F

AGE ON DAY OF RACE

DATE OF BIRTH

FIRST NAME

POSTAL ADDRESS

TOWN

COUNTY

POST CODE ESSENTIAL

DAYTIME TELEPHONE (STD CODE ESSENTIAL)

HOME TELEPHONE (STD CODE ESSENTIAL)

AAA REGISTRATION NUMBER

FIRST CLAIM AFFILIATED CLUB

BEST TIME FOR EVENT CHOSEN

WHERE ACHIEVED

ARE YOU SPONSORED

I declare I am an amateur as defined by the AAA and WCCA, and will abide by those rules and that I will be 17 years of age (18 years in Scotland) or over on the day of the race.

I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Race.

I will not participate unless I am fit to run a half marathon.

Signed

Date

I enclose a cheque payable to the name of the chosen event, to the value of

and a SAE min size 9" x 6" (unless otherwise requested).

RACE ENTERED

SPECIFY TEAM CATEGORY (AC/RUGBY/OTHER)

WHEELCHAIR ATHLETES

Team entries should enquire direct to the individual Race Director.

RACE ENTRIES WILL CLOSE APPROXIMATELY 1 MONTH BEFORE RACE DAY. NO ENTRY WILL BE ACCEPTED ON RACE DAY, (with the exception of childrens entries in Fun Runs).



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READERS WRITE . . .

Dear Sir . . .

THERE are aspects of Phil Thomas's report of the Kodak Rhyl Classic '10K' in your November 15th issue which strike me as rather less than fair comments on one of the country's leading distance running outfits.

My understanding of a "pot-hunter" is someone who chooses races for easy prizes rather than a level of competition to enhance his standard. Often this is combined with a tendency to over race and to judge a season by the prizes won rather than by genuine progress.

Well, Stretford athletes certainly win a substantial number of prizes in a range of road races, but they are noted above all for taking on the best races available, having won in 1986 'gold', 'silver' and 'bronze' medals in AAA team championships (respectively the '10K' in London, the '10' in Yorkshire, and the Six Stage Road Relay in Sutton Park).

Having seen the Kodak Series standard of courses, quality of fields, and efficiency of organisation, it is no surprise to find that Stretford entered the races at Rhyl on October 26th. Mike Quinn, in ninth place, was not a counter as he is not yet eligible for open team competition. Clive Bucknall and Roland Hibbard had no reasonable prospect of individual major prizes — if they were pot-hunters they would presumably have gone to Leigh or Batley to run in more modest quality fields with a real expectation of good prizes. The team prize of £200 ("filthy lucre" to Mr. Thomas) might well be used towards hotel expenses before the National Cross Country Championships — a race for which road specialist Bucknall cannot be sure of selection!

Knowledgeable friends and rivals at Gateshead, Tipton and Aldershot (and Newport, too, for that matter), know that Stretford are emerging as a team to be respected in races of the highest quality.

As a matter of interest, comparison of the aggregate performances of the nine clubs to contest October's AAA Relays in all age-groups shows Stretford (3rd Senior, 1st Youths, 4th Boys, 10th Colts) to be over three minutes faster than the next best teams — those of Shaftesbury Barnet.

S. Eaton

P.S. A mention of Derby's third place, at least in the results, would have been of interest to readers. And if Mr. Thomas finds money prizes so abhorrent, why did he accept an invitation to be announcer at the Rhyl fixture??

Phil Thomas replies: 'Did Mr. Eaton read my report? It was not my suggestion that Stretford athletes were there for the wrong reasons, but a member of the

club's entourage. Neither will he find any condemnation of money prizes — simply a pointing to the contradiction between words and deeds. With respect, any fool can write who finished first, second and third, but I tend to the view that 'AW' readers are intelligent enough to work that out for themselves. My reports seek to catch the flavour of the day, and the contradiction referred to, contrasted with the excellence of the front runners (and the anonymity of some others!) caught that flavour. If Mr. Eaton wishes to protect the good name of his club he might be advised to make sure all members and supporters express enjoyment at taking part rather than making the comments referred to or rudely asking how much certain athletes were being paid to turn up and compete!'

Too Eager To Praise

With reference to the article on the Kodak Rhyl Classic '10K', I feel I must write to express concern about the event and challenge certain points.

The race was a success, with large crowds, a flat course, many top athletes and plenty of fast times. However, the event caused controversy and two local people singled out for bouquets have in fact some heart searching to do.

Your readers will not be aware of the background to the race being held in North Wales, and I doubt if the Chairman of Prestatyn Running Club would appreciate the dilemma North Wales' athletes faced. The race, which included the Welsh Championship, was awarded to North Wales — great news for North Wales — but nobody bothered to notify the clubs or the County Association until after the date was fixed. The date chosen gave a terrible fixture clash to most clubs in North Wales. This was not the fault of Alan Pascoe Associates, but lack of concern by 'local organisers'.

For many years the North Wales Cross Country League has grown in stature with record fields. The fixtures are traditional well established dates, and anyone with the slightest involvement with cross country in North Wales knows these dates. The result

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was that athletes had to choose between running for their club on the Saturday or for 'glory' and fast times on the Sunday at Rhyl. This type of fixture clash is not in the interest of grass root athletics at club level. Many of North Wales' athletes decided to run for their club on Saturday **and** also on the following day. The effect was many were beaten or recorded slower times than could normally have been expected.

A prime example was Tony Blackwell of Wrexham. Blackwell, who is one of the top Welsh runners, won the North Wales Cross Country League on Saturday and finished 14th at Rhyl. It is nonsense to believe that he would have finished so far down the field had it not been for his previous day's exploits: I have little doubt that he would be up with the Klimes twins. Hefin Griffiths (Eryri) — 50th — again farcical. This young man is one of the finest runners in the area — he also ran for his club the previous day.

Before bouquets are presented, would Mr. Evans please ensure that never again are athletes in North Wales put at such a disadvantage in a major championship race and that local organisers work for the good of grass root athletics. To put the final nail in the coffin, also held on the same day as the Kodak race was North Wales' only remaining marathon — does heavy commercialism have no regard for other people's fixtures?

I sincerely hope Kodak return to North Wales; as I indicated at the outset the race WAS a huge success, and Messrs. McNally, Costelow and Bell *should* be thanked for their efforts.

Ron Bell,
Ruthin, Clwyd

Get Rid Of Games!

After reading Iain Macleod's very perceptive and enlightening article regarding the Olympic bids in your October 25th issue, my personal conclusion on that affair was 'How obnoxious and nauseating'.

"Sport takes second place". Second place to the ego trip of the delegates, their self gratification, their self generated self importance. The IOC Members should be utterly ashamed of themselves.

Thank goodness we now have a Track and Field World Championships, where, as seen in Helsinki, the sport was first and foremost and where all else generally took second place.

After all the boycotts, with the fantastically highly expensive and sickening TV commercialism of recent Olympic Games, I am surprised that anyone interested in sport can be infatuated by the 'new' Olympic Games. The initial spirit has been lost for greed and puff-foonyery(!). Bruce Kidd once stated that all an athlete needs for the Games is a track and a field, the rest is extra. I don't entirely agree with that, but it does convey somewhat my thoughts and feelings on what the Olympic Games have become.

Once again the Olympic hierarchy seems to *ignore* the athletes. Now that we have a true World Championship, one day maybe the athletes will *ignore* the Olympics. Then the Championships will truly be **the meet** to aim at. I look forward to the demise of the Olympic Games. In fact all GAMES; for it does seem as though Games are 'trouble'. Just look at the Commonwealth GAMES of this year, compared with the European CHAMPIONSHIPS!

Peter May,
Ontario, Canada

AAA Marathon Results

I wish to make reference to the 1986 London Marathon, which incorporated the AAA Marathon Championships.

I am experiencing great difficulty in obtaining my club's team result in the AAA Championships and would appreciate any advice as to how one can establish the team positions, as it would appear that the organisers are unable to help.

If, however, after prolonged investigation, I am unable to establish our team placing, then I would certainly recommend that the AAA Championships are held outside the London Marathon in future; for like most promoting organisations we at Kettering declare full lists of team results in all events we run, and I cannot see any reason why this should not be possible for the organisers of the London Marathon.

Ted Barton,
Hon. Secretary, Kettering Town H.

Factors Overlooked

The recent correspondence in 'AW' on the lack of British success over 10,000m has been very interesting, especially Mike Dagg's statistical analysis of final 2000m times (Nov. 8th). However, two factors are consistently overlooked when reviewing our poor showing in major championships in recent years.

Firstly, no matter how much blame is laid at the feet of the selectors — and I would again remind your readers that there are different selectors for BAAB, AAA, Scottish AAA, Welsh AAA, cross country teams, etc.; and I don't believe that they are all wrong all the time — it all comes back to the athletes themselves. They and their advisers must make up their minds whether they want to get rich in road races or win medals. I do not think that you can do both over the distances — except that the former may be possible *after* you have won the medals. I know that there seem to be some exceptions in other countries, but I am talking about normal runners.

Secondly, it seems that Mr. Churchill was on to something when he talked about "Blood, toil, tears and sweat". The last three are no strangers to our boys I am sure, but what of the first named item?

I, for one, find it extremely difficult, nay impossible, to accept that all of the current crop of champion distance runners are 'normal'. What do I mean? You know — nudge, nudge, wink, wink. How about distance men having to keep a record of all non-viral disease visits to hospital prior to a major championships — that might show up some interesting things. "Nonsense" — I don't think so. "Not illegal" — probably not, but highly immoral. "No different from training at altitude" — you can't really believe that surely. "Just another training aid" — I give up. Yours disenchantedly.

Stan Greenberg,
London, N.12

Marathon Diet

I thank Duncan Crombie for his kind remarks about my contributions to 'AW' (Nov. 8th issue). He raises two good points over my observations on diet and I, in turn, make the following observations on his views.

1. According to Arnold, carbohydrates are necessary for the formation of glycogen, a storage form of energy that is called upon heavily during all forms of long strenuous exercise (eg. marathon). Among the types of carbohydrates are monosaccharides, which are simple sugars, glucose, fructose and galactose. Of these, fructose is of particular importance to those

who have to compete two days consecutively. Fructose does not provide immediate available energy; instead it is rapidly and completely converted into glycogen. The glycogen stock of the body is around 600 grams, and 1½ lb of fructose would meet this requirement in theory. However, in practice glucose derived from the rest of the diet will play a substantial part in forming glycogen, as will also body fat, so that fructose should be taken as a 'topping up' agent for glycogen stocks rather than a major supply item. Fructose has the added power of increasing the speed at which glucose is converted into glycogen. In past Olympics the British marathon squad have been issued with kilogram bags of fructose.

2. In this country the major demand on the body's reserves in a marathon is glycogen, and fluids next. If the temperature is 35 degrees Celsius and there is 50-90% relative humidity, the use of black coffee before the race is questionable. However, Costill, in an experiment with four marathoners, found that an intake of 4½ lb of water during a caffeine loaded run did not cause distress. The answer is to drink whenever it is legally possible to do so, and to avoid caffeine drinks if it is too hot. In my experience the major failure in a marathon is from glycogen depletion in this country.

Frank Horwill,
London, E.14

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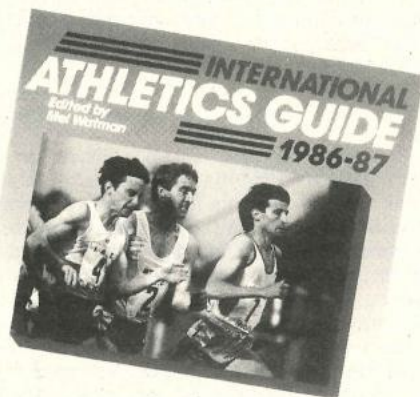
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UK Best Juniors In 1986

These lists have been compiled by the NUTS. Additions and amendments would be welcomed by the list co-ordinator, Ian Hodge, 10 The Glen, Shortlands, Bromley, Kent.

(Abbreviations: w — wind assisted, i — indoors, u — unconfirmed)

100 METRES

10.29w	Jamie Henderson (10.33)
10.42w	David Kirton (10.48)
10.48w	Philip Goedluck (10.55)
10.49	Jon Ridgeon
10.49	Colin Jackson
10.50w	Martin Waldron (10.6/10.62)
10.50w	Marcus Adam (10.62)
10.60	Russell Boaler
10.77	Ray Burke
10.7	Nick Riley
10.7	Norman Shute
10.80w	Anthony Jarrett (10.85)
10.8	Mark Wright
10.8	Darren Braithwaite
10.8	Mark Henry
10.8	Michael Rey
10.8w	Preston Burns
10.8w	Tom Gibson

200 METRES

21.09	Marcus Adam
21.21	Philip Goedluck
21.45w	David Kirton (21.5)
21.4	Jason Hallifax
21.54	Jon Ridgeon
21.56	Mark Tyler
21.70	Preston Burns
21.79	Lloyd Stapleton
21.7	Brendan Lawlor
21.7	Russell Boaler
21.7w	Joseph Minetti
21.83w	Craig Elliott
21.8	Paul Bartley
21.8	Mark Wright
21.8	Gary Patterson
21.94	Lawrence Lynch
21.9	Ronald Gullon
21.9	Alex Fugallo
21.9	Tim Silvester
21.9	Mark Henry

1:49.9	Paul Causey
1:50.15	Richard Harley
1:50.3	Matthew Barnes
1:50.9	Brian Murray
1:51.06	David Wilson
1:51.7	Albert James
1:51.77	John Rigg
1:51.87	Robert Denmark
1:52.1	Terry West
1:52.12	Miles Ravenhill
1:52.2	John Jennings
1:52.3	Andrew Evans
1:52.46	Nick Smith
1:52.55	Gary Burnett
1:52.6	Darren Mead
1:52.6	Paul Burgess

1500 METRES

3:42.77	David Sharpe
3:43.8	John Nuttall
3:43.92	Johan Boakes
3:45.6	Samuel Wallace
3:45.8	Darren Mead
3:46.7	Kevin McKay
3:47.5	James Starling
3:48.09	Tom Hanlon
3:49.2	Darrell Smith
3:49.6	Chris Payne
3:49.6	Matthew Barnes
3:49.67	Robert Denmark
3:50.5	David Ireland
3:50.62	David Wilson
3:51.1	Jason Lobo
3:51.4	Andrew Hollens
3:51.5	Steven Halliday
3:51.5	Joe Dunbar
3:51.7	Martin Forder
3:52.1	Gary Robbins

3000 METRES

8:07.7	Simon Mugglestone
8:09.65	John Nuttall
8:09.93	Darren Mead
8:10.53	James Starling
8:10.6	Darrell Smith
8:13.47	Steven Halliday
8:23.7	Joe Dunbar
8:24.1	David Donnet
8:24.23	Tom Richardson
8:24.6	Paul Kerbey

400 METRES

46.78	Peter Crampton
46.91	Mark Tyler
47.02	Gary Patterson
47.48	Peter Sinclair
48.0	Richard Hill
48.10	Gareth Bakewell
48.31	Jon Rowlands
48.39	Andrew Murray
48.3	David McKenzie
48.59	Mark Henry
48.5	Wayne McDonald
48.6	Dean Packham
48.6	John Rigg
48.71	Richard Shearman
48.8	Mike Tully
48.8	Paul Causey
48.90	Darren Hall
48.9	Michael Wride
49.01	Paul Roberts
49.09	Kevin Ferry
49.0	Peter Campbell

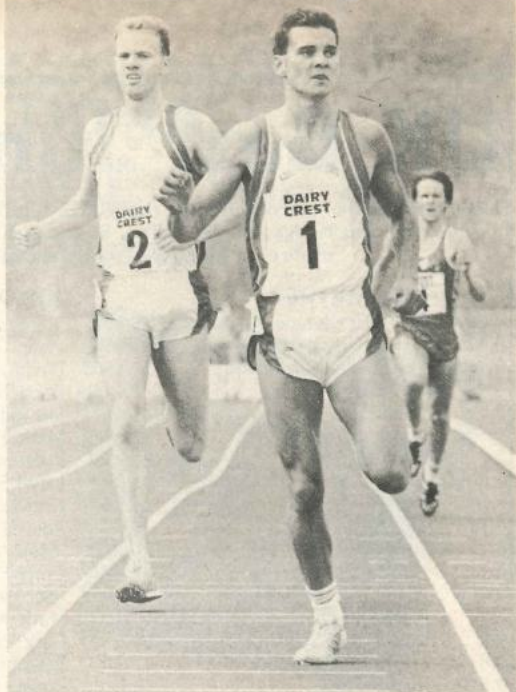
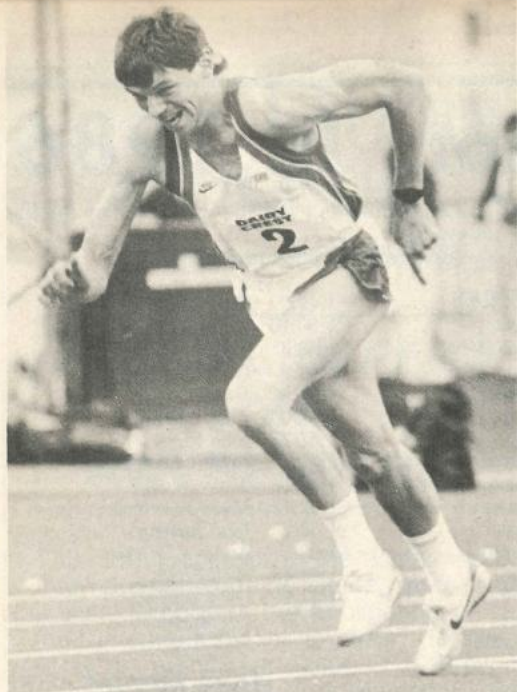
800 METRES

1:45.64	David Sharpe
1:48.20	Paul Williams
1:48.95	Kevin McKay
1:49.3	Johan Boakes



Thames Valley Harrier David Kirton.

Photo: Ceri Breeze



5000 METRES

14:08.68	John Nuttall
14:12.35	Darren Mead
14:23.8	David Ireland
14:28.97	Darrell Smith
14:30.78	James Starling
14:37.0	Steven Conaghan
14:43.6	Tom Richardson
14:52.1	Steven Halliday
14:54.8	Stuart Jones
14:58.1	Alaister Russell

2000M STEEPLECHASE

5:32.84	Tom Hanlon
5:42.51	Joe Dunbar
5:45.3	Richard Schlanker
5:47.22	Steven Arnold
5:47.4	Philip Helm
5:50.4	John Renney
5:50.58	Lance Wright
5:50.6	Darren Mead
5:51.27	Martin Pemberton
5:51.9	Richard Simpson
5:52.0	Adrian Green
5:53.7	Richard Johnson
5:55.4	Daniel Duke
5:56.3	Robert Temple
5:57.02	Stephen Denham
5:57.7	Mark Wortley
5:58.2u	Stuart Still
6:00.1	Chris Knight
6:00.29	Kevin Gavin
6:00.55	Nick Burne-Cronshaw
6:01.4	Simon Maynard

110 METRES HURDLES

13.42w	Colin Jackson (13.44)
13.66	Jon Ridgeon
13.82w	David Nelson (13.91)
14.06w	Antony Jarrett (14.14)
14.16	Brett St. Louis
14.28w	Andrew Tulloch (14.34)
14.33	Paul Gray
14.80w	Michael Loizias (15.0)
14.92w	Neal Petley (15.09)
14.9w	Andrew Smailes (15.1/15.18)

3'3" Hurdles

13.9w	Anthony Jarrett (14.6)
14.1	Brett St. Louis
14.40	Paul Gray
14.4w	Andrew Smailes (14.8)
14.6	Patrick Walker
14.6	Philip Brilus
14.6	Andrew Tulloch
14.6w	Michael Loizias (14.7)
14.6w	Paul Chong (14.8)
14.6w	Victor Chukwumeka (15.1)
14.7	Andrew Thain
14.82	Steven Pollock
14.8	Peter Dyer
14.8	Neal Petley
14.8w	Glenn Stephenson (15.1)
14.9w	Lee Robinson
15.0	M. Mason
15.1	Chris Dolling

15.1	Paul Buckley
15.2u	Adrian Squires
15.3	Michael Adams
15.3	J. Hodder
15.3u	J. Thornber

400 METRES HURDLES

52.54	Stephen Hawkins
52.80	Peter Campbell
52.91	David Haizelden
53.55	David Warburton
53.58	Andrew Nelson
53.64	Nigel Keough
54.0	Robert Brown
54.40	Paul Masters
54.6	Peter Sinclair
54.8	Richard Foulkes
54.8	Keith White
55.19	Stephen Blake
55.1	William Silvester
55.2	Paul Chong
55.31	John Jeffree
55.42	Adam Hartley
55.55	Matthew Randall
55.7	Andrew Smailes
55.92	Simon Wassell
56.09	Adrian Cleaver

HIGH JUMP

2.10	Andrew Hutchinson
2.10	James Appleby
2.10i	Nick Hay (2.06)
2.10i	Leroy Lucas (2.05)
2.09	John Hopper

Photos of (far left) Peter Crampton, Johan Boakes (1) and Paul Williams by Ceri Breeze.

2.08	John Wallace
2.08	John Holman
2.06	Hopeton Lindo
2.06	Anthony Brannen
2.05	A. Wright
2.03	A. Graham
2.03	Eddie Laughton
2.03	Julian Rifat
2.02	Harvey Griffiths
2.02	Paul Sudiskas
2.02	Marlon Huggins
2.01	Paul Beales
2.01	Lee Whittington
2.01	Clive Williams
2.01i	Gavin Meadows

POLE VAULT

4.90	Gary Jackson
4.86	Michael Edwards
4.83	Paul Phelps
4.80	Ian Lewis
4.70	Ian Tullett
4.60	Howard Gooderham
4.60	Darren Wright
4.30	Daniel Chalkley
4.25	Andrew Wake
4.23	Robert Bond

4.20	Adrian Bailey
4.20	Paul Beswick
4.20	Andrew Orrell
4.20	Ian White
4.10	Anthony Brannen
4.10	Rafer Joseph
4.10	Nigel Peacock
4.10i	Martin Thomas
4.01	Neil Ashman
4.01	Robert Leonard

LONG JUMP

7.96w	Colin Jackson
7.63	Stewart Faulkner
7.53w	Nick Riley (7.39)
7.45	Barry Nevison
7.42w	Darren Gomersall (7.31)
7.40w	Matthew John (7.15)
7.34w	Mark Belben (7.31)
7.34w	Paul Johnson (7.32i/7.27)
7.20	Dean Cocks
7.16	David Kirton
7.15	Henry Baffoe
7.12u	Gary Slade (7.09)
7.11	David Hoilette
7.11	Marcus Browning
7.10u	Tosin Soboyejo

7.10u	McSween
7.09w	Keith Ible
7.07	Kevin Liddington
7.06	Richard Horne
7.06w	Courtney Charles (6.98)
7.05	Wayne Griffiths
7.04	Evan Bailey
7.04	Richard Edwards

TRIPLE JUMP

15.95w	Lawrence Lynch (15.91)
15.50	Junior Campbell
15.42w	Richard Edwards (15.38)
15.36w	Eldon Lake (15.28)
15.33	Mark Whitehead
15.32	Chike Chukwulozie
15.28w	Stewart Faulkner (15.24)
15.16	Scott Balment
15.06	Mark Seeley
15.06w	Darren Gomersall (14.74)
15.02i	Paul Johnson
14.81	Paul Weston
14.72	Ben Onyeabo
14.72	Raymond Smith
14.70	Wayne Griffith
14.69	Stuart Houlston
14.68	Paul Ralph
14.60w	Gary McCullough
14.48	Jeremy Miatt
14.47	T. Ilaka

SHOT

7.26kg	
16.61	Simon Williams
15.81	Matthew Simson
15.20	Clayton Turner
14.45i	Martyn Fletcher (13.84)
14.08i	Darrin Morris (13.99)
13.97	Neil Cooper
13.94	Stephen Ayre
13.94	Roger Hancock
13.92	Guy Litherland
13.68	Matthew Symonds

6.25kg

18.66i	Simon Williams (18.52)
15.88	Clayton Turner
15.82	Matthew Simson
15.79	Stephen Ayre

Colin Jackson, Jon Ridgeon and David Nelson are a hard act to match, but at least they stayed away from the 3'3" barriers in 1986, allowing English Schools champion Anthony Jarrett the chance to top a hurdles ranking list.



15.29i	Richard Jones (14.75)
15.23i	Darrin Morris (14.62)
15.19i	Martyn Fletcher (14.84)
15.03	Roger Hancock
15.02i	Guy Litherland (14.12)
14.86	Neal Brunning
14.66	Matthew Symonds
14.61i	David Williams (14.46)
14.51	Philip Timms
14.25i	David Holland
14.17	Brian Redman
14.03	Andrew Brittan
13.93u	Howard Lamb (13.88)
13.91	G. Rees
13.60i	Gareth Jones (13.46)
13.33	James Goddard

DISCUS

2kg

53.02	Simon Williams
49.24	Darrin Morris
49.10	Matthew Symonds
48.12	Stephen Ayre
47.70	Guy Litherland
46.98	Russell Devine
46.74	Andrew Brittan
45.22	Rafer Joseph
45.08	Michael Green
43.74	Brian Ridley

1.75kg

56.00	Simon Williams
52.62	Matthew Symonds
50.92	Russell Devine
49.26	Guy Litherland
49.14	Stephen Ayre
48.56	Gareth Cook
47.68	Barry Baptiste

47.18u	Edward Mbu (46.20)
46.84	Andrew Brittan
46.58	Rafer Joseph
46.52	Neal Brunning
46.38	Clayton Turner
45.74	Ian Taylor
45.30	Gareth Jones
45.30u	Russell Turner
44.74	Howard Lamb
44.72	Michael Green
44.60	Simon Dixon
44.36	Richard Gill
44.02	Richard Jones
43.90	Matthew Twigg

HAMMER

7.26kg

63.84	Andrew Tolputt
57.58	Gareth Cook
56.92	Chris Howe
56.52	Graham Callow
56.48	Stephen Dixon
54.42	Mark Gray
53.70	Barry Baptiste
52.36	Doug Read
52.04	Justin Feely
51.60	Peter Vivian

6.25kg

70.36	Andrew Tolputt
63.66	Chris Howe
61.98	Graham Callow
61.54	Gareth Cook
61.32	Simon Dixon
60.28	Mark Gray
58.82	Justin Feely
58.52	Russell Devine
58.50	Barry Baptiste

57.70	Peter Vivian
57.42u	Neil Homer
57.24	Paul Murden
56.52	Jason Byrne
56.38	Philip Bufton
55.70	Adrian Palmer
54.48	Philip Rushin
53.20	Rupert Spencer-Smith
52.88	Barrie Dickinson
52.40	Marvin Edwards
51.50	David Todd
51.50u	Adrian Tyre
51.10	Doug Read

JAVELIN

Old Model

78.66	Gary Jenson
78.46	Mark Roberson
71.02	Nigel Bevan
69.74	Steven Backley
67.70	Justin Rubio
67.34	Jon Clarke
66.68	Paul Bushnell
66.48	Peter Muspratt
65.98	Steven Savill
59.64	Ken Rehill

New Model

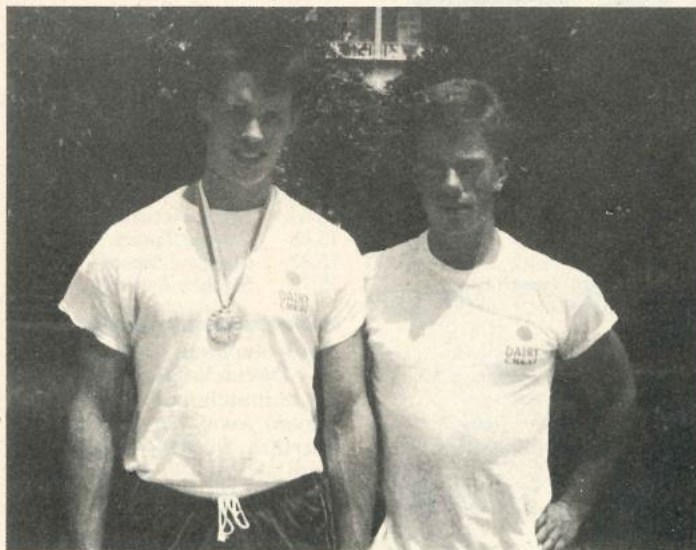
74.54	Gary Jenson
74.24	Mark Roberson
68.74	Jon Clarke
64.98	Steven Backley
64.80	Nigel Bevan

DECATHLON

6612	Rafer Joseph
6373	Jeremy Lay
6070	Mark Bishop
6038	Gary James
6029	David Bigham
5984w	Anthony Brannen (5983)
5915	Mark Allison
5794	Lee Robinson
5674	Martin Burholt
5667	Paul Chong
5599	Ian Gould
5592	Chris Raymond
5540	Duncan Mathieson
5523	Andrew Mason
5488	Philip Brilus
5488	Stephen Dallimore
5450	Paul Tanner
5413	Brian Redman
5396	Mark Bignell
5301	Robert Taylor

Mark Roberson (left) and Gary Jenson — World Junior silver medallist and UK Junior record holder respectively.

Photo: Alan Lindop



BRITISH ATHLETICS LEAGUE

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1987 GRE MEN'S GOLD & WOMEN'S JUBILEE CUPS ENTRY FORM (PLEASE TYPE OR PRINT VERY CLEARLY)

Name of Club.....
(Separate entry forms from Men's & Women's Sections of Joint Clubs please)
Men's/Women's Club (Delete as necessary)

Club Contact Name
(To whom
the Draw
will be sent) Address

Telephone Number (with STD code please).....

Team
Manager Name
(if different
from club
contact) Address

Telephone Number (with STD code please).....

Club Officials Secretary Name.....
(Person to be
contacted if
Promotor is
short of
Officials) Address.....

Telephone Number (with STD code please).....

Club
Treasurer Name
Address

Telephone Number (with STD code please).....

Closing date for entries **JANUARY 10th, 1987**

Send entry with cheque/PO payable to: "The British Athletics League" for £10 (1 team) or £15 (men's and women's teams) to: Colin Nimmo, Andorra, 77a New Dover Road, Canterbury, Kent.

9 MILE ROAD RACE (under AAA and WCCA Laws)

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CERTIFICATES AND RESULTS WILL BE SENT TO EVERY COMPETITOR AFTER THE EVENT

ROMAN 9, ROMAN MOTORS (Westavon) Ltd., Western Road, Stratford-upon-Avon CV37 0AH

All entries must be completed on an individual entry form (photocopied forms accepted)

detach here

[illegible]

Other initial

[illegible][illegible]

County

Postcode

--	--

Sex: M/F

Age on day of Race

--	--	--	--	--	--

11

☐ ☐ (Entrants must be over 16)

Club/Team Name

[illegible]

Entry into team event is automatic when above line is completed

AAA Registration No. (if applicable)

[illegible]

Cheques or postal orders to
Stratford-upon-Avon Athletic Club

S.A.E. at least 9 x 4 for
return of race number ☐

Fees: £1.50

for individuals or members of clubs affiliated to the governing bodies of athletics in U.K.

£2.00 Other entrants

I declare I am an amateur as defined by the A.A.A. & W.A.A. and will abide by those rules. I hereby agree that the organisers shall not be liable for any accidents, injury, loss or damage as a consequence of my participation in the Race.

Signature: Date:

What Value Your Coach?

Brian Smyth reports on the second UK National Coaching Conference

ATHLETES, consider this — just how much is your coach worth? £100, £1000, £10,000 a year? Would you be prepared to pay for his or her time, knowledge and expertise? If not, why not? And should he or she be out of pocket for the privilege of coaching you?

Most athletes will probably never have had these thoughts cross their minds; yet in some sports participants have to pay through the nose for expert tuition and even membership of clubs, so why should it be any different in athletics?

The subject of the coach and that particular animal's future in the more and more mercenary world of athletics was the main topic of discussion on the final day of the second UK National

Coaches Conference, sponsored by Minolta Copiers and held at the Holiday Inn, Croydon on November 9th; and the discussion document presented by the Working Party set up at last year's Conference certainly formed the basis of some stimulating chatter following lunch. The Working Party was charged last year *'To consider developments in professional coaching in athletics'*, and, under the chairmanship of the Director of Coaching, they came up with a paper that gives fairly clear guidelines as to what the current coaching system is, professional or otherwise, and just what avenues are open, from gaining recompense of expenses to actually earning sums of money from a pursuit that has always, in this sport, been generally regarded as a hobby.

Changing attitudes

Attitudes are changing, certainly if the mood of this year's Conference is anything to go by, and perhaps this is yet another offshoot of the 'opening' of athletics that was sought for so long. I digress a moment — we can start to worry even more if a professional athletics officials' federation comes into being! The subject isn't an easy one from which to draw definite conclusions, and in this respect the Working Party's paper is a valuable document in that it provides the first step forward for what could have become a much abused section of our sport, although some may feel that the abuse already goes on. Under the current system, individual athletes, clubs and local communities all benefit from the skills and expertise, in the main given freely by the nation's athletics coaches. Furthermore, some individual athletes actually benefit financially from their athletic endeavours; successes which have been achieved, almost without exception, with the aid of a coach

somewhere along the line. For the majority of coaches, however, there is no point in looking further than these avenues as that is where the bulk of the coaching talent lies and will continue to lie, but for the others, and that almost certainly means a minimum standard of BAAB Senior Coach upwards, there are definitely opportunities further afield and the bulk of the Working Party's paper deals with both these subjects.

To set the scene, the beneficiaries of a coach's activities have been by the paper, and for the benefit of this article will be, termed the 'customer' and these, states the paper, benefit from "direct and indirect services". Direct services are given to those such as the competitive athlete, from the beginner through to advanced Senior standard, and also to the non-competitive participant, those who exercise to lose weight, stay fit, etc. Less actual coaching and a more advisory role is the situation coaches would find themselves in with the latter. If anyone ever makes a fortune from coaching, it is doubtful they will do it from these activities, which would seem to be the easiest way of gaining some form of compensation for the coach's outlay but little else, unless one is fortunate enough to coach a money-earning world beater.

Administrative skills

Institutions, commercial agencies and communications agencies are where the coach with more administrative-type skills can look towards to gain perhaps a little or a lot more than just expenses, and at the lower end these can include clubs, sports centres, local authorities, local and national companies with the health of their staff in mind, and even national sporting bodies, but the latter few would perhaps additionally require plans, project direction, management, even budget control and skills

other than just an ability to coach. These would be needed when directing clinics, courses, speaking at conferences, etc. Commercial agencies would be looking for advice on athletics related matters usually involving special packages for sponsors or whatever, and this would move even further away from the basic coaching premise, while communication — i.e. media outlets would be looking for sporting and specific knowledge perhaps coupled with broadcasting or writing skills.

It is therefore possible for those looking to reap some reward to actually achieve it, but the practice would probably be far different from the theory. BAAB Club Coaches would be the minimum source and probably the prime source of staffing for clubs, centres, local authorities; but the more removed from basics the 'customer' is the more it falls into the realms of Senior Coaches, Staff Coaches, National Coaches-coaches who already have a

'name' for themselves, or perhaps also those who are lucky enough to have a 'named' athlete to boast of. The coaching 'population' is therefore very small, but also very expert in these latter instances.

Level of competence

What is very clear from the Working Party paper is that all these possible areas of revenue for a coach require a relevant level of competence, knowledge, experience and ability, and whatever level of 'customer' is being dealt with, certain credentials should be present. Primarily, BAAB coaching awards are an indication of a certain level of competence, but also experience of working at that particular level, a record of achievement which relates to the 'customer's' needs, and if necessary business and management skills and communication skills should be present if an individual is looking to project him or herself into that sort of sphere.

Thus, possession of BAAB qualifications, a record of having worked within a club of similar type of coaching scheme, attendance at other relevant professional or private courses and good personal 'PR' are the sort of credentials the future professional will need to have.

It's all very well having a Working Party set up to review a certain situation, but this particular one also came up with a number of recommendations for discussion on just where the money should be coming from for the various tiers of coaching. It was estimated that club based coaches spend around £200-£300 a year in attending training, courses, competitions, purchasing literature and other equipment in order to pursue their 'hobby'; and the Working Party understood that the beneficiaries were athletes, clubs and local communities, and recommended that those beneficiaries should "contribute to a fund to at least reduce a coach's annual outlay. The club

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200m Track will be used for the SAAA & SWAAA's Indoor Athletics Championships, Scotland on the 31st January and 1st February 1987. For further details contact address above.

See main advertisement this page.

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SATURDAY, 31st JANUARY/
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At Edinburgh Exhibition Centre
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Full programme of Indoor Track
and Field Events

Entrants must be registered with S.A.A.A. and S.W.A.A.A.

Entries close 10th January, 1987

For Entry Forms and further information
contact:

Scottish Athletics,

18 Ainslie Place, Edinburgh EH3 6AU
Telephone: 031 226 4401

or the Promoters:

Highland Sports Organisers,

1 Westdyke Way, Westhill, Aberdeen
Telephone: 0836 702378

should administer the fund and co-ordinate the machinery to draw finance into the fund".

Coaches working at a higher level would be those whose athletes have a level of performance capable of earning them money. Often both coach and athletes work in select groups as opposed to clubs, and the outlay is likely to be in excess of £500. Beneficiaries would be athletes, clubs, Areas, national governing bodies and the BAAB. In addition to the previous recommendation, the paper also states: "It is further recommended that those who gain financial benefit from the work of a coach, beyond an agreed threshold, afford him/her financial reward via contractual agreement".

Regarding the 'non-competitive customer', they may belong to an athletics club, jogging or fitness club, a class, or contact a coach direct. Any outlay would be specific to the service required, and the recommendation read "that the beneficiary is charged a fee paid directly to the coach or via the club, authority or centre". Recommendations for payment for work through institutions, commercial agencies or media agencies were slightly less clear, as there are no bodies to direct procedures through, but it was agreed that payment more commonly came in the form of salary, fee or honorarium often with contracts playing a part; but a proposal has been made which reads "It is recommended that advice be made available from a marketing agency to ensure that coaches are made aware of their market value in contract negotiations".

Proposals for action

Probably the most innovative part of the paper is saved until the end, where definite proposals for action are suggested. Regarding club coaches, "Guidelines should be drawn up reference provisions of and conditions for financial

support for coaches operating within club coaching structures, to compensate them at least in part for costs in attending BAAB coach education courses and for expenses incurred in providing a coaching service". Additionally, "the guidelines will include advice on establishing and co-ordinating a fund for such provision. Income should be derived from contribution to the fund by those who benefit from the coaching service — athlete, club and community . . . scales of payment should relate to the time commitment and level of BAAB qualification".

Fail-safe plan

Hand in hand with this 'opening' of athletics coaching comes the fail-safe plan to prevent a free-for-all. The paper states: "An annual licensing/registration scheme should be introduced for coaches who earn income from athletics coaching". The Institute of Professional Athletics Coaches, as it would be titled perhaps, would work through a structure which would include a Chairman, Secretary, Assistant Secretary, Technical Director, Marketing Advisor, Management Advisor and Legal Advisor. It would be run through the BAAB Coaching Office and membership would be available to coaches who have achieved the BAAB Senior Award, attended the Institute's Professional Skills Course, accepted the code of professional conduct and paid an annual subscription. In return, coaches would receive consultancy on matters relating to professional coaching, for example, how much to charge, help with contracts, the *Athletics Coach* journal, quarterly professional coaching supplement, an invitation to the annual Conference and an endorsement of personal credentials. The paper also recommends that the Working Party "examine immediately the concept of a professional code of conduct".

Obviously the push from the top

The National Coaching Foundation is organising courses for 1987 for coaches interested in a number of wide ranging aspects of their art. The 13 headings include Structure of the Body, Prevention and Rehabilitation of Injury, Developing Endurance, Nutrition and Sports Performance, Development of Strength and Speed, Developing Flexibility, How to Plan Your Programme and Effective Coaching among others. Each course lasts around four hours and the fee for each is £5.00, which includes tuition and an information resource pack as back-up. Coaches may enrol for as many courses as they wish and timetables and application forms can be obtained from The National Coaching Foundation, 4 College Close, Beckett Park, Leeds LS6 3QH (tel: 0532 744802).

to achieve a fairer system for the country's coaches looks to be great, although the Director of Coaching, Frank Dick, was keen that it be achieved only with the full consent of the Conference; hence the length discussion at Croydon. Certainly without the likes of a professional body to control proceedings coaches may, to a certain extent, be feeling in the dark in attempts at recompensing themselves or earning from their activities. As Cliff Temple asked during the afternoon, just how does one ask an athlete for payment, and when; when they are beginning at 12 years of age, at 16, 18 or when they are international standard? By then they may not need coaching, which has always been the main aim of the 'profession' — to make oneself redundant to a certain extent.

Only one dissenter

Maevie Kyle added that she had on a number of occasions actually been asked, by athletes and parents, how much coaching would cost, and almost unanimously the feeling of the meeting was that payment to some extent was indeed a desirable thing. Only one major dissenter, so to speak, emerged, and that was Jimmy Hedley. His opinion was that the sport should be as cheap as possible for participants, as those who are earning from their abilities are very few, and even fewer can afford to pay for coaching, especially from his part of the country. As it is usually the clubs who go out to recruit members, the onus should be on them to ensure this principle. Taking this view, there certainly is an argument, but perhaps the sport has moved on too far.

Harry Wilson floated the idea that perhaps the BAAB should pay coaches; they derive a lot of the benefit in their international teams and it seems that if the Institute of Coaches ever gets off the ground, this may be something which is incorporated. What also came through is that the number of coaches who currently do receive some remuneration is not as small as one may think. One or two present openly admitted that they had arrangements with athletes, international or otherwise, and one of the parting shots by Frank Dick was a request that coaches actually write to him, anonymously preferably, with details of their arrangements with individual athletes so that some sort of overall picture could be assembled on the current situations.

If nothing else, certainly some seeds may have been sown in the

minds of those present as to where they could look to in the future to reduce their monetary deficit from the sport and, after all, is it such a bad thing? Controlled, it can only be fair reward for the rare skills which this body of men and women possess. If one wants a building job done, a solicitor hired, or whatever, one has to pay. Coaches are sometimes equally skilled and often have spent longer learning their art than these people.

As they say, 'Rome wasn't built in a day', and the Working Party has been empowered to finalise details further. One thing's for sure, no major changes will come about if it is left up to individual coaches, but if action ever comes from the top in the form of an Institute of Professional Athletics Coaches, it may eventually have far reaching effects to change a lot of the grass roots as we know them.

1987 — The Year Of Athletics

THE INTERNATIONAL AMATEUR ATHLETIC FEDERATION INVITES ENTRIES FOR THE IAAF INTERNATIONAL TRACK & FIELD ATHLETIC PHOTOGRAPHIC COMPETITION 1987

1987 is the 'Year of Athletics' — a year in which the first World Indoor Championships will be held in Indianapolis, and the second World Championships of Athletics will be held in Rome. 1987 will also mark the 75th anniversary of the International Amateur Athletic Federation's foundation in 1912. Throughout 1987, a series of projects and celebrations, which will involve the entire track and field community, will be undertaken. One such project will be the staging of an international photographic competition.

The competition will be open to professionals and amateurs with two distinct Awards:

- i. The IAAF Track & Field *Professional* Photographer of the Year (judged on a portfolio of five pictures).
- ii. The IAAF Track & Field *Amateur* Photographer of the Year (judged on one picture).

Professional photographers will be required to submit a portfolio of five photographs, colour and/or monochrome. Photographs shall be a maximum of 50cm x 60cm. Any photographs larger than this will automatically be eliminated from the contest. Transparencies will not be accepted.

Amateur photographers will be required to submit just one photograph in colour or monochrome, following the above size specification.

Entries can be submitted in 1987 at any time between January 1st and September 30th. All photographs must have been taken between September 30th 1986 and September 29th 1987. A distinguished athletic panel, drawn from the track and field community, will select the winner in October. A technical advisor (without vote) will be provided by *All-Sport Photographic Ltd.*, the official IAAF photographers, who will not take part in the competition. 'The IAAF Track & Field Professional Photographer of the Year' will receive a special award at the Annual World Athletic Gala, to be held in Monte Carlo on November 20th, 1987.

The winner of the 'IAAF Track & Field Amateur Photographer of the Year' will receive £1000 of photographic equipment of his or her choice.

The best pictures will be exhibited at the time of the 1987 IAAF World Athletic Gala, to be held in Monte Carlo, and included in the official IAAF wall calendar for 1988.



THE INTERNATIONAL AMATEUR ATHLETIC FEDERATION INTERNATIONAL TRACK & FIELD ATHLETIC PHOTOGRAPHIC COMPETITION 1987

ENTRY FORM ★ The IAAF Track & Field Professional Photographer of the Year. ★ The IAAF Track & Field Amateur Photographer of the Year.

I hereby enclose an entry for the IAAF International Photographic Competition — 1987.

I am/am not a Professional Photographer, and accept that the International Amateur Athletic Federation will make every effort to safeguard my photograph(s), but cannot be held responsible if they are ultimately damaged or lost.

I enclose an S.A.E. for the return of my photograph(s), upon completion of the selection procedure. I accept that, if chosen as one of the best photographs, the International Amateur Athletic Federation has the right to call for the negative or slides of the winning photographs, and exhibit the photographs at any time and place at their discretion, and/or to include such photograph in any official IAAF publication they deem suitable. All material shall be returned by December 31st, 1987 at the latest.

I enclose: ★ A portfolio of five photographs for consideration in the section "The IAAF Track & Field Professional Photographer of the Year".

★ A photograph for consideration in the section — "The IAAF Track & Field Photograph of the Year".

I list below the technical details of the photograph (s) submitted:-

Photograph 1:

Date:.....

Location:.....

Film (make/speed):.....

Shutter Speed and f/stop (aperture):.....

Lens type:.....

Focal length:.....

Photograph 2:

Date:.....

Location:.....

Film (make & speed):.....

Shutter Speed and f/stop (aperture):.....

Lens type:.....

Focal length:.....

Photograph 3:

Date:.....

Location:.....

Film (make & speed):.....

Shutter Speed and f/stop (aperture):.....

Lens type:.....

Focal length:.....

Name:.....

Address:.....

Authorisation to enter Competition from Company.....
(Name and Position)

Photograph 4:

Date:.....

Location:.....

Film (make & speed):.....

Shutter Speed and f/stop (aperture):.....

Lens type:.....

Focal length:.....

Photograph 5:

Date:.....

Location:.....

Film (make & speed):.....

Shutter Speed and f/stop (aperture):.....

Lens type:.....

Focal length:.....

★ Important note: The date, venue and event, plus complimentary information on equipment used, and a caption, must be included on the reverse of each print.

Agency/Newspaper/Journal of employment
(for Professional Photographers only):

Name:..... Tel:.....

Address:.....

(signature)

Applications, with SAE, should be sent to: International Photographic Competition — 1987
Marketing & Information Department, International Amateur Athletic Federation
3 Hans Crescent, Knightsbridge, LONDON SW1X 0LN

All applications must be received by September 30th, 1987 at the latest.

CROSS COUNTRY LEAGUES

Midland Women's League

At Stoke, November 15th

Seniors

1, F. Truman (Notts).....	19:38
2, H. Anslow (Telford).....	19:55
3, C. Mijovic (Birmingham University).....	20:19
4, S. Lappage (Tip) 20:25; 5, M. Brown (Leic) 20:40; 6, G. Steadman (C&S) 21:01; 7, M. Joyce (Chelt) 21:20; 8, E. Foster (Charn) 21:24; 9, L. Degg (Stoke) 21:27; 10, C. Symonds (Bir) 21:35; 11, D. Fellows (C&S) 21:36; 12, D. Smith (Bir) 21:40; 13, K. Hutcheson (BHM) 21:40; 14, J. Burtonwood (Leic) 21:47; 15, P. Bee (Bir) 21:57; 16, C. Lawson (Stoke) 21:59; 17, S. Twitty (Worc) 22:09; 18, M. Smith (Charn) 22:26; 19, J. Mumford (Cov) 22:34; 20, M. Griffiths (Droit) 22:40; 21, S. Weatherburn (Worc) 22:41; 22, W. Freeman (Charn) 22:45; 23, R. Mackay (Leic) 22:49; 24, H. Churn (Gst) 22:52; 25, K. Deaville (Stoke) 22:56; 26, D. Harris (Hales) 23:02; 27, C. Hargrave (Spark) 23:03; 28, J. Wright (Leic) 23:04; 29, B. Laukam (Spark) 23:06; 30, G. Brown (Leic) 23:08; 31, C. Rollason (RSC) 23:11; 32, N. Lee (Leic) 23:12; 33, C. Kilkenny (Stoke) 23:14; 34, D. Hull (Newc) 23:16; 35, N. Stanworth (Wen) 23:20; 36, J. Williams (Mass. F) 23:20; 37, C. Trainor (Stour) 23:32; 38, J. Hodkinson (B&R) 23:37; 39, F. Smith (Notts) 23:37; 40, C. Finch (Staffs M) 23:50. Teams: 1, Birchfield 37; 2, Leicester 42; 3, Charnwood 48; 4, City of Stoke 50; 5, Cannock & S 65; 6, Worcester 95; 7, Sparkhill 106; 8, Bromsgrove & R 125. 101 finished.	

Intermediates

1, M. Wilkes (Leicester).....	15:00
2, L. Field (Halesowen).....	15:17
3, Y. Brown (Coventry).....	15:50
4, V. Gammage (Leic) 15:56; 5, V. Wilson (S&SH) 16:08; 6, M. Lawrence (Leic) 16:10; 7, D. Manship (Leic) 16:11; 8, R. Quinn (Notts) 16:15; 9, D. Malkin (Stoke) 16:26; 10, D. Connors (Cov) 16:29; 11, E. Vickery (C&S) 16:33; 12, L. Dainty (Bir) 16:49; 13, J. Smith (Charn) 16:57; 14, S. Hopkins (Cov) 17:05; 15, K. Smart (Tip) 17:10; 16, D. Manning (Cov) 17:23; 17, C. Portwood (Charn) 17:25; 18, J.	

Randle (Notts) 17:26; 19, D. Foster (Rudd) 17:40; 20, L. Pearce (Charn) 17:41. **Teams:** 1, Leicester 11; 2, Coventry 27; 3, Charnwood 50; 4, Notts 50; 5, Birchfield 79. **38 finished.**

Juniors

1, C. Holdcroft (City of Stoke).....	10:15
2, C. Wiffen (Berry Hill Mansfield).....	10:20
3, T. Maycock (Leicester).....	10:23
4, J. Artiss (Tel) 10:40; 5, K. James (Worc) 10:49; 6, L. Mallows (Cov) 10:51; 7, E. Love (Cov) 10:57; 8, M. Chatterton (Newc) 10:59; 9, S. Truman (Notts) 10:59; 10, L. Fradley (Stoke) 10:59; 11, E. Heath (Leic) 10:59; 12, J. Lewis (Wen) 11:04; 13, A. Chinn-Shaw (Stoke) 11:07; 14, J. Knight (Bir) 11:08; 15, J. Lanza (Stoke) 11:09; 16, A. Martin (Bir) 11:11; 17, R. Lovatt (Leic) 11:13; 18, J. Wood (C&S) 11:16; 19, A. Salt (Stoke) 11:19; 20, K. Hill (Notts) 11:24; 21, M. Ross (Stoke) 11:26; 22, M. Sanatonia (Tel) 11:29; 23, E. Chadwick (Leic) 11:30; 24, S. Eyre (S. in A) 11:32; 25, J. West (Stoke) 11:33. Teams: 1, City of Stoke 39; 2, Leicester 54; 3, Coventry 74; 4, Notts 93; 5, Telford 111. 54 finished.	

Girls

1, H. Workman (Cannock & Stafford).....	10:41
2, C. Allen (Leicester).....	10:51
3, C. Gardner (Telford).....	11:01
4, C. Debnam (Wen) 11:03; 5, F. Fenton (Stoke) 11:12;	
6, L. Taylor (Stoke) 11:13; 7, E. Gardner (Notts) 11:14;	
8, C. Corbett (Leic) 11:15; 9, C. Elwell (Tip) 11:15; 10,	
A. Dilkes (Leic) 11:20; 11, N. Goodwin (Stoke) 11:23; 12,	
T. Pugh (C&S) 11:24; 13, S. Underwood (B&R) 11:24; 14,	
T. Bradley (Cov) 11:28; 15, S. Hall (C&S) 11:33; 16, K.	
Shaw (Notts) 11:38; 17, S. Blank (Leic) 11:40; 18, L. Rice-	
Willis (B&R) 11:41; 19, R. Williams (Burt) 11:42; 20, L.	
Williams (Burt) 11:43; 21, S. White (C&S) 11:45; 22, T.	
Payne (Leic) 11:46; 23, J. Darville (Notts) 11:47; 24, A.	
Bird (C&S) 11:48; 25, L. Hurst (Cov) 11:51; 26, H. Norton	
(Leic) 11:53; 27, M. Hill (B&R) 11:54; 28, H. Davidson	
(C&S) 11:55; 29, R. Murray (Bir) 11:58; 30, M.	
Keeler-Moore (Leic) 11:59. Teams: 1, Leicester 37; 2,	
Cannock & S 49; 3, City of Stoke 53; 4, Notts 78; 5, Broms-	
grove & R 92; 6, Coventry 137. 63 finished.	

The Annual DE BURGH 8

This very successful
Annual 8 Mile Road Race
will be held again on
SUNDAY, 8th MARCH, 1987
at 10.30 am
on the Epsom Downs

Entry Fee: £3.00. Open to all runners.
SAE for entry forms from: Mrs Blain, Watts
Cottage, Watts Lane, Tadworth, Surrey.
Telephone - Burgh Heath 55347.

WINCHESTER & DISTRICT A.C.

present the

W S A '5'

(Under AAA & WAAA Laws)

SUNDAY, 18th JANUARY, 1987

Start 10.30 a.m.

Entry Fees: £2.00 Club/AAA runners
£2.50 unattached.

Prizes: First 3 men, first lady, first male vet, first lady vet, first team of three.

Please send cheque (payable to Winchester & District A.C.) and s.a.e. to: Mr. D. Wilson, 32 Elder Close, Winchester, Hants.

Kent Young Athletes League

At Chiddingstone, October 18th

Youths — 1, S. Margiotta (GEC) 12:30; 2, A. Juby (GEC) 12:35; 3, J. Turner (Inv) 12:43; 4, L. Chambers (GEC) 12:50; 5, N. Renney (Inv) 12:52; 6, J. Jefferies (Ton) 13:00; 7, R. Leonard (GEC) 13:04; 8, D. Jones (GEC) 13:04; 9, G. Jefferies (Ton) 13:05; 10, R. Turner (Ash) 13:21; 11, R. Strode (Ash) 13:22; 12, N. Martin (Camb. H) 13:23. **Teams:** 1, GEC Avionics 14; 2, Invicta E. Kent 47; 3, Ashford 68; 4, Tonbridge 106. **Boys** — 1, L. Elliott (Swale) 11:52; 2, P. Sayburn (Camb. H) 11:53; 3, A. Whiteman (GEC) 12:01; 4, M. Adkin (Ton) 12:03; 5, R. Hough (Med) 12:05; 6, R. Beavington (GEC) 12:07; 7, R. Loughton-Zimmerman (Ton) 12:08; 8, S. Barden (GEC) 12:13; 9, D. Langridge (Ton) 12:18; 10, P. Deevooy (Med) 12:22. **Teams:** 1, GEC Avionics 42; 2, Medway 50; 3, Tonbridge 50. **Colts** — 1, G. Murray (B'ht) 16:13; 2, M. Steinle (Ton); 3, D. Marsden (Ton); 4, B. Mulcahy (GEC); 5, D. Beaumont (Med); 6, R. Shaw (GEC). **Teams:** 1, GEC Avionics 31; 2, Blackheath 38.

At Hoo, November 8th

Youths — 1, L. Chambers (GEC) 15:27; 2, N. Renney (Inv) 15:30; 3, A. Juby (GEC) 15:41; 4, J. Turner (Inv) 16:02; 5, N. Martin (Camb. H) 16:13; 6, L. Beadle (Ash) 16:33; 7, R. Goodfellow (Camb. H) 16:35; 8, G. Webb (Grave) 16:49; 9, R. Strode (Ash) 16:52; 10, R. Hillman (GEC) 16:54; 11, M. Wild (Camb. H) 16:56; 12, B. Etheridge (Bex) 17:00. **Teams:** 1, GEC Avionics 29; 2, Invicta E. Kent 36; 3, Cambridge H 50; 4, Ashford 55. **Boys** — 1, P. Sayburn (Camb. H) 16:17; 2, R. Beavington (GEC) 16:35; 3, V. Chambers (GEC) 16:55; 4, R. Hough (Med) 16:58; 5, D. George (GEC) 17:03; 6, L. Elliott (Swale) 17:06; 7, D. Shelley (Swale) 17:20; 8, M. Aldrich (Grave) 17:26; 9, I. King (Ash) 17:33; 10, A. Whiteman (GEC) 17:36. **Teams:** 1, GEC Avionics 20; 2, Medway 67; 3, Cambridge H 77. **Colts** — 1, A. Draper (B'ht) 17:16; 2, A. Glock (Sev) 17:45; 3, H. Cossell (Inv) 17:48; 4, T. Else (GEC) 17:50; 5, S. Brown (GEC) 17:53; 6, R. Shaw (GEC) 17:59. **Teams:** 1, Blackheath 27; 2, GEC Avionics 27.

North Yorkshire & South Durham Harrier League

At Middlesbrough, October 19th

Men

1, M. Peake (Middlesbrough & Cleveland).....37:00
2, I. Cook (Burn Road).....37:16
3, M. Grainger (Middlesbrough & Cleveland).....37:31
4, R. Marson (Whit) 37:43; 5, R. Burn (T&S) 37:45; 6, S. Bell (Mand) 37:47; 7, S. Veitch (M&C) 37:50; 8, K. Sanderson (Tees) 37:54; 9, M. Cara (Mand) 37:55; 10, M. Hill (Scar) 37:57; 11, J. Williams (Mand-V) 38:02; 12, M. Fava (R&Z) 38:03. **Teams:** 1, Middlesbrough & C 26; 2, Mandale 47; 3, Burn Road 57; 4, Richmond & Z 80. **Vets** — 1, Williams; 2, P. Veitch (M&C) 39:56; 3, I. Barnes (Darl) 40:51. **Youths** — 1, R. Collings (Tees) 19:23; 2, R. Pounder (Darl) 19:25; 3, A. Race (Mand) 19:37; 4, A. Pratt (R&Z) 19:38; 5, D. Lawn (M&C) 19:39; 6, K. Simpson (Darl) 19:40. **Teams:** 1, Middlesbrough & C 42; 2, Teesdale 54.

Boys — 1, M. Threadgill (BC) 9:29; 2, M. Scaife (Mand) 9:43; 3, D. Fielden (Mand) 9:45; 4, C. Gibson (M&C) 10:08; 5, M. Purvis (T&S) 10:09; 6, L. Backhouse (M&C) 10:10. **Teams:** 1, Mandale 26; 2, Middlesbrough & C 36. **Colts** — 1, A. Mead (Mand) 7:26; 2, S. Purcell (Mand) 7:27; 3, I. Holliday (Tees) 7:46; 4, A. Dryden (Mand) 7:51. **Teams:** 1, Mandale 14; 2, Middlesbrough & C 38.

Women

1, L. Souter (Darlington).....11:00
2, N. Taylor (Mandale-I).....11:03
3, C. Carvello (Mandale-I).....11:04
4, A. Turrington (R&Z) 11:13; 5, J. Easton (Loft) 11:16; 6, S. Kay (Loft-I) 11:18; 7, M. Hudspeth (Mand-I) 11:22; 8, J. Ventress (Scar-I) 11:24; 9, R. Weston (Tees-I) 11:31; 10, L. Dodds (M&C-I) 11:33. **Teams:** 1, Mandale 23; 2, Loftus 23; 3, Scarborough 72. **Vets** — 1, C. Holliday (Tees) 12:31; 2, B. Hare (Loft) 13:06; 3, A. Sanderson (Tees) 13:23. **Juniors** — 1, K. Dodds (R&Z) 11:05; 2, L. McLay (Darl) 11:18; 3, S. Houghton (M&C) 11:23; 4, R. Griffiths (M&C) 11:33; 5, J. Owens (M&C) 11:46; 6, R. Searle (Tees) 11:49. **Teams:** 1, Middlesbrough & C 25; 2, Richmond & Z 40. **Girls** — 1, K. Connell (Scar) 8:15; 2, S. King (Mand) 8:20; 3, A. Owens (M&C) 8:23; 4, S. Howard (R&Z) 8:24. **Teams:** 1, Richmond & Z 27; 2, Teesdale 57.

At Barnard Castle, November 2nd

Men

1, M. Grainger (Middlesbrough & Cleveland).....35:29
2, M. Hill (Scarborough).....35:33
3, I. Cook (Burn Road).....35:50
4, R. Marson (Whit) 36:00; 5, M. Peake (M&C) 36:02; 6, M. Cara (Mand) 36:16; 7, J. Williams (Mand-V) 36:18; 8, R. Burn (T&S) 36:32; 9, K. Sanderson (Tees) 36:34; 10, S. Veitch (M&C) 36:35; 11, G. Baird (M&C) 36:42; 12, H. Stevenson (Burn R) 36:52. **Teams:** 1, Middlesbrough & C 27; 2, Mandale 62; 3, Burn Road 71; 4, Richmond & Z 78. **Vets** — 1, Williams; 2, P. Veitch (M&C) 37:50. **Youths** — 1, A. Pratt (R&Z) 21:08; 2, R. Collings (Tees) 21:10; 3, R. Pounder (Darl) 21:29; 4, W. Percy (M&C) 21:41; 5, J. Collett (Ack. G) 21:52; 6, A. Race (Mand) 21:54; 7, K. Harker (R&Z) 21:55; 8, K. Simpson (Darl) 21:59. **Teams:** 1, Middlesbrough & C 39; 2, Teesdale 40; 3, Richmond & Z 54. **Boys** — 1, M. Scaife (Mand) 11:47; 2, M. Threadgill (BC) 11:52; 3, D. Fielden (Mand) 12:13; 4, S. Starvis (R&Z) 12:25; 5, L. Backhouse (M&C) 12:41; 6, P. Waller (BC) 12:43. **Teams:** 1, Middlesbrough & C 36; 2, Mandale 37. **Colts** — 1, S. Purcell (Mand) 10:19; 2, I. Holliday (Tees) 10:29; 3, A. Mead (Mand) 10:44; 4, P. Icton (M&C) 10:49; 5, S. Raine (Burn R) 10:50. **Teams:** 1, Mandale 17; 2, Stapylton Sch. 72.

Women

1, A. Torrington (Richmond & Zetland).....13:39
2, J. Easton (Loftus).....13:52
3, S. Kay (Loftus-I).....13:57
4, C. Carvello (Mand-I) 14:01; 5, J. Ventress (Scar-I) 14:25; 6, M. Hudspeth (Mand-I) 14:27; 7, L. Dodds (M&C-I) 14:30; 8, R. Weston (Tees-I) 14:34; 9, M. Levy (N. Mar) 14:37; 10, F. Atkinson (R&Z-I) 14:39. **Teams:** 1, Loftus

30; 2, Teesdale 73; 3, Richmond & Z 87. **Vets** — 1, C. Holliday (Tees) 15:30; 2, S. Carvello (Mand) 15:40; 3, B. Hare (Loft) 16:18. **Juniors** — 1, K. Dodds (R&Z) 13:53; 2, K. Rawnsley (Scar) 14:03; 3, S. Houghton (M&C) 14:04; 4, — 14:21; 5, L. McLay (Darl) 14:35; 6, D. Evans (Stap) 14:42. **Teams:** 1, Middlesbrough & C 40; 2, Richmond & Z 51. **Girls** — 1, S. King (Mand) 11:51; 2, R. Skinner (Tees) 11:56; 3, K. Oliver (R&Z) 12:00; 4, S. Hardy (Burn R) 12:06; 5, S. Lowe (Mand) 12:08. **Teams:** 1, Richmond & Z 48; 2, Burn Road 56.

Herne Hill YA League

At Brockwell Park, October 25th

Youths — 1, S. Margiotta (GEC) 24:32; 2, A. Juby (GEC) 24:32; 3, J. Fairbrother (M&S) 24:40; 4, L. Chambers (GEC) 24:51; 5, M. Lawton (B' hth) 25:37; 6, R. Pooley (Dart) 25:42; 7, N. Martin (Camb. H) 25:48; 8, R. Turner (Ash) 25:55; 9, N. Hawkyard (M&S) 26:00; 10, I. Campbell (M&S) 26:11; 11, G. Webb (Grave) 26:13; 12, A. Levy (HHH) 26:24. **Teams:** 1, GEC Avionics 38; 2, Mitcham & S 64; 3, Dartford 96; 4, Cambridge H 108. **Boys** — 1, P. Sayburn (Camb. H) 18:30; 2, A. Whiteman (GEC) 18:45; 3, N. Green (M&S) 18:50; 4, R. Bevington (GEC) 18:58; 5, R. Gray (GEC) 18:59; 6, R. Hough (Med) 19:01; 7, P. Deevoy (Med) 19:08; 8, B. Peachy (M&S) 19:10. **Teams:** 1, GEC Avionics 30; 2, Mitcham & S 64; 3, Medway 86. **Colts** — 1, J. Murray (B' hth) 14:10; 2, D. Beaumont (Med) 14:23; 3, K. Vann (GEC) 14:29; 4, C. Barratt (Dart) 14:38; 5, M. Carly (GEC) 14:44; 6, S. Parrott (Med) 14:45. **Teams:** 1, GEC Avionics 45; 2, Blackheath 61.

Chiltern League, Division Two

At Wycombe, October 25th

1, D. Compton (Wycombe Phoenix).....32:31
2, S. Corcoran (Oxford City).....32:52
3, R. Harris (Oxford City).....33:19
4, G. Seymour (Vaux) 33:38; 5, I. Van Lokven (Burn. J) 33:47; 6, B. Heywood (Burn. J) 34:02; 7, M. Holder (Ox. C) 34:06; 8, G. Brookhouse (Buck) 34:19; 9, C. Addison (VoA) 34:35; 10, S. Barrow (Wyc-V) 34:39; 11, P. Claridge (Vaux) 34:40; 12, N. Braggins (Banb) 34:42. **Teams:** 1, Oxford City 1206; 2, Wycombe Ph. 1181; 3, Burnham J 1157; 4, Vale of Aylesbury 1126. **Vets** — 1, Barrow; 2, K. Cook (Vaux) 34:46; 3, G. Wheeler (Burn. J) 34:57; 4, R. Brett (Vaux-O/45) 35:55. . . . 7, R. Gomez (VoA-O/50) 36:25. **Youths/Boys** — 1, M. Shevyn (L. Buz-B) 16:14; 2, N. Panchen (Wyc) 16:15; 3, M. Richards (VoA) 16:56; 4, A. Padbury (Banb) 17:07; 5, A. Bailey (Wyc) 17:08; 6, D. Hamblin (VoA) 17:08; 7, A. Nuttall (Ox. C) 17:15; 8, S. Nicolle (Banb) 17:19. **Teams:** 1, Banbury 224; 2, Oxford City 188; 3, Wycombe Ph. 172. **Colts** — 1, S. Everington (Dac) 17:09; 2, S. Barnowski (VoA) 17:10; 3, A. Harvey (Dac) 17:19; 4, P. Turner (Dav) 17:26; 5, S. Isaacs (VoA) 17:38. **Teams:** 1, Dacorum 184; 2, Vale of Aylesbury 161. **Women** — 1, J. Page (Tring) 19:59; 2, R. Baker (HC) 20:08; 3, K. Shaw (Banb) 20:27. . . . 7, C. Vincent (Banb-V) 21:39; 8, G. Andrew (Metros-V) 21:43; 13, S. Sufield (Metros-V O/40) 23:12. **Juniors** — 1, L. Potts (Dac) 18:12; 2, K. Levett (Dac) 18:13; 3, D. Garwood (Tring) 18:25.

Red Rose League

At Leverhulme Park, Bolton, October 26th

Men

1, D. Lewis (Rossendale).....31:25
2, C. Heskett (Bolton).....32:01
3, T. Richardson (Bolton).....32:19
4, P. Massey (Horw) 32:42; 5, G. Wadsworth (Ross) 33:01; 6, J. Haslem (Bol) 33:13; 7, T. Barker (Bury) 33:33; 8, M. Crankshaw (Bury) 33:52; 9, M. Batty (Bol) 34:02; 10, G. Read (Roch) 34:05; 11, D. Cole (Bury) 34:09; 12, N. Barlow (Horw) 34:11; 13, A. Selby (Bol) 34:24; 14, C. Nash (Bol) 34:25; 15, S. Caldwell (Bol) 34:26; 16, M. Harrison (Horw) 34:26; 17, D. Hoolahan (Bury) 34:31; 18, M. Critchley (Bol) 34:45; 19, P. Turner (Bol) 34:45; 20, S. Woods (Roch) 34:49. **Teams:** 1, Bolton 47; 2, Bury 92; 3, Horwich RMI 124; 4, Bolton 'B' 127; 5, Rossendale 153. **Youths** — 1, J. Caldwell (Bol) 22:59; 2, N. Duffy (Ross) 23:24; 3, K. Davies (Bol) 24:00; 4, P. Aspdon (Bol) 24:04; 5, J. Gavin (Ross) 24:23; 6, G. Openshaw (Bol) 24:57. **Teams:** 1, Bolton 14; 2, Rossendale 24. **Boys** — 1, B. Crook (Bol) 13:03; 2, J. Knowles (Bol) 13:04; 3, G. Bentley (Horw) 13:22; 4, L. Horrocks (Bol) 13:28; 5, S. Atkins (Roch) 13:34; 6, G. Davies (Bol) 13:50; 7, I. Campbell (Wig) 13:53; 8, S. Swarbrick (Bol) 13:58. **Teams:** 1, Bolton 31; 2, Rochdale 113; 3, Wigan 121. **Colts** — 1, N. Smallridge (Bol) 12:45; 2, A. Parker (Bol) 12:54; 3, N. Matthews (Horw) 13:00; 4, R. Hope (Horw) 13:00; 5, L. Shaw (Bol) 13:08. **Teams:** 1, Bolton 36; 2, Rochdale 86.

Westward Winter League

At Exeter, November 8th

Men

1, B. Knight (Torbay).....22:04
2, R. Butler (Exeter).....22:18
3, M. Cadman (Torbay).....22:45
4, D. Cameron (S. West) 22:50; 5, M. King (Corn) 23:16; 6, C. McFadzean (Corn) 23:22; 7, J. Simpson (RN) 23:44; 8, G. Seward (Exe) 23:57; 9, S. Payne (RN) 24:01; 10, K. Bennett (Tav) 24:07; 11, C. Windle (Torb-V O/45) 24:09; 12, G. Roberts (Ply. P) 24:15; 13, A. Amraoui (Exe) 24:15; 14, S. Coleman (Exe) 24:17; 15, J. Kilkelly (Exe) 24:17. **Teams:** 1, Torbay 955; 2, Exeter 953; 3eq, Exeter 'B' & Royal Navy 861. **Vets** — 1, Windle; 2, C. Pillar (D'mth) 25:06; 3, P. Sawbridge (Exe) 25:12; 4, R. Essery (Ply) 25:38; 5, C. Abrahams (Exe) 25:49; 6, C. Wright (Brix) 26:03. **O/50** — G. Winzer (Torb) 27:08. **Young Athletes** — 1, D. Andrews (Ply) 19:51; 2, W. Stephens (Torr) 20:23; 3, E. Ellis (Exe) 20:28; 4, B. Renfree (Corn) 20:40; 5, K. Darke (Torb) 20:48; 6, P. Robinson (Exe) 20:55; 7, N. Shepherd (Torr) 21:03; 8, L. Gordon (B'stiple) 21:20. **Teams:** 1, Exeter 284; 2, Torrington 281; 3, City of Plymouth 276. **Boys** — 1, M. Hadfield (Ply) 13:40; 2, J. Irwin (B'stiple) 13:45; 3, J. Hicks (Corn) 14:04; 4, A. Masters (Mine) 14:13; 5, J. Pill (Corn) 14:17; 6, S. Disney (Tiv) 14:18; 7, D. Harvey (Tiv) 14:18; 8, A. Cuming (Exe) 14:25. **Teams:** 1, Cornwall 375; 2, Exeter 346; 3, City of Plymouth 340. **Colts** — 1, S. Bolt (Tiv) 12:01; 2, J. Keast (Tav) 12:14; 3, S. Disney (Tiv) 12:29; 4, G. Ofield (Exe) 12:39; 5, K. Walker (Pen) 12:42; 6, G. Mudge (Ply) 12:44. **Teams:** 1, Tiverton 355; 2, Cornwall 345.

Women

1, A. Wallace (Torbay).....	19:13
2, H. Myers (Torbay).....	19:32
3, K. Brett (Torbay).....	19:44
4, C. Bolt (Tiv) 19:51; 5, M. Lavercombe (Exe) 20:13; 6, C. Wilson (Corn) 20:50; 7, P. Wilkinson (Brix) 21:16; 8, J. Williams (Exe) 21:34. <i>Teams:</i> 1, Torbay 297; 2, Exeter 276; 3, Cornwall 266. Vets — 1, K. Windle (Torb) 22:06; 2, D. Routley (E'mth) 23:32; 3, M. Parker (Exe) 23:47. Juniors — 1, C. Woodhouse (Corn) 12:45; 2, B. Paine (Tiv) 12:57; 3, H. Morgan (Ply) 13:09; 4, S. Wragg (D'mth) 13:15; 5, H. Keeble (Tiv) 13:20; 6, N. Treeby (D'mth) 13:26. <i>Teams:</i> 1, Tiverton 289; 2eq, City of Plymouth & Cornwall 281. Girls — 1, S. Salmon (P&N) 8:13; 2, J. Lean (E. Corn) 8:58; 3, N. Stapleton (Torr) 9:01; 4, K. Ling (Torb) 9:20; 5, L. Lethbridge (Ply) 9:26. <i>Teams:</i> 1, Par & N 269; 2, Penair Sch. 267.	

Deeside League

November 9th

Men

1, A. Thiemicke (Crewe & Nantwich).....	30:40
2, R. Jones.....	31:07
3, C. Burke (Deeside).....	31:14
4, N. Jones (C&N) 31:48; 5, I. Hughes (Dees) 31:51; 6, R. Bell (Wrex-V) 31:52; 7, S. Dawson (C&EP) 31:53; 8, D. Rathbone (M. Ches) 32:06; 9, G. Withers (C&EP) 32:14; 10, J. Lewis (Wrex) 32:18. Vets — 1, Bell; 2, D. Williams (Erv) 32:45; 3, B. Stirling (E. Ches) 33:43. Youths — 1,	

J. Evans (Colw) 24:59; 2, M. Ward (Ery) 25:24; 3, N. Wright (M. Ches) 25:31. **Boys** — 1, S. Hope (C&N) 16:17; 2, M. Smith (Dees) 16:27; 3, J. Happs (Kings) 16:36; 4, D. Jones (Wrex) 16:49; 5, C. Davies (Kings) 16:59. **Colts** — 1, D. Thomas (Colw) 8:29; 2, K. Cull 8:42; 3, J. Owen (Dees) 8:50. **U/11** — R. Pierce (Wrex) 8:21.

Women

1, M. Ashton (Eryri).....	19:38
2, S. Brennan (Wirral).....	19:42
3, V. Brennan (Wirral).....	19:44
4, P. Davies (Frod) 20:29; 5, N. Lucas (Dees) 20:52.	
Juniors — 1, I. Redfern (Colw) 13:48; 2, L. Ellams (Wirr) 13:55; 3, A. Salter (C&EP) 14:00; 4, J. Phillips 14:18; 5, C. Callister 14:43; 6, E. Davies (Dees) 14:48. Girls — 1, S. Clarke (Wirr) 9:01; 2, S. Lawson (Wirr) 9:32; 3, S. Williams (Colw) 9:43. U/11 — B. Fallon (Wirr) 4:19.	

Quadrant League In West Germany

November 12th

1, Grant (HQ 1 BR Corps).....	32:37
2, Carr (7 Signal Regt.).....	33:26
3, Hurden (RAF Gutersloh).....	33:55
4, Howdle (35 E) 33:59; 5, Preston (4 AW) 34:03; 6, O'Mahoney (28 AER) 34:26; 7, Sawyer (65 CCS) 34:50; 8, Vanstone (6 Ord) 34:54. <i>Teams: Major Units — 4 ADSR. Minor Units — 6 Ordnance Battalion. Women — 1, Joiner (Gut) 20:06; 2, Sweeney (4 ADSR) 20:54; 3, Dufosse (BMH) 22:28. Team: BHM Kinteln.</i>	

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XS-XL in black, navy, royal, red, charcoal, wine, fluorescent yellow. Also multi-coloured training pants from Viga. Grey/royal, navy/red, black/grey.

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See A.W. October 18th Page 45 for shoe sale — still some offers left.

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THURROCK HARRIERS

CROSS COUNTRY RELAYS
SUNDAY, 18th JANUARY, 1987

**Meet at: Thurrock Stadium,
King Georges Playing Fields
Blackshots Lane, Grays, Essex.**
*New excellent course close by
(Under AAA & WAAA Laws)*
Commencing: 12 Noon

- | | |
|------------------------------|----------------|
| U/11 Boys, Colts, Boys, } | each age group |
| U/11 Girls, Girls, Junior/ } | 3 x 1 Mile |
| Inter/Senior Ladies | |
| Youths, Jun/Sen Men, } | each age group |
| Veterans | 3 x 2 Miles |
- Medals first three teams, fastest lap and first 'B' team, if entries warrant.
Entries: £1.50 per team. £1.00 'B' teams. State D.O.B. Enclose S.A.E. **Entries by 10th Jan.**
To: Peter Harrison, 16 Mayfields, Grays, Essex RM16 2XL.

WOKING ATHLETIC CLUB
SUNDAY, 8th MARCH, 1987
Start 2.30 p.m.
WOKING '10'
(Under AAA & WCCA Laws)
Limited to 1000

- Prizes:** Mens Individual and Team
Ladies Individual and Team
Vets and Lady Vets
Entry Fees: £2.00. No unattached runners.
No Team fee.
R.R.C. Measured Course. State age group.

Closing date: 14th February, 1987

Entries to: Race Organiser, 57 Russell Road, Horsell, Woking, Surrey GU21 4UY.
Cheques and P.O.'s made payable to Woking A.C., plus large s.a.e. for details.
(S.a.e. for results if required).

TRACK AND FIELD RESULTS

Access UK Women's League

Division One, Grangemouth (July 5th)

Stretford 276; Sale 272; Edinburgh WM Southern 246; Liverpool & Notts 225; McLaren Glasgow 203.

100: A — (4.48m) 1, P. Dunn (Stret) 11.4; 2, J. Neilson (ESH) 11.5; 3, P. Windle (Sale) 11.6; 4, S. Dolby (Notts) 11.8. B — 1, J. Parry (Stret) 11.8; 2, K. Jeffrey (ESH) 11.8; 3, L. Buchanan (Notts) 12.2. **200:** A — 1, Dunn 24.3w; 2, Windle 24.4; 3, Dolby 24.9; 4, C. Finlay (Liv) 25.1. B — Parry 24.9w. **400:** A — 1, Parry 54.2; 2, Finlay 54.7; 3, J. Howell (Notts) 54.8; 4, D. Edwards (Sale) 55.8. B — 1, A. Williams (Sale) 56.2; 2, A. Reid (ESH) 57.3. **800:** A — 1, L. MacDougall (Glas) 2:04.6; 2, Williams 2:05.8; 3, J. Holt (Stret) 2:10.6; 4, H. Nicholson (Notts) 2:12.5; 5, M. Crowley (Liv) 2:14.1. B — 1, J. Asgill (Stret) 2:11.6; 2, A. Dwyer (Sale) 2:12.9. **1500:** A — 1, A. Purvis (ESH) 4:25.7; 2, B. Nicholson (Sale) 4:29.1; 3, S. Kenyon (Stret) 4:34.1; 4, E. Gisbey (Glas) 4:38.5. B — M. Robertson (ESH) 4:34.2. **3000:** A — 1, A. Everett (Glas) 9:45.8; 2, Holt 9:50.6; 3, F. Truman (Notts) 10:07.3. B — Asgill 9:58. **100H:** A — 1, S. Strong (Stret) 13.4w; 2, C. Reid (ESH) 14.7; 3, W. Freeman (Sale) 14.7; 4, W. Laing (Liv) 14.9. B — H. Platt (Stret) 14.1w. **400:** A — 1, E. McLaughlin (ESH) 59.3; 2, L. Elliott (Liv) 60.6; 3, S. Flynn (Stret) 60.7; 4, A. Girvan (Stret) 64.1; 5, C. Spiers (Glas) 64.2. B — 1, S. Peak (Stret) 62.3; 2, H. Patterson (Sale) 63.8; 3, R. Newcombe (Liv) 63.8; 4, A. Hodgson (ESH) 64.5. **HJ:** 1, C. Henderson (ESH) 1.75; 2, R. Pinkerton (Glas) 1.75; 3, G. Evans (Stret) 1.75; 4, T. Tebbutt (Sale) 1.70. **LJ:** A — 1, L. Campbell (ESH) 5.98; 2, Spiers 5.72; 3, M. Cheatham (Liv) 5.67; 4, Freeman 5.67; 5, Evans 5.59; 6, P. Walters (Notts) 5.51. B — 1, R. McLeod (Glas) 5.61; 2, J. Ainslie (ESH) 5.50. **SP:** A — 1, G. Keig (Liv) 12.87; 2, S. Gibson (Notts) 12.40; 3, J. Harding (Stret) 11.26. B — 1, S. Heron (Notts) 11.41; 2, S. Keig (Liv) 11.24. **DT:** A — 1, K. Beardsley (Notts) 42.36; 2, C. Cameron (Glas) 41.60; 3, S. Keig 36.30. B — F. Vittles (Notts) 38.12. **JT:** 1, Gibson 52.42; 2, Harding 50.04; 3, S. Urquhart (ESH) 44.10; 4, A. De Miranda (Sale) 36.74. **4x100:** 1, Stretford 47.4; 2, Notts 48.4; 3, Sale 48.5. **4x400:** 1, Edinburgh WM Southern 3:42.3; 2, Sale 3:45.4; 3, Liverpool 3:52.5; 4, Notts 3:53.0; 5, Stretford 3:53.2. **Inters — 100:** (+5.05m) 1, R. Bulpitt (Sale) 12.1; 2, P. Cohen (Stret) 12.3; 3, M. Neef (Glas) 12.4. **200:** 1, Bulpitt 25.7w; 2, Cohen 25.8. **800:** A — J. Pownall (Stret) 2:16.1. B — S. Healey (Stret) 2:15.3. **80H:** (+2.02m) 1, C. McIntosh (Glas) 11.8; 2, C. Rotherham (Liv) 11.9; 3, T. Caines (Sale) 11.9; 4, R. Rigby (Stret) 12.1. **200H:** A — (+3.47m) 1, L. Fraser (Stret) 29.5; 2, McIntosh 29.5; 3, Rotherham 29.6; 4, E. Mansley (Sale) 29.8. B — 1, Caines 30.5w; 2, D. Lockwood (Stret) 30.8. **LJ:** Mansley 5.20. **SP:** A — 1, J. Whitehurst (Stret) 10.60; 2, M. Lewis (Liv) 10.39. B — P. Harris (Liv) 10.27. **JT:** Lewis 34.26. **4x100:** 1, Stretford 49.3; 2, Sale 49.5; 3, McLaren Glasgow 50.1; 4, Edinburgh WM Southern 51.1. **Juniors — 100:** 1, J. Bobmanuel (Sale) 12.5w; 2, K. Rowbotham (Notts) 12.8. **200:** 1, Bobmanuel 26.6; 2, V.

Yes, They Are Late

Only through the diligent work of the NUTS have these and the results on page 56 been unearthed; but they are of sufficient importance to be included in 'AW' albeit at this late date.

Rowbotham (Notts) 26.6. **800:** V. Hulme (Stret) 2:19.3. **1500:** S. Byrom (Sale) 4:49.3. **75H:** 1, L. Jones (Notts) 11.8; 2, S. Glass (ESH) 12.1. **HJ:** 1, T. Thorburn (ESH) 1.50; 2, J. Cavanagh (Stret) 1.50; 3, E. Roberts (Sale) 1.50. **LJ:** P. Fagan (Liv) 5.20. **SP:** 1, L. Aitchison (ESH) 11.37; 2, J. Hall (Sale) 10.76. **DT:** 1, M. Cavanagh (Sale) 29.86; 2, Aitchison 28.66; 3, G. Bridges (Notts) 28.50. **JT:** M. Fogarty (Liv) 32.78. **4x100:** 1, Notts 50.5; 2, Sale 51.8.

Qualifying Comp., Derby (Sept. 20th)

Croydon 389; Leeds City 361; Reading 336; Bournemouth 298; Cardiff 292; Wigan 287; Chelmsford 247; Edinburgh AC 221.

100: 1, S. Jacobs (Read) 12.0; 2, C. Smart (Car) 12.2. **200:** 1, L. Draper (Croy) 24.8; 2, Smart 25.1. **400:** M. Anderson (EAC) 56.2. **800:** 1, K. Davey (Read) 2:12.3; 2, S. Taylor (B'mth) 2:12.7. **3000:** A. Pain (Leeds) 9:41.1. **100H:** 1, M. Berkeley (Croy) 14.8; 2, A. Evans (Car) 15.5. **400H:** 1, Evans 61.2; 2, J. Tootell (Wig) 62.2; 3, A. Broadwith (Leeds) 63.1; 4, Anderson 63.3; 5, S. Glover (Croy) 64.1; 6, A. Orvis (Chelm) 65.3. **HJ:** 1, S. Hancock (Read) 1.71; 2, K. Gomes (Croy) 1.65. **SP:** A — 1, J. Oakes (Croy) 17.33; 2, Anderson 13.78; 3, S. Coyne (Wig) 12.94; 4, S. Bracey (Chelm) 12.41; B — D. Bushnell (Chelm) 12.29. **DT:** A — 1, Oakes 49.30; 2, Bushnell 45.96; 3, L. Smith (B'mth) 39.60; B — B. Hockley (Chelm) 45.78. **JT:** 1, Oakes 42.84; 2, L. O'Shaughnessy (Chelm) 39.28. **4x100:** Croydon 48.0. **4x400:** 1, Wigan 3:56.4; 2, Croydon 3:59.6. **Inters — 200:** T. Howard (Chelm) 25.7. **80H/SP:** J. Mulcock (B'mth) 12.5/10.46. **200H:** A — 1, Mulcock 30.0; 2, J. Moore (Croy) 30.5; B — C. Robinson (Croy) 30.8. **JT:** N. Emblem (EAC) 38.70. **4x100:** Leeds City 50.9. **Juniors — 100:** A. Soper (Croy) 12.8. **200:** A — Soper 26.2; B — D. Fraser (Croy) 26.1. **1500:** S. Carter (Leeds) 4:38.9. **HJ:** R. Bower (Leeds) 1.56. **LJ:** S. Bird (Read) 5.32. **SP:** 1, A. Grey (EAC) 11.19; 2, K. Martin (Read) 10.25. **DT:** 1, Martin 30.74; 2, Grey 29.00. **JT:** Martin 31.70. **4x100:** 1, Croydon 50.7; 2, Leeds City 51.9; 3, Reading 52.0.

3rd Annual

King of Clubs

LADIES 10KM ROAD RACE

Staged by Gloucester Athletic Club

SUNDAY JUNE 21st, 1987 at 2.00 pm

(Under WCC & RRA rules and RRC Measured)

Undulating one lap course approx 3 miles from Gloucester. Changing/showers. Extensive prizes (vets and teams). Medals, Certs and results to all finishers. Course record Sally James, Newport H. 36:13. **Entry fee:** Club £2.00 — non-club £2.50. Cheques payable to: Road Race Account 1987. For entry forms/details please send SAE to: Mrs Inger Baud, 126 Estcourt Road, Gloucester GL1 3LH.

Southern Counties Women's AAA Inter-Counties Championships

At Enfield, July 26th

100: (+1.3m) 1, S. Douglas (Bucks) 12.0 (11.9w ht); 2, A. Campbell (Sy) 12.0; 3, V. Ellis (Ex) 12.1; 4, H. Clements (Kt) 12.2. **200:** (+1.1m) 1, L. Draper (Sy) 24.5; 2, K. Campbell (Ex) 24.7; 3, S. Leigh (Herts) 25.0; 4, R. Kirby (Norf) 25.3 (25.1w ht); Clements 24.9 in ht. **400:** 1, S. Joseph (Kt) 55.9; 2, J. Brown (Ox) 56.7; 3, J. Dale (Herts) 57.0; 4, L. Thompson (Sy) 57.5. **800:** 1, J. Prictoe (Dev) 2:06.8; 2, L. Gibson (Ox) 2:08.9; 3, A. Bott (Sy) 2:09.8; 4, A. Reason (Ex) 2:11.9. **1500:** 1, P. Mason (Sy) 4:24.7; 2, N. Morris (Herts) 4:25.9; 3, L. Webb (Mx) 4:30.1; 4, C. Mole (Kt) 4:31.9; 5, J. Cooper (Berks) 4:32.2. **3000:** 1, S. Samy (Berks) 9:27.4; 2, S. Vinal (Sx) 9:37.1; 3, C. Newman (Dev) 9:40.5; 4, L. Harvey (Mx) 9:42.7; 5, L. Reynolds (Ex) 10:06.8. **SCWAAA 5000 Champs:** 1, A. Gooderham (B'mth) 17:06.7; 2, T. Howard (Craw) 17:15.6. **100H:** (+1.0m) 1, P. St. Ange (Sy) 14.0; 2, G. Rhind (Mx) 14.1 (13.9w ht); 3, Douglas 14.3 (14.2w ht); 4, M. Barnes (Kt) 14.5; 5, D. Ible (Beds) 14.5; 6, E. Wren (Dor) 14.6 (14.4w ht); J. Kirk (Herts) 13.9w, J. Brett (Corn) 14.1w, K. Reynolds (Ox) 14.6w & D. Woolgar (Sx) 15.2w in hts. **400H:** 1, T. Hoyle (Berks) 57.8; 2, J. Pearson (Kt) 59.0; 3, C. Dawkins (Wilts) 60.0; 4, L. Elliott (Herts) 62.0; 5, S. Chaplin (Dev) 63.5; D. Church (Ex) 62.9 in ht. **HJ:** 1, D. Marti (Sy) 1.81; 2, J. Hilliard (Kt) 1.81; 3, K. Roberts (Sx) 1.78; 4, A. Cording (Beds) 1.78; 5, E. Finikin (Mx) 1.70; 6eq, N. Overall (Cambs) & S. Stredwick (Ex) 1.65; 8, B. Woodbridge (Herts) 1.65. **LJ:** 1, H. Cushen (Ex) 6.26; 2, M. Grant (Ox) 6.01; 3, H. Rogers (Herts) 5.98; 4, C. Neal (Mx) 5.80; 5, L. Lynch (Beds) 5.75; 6, S. van Frederici (Sy) 5.62; 7, A. Hughes (Dev) 5.61; 8, B. Dixon (Sx) 5.58. **SP:** 1, M. Lynes (Dev) 15.14; 2, B. Carter (Hants) 13.55; 3, Woolgar 13.19; 4, S. Smith (Ex) 13.19; 5, L. Stiby (Cambs) 12.72; 6, H. Kemp (Sy) 12.68; 7, I. Duffin (Kt) 12.63; 8, A. Fowles (Dor) 12.20; 9, W. Dunsford (Mx) 11.83; 10, G. Bird (Norf) 11.27. **DT:** 1, E. Mulverhill (Kt) 49.06; 2, J. Picton (Berks) 48.80; 3, Bird 46.36; 4, D. Bushnell (Ex) 45.62; 5, Woolgar 39.04; 6, Stiby 38.66; 7, A. Hollyoake (Ox) 37.04; 8, S. Williams (Suf) 36.90; 9, V. Hunt (Mx) 35.80. **JT:** 1, J. Rose (Sy) 53.70; 2, J. Abel (Som) 52.24; 3, A. Caine (Cambs) 49.40; 4, G. D'Arcy (Herts) 46.76; 5, K. Miller (Ex) 45.14; 6, N. Bradshaw (Hants) 45.04; 7, A. Pullen (Suf) 41.62; 8, A. Haines (Berks) 37.52. **3kmW:** 1, B. Allen (Sx) 14:20.3; 2, A. Hodd (Kt) 15:12.9; 3, L. Simpson (Sy) 15:20.3. **Teams:** 1, Surrey 48; 2, Kent 36; 3, Essex 27½; 4eq, Sussex & Herts 23; 6, Devon 22. **Inters — 100:** (+1.6m) 1, L. Lewis (Mx) 12.3; 2, J. Williamson (Kt) 12.4. **200:** (—0.1m) 1, S. Middleton (Sy) 25.0; 2, T. Goddard (Hants) 25.1; 3, M. Devereaux (Ex) 25.2; 4, Lewis 25.3; 5, V. Mann (Kt) 25.6. **400:** 1, J. Reynolds (E) 56.5; 2, L. Hearne (Dor) 57.0; 3, S. Williams (Mx) 57.5; 4, C. Robinson (Kt) 58.3; 5, C. Bleasdale (Sy) 58.5. **800:** 1, J. Allen (Herts) 2:12.5; 2, A. Evans (Hants) 2:13.6; 3, A. Whitcombe (Mx) 2:16.7. **1500:** 1, A. Davies (Hants) 4:35.0; 2, K. Holmes (Kt) 4:36.4; 3, U. English (Ex) 4:39.5; 4, K. Sutton (Sy) 4:40.9; 5, K. Holden (Bucks)

4:42.1. **3000:** 1, L. Hollick (Herts) 10:14.3; 2, E. Warren (Norf) 10:17.4; 3, K. Wignall (Ex) 10:30.2; 4, D. Holdstock (Sx) 10:30.5; 5, J. Furnish (Suf) 10:34.6; 6, C. Adams (Kt) 10:36.5; 7, N. Goddard (Hants) 10:37.1. **800H:** (+2.6m) 1, A. Parker (Suf) 11.5 (11.6 ht); 2, T. Hallal (Mx) 11.6; 3, A. De A'Echevarria (Ox) 11.6; 4, J. Mulcock (Dor) 12.1 (12.0 ht); 5, C. Robinson (Kt) 12.2 (12.0 ht); 6, K. Ash (Ex) 12.2; 7, J. Robertson (Herts) 12.3 (12.0 ht); 8, J. Roberts (Sy) 12.3; S. Taylor (Dev) 12.3 & J. Underwood (Bucks) & R. Clements (Sx) 12.4w in hts. **400H:** 1, T. Allen (Mx) 61.8; 2, S. West (Cambs) 65.7; 3, J. Hawthorne (Dor) 66.2; 4, W. Hartwell (Herts) 66.5; 6, N. Andrews (Suf) 66.9. **HJ:** 1, T. Clarke (Beds) 1.72; 2, J. Major (Ex) 1.72; 3, J. Bennett (Sy) 1.69; 4, R. Harmsworth (Sx) 1.63; 5, L. Flynn (Herts) 1.63. **LJ:** 1, A. Thorpe (Mx) 5.78; 2, Robertson 5.56; 3, J. Kelly (Kt) 5.32. **SP:** 1, J. Buttle (Kt) 14.52; 2, J. Passley (Sy) 11.52; 3, Mulcock 10.71; 4, C. Heinrich (Cambs) 10.65. **DT:** 1, Z. Thompson (Sy) 36.86; 2, A. O'Connor (Berks) 34.50; 3, K. Yeoll (Sx) 34.30; 4, E. Blowers (Ex) 32.78. **JT:** 1, L. Ray (Sx) 37.52; 2, S. Painter (Ox) 37.18; 3, S. Broom (Cambs) 35.26; 4, R. Scott (Suf) 34.50. **Teams:** 1, Middlesex 34; 2eq, Kent & Surrey 30; 4, Essex 29; 5, Herts 26; 6, Hants 23. **Juniors — 100:** (+0.5m) 1, A. Soper (Sy) 12.2; 2, Y. Idowu (Ox) 12.4 (12.3 ht); 3, D. Tank (Bucks) 12.6 (12.4 ht); 4, H. Lan (Kt) 12.7; 5, A. Bickell (Ex) 12.7; 6, A. Thatcher (Berks) 12.8; 7, K. Gray (Hants) 12.9 (12.8w ht); V. Francis (Herts) 12.5 in ht. **200:** (—1.3m) 1, D. Fraser (Sy) 25.0; 2, Idowu 25.3; 3, A. Kurton (Ex) 26.2; 4, A. Thorne (Bucks) 26.3 (26.2w ht); 5, Thatcher 26.3; 6, T. Harris (Kt) 26.4 (26.3w ht); 7, K. Devenish (Beds) 26.5 (26.2w ht). **800:** 1, E. Langston (Kt) 2:14.1; 2, F. Clayton (Ex) 2:18.8. **1500:** 1, L. Watson (Kt) 4:41.1; 2, M. Harris (Mx) 4:45.7. **75H:** (+1.6m) 1, J. Puckeridge (Kt) 11.4; 2, N. Thompson (Ex) 11.5 (11.4w ht); 3, L. Brunning (Sy) 11.5; 4, A. Brown (Ox) 11.7; 5, J. Walker (Herts) 11.7 (11.6w ht); 6, C. Vickers (Mx) 11.9 (11.8w ht). **HJ:** 1, L. Haggett (Sy) 1.72; 2, W. Rudd (Kt) 1.63. **LJ:** 1, M. Griffith (Mx) 5.50; 2, Harris 5.31; 3, Walker 5.23; 4, L. Turner (Ex) 5.21; 5, S. Bird (Berks) 5.19; 6, N. Gilding (Sx) 5.10. **SP:** 1, C. Burnett (Dev) 11.37; 2, T. Quartey (Mx) 10.45; 3, H. Thompson (Sx) 10.44; 4, C. Manning (Sy) 10.34; 5, S. Buttle (Kt) 10.27. **DT:** 1, N. Hart (Ex) 36.08; 2, E. Beales (Bucks) 31.28; 3, Quartey 30.92; 4, S. Pengelly (Hants) 30.38; 5, K. Martin (Berks) 29.48. **JT:** 1, T. Page (Ex) 39.56; 2, A. Liverton (Dev) 35.28; 3, R. Josh (Kt) 34.00; 4, D. Everingham (Mx) 31.48. **2.5kmW:** 1, M. O'Hara (Sy) 13:37.4; 2, S. Ford-Dunn (Sx) 13:55.3; 3, J. Clark (Hants) 14:15.4. **Teams:** 1, Kent 40; 2, Essex 34; 3, Surrey 31; 4, Middlesex 27½; 5, Oxon 18; 6eq, Berks & Herts 13.

SCWAAA Open Meeting

At Crystal Palace, October 29th

Veteran Men — PV: J. Day (B'ht) 3.00. **Colts — 800:** S. Jones (Sy) 2:19.2. **Senior Women — 3000:** J. Morris (BHM-I) 9:41.2. **Inters — 60:** T. Howard (Chelm) 8.1. **Juniors — 60:** T. Harris (GEC) & H. Lan (Brom) 8.1. **LJ:** Harris 5.28.

Simon Williams — 18.66m

STAR performance of the first Cosford Indoor Open Meeting of the winter on November 15th was Simon Williams' UK Junior indoor shot best of 18.66m with the 6.25kg implement. Turned 19 only in October, Simon added 46cm to Chris Ellis' previous best of 18.20 with his third round effort and also exceeded the former best with his following throw of 18.58. Only Billy Cole, at 19.15 outdoors, is ahead of him. Simon, competing for the last time as a Junior, also showed lightness on his feet with a 7.5 60m clocking.

Commonwealth champion Andy Ashurst opened his indoor season with a 4.90m vault win, having warmed up with a 23.6 200m, where the top heat was won by Martin Waldron in 22.4, who later became the only athlete under seven seconds over 60m with 6.9.

English Schools champion Yvonne Anekwe won the Junior Women's shot at 12.71m, all her other throws being over 12 metres also.

Alan Lindop

Senior Men — 60/200: M. Waldron (Cov) 6.9/22.4. 800: A — 1, M. Steele (Long) 1:53.7; 2, C. Sylvester (Bir) 1:53.8; B — 1, M. Guegan (Jer) 1:52.0; 2, P. Herbert (Shaft) 1:53.2; 3, A. Webber (Cov) 1:53.5. 60H: 1, K. Bunce (Notts) 8.5; 2, L. Antoine (Spark) 8.7; 3, K. Robbins (Bir) 8.7. HJ: 1, P. Jeffs (Here) 2.05; 2, A. Edgar (ESH) 2.00; 3, A. Walker (S&SH) 1.95; 4, P. Beales (Norf) 1.95; 5,

I. Gidley (Lut) 1.95. PV: 1, A. Ashurst (Sale) 4.90; 2, A. Gayle (W&B) 4.20; 3, A. Bailey (Spark-Y) 4.10; 4, C. Trounson (Birm. U) 3.80. SP: 1, C. Jennings (Hull S) 15.90; 2, C. Turner (Craw-J) 14.22. **Juniors** — 400: P. Burgess (Wig-Y) 51.6. 800: A — 1, M. Forder (Med-Y) 1:56.8; 2, M. Ravenhill (Ox. C) 1:57.0; 3, Burgess 1:57.8; 4, G. Burren (Med-Y) 1:58.1; B — S. Mayne (Burt-Y) 1:58.0; C — I. McAllister (Chelt-Y) 1:59.1. 60H: 1, L. Ajayi (Mill. S) 8.7; 2, P. Warrilow 8.7. PV: 1, A. Bailey (Spark) 4.20; 2, R. Bond 4.00. LJ: 1, G. Slade (Yate) 7.07; 2, M. Browning (C&EP) 7.00. SP: 1, S. Williams (Enf) 18.66; 2, Turner 15.77. **Youths** — 400: 1, P. Wood (Der) 51.3; 2, C. Winrow (Wig) 51.6. 60H: A. Edwards (W&B) 9.0. PV: I. Thomas (Wrex) 3.60. SP: S. Kilby (Cor) 13.62.

Senior Women — 60: A — 1, D. Glazebrook (Wake) 7.7; 2, K. Robin-Millerchip (Bir) 7.8; 3, J. Levermore (Spark) 7.8; 4, C. Cameron (Tip) 7.9; 5, H. Weaver (Chelt) 7.9; B — S. Chillingworth (Sutt) 7.9. 200: 1, Levermore 25.2; 2, M. Hammond (Cov) 25.6. 1500: 1, A. Fox (Swan) 4:34.7; 2, E. Hamill (Liv) 4:37.9; 3, M. Faherty (Sky) 4:38.8; 4, L. Ingram (W&B) 4:40.3. 60H: 1, Robin-Millerchip 8.5; 2, A. May (Yeo) 9.1; 3, W. Laing (Liv) 9.2. LJ: 1, Glazebrook 5.92; 2, M. Grant (Ox. C) 5.78. SP: 1, A. Gardner (Cor) 11.65; 2, C. Cameron (Tip) 11.11. **Inters** — 60: A — 1, R. Bulpitt (Sale) 7.9; 2, J. Hanson (Whit) 8.0; 3, S. Bowen (Liv) 8.1; B — 1, K. Goodwin 8.0; 2, S. Gibbs 8.11. 400: A — 1, A. Cooke (Rock) 57.5; 2, A. Salter 58.9; 3, S. Burbidge (Hal) 59.8; B — Goodwin 60.3. HJ: 1, K. Mason (Sale) 1.70; 2, F. Ross (Leic) 1.65; 3, J. Bennett (E&E) 1.65; 4, E. Gent (C&S) 1.60; 5, J. Rankin (O&R) 1.60. SP: J.

B.A.A.B. SENIOR COACH AWARDS 1987

NATIONAL EVENT SPECIFIC COURSE

Venue: EDINBURGH — Dunfermline College, Crammond, Edinburgh.

Date: 20th March (evening) 21st and 22nd March (full day).

Fees: £65 (residential), £35 (non residential).

(All fees inclusive of printed course notes)

Bursaries: 50 BAAB/Minolta Copiers bursaries (value £30 each) will be made available to applicants wishing to complete their award in 1987. These will be subject to Area recommendation and approval.

Applications: Must be made on an Official application form, available from, and returnable to:

BAAB COACHING OFFICE,

Francis House, Francis Street, London SW1P 1DL.

Closing dates: Bursary applications — 31st January, 1987

Other applications — 21st February, 1987

OVERSEAS APPLICANTS for the BAAB Senior Coaching Award are advised to attend this course and follow up by also attending the NORTHERN AREA COACHING THEORY weekend, one week later.

**DON'T MISS
WEST NORFOLK A.C.
CROSS-COUNTRY RACES
18th JANUARY, 1987**

Entries: 60p U/17. £1.00 O/17.
To: Mrs. Thomas, 15 Harewood Parade, King's
Lynn, Norfolk Tel: K/L775795.

**THE LEICESTER
BIATHLON**

SUN 25th JAN, 1.00 pm
St. Margaret's Baths, Leicester
SWIM 500m. RUN 10K.
Entry £4 proceeds to



Entry forms from John Rowley. Tel Leics (0533)
549922 X7366.

or Leeds (0532) 446666.



ROWNTREE YORK AC
(with York Charities
Association)

Present

MARCH 22, 1987

YORK RUN '87

HALF MARATHON

(under AAA & WCCRRRA Laws)

**(also 3000 metre fun run
& 1/5th Marathon fun run)**

Venue: Start & Finish on the Knavesmire, York.

Time: Start 1.30 pm.

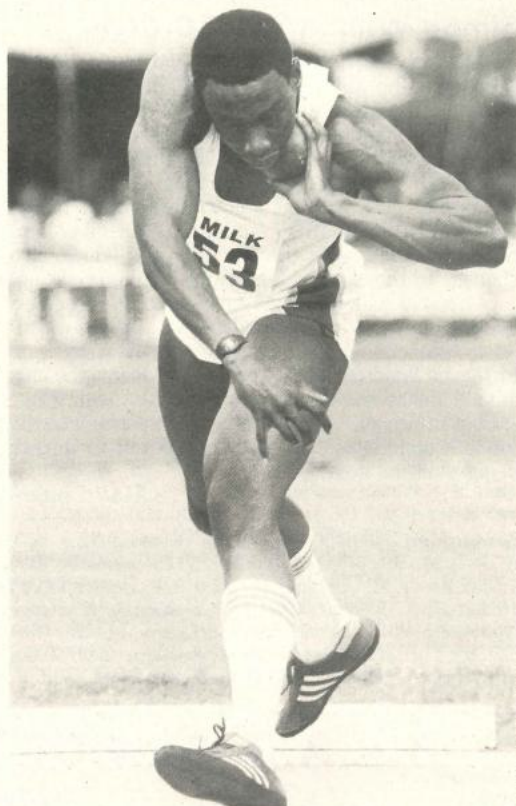
Awards: Prizes to the value of £1,200.
Trophies for all Class Winners.



Medals for all finishers

Entry Forms: Please send an SAE for Entry Form to:-
Mrs E. Dove, 2 Brandon Grove, Malton Road, York
YO3 9TQ. (No SAE — No form).

Closing Date: Entries on official Entry Form or
Photocopy must be received by **18 February 1987**.
No late entries in any class.



SIMON WILLIAMS

Thompson (Barr) 11.16. **Juniors** — 200: E. Langston (Folk)
26.8. 600: 1, Langston 1:37.4; 2, A. Faherty (Sky) 1:38.8;
3, C. Raven (Dav) 1:41.4; 4, J. Colleran (Liv) 1:41.5; 5,
S. McNeil (Rad) 1:41.7. 60H: F. Cole (Cor) 9.4. SP: 1, Y.
Anekwe (Mill. S) 12.71; 2, A. Grey 11.76; 3, A. Tomkin
10.96; 4, M. Owen (Peter) 10.26.

Thames Valley Open Graded Meeting

At West London, November 5th

Senior Men — 3000: S. Warzee (G&G-V) 8:48.2.

Inter-Universities Match

At Ifley Road, November 8th

Men — 3000: 1, A. Geddes (Ox) 8:16.8; 2, C. Sweeney
(B) 8:20.9. 300H: A. Tapp (B) 41.6. HJ: 1, M. Powell (B)
2.00; 2, M. Newman (Ox) 1.95. LJ: P. Crowder (B) 6.86.
Teams: 1, London Univ. 156; 2, Birmingham Univ. 152;
3, Oxford Univ. 137; 4, Univ. of E. Anglia 50. **Women** —
1000: V. Vaughan (Ox) 2:57.1. DT: E. Elson (L) 35.50.
Teams: 1, Oxford Univ. 140; 2, London Univ. 131; 3, Univ.
of E. Anglia 58; 4, Birmingham Univ. 6.

UK ROAD RACING

Jones In Command Of Tipton '10'

COMMONWEALTH 10,000m bronze medallist Steve Jones was simply magnificent in the tenth Tipton Harriers '10' on November 16th, when, in dismal, cold conditions, over 700 athletes braved the elements. In the first 500m downhill charge at the start Stourport's Mark Dalloway and Birchfield Vet John Potts sped to the front. However, within a mile Jones, leading a talented pack of Newport athletes, moved alongside Dalloway.

Together they scorched through the first mile and such was the pace that they took themselves 15m clear and had reduced the field to near Indian file. A group of seven or eight were in the first chasing pack, including Massey Ferguson duo Dave Long and Barney O'Connor, Birchfield's John Hartigan, Colin Clarkson and Ali Cole of Newport, Stourport's Alan Jackson and host club runner John Wheway. By three miles, Jones and Dalloway had pulled some 150m clear of the field — not surprising as they went through well inside 14:30. A mile later and the marathon superstar turned the knife once more and gradually Dalloway began to fade. Jones' aggressive running sped him to a five miles clocking of 23:52 and a lead of 100m, as the group chasing Dalloway had now been reduced to Long, O'Connor, Cole, Jackson and Hartigan — the latter running his first ten miles road race.

Jones went from strength to strength to score an impressive victory in 48:07. Dalloway paid the price for his initial bravery as he faded slightly over the last three miles, but John Hartigan, better known as a steeplechaser, displayed impeccable pace judgement as he came through superbly in the last two miles. A double reward on his debut was the Midland title incorporated in the race.

Bronwen Cardy proved an emphatic winner of the women's race by almost three minutes in 56:05, whilst Sally James consolidated an excellent day for Newport in taking second.

Bud Baldaro

Men

1. S. Jones (Newport).....48:07
2. J. Hartigan (Birchfield).....48:41
3. M. Dalloway (Stourport).....49:12
4. A. Cole (Newp) 49:27; 5. D. Long (Mass. F) 49:33; 6. B. O'Connor (Mass. F) 49:44; 7. A. Jackson (Stour) 50:05; 8. J. Wheway (Tip) 50:28; 9. P. Bettridge (Hav) 50:32; 10. D. Keepen (Bath) 50:41; 11. N. Smith (Cov) 50:47; 12. N. Hardee (Newp) 50:53; 13. A. Frapwell (Glouc) 51:05; 14. A. Holden (Tip) 51:12; 15. B. McEvoy (Row) 51:18; 16. A. Rushmer (Tip-V) 51:20; 17. P. Ingvorsen (Ilf) 51:25; 18. D. Ellis (Bir) 51:30; 19. B. Evans (Tip) 51:33; 20. J.

- Potts (Bir-V) 51:38; 21. F. Costigan (Tip) 51:44; 22. L. Gowland (Staffs M) 51:58; 23. B. Cole (Tip) 52:00; 24. L. Pearson (Der) 52:03; 25. D. Holland (Newp) 52:08; 26. C. Cartland (Row) 52:12; 27. A. Heathcote (Staffs M) 52:23; 28. J. Wagstaff (Tip) 52:24; 29. S. James (Bir) 52:27; 30. M. Farrall (CoH) 52:30; 31. M. Adams (Newp) 52:30; 32. I. Logan (AF&D) 52:41; 33. S. Lacombe (RSC) 52:46; 34. D. Wilde (Wen-V) 52:49; 35. G. Bourke (Tip) 52:53; 36. N. Clarke (Wen) 52:59; 37. D. Gardener (Alt) 53:01; 38. J. Peavoy (Mass. F) 53:12; 39. S. Lees (D&S) 53:14; 40. D. Mansbridge (Tel) 53:17; 42. D. Millington (Tip) 53:28; 42. P. Pickwell (Alt) 53:30; 43. B. Tilley (Bir) 53:37; 44. P. Powell (W. Brom) 53:38; 45. M. McKeown (St. H-V) 53:40; 46. S. Graham (Alt) 53:44; 47. P. Geehan (B&R) 53:46; 48. J. Robertson (Stoke) 53:47; 49. S. Crawte (AF&D) 53:48; 50. R. Statham (Cov-V) 53:49.

Women

1. B. Cardy (Bromsgrove & Redditch).....56:05
2. S. James (Newport).....59:00
3. E. Statham (Stone).....61:31
4. C. Pugh (Newp) 62:48; 5. D. Gayton (D&S) 63:28; 6. D. Harvey (AF) 64:06.

Chorley '10K'

October 19th

1. R. Brewster (Clay) 30:19; 2. P. Banks (B'burn) 30:25; 3. A. Keene (Chor. A) 31:08; 4. T. Greenwood (B'burn) 31:38; 5. S. Connolley (Spring) 31:44; 6. R. Peters (Spring) 32:27. **Vets** — C. Leigh (Wig-O/45) 33:20. **Women** — 1. C. Jolley (Wig) 37:43; 2. A. Pugh 37:59; 3. R. Leonard (Steel) 38:21.

Macclesfield Silk Marathon

October 19th

1. L. Gowland (Staffs Moorlands).....2:29:21
2. T. Toft (Newcastle-V).....2:33:05
3. D. Attwell (Altrincham-V).....2:37:28
4. N. Martin (Newc) 2:37:53; 5. D. Taplin (Pott) 2:38:19; 6. C. Manclark (Stock) 2:38:39; 7. J. Keeling (Pott-V) 2:39:07; 8. R. Beech (Pott) 2:39:25. **Vets O/50** — 1. A. Dunn (Stock) 2:43:59; 2. A. Maxwell (Mich) 2:44:46; 3. G. Kay (Stone) 2:45:54.

Rugby '10'

October 19th

1. A. Clarke (Roth) 52:11; 2. M. Judge (Mass. F) 52:24; 3. P. Barnes (Leic) 52:32; 4. M. Jacobs (Rug) 52:58; 5. R. Statham (Cov-V) 54:03; 6. C. Rutland (Banb-V) 54:13. **Teams**: 1, Rugby 21; 2, Leamington 29. **Vets O/50** — 1. B. Forey (Rug) 59:30; 2. P. Wyatt (North) 60:02; 3. R. Emmerson (Leam) 60:05. **Women** — 1. B. Smith (B&R) 56:48; 2. S. Carey (Nun-V) 62:17.

NOTICE BOARD

WAAA Indoor Championships. Closing date for 1987 WAAA Indoor Championships (at all Cosford) are as follows: **Senior 3000m** (Jan. 9/10) — **Dec. 15th**; **Senior Champs** (Jan. 23/24) — **Jan. 6th**; **Senior Pentathlon, 4x200, 4x400 & Euro Junior Champs** (Mar. 7/8) — **Feb. 17th**; **Intermediate & Junior Champs** (Mar. 20/21) — **Mar. 3rd**: Entry forms for all events available from Hon. Sec. WAAA, Francis House, Francis Street, London, SW1P 1DL.

No Vet. Regarding the results of the Paul Stephen Wells Memorial Race Day on October 19th (Nov. 15th issue, pg. 42), **Geoff Fance** would like to point out that although he completed the distance in 31:25, he did not place second in the Vets race — he is only 26 years old!

Wigan & District H will be staging a track meeting to celebrate their silver jubilee next year. Full details of the meeting, scheduled for April 19th, will be advertised in 'AW' on February 21st. Enquiries to Dr. Phil Thomas on 0704 64842.

The new Secretary of Fleet & Crookham AC is Barbara Gostelow. All correspondence for the club should be addressed to her at 16 Larchfield Road, Fleet, Hants, GU13 9LW.

The new Secretary of the Kent Women's CC League is Chris Bowman, 33 Cross Keys, Bearsted, Maidstone, Kent, ME14 4HX (tel: 0622 38857(h), 0634 44400, ext. 3843(b)).

Track & Field and Road Race Secretary of Salisbury & Dist. AC, Harry Fulford, has moved to 10 Westbourne Close, Milford, Salisbury, Wilts, SP1 2RU.

Peter Matthews, ITV commentator and NUTS/ATFS member, is moving on December 15th to 10 Madgeways Close, Great Amwell, Ware, Herts, SG12 9RU (tel: 0920 870434). Whilst 'clearing out' in readiness to move, Peter has discovered many miscellaneous athletics books and magazines that he is willing to sell. Saes, please, to him at the above address for a list.

Middlesex Supper. Middlesex County AAA are holding their Annual Supper on January 15th at the City University, London, E.C.1. Numbers will be limited this year, so early booking is advised (£9.00 per ticket) — to Eric Walters, 13 Colne Road, Clapton Park, London E5 0HR (tel: 01-985 0087).

The new Hon. General Secretary of Dorset County AAA is D. Sanderson, 37 Reforme, Portland, Dorset, DT5 2AW (tel: 0305 821923). Retiring Hon. Gen. Sec. Ted Sutters is continuing as Hon. Officials and Hon. Championships (men's track and field) Sec.

Salford Up One. In the second Northern Women's CC League meeting, at Blaydon on November 2nd (Nov. 22nd issue, pg. 47), the Salford Junior score should have read **124** for fifth place, and not as stated.

Colchester AC Officers. CC Secretary — D. Waterson, 64 Heath Road, Colchester, Essex (tel: 579448); Vets Sec. — N. Ackland, 34 Pegasus Way, Colchester (tel: 843544).

Name Change. The name of Wolverhampton Stadium has been altered back to **Aldersley Stadium**, Aldersley Road, Wolverhampton, WV6 9NW (tel: 0902 751171).

Saturday, December 13th: Recommended date for County CC Champs; Cosford Open Meeting; SCCU v Scottish Univ. v Northern Ireland v Civil Service, Stirling; National Triple Jump Day, Crystal Palace.

THE WEEK AHEAD

Sunday, December 14th: Recommended date for County CC Champs; Wessex CC League, Millfield School (2.00 pm); Great Britain Catholic Schools CC Champs, Swindon (1.30 pm); Midland Bank Open Trophy Meeting, Worksoy; Luton Winter Open Graded Meeting (11.00 am); Penicuik Open CC Races; Pilkington Road Races (12.00 noon); Longridge '7'; Hogs Back Road Race (11.30 am); Centurion Road Races; Springburn Road Race, Kirkintilloch.

Wednesday, December 17th: Fastrax North

East Services CC League, Ripon; West Midland Services CC League, RAF Cosford; Wilts & Border CC League Road Relays, Ashchurch; London Services CC League, RAF Stanmore; Scottish Services CC League, RAF Kinloss.

Saturday, December 20th: North Staffs CC League; GEC Road Races, Rochester (1.00 pm); Hampshire CC League, Southampton; Metropolitan CC League, Parliament Hill.

Sunday, December 21st: HFC/IAC International CC Meeting, Cardiff; Kent YA CC League, Canterbury; Avalon CC League, Salisbury; Sussex Vets CC Champs, Eastbourne; Vets AC CC, Putney Vale; Reigate Priory 'Holly Run'; Cleveland '7'; Exeter '10'; Staffs Moorland 'Christmas Cracker' '10K' CC, Leek (11.30 am); Grantchester '5' (11.00 am); Saltwell '10K' (12.45 pm); Bolton '10K'; Telford '10K', Wellington.

It's December . . . It Must Be Cup Time!

AS THE end of another year approaches, it's time to think of Christmas, presents . . . and next year's GRE Cups.

It's time for team managers to think again about entering the GRE Men's Gold and GRE Women's Jubilee Cup competitions, and you'll find an entry form in this issue of 'AW' on page 43. The entry fee remains the same as last year — £10 for one team and £15 for clubs entering both men's and women's contests.

Once again Colin Nimmo will be in control as Cup Secretary, assisted by Andy Frankish (Gold) and Tony Miller (Jubilee). It will be Colin's fourth term as Cup Secretary, and he will be running the nationwide contest from a new base as he is about to move house to 'Andorra', 77A New Dover Road, Canterbury, Kent.

It will be difficult to follow 1986, which was a record breaking year as far as team entries were concerned, but 1987 will be different in one sense. For only the second time since the Cups were first staged in the early seventies, the Finals will be held on a Sunday. The only previous occasion was in 1985, when Shaftesbury and Essex Ladies walked off with the trophies at Cophall Stadium. And again, the contests will be screened by *ITV Sport*.

The date for the 1987 GRE Cup Finals is Sunday, August 16th, at Alexander Stadium, Birmingham; the Plate Finals will be held the previous day at the same venue. 1987's will also be one of the earliest Cup Finals in the history of the event, and will be only a fortnight after the Semi-Finals on Sunday, August 2nd, at Cwmbran, West London Stadium, Enfield and Gateshead.

Current Cup holders are Haringey and Essex Ladies, winners at Cwmbran last September. They will also be representing Britain in 1987 in the European Clubs Trophy competitions in Italy on the weekend of June 6th/7th; the men in Milan and the women in Como.

Colin Nimmo is once again looking for non-GRE British League and non-UK League clubs to promote First and Second Round matches, and clubs wishing to do so should let him know as soon as possible. The GRE British Athletics League will reimburse clubs for the cost of track hire, provide official souvenir programmes, which the promoting clubs can sell and retain the proceeds, and provide all numbers and pins, and judges' and timekeepers' and scoring cards required for the matches. Colin would obviously prefer as many matches as possible to be staged on all-weather tracks. He has also decided that, where at all possible, there should be 'mixed' matches, as the GRE Cup competition is one of the few occasions when men's and women's teams from the same club can compete alongside each other.

It therefore means the decision made in 1986 to split the Second Rounds and have, in some cases, 16 men's and women's teams in action, with points decided on times, will not be repeated. It proved an unpopular move with most clubs.

The 1987 GRE Cup dates are: Round One — May 10th; Round Two — May 23rd (Scotland only) and June 14th; Semi-Finals — August 2nd at Cwmbran, Enfield, Gateshead and West London Stadium; Plate Finals — August 15th at Alexander Stadium, Birmingham; Finals — August 16th at Alexander Stadium.

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Vet O/40, Lady Vet O/35

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Entries/Enquiries to: Mrs Pauline Waller, 23 Cadley Road, Collingbourne Ducis, Nr. Marlborough, Wilts. Cheques etc. payable to: Bourne Valley Harriers.

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To: N. Tincello, 15 Overbrook Close, Barnwood, Gloucester GL1 1AD by 20th Dec. Please enclose S.A.E. (Late entries — double fees).

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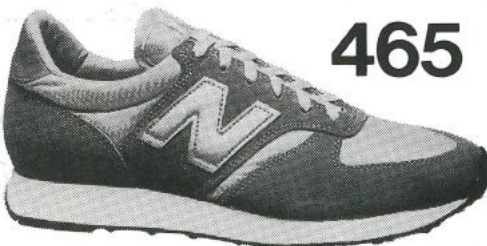
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