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weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

DECEMBER 24th 1977

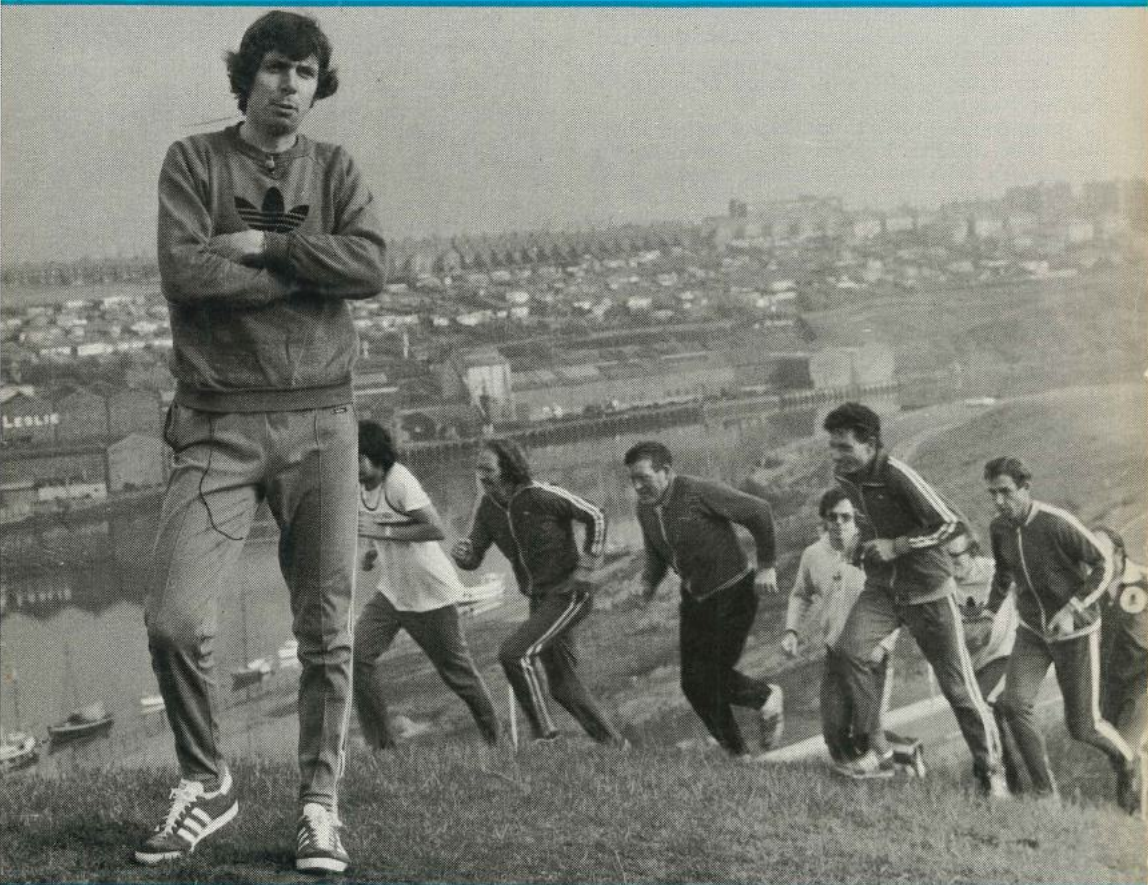
Vol. 31 No. 52

18p

Interview with Brendan Foster

***1978 International
Fixture List**

***UK Junior Women's
Lists for 1977**



BRENDAN FOSTER,
subject of a major
feature inside, pictured
above the River
Tyne at Gateshead.



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SCOTTISH NEWS

TOMMY PATTERSON (Springburn) led the record field of 86 teams home in the "Allan Scally" Road Relay at Glasgow on October 22nd, finishing in fine style 34 sec ahead of Lachie Stewart (Shettleston 'B') with Shettleston 'A' seven places further behind and Edinburgh AC and Clyde Valley languishing in 11th and 17th places respectively.

Andy McKean took only 22:04 for the next lap to lift Edinburgh AC into a 15 sec lead from Clyde Valley (John Graham 22:08) with Shettleston now in front of their 'B' team but still 48 sec behind the leaders. Olympic marathoner Donald Macgregor lifted Fife AC into fourth place, a gain of 16 places, by virtue of a fast 22:51 lap which put the fear of death into Veteran runners he will be facing in two years time. Other good performances came from Graham Clarke (23:04) who lifted Spango Valley from 16th to 5th and Ian Orton (23:08) who gained 24 places for Heriot Watt University.

Brian McSloy took Clyde Valley into a 33 sec lead from Falkirk Victoria who, thanks to Jim Dingwall's reliable road running powers, were now in second place. Shettleston were fourth 21 sec behind Edinburgh AC. It was all over bar the shouting as Jim Brown, running in a vacuum well clear of any pursuer, clocked 21:59 to bring his club home to a clear victory only one second outside the course record set by Edinburgh Southern in 1975. Nat Muir improved Shettleston's position to second, passing Doug Gunstone (22:51) and Bill Day (23:27), as he set a new lap record of 21:52 to take 3 sec off Jim Brown's former time.

Edinburgh AC displayed great strength in depth, finishing three teams in the first 13 home while Inverness gave evidence of rising standards in the North of Scotland when finishing 14th of the 75 teams to finish. Edinburgh University won the Scottish Universities road relay title, held in conjunction with the open race, finishing 11th — 72 sec ahead of Glasgow with Strathclyde third.

Colin Shields

4 x 5 Miles

1, Clyde Valley (E. Devlin 23:45, J. Graham 22:08, B. McSloy 22:54, J. Brown 21:59) 90:46; 2, Shettleston (J. Burns 23:29, L. Spence 22:57, A. Marshall 23:19, N. Muir 21:52) 91:37; 3, Edinburgh AC (D. Hunter 23:34, A. McKean 22:04, A. Wight 23:46; D. Gunstone 22:51) 92:15; 4, Falkirk Victoria (I. Brown 23:23, B. Morton 23:48, J. Dingwall 22:09, W. Day 23:27) 92:47; 5, Edinburgh Southern (F. Murray 23:21, A. Robertson 23:54, M. Craven 23:04, C. Youngson 23:41) 94:00; 6, Spango Valley (H. Cox 23:44, G. Clark 23:04, M. Coyle 25:01, C. Spence 23:12) 95:01; 7, Victoria Park 95:12; 8, East Kilbride 96:13; 9, EAC 'C' 97:13; 10,

Bellahouston 97:15; 11, Edinburgh Univ 97:24; 12, Shettleston 'B' 97:29; 13, EAC 'B' 97:40; 14, Inverness 97:48; 15, Cambuslang 97:49; 16, Fife 98:08; 17, Ayrshire 98:24; 18, Glasgow Univ 98:36; 19, Law & Dist 99:02; 20, Falkirk Victoria 'B' 99:10; 21, Springburn 99:28; 22, Westerlands CCC 100:07; 23, Dundee Hawkhill 100:25; 24, Ayrshire 'B' 111:53; 25, West of Scotland 101:32. 75 teams closed in.

Fastest: Muir 21:52 (record), Brown 21:59, McKean 22:04, Graham 22:08, Dingwall 22:09, T. Patterson (Spring) 22:39, Gunstone 22:51, D. Macgregor (Fife) 22:51, McSloy 22:54, Spence 22:54.

McANDREW TROPHY ROAD RELAY

(4 x 3 1/4 miles)

At Glasgow, October 1st

1, Shettleston (D. Lang 14:07, L. Spence 14:08, A. Marshall 14:22, N. Muir 13:30) 56:07; 2, Falkirk Victoria (I. Brown 14:18, J. McGarva 14:31, J. Dingwall 13:51, W. Day 14:25) 57:05; 3, Gateshead H (B. Leddicot 14:31, C. Spedding 14:09, S. Riddley 14:21, J. Mills 14:33) 57:34; 4, Edinburgh AC (D. Hunter 14:37, D. Gunstone 14:11, R. Morris 14:55, A. McKean 13:52) 57:35; 5, Law & Dist (K. McCartney 14:33, D. Frame 14:01, J. Thomson 14:10, A. Miller 15:02) 57:46; 6, Spango Valley (H. Cox 14:04, G. Clark 14:21, C. Spence 14:18, M. Coyle 15:05) 57:48; 7, Victoria Park 58:22; 8, East Kilbride 58:32; 9, ESH 59:10; 10, Shettleston 'B' 59:28; 11, Ayrshire 59:40; 12, Falkirk Victoria 'B' 59:52; 13, Bellahouston 59:58; 14, Cambuslang 60:05; 15, EAC 'B' 60:10; 16, Dundee Hawkhill 60:16; 17, Clydesdale 60:47; 18, Greenock Glenpark 60:49; 19, East Kilbride 'B' 60:52; 20, Greenock Wellpark 60:59; 21, Dumbarton 61:29; 22, Teviotdale 61:43; 23, Fife 62:27; 24, Ayrshire 'B' 25, EAC 'C' 62:52. 76 teams closed in.

Fastest: Muir 13:30, Dingwall 13:51, McKean 13:52, Frame 14:01, R. McKim (E Kilb) 14:02, Cox 14:04, Lang 14:07, Spence 14:08, Spedding 14:09, L. Stewart (Shett 'B') & Thompson 14:10.

SCOTTISH INTER-UNIVERSITY

4 1/2 MILES CROSS-COUNTRY

At Aberdeen, November 19th

1eq D. Frame & F. Clyne (Glasgow Univ) 23:55; 3, M. Edwards (Aberdeen) 24:05; 4, D. Bryson (Edin) 24:34; 5, A. Hunter (Glas Univ) 25:21; 6, A. Stapley (Strath) 25:23; 7, R. Dinsdale-Young (Heriot) 25:27; 8, S. McKay (Dund) 25:28; 9, E. Jenkins (Aber) 25:35; 10, R. Arbuckle (Aber) 25:42; 11, A. Caird (Dund) 25:46; 12, W. McColl (Glas) 25:52; 13, I. Downie (Glas) 26:00; 14, D. Wilson (Dund) 26:04; 15, T. Davidson (Dund) 26:44. **Teams:** 1, Glasgow Univ 20; 2, Aberdeen AAC 40; 3, Dundee Univ 48; 4, Edinburgh Univ 77; 5, Aberdeen Univ 88; 6, Heriot Watt Univ 92.

ATHLETICS WEEKLY

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THE WEEK AHEAD

Monday, December 26th: Bedford & Co Wells Fargo Road Relay Races & 12 Miles Road Race; Westbury H Boxing Day Road Races, Westbury-on-Trym; Boxing Day Races, Brighton; Athletes v Cyclists, Pontcanna; Enfield Handicap 3M Walk.

Sunday, December 27th: Chester & Ellesmere Port AC Round the Walls Race.

Saturday, December 31st: Sankey Round the Town Races, Ipswich (6.45pm); Folkestone 4 Miles Midnight Race (Seabrook-Folk-

estone/11.45pm); Twickenham Road Relay; Essex Beagles 5 x 3M CC Relay; Sparkhill Jubilee 5M Road Race; TVH Boys & Colts 2M CC Races, Cranford.

Sunday, January 1st: City New Year Road Races, London Wall; Morpeth to Newcastle 13 5/8 Miles Road Race; Cardiff '1900' Road Races; Old Gaytonians CC Races, Sudbury; Bexley Borough AC/Erith '6' & Road Races.

Hampshire County WAAA officers: President, Miss B. Burbridge; chairman, Mrs D. Old; secretary, Mrs V. Tubb, 46 Oliver Road, Southsea (Tel: 25753); treasurer, Mrs M. Tupper, 100 Gladys Avenue, Portsmouth; team manager, Mrs A. Lillywhite. The track & field championships will be held at the Sports Centre, Southampton, on June 4th.

Merry Christmas!

The staff of 'Athletics Weekly' wish readers a Very Merry Christmas, with special thanks going to all who have contributed to the magazine during the past year.

Cover photo courtesy Tyne-Tees TV

INTERNATIONAL FIXTURES IN 1978

INDOOR MEETINGS

January	
6	Muhammad Ali Invitational, Long Beach.
13	CYO Invitational, Washington.
14	East Coast Invitational, Richmond; International Meeting, Genoa.
20	Philadelphia Track Classic.
21	Sunkist Meeting, Los Angeles.
27/28	National Indoor Championships, Cosford.
28	Albuquerque-JC Meeting; Ottawa Citizen Games.
28/29	International Meeting, W. Berlin.

February

1/2	International Meeting, Budapest.
3	Los Angeles Times Games.
4	Vitalis US Olympic Meeting, New York; International Meetings, Madrid & Milan.
6/7	International Meeting, Budapest.
10	Toronto Star Maple Games.
11	UK v Germany, Cosford; Cleveland Track Meeting; Mason Dixon Games, Louisville; International Meetings, Genoa & Jablonec.
11/12	Rumanian Champs, Bucharest; Czech Champs, Ostrava; Swedish Champs, Falun.
17	San Diego Meeting; GDR v UK, Senftenberg.
18	San Francisco Examiner Games; International Meeting, Winnipeg; Italy v Belgium v Spain, Genoa.
18/19	French Champs, Grenoble; International Meeting, Schielleiten.
21/22	Hungarian Champs, Budapest.
22/23	Italian Champs, Milan.
23/24	Izvestia Cup, Moscow.
24	AAU Champs, New York.
24/25	German Champs, Sindelfingen.
24-26	Finnish Champs.
25/26	Czech Champs, Jablonec; Spanish

Champs, Saragossa; International Meetings, Vienna, Bucharest, Sofia. Icelandic Champs, Reykjavik.

March

1	UK v Spain (men) & international events, Cosford; High Jump Meeting, Prague.
1-3	USSR Champs, Moscow.
3	International Meeting, Trinec.
4	Germany v France; International Meeting, Ostrava.
9-11	NCAA Champs, Detroit.
11/12	European Indoor Champs, Milan.
14	Europe v USA, Milan.

OUTDOOR EVENTS

March	
25	IAAF Cross-Country Champs, Glasgow.
April	
9	International Meeting, Nova Gorica; Athens Marathon.
23	International Meeting, Osijek.
29	Karl-Marx-Stadt Marathon.
30	International Meeting, Linz.
May	
1	20km & 50km Walks, Naumburg; Sesto S. Giovanni 30km Walk; Italian Marathon Champs.
6	International Meeting, Ruzomberok (Cze).
6/7	International Meetings, Fort de France (Martinique) & Russe (Bul).
7	AAA Open Marathon Champs, Sandbach.
8	Prague Marathon.
10	International Meeting, Ljubljana.
12/13	Greece v Scotland v Wales v Luxembourg (men) & Greece v Scotland v Luxembourg (women), Athens.

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13	Dan Ferris Memorial, Durham (USA); International Meetings, Kosice & Innsbruck.	15-18	Strasbourg to Paris Walk.
13/14	International Meetings, Schwechat & Linz.	16	International Meeting, Dortmund.
14	Ottawa Marathon.	16/17	International Meeting, Sochi.
14/15	Germany v France Walks Match.	17/18	AAA Decathlon Champs, Birmingham; USSR v Germany Decathlon/Pentathlon, Donetsk; Czechoslovakia v Greece v Norway v Sweden, Prague; International Meetings, Ankara & Sittard.
15	International Meeting, Arnhem.	18	WAAA Commonwealth Games Pentathlon Trial; Kusocinski Memorial, Warsaw; International Meeting, Formia.
18	International Meeting, Skopje.	19	International Meetings, Lappeenranta & Tampere.
19	Ankara Marathon.	21	International Meeting, Budapest.
20	Amsterdam Marathon.	21/22	International Meeting, Athens.
20/21	International Meeting, Havana.	22	International Meeting, Cologne.
21	International Meetings, Bozen & Milan.	23	International Meetings, Keuruu & Merksem.
24	Philips Night of Athletics, Crystal Palace.	23/24	AAA Champs, Crystal Palace; International Meeting, Kuortane.
25	International 10,000m, Helsinki.	24	International Meeting, Luxembourg.
27	Utrecht Marathon.	24/25	France v UK (women); USSR v GDR v Poland, Vilnius; Oceania Games, Canberra; France v Germany; International Meeting, Saarijarvi; Swiss Decathlon/Pentathlon Champs, Geneva; International Decathlon/Pentathlon, Spala.
27/28	UK v Netherlands v Denmark Decathlon/Pentathlon, Cwmbran; International Decathlon/Pentathlon, Gotzis.	27	International Meeting, Oslo.
28	Debno Marathon; Finnish Marathon Champs.	28	International Meetings, Paris & Papendal.
28/29	CAU Inter-Counties Champs & international events, Cwmbran; Portugal v Wales v France (women), Lisbon.	28/29	World Games, Helsinki.
31	International Meeting, Vasteras.	30	International Meeting, Vasteras.
June		30-July 2	GDR Champs, Leipzig.
1	International Meeting, Stockholm.	July	
2	International Meeting, Warsaw.	1	International Meeting, Milan.
3	Welsh Champs; Scottish Champs, Meadowbank.	1/2	Norway v Scotland (women); Norway v Bulgaria (men); USSR v USA (juniors), Donetsk.
3/4	France v UK Throws Match; International Meetings, Bucharest & Sofia.	2	UK v Bulgaria (women) & international meeting, Crystal Palace.
4	International Meetings, Turin & Zagreb.	3	Rosicky Memorial, Prague.
5/6	International Meeting, Maribor.	3/4	International Meeting, Stockholm; GDR v USSR v Finland Decathlon/Pentathlon, Dresden.
6/7	Norway v Netherlands.	4	International Meetings, Oulu & Cork.
7	Golden Spike Meeting, Ostrava.	6	International Meetings, Dusseldorf, Gothenburg & Joensuu.
7-9	AAU Champs, Los Angeles.	7	International Meeting, Lausanne.
9	International Meeting, Florence.	7-9	Canadian Champs, Montreal.
9/10	International Meetings, Luxembourg & Bratislava.	8	Wales v Netherlands v Rep of Ireland (men) & Wales v Greece (women), Cwmbran; International Meeting in Germany.
10	International Meeting, Furth; Dutch Marathon Champs, Sneek.	8/9	USA v USSR.
10/11	UK v GDR, Crystal Palace.	9	Philips Gateshead Games, Gateshead; International Meeting, Nijmegen; Irish Open Marathon Champs, Dublin.
11	France v Belgium v Poland v Portugal v Spain; International Meeting, Orimattila; Prague to Podebrady 50km Walk; Italy v GDR v France v Sweden Walks Match; Belgian Marathon Champs, Brussels; France v Spain v Italy v Germany v Czechoslovakia Marathon Match.		
12	International Meeting, Budapest.		
13	International Meeting, Stockholm.		
14	International Meeting, Budapest.		
14/15	International Meeting, E. Berlin.		
15	International Meeting, Helsinki.		

Continued on page 25

YOUNG ATHLETES RESULTS

Sutton Coldfield Schools Road Relay. 1, West Park 60:18; 2, Marple Hall 61:33; 3, Bishop Vesey's 61:49; 4, Longlands 62:26; 5, Skinners 62:29; 6, St Nicholas' 62:41. **Fastest:** Ellis (BV) 14:26, Salter (B) 14:32, Jones (Lough) 14:40, Calvert 14:41, Broadley (Skin) 14:59, Hendricken 15:01.

October 9th

Collingwood AC CC Races, at Beddington Park. (Youth): 1, I. Stewart (Lut) 23:42; 2, E. Herridge (AF&D) 24:01; 3, E. Wood (Ind) 24:02; 4, T. Conlon (—) 24:05; 5, B. Dee (Lut) 24:33; 6, S. Kirk (Ton) 24:40; 7, A. Cunningham (AF&D) 24:43; 8, A. Craik (Ton) 24:48; 9, R. Sweatman (Coll) 24:50; 10, P. Clarke (HW) 24:54; 11, P. Brymner (Med) 24:55; 12, M. Hookway (Ton) 25:00; 13, P. Mason (Ton) 25:15; 14, T. Brennan (S&C) 25:18; 15, P. Ledger (AF&D) 25:19. **Teams:** 1, Tonbridge 26; 2, AF&D 35; 3, Collingwood 55; 4, Maidenhead 62; 5 eq Luton and Sutton & Cheam 81; 7, AF&D 'B' 82; 8, Havering 88; 9, Luton 97; 10, Hercules Wimbledon 112. **(Boys):** 1, M. Booth (Ind) 14:27; 2, P. Burton (Camb H) 14:42; 3, A. Wickens (S&C) 14:48; 4, B. Bullock (Hav) 14:50; 5, B. Graham (Hav) 14:56; 6, A. Tilley (Hav) 15:00; 7, A. Norman (E&E) 15:05; 8, V. Hobbs (Lut) 15:09; 9, A. Kerridge (S&C) 15:10; 10, G. Benson (HBAC) 15:24; 11, M. Coleman (Med) 15:27; 12, J. Tippell (E&E) 15:31; 13, G. Boatright (E&E) 15:34; 14, P. Slattery (St J) 15:36; 15, M. Waller (Bel) 15:37. **Teams:** 1, Havering 15; 2, Epsom & E 32; 3, Sutton & C 34; 4, Medway 74; 5, Croydon 78; 6, Thurrock 82; 7, Desborough Sch 86; 8, Cambridge H 98; 9, St Joseph's Coll 103; 10, Belgrave 111. **(Colts):** 1, A. Gravett (St J) 15:19; 2, K. Berrett (Hav) 15:21; 3, P. Turner (Hav) 15:30; 4, C. Knight (Coll) 15:37; 5, T. Berrett (Ton) 15:48; 6, A. Hawkins (Camb H) 15:57; 7, R. McDonnell (Coll) 15:58; 8, I. Johannesen (Shir) 15:59; 9, A. Chambers (Coll) 16:14; 10, R. Ward (Camb H) 16:18. **Teams:** 1, Havering 18; 2, Collingwood 20; 3, Tonbridge 63; 4, Sutton & C 65; 5, Thurrock 67; 6, Reigate Priory 72. **(U/11):** 1, A. Hollands (Sx) 12:05; 2, K. Johnson (N'ton P) 12:06; 3, D. Neale (Sx) 12:18; 4, R. Campbell (Staff) 12:29; 5, R. Pamphlett (Coll) 12:52; 6, P. Gerrard (Coll) 12:59. **Teams:** 1, Sussex Road 11; 2, Collingwood 34; 3, Sussex Road 'B' 46.

October 19th

West Midlands Schools CC League/Inter-Schools Race, at Lichfield. 1, Ellis (BV) 20:50; 2, Jackson (BV) 20:55; 3, Spenceley (KS) 21:00; 4, Cotterhill (BV) 21:24; 5, Appleby (QM) 21:44; 6, Maxted (KL) 21:50. **Teams:** 1, Queen Mary's 50; 2, Bishop Vesey's 55; 3, King Edwards 124.

October 22nd

Inter-Schools CC, at Yeovil. (U/16): 1, N. Johnson (An) 20:31; 2, H. White (An) 21:13; 3, D. Hodder (Pres) 21:19. **Teams:** 1, Anfield (Liv) 18; 2, Preston (Yeo) 23; 3, Hursh GS (Taun) 43. **(U/14):** 1, C. Wallace (An) 14:01; 2, D. Wilson (An) 14:08; 3, J. Johnson (An) 14:47. **Teams:** 1, Anfield 11; 2, Preston 26; 3, Hursh 83. **(U/12):** 1, M. Adderley (An) 9:45; 2, J. Miller (An) 9:54; 3, M. Keilch (Huish) 9:55. **Teams:** 1, Anfield 12; 2, Preston 38; 3, Huish 55.

October 30th

Downs Young Athletes CC League, at Epsom. (Boys): 1, A. Wickens (S&C) 10:47; 2, A. Norman (E&E) 11:00; 3, S. Paton (Coll) 11:03; 4, P. Lambert (E&E) 11:11; 5, A. Kerridge (S&C) 11:12; 6, F. Dolan (S&C) 11:17. **Teams:** 1, Sutton & C 56; 2, Epsom & E 72; 3, Croydon 128. **(Colts):** 1, I. Johannesen (Croy) 11:30; 2, R. McDonnell (Coll) 11:39; 3, C. McCauley (Croy) 11:42; 4, A. Chambers (Coll) 11:47; 5, W. Charnock (Coll) 11:50; 6, M. Thorne (Ton) 11:57. **Teams:** Collingwood 62; 2, Sutton & C 100; 3, Croydon 123. **(U/11):** 1, A. Hollens (Sx) 11:47; 2, D. Neale (Sx) 12:04; 3, K. Harvey (Sx) 12:38. **Teams:** 1, Sussex Road 32; 2, Collingwood 76; 3, Sutton & C 146.

November 5th

Coventry Schools CC League. (U/16): 1, Cowie (Wood) 24:00; 2, Ridding (EG) 24:11; 3, Slevin (Ulla) 24:24; 4, Horton (King H) 24:55; 5, Treddell (Wood) 25:36; 6, Batstone (Wed) 25:48. **Teams:** 1, Woodlands 62; 2, King Henry VIII 85; 3, Bablake 104. **(U/14):** 1, Ellis (Ulla) 20:56; 2, Aldersley (King H) 21:14; 3, Brittain (Fin P) 22:08; 4, Grimmer (King H) 22:16; 5, Slevin (Ulla) 22:43; 6, Owen (Bab) 22:53. **Teams:** 1, King Henry VIII 81; 2, Woodlands 142; 3, Finham Park 152. **(U/12):** 1, McDevitt (Ulla) 14:47; 2, Hartley (Bab) 14:55; 3, Morgan (King H) 15:04; 4, Adlington (Cov P) 15:23; 5, Ally (Wood) 15:27; 6, Kinsella (Ulla) 15:30. **Teams:** 1, King Henry VIII 89; 2, Ullathorne 116; 3, Coventry Prep 144.

Bradford Metropolitan Schools CC Races, at Odsal. (Boys): 1, J. Shaw (Beck) 14:08; 2, R. Nerurkar (Brad) 14:13; 3, P. Smith (Han) 14:19. **Team:** Bradford GS. **(Colts):** 1, J. Green (Gils) 11:05; 2, J. Pratt (Brad) 11:15; 3, P. Gelder (Whit) 11:24. **Team:** Gilstead Middle.

November 9th

Greater Birmingham Schools CC Assn/Sutton Park Race. 1, Tilley (Sol) 23:16; 2, Blount (KE/FW) 24:43; 3, Wright (JW) 24:47; 4, Clenaghan (JW) 24:54; 5, Cooper (KE/CH) 24:59; 6, Wearing (ST) 25:20. **Teams:** 1, John Willmott 56; 2, KE Camp Hill 102; 3, Solihull Tech 125.

November 12th

Medway AC CC Races, at Chatham. (Youths):

1, M. Scrutton (Tonb) 13:59; 2, D. Black (Maid GS) 14:03; 3, G. Huckwell (Dart) 14:04; 4, S. Kirk (Ton) 14:07; 5, J. Hiller (Seven) 14:09; 6, P. Botting (Folk) 14:10; 7, T. Race (Folk) 14:11; 8, D. Minter (Maid GS) 14:36; 9, E. Power (Seven) 14:42; 10, J. Calton (Math) 15:08. Teams: 1, Sevenoaks 28; 2, Maidstone GS 28; 3, Rochester Math 34; 4, Tonbridge 36. **(Schools Race):** 1, M. Cooper (S'land) 14:51; 2, A. Guilder (How) 14:54; 3, J. Andrews (S'land) 15:03; 4, P. Mason (May) 15:06; 5, R. Sands (Skin) 15:08; 6, A. James (Har) 15:09; 7, K. Robinson (Vint) 15:19; 8, M. Coleman (St J) 15:28; 9, A. Craik (Judd) 15:29; 10, P. Idle (Wald) 15:29; 11, P. Stenhause (Skin) 15:29; 12, R. Verkaik (Brock) 15:38; 13, Norman (Pur) 15:39; 14, G. Wheeler (Sturry) 15:40; 15, G. Cockrill (Bex) 15:41. Teams: 1, Skinners 57; 2, Judd 104; 3, Bethany 156; 4, Upbury Manor 162; 5, Purley HS 170; 6, Rochester Math 171.

Luton United Young Athletics CC Races.

(Youths): 1, I. Stewart (Lut) 25:55; 2, C. Pierson (H&S) 25:59; 3, C. Barley (BoE) 26:03; 4, S. Crossman (Wok) 26:14; 5, D. Sweeney (Shaft) 26:23; 6, C. Hensby (Wok) 26:30; 7, C. Quadling (Low) 26:34; 8, B. Dee (Lut) 26:35; 9, E. Wood (Chelm) 26:43; 10, F. Hampton (Hill) 26:46; 11, P. Shepherd (WS&E) 27:00; 12, N. Harper (W&B) 27:04; 13, N. Trainer (N Lon) 27:07; 14, J. Dempsey-Brench (Ver) 27:11; 15, M. Randall (Ver) 27:17; 16, P. Hoare (Chelm) 27:18; 17, P. Gray (WS&E) 27:25; 18, P. White (TVH) 27:29; 19, G. Knights (Low) 27:41; 20, M. Gonzales (Ind) 27:47. **Teams:** 1, Luton 31; 2, Woking Sch 33; 3, Chelmsford 49; 4, Verle 54; 5, Shaftesbury 61; 6, Haringey & S 69; 7, WS&E 73; 8, Enfield 89; 9, TVH 90; 10, North London 99. **(Boys Relay):** 1, Bedford 45:19; 2, Shaftesbury 45:20; 3, TVH 45:44; 4, Stevenage 46:06; 5, Hillingdon 46:17; 6, Lowestoft 46:19; 7, WS&E 46:53; 8, W&B 47:46; 9, Luton 48:02; 10, Shaftesbury 'B' 48:27. **Fastest:** N. Ovington (TVH) 10:53, P. Potter (W&B) 10:53, S. Goodwin (Bed) 11:00. **(Colts):** 1, D. Smith (S&NH) 11:25; 2, M. Slowikowski (Ind) 11:26; 3, R. Ede (Barn) 11:31; 4, S. Male (Ox) 11:41; 5, A. Soper (Lut) 11:55; 6, R. Webster (Barn) 11:57; 7, C. Gallagher (TVH) 12:01; 8, G. Curtis (S&NH) 12:02; 9, B. Pfeiffer (Lon I) 12:03; 10, B. Mason (Barn) 12:04. **Teams:** 1, Barnet 19; 2, Stevenage & NH 29; 3, Luton 47; 4, Chelmsford 49; 5, Oxford 49; 6, London Irish 72. **(U/11):** 1, A. Hollens (Sx) 12:11; 2, M. Everitt (Milt K) 12:20; 3, D. Neale (Sx) 12:23; 4, P. Hoare (Ind) 12:46; 5, C. Smith (St J) 12:51; 6, J. Link (W&B) 13:02. **Teams:** 1, Sussex Road 18; 2, St James 40; 3, W&B 41.

Liverpool H & AC Young Athletics CC Races, at Clarke Gardens. (Youths/Sangster Cup): 1, I. Adams (Cow) 19:03; 2, C. Dagnall (King D)

continued on page 26

**ALL THE BEST**

for Christmas and the New Year, from all the staff at the Sweat Shop. We hope that 1978 will bring you enjoyment in your training, freedom from injuries and "Personal Bests" in everything you do.

For us, it brings a new look; there are new faces amongst the staff, and there is the prospect of moving to new, larger premises in the Spring. Don't worry, though, we're only moving 100 yards away, around the corner into the Causeway! Amongst the staff, **Graham Seatter** has left us to return to New Zealand, and we hope to see him on the television walking in the Commonwealth Games in Edmonton. He has been replaced, though, and if you come to visit us, be warned — you're not seeing double, it's only the terrible **Tuck** twins! Yes, **Graham** has been joined here by his brother **Grenville**, promising to form the best double act since Laurel and Hardy.

The rest of us, new Saturday man **Danny Marsh**, new upstairs man **Steve Rowland** and big boss man **Chris Brasher**, are keeping our heads down in case the Tucks decide we're not training enough! But we'll surface long enough to join in wishing you a very merry Christmas and a happy New Year.

* * *

We open after Christmas on Wednesday, 28th December (9.00-5.30) for the rest of the week, but will close over the New Year until Wednesday, 4th January (we're not sleeping in on Tuesday — it's stock taking!) See you soon.

THE SWEAT SHOP

76 BROAD STREET,
TEDDINGTON,
MIDDLESEX TW11 8QT
01-943 0239 or 01-943 0230

Run by Runners for Runners

UK JUNIOR WOMEN'S LISTS FOR 1977

Compiled on behalf of the NUTS by Tony Miller

100 METRES (12.7)

11.8	Joanne Gardner (Twickenham)
11.9	Jane Parry (Stretford)
12.0	Debbie Bunn (Birchfield)
12.1	Debra Warner (Radley)
12.2	Karen Taylor (Cardiff)
12.3	Patricia Licorish (Middx LAC)
12.3	Heather Moreton (Cannock)
12.3	Jayne Christian (Wirral)
12.3w	Marcia Lewis (Burton) (12.6)
12.3w	Morag O'Brien (Solihull) (12.4)
12.4	Elaine Stevens (Bristol)
12.4	Linsey MacDonald (Pitreavie)
12.4	Sharon Lynch (LOAC)
12.4	Claire Haslam (LOAC)
12.4w	Beverley Scott (Sparkhill) (12.5)
12.4w	Yvette Lorimer (Essex LAC) (12.5)
12.4w	Gladys Mbanu (Sale)
12.4w	Kaye Jeffrey (Central Region) (12.6)
12.4w	Sandra Helme (Blackpool) (12.5)
12.5	Sheila Lowe (Charnwood)
12.5	Janet Bailey (Middlesex LAC)
12.5	Judith Turner (Peterborough)
12.5	Ann Roberts (Stourport)
12.5	Lorraine Broxup (DHTC)
12.5	Karen Almond (Feltham)
12.5w	Anna Close (Feltham)
12.5w	Angela James (London Schools)
12.5w	Jill Tunstall (Lincoln Well)
12.5w	Julie Ives (Tendring)
12.5w	Alexandra Keegan (Wigan)
12.5w	Eleanor McIntyre (Central Region)

200 METRES (26.4)

23.6w	Jane Parry (Stretford) (24.2)
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24.4	Debbie Bunn (Birchfield)
24.5?	Adele Nichols (Brighton) (25.0)
25.0	Janet Bailey (Middx LAC)
25.0w	Pauline Mullins (Southend)
25.1	Joanne Gardner (Twickenham)
25.1	Karen Taylor (Cardiff)
25.4w	Margaret Beksinska (Sutton & C) (26.0)
25.4w	Janet Pannell (Beds Schools)
25.4w	Jeanette Wallington (Radley) (26.0)
25.5	Marcia Van Frederici (Mitcham)
25.5	Sandy French (Feltham)
25.5	Debra Warner (Radley)
25.5w	Anna Close (Feltham) (26.0)
25.5w	Jenny Scholfield (Chelmsford)
25.5w	Angela Piggford (Gateshead) (25.6)
25.5w	Linda Smith (Havering) (25.7)
25.5w	Sharon Lynch (LOAC) (26.0)
25.6	Helen Thorpe (Hallamshire)
25.6	Kaye Jeffrey (Central Region)
25.7	Linsey MacDonald (Pitreavie)
25.7	Shirley Thomas (Selsonia)
25.8w	Angela Williams (Chelmsford)
25.8w	Marcia Lewis (Burton)
25.9	Judith Turner (Peterborough)
25.9	Gillian Fletcher (Furness)
25.9	Fiona Marshall (R. Sutton Coldfield)
25.9	Karen Almond (Feltham)
25.9w	Marcia Phipps (Stretford)

800 METRES (2:22.9)

2:12.0	Judith Croasdale (Blackburn)
2:12.2	Suzanne Whitting (Notts)
2:12.6	Lorraine Baker (Coventry G)



The astonishing Jane Parry wins the English Schools Junior 200m title, at the age of 12, in a wind-assisted 23.6. She is also the outstanding swimmer of her age group in the country.

2:14.6	Louise Parker (Lakeland)
2:15.2	Julie Clarke (Verlea)
2:15.2	Sadie Jones (Plymouth)
2:15.5	Sara Coulson (Reading)
2:15.6	Jane Walker (Sheffield)
2:15.7	Caren Jarman (Havering)
2:16.1	Jane Blackwell (Notts)
2:16.2	Sophie Smith (London Sch)
2:16.4	Gillian Sawyer (Surrey AC)
2:16.5	Deborah Hillen (Blaydon)
2:17.0	Joanna Perry (Shrewsbury)
2:17.2	Lesley Driver (Sale)
2:17.5	Janet Arnold (Bracknell)
2:17.6	Wendy Adams (Bromsgrove)
2:17.8	Amanda Alford (Stevenage)
2:17.9	Kim Dormer (Feltham)
2:18.0	Susan Baxter (Havering)
2:18.0	Debra Curtis (Leicester)
2:18.4	Sharon Walker (Edinburgh AC)
2:18.4	Carolyn Wells (Havering)
2:18.5	Deborah Ball (Thetford)
2:18.7	Annie Reid (Shettleston)
2:18.8	Wendy Lodge (Aldershot)
2:18.8	Karen Almond (City of Hull)
2:18.9	Debbie Russell (Cambridge H)
2:19.0	Linda King (Basingstoke)
2:19.0	Linda Bicknell (Haslemere)

1500 METRES (4:59.9)

4:37.7	Julie Clarke (Verlea)
4:38.2	Sadie Jones (Plymouth)
4:39.6	Wendy Lodge (Aldershot)
4:40.3	Lesley Driver (Sale)
4:40.3	Karen Timson (Thurrock)
4:40.7	Amanda Alford (Stevenage)
4:41.5	Wendy Purser (Portsmouth)
4:42.2	Judith Croasdale (Blackburn)
4:42.5	Paula Matheson (Sale)
4:43.0	Louise Parker (Lakeland)
4:43.8	Joanna Perry (Shrewsbury)
4:43.9	Fiona Crothers (Cannock)
4:44.5	Linda King (Basingstoke)
4:45.4	Donna Cole (Ilford)
4:45.8	Gillian Irvine (Carmarthen)
4:46.3	Karen Almond (City of Hull)
4:46.3	Susan Lonsdale (Blackpool)
4:46.6	Penelope Parker (Woking)
4:47.6	Julie King (Blackburn)
4:47.7	Jane Blackwell (Notts)
4:47.7	Fiona Worton (Leeds City)
4:47.9	Lorraine Holdsworth (Leeds City)
4:48.1	Jane Winter (Sheffield)
4:48.3	Patricia Fairley (Glasgow)
4:48.4	Catherine Riley (Stretford)
4:48.5	Wendy Hurst (Leeds City)
4:48.6	Gillian Bryant (Darlington)
4:48.8	Jennifer Brackenbridge (Surrey Sch)
4:50.0	Janet Godliman (Milton Keynes)
4:50.2	Susan Baxter (Havering)

75 METRES HURDLES (12.1)

11.1w	Deborah Baker (Derby) (11.3)
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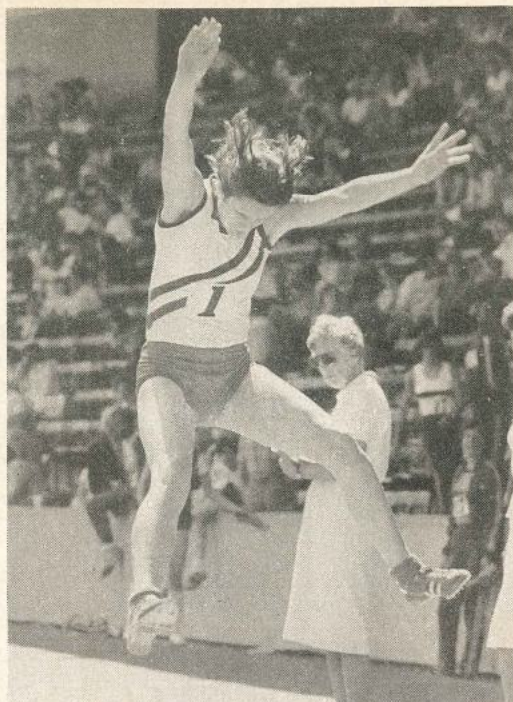
Ireland's Maria Hennessy (10) came through with a strong finish to win the WAAA Junior 800 title from Judith Croasdale (7) and Suzanne Whitting (23).

Mike Street

11.2	Susan Trickett (Epsom)
11.3	Patricia Licorish (Middx LAC)
11.4	Caroline Porter (Chelmsford)
11.4	Claire St John (Epsom)
11.4w	Diane Marson (Rugby)
11.5	Deborah Church (Ilford)
11.6	Karen Yell (Enfield)
11.6	Christine Sewell-Alger (Haringey)
11.6	Kathy Andrews (Hull Spartan)
11.6	Diane Leek (Cannock)
11.6w	Gillian Mitchell (Glasgow) (11.9)
11.6w	Lynda Playel (Verlea) (11.7)
11.7	Amanda Long (Plymouth)
11.7	Jillian Cave (DHTC)
11.7	Karen May (Radley)
11.7	Theresa Menzies (Watford)
11.7	Denise Melling (Stretford)
11.7	Sharon Lynch (LOAC)
11.7w	Tracy Askins (Harlow) (11.8)
11.8	Kay Morley (HMYC)
11.8	Karen Hibbert (Bedford)
11.8	Beverly Malpass (Coventry G)
11.8	Jenny Langston (Cannock)
11.8w	Lesley Beeley (Stretford) (11.9)
11.8w	Linda Stephen (Shettleston) (11.9)
11.9	Eight girls

HIGH JUMP (1.53)

1.74	Lorinda Matthews (Bedford)
1.71	Susan Brown (Shettleston)
1.70	Julie Frost (Stretford)
1.69	Mandy Keating (Exeter)
1.68	Julie Pyper (Plymouth)
1.65	Elaine Hickey (Radley)
1.64	Carolyn Howarth (Bournemouth)
1.63	Felicity Waterman (Gloucester)
1.63	Andrea Brookes (Brighton)
1.63	Sandy French (Feltham)
1.63	Denise Wilkinson (Enfield)
1.63	Jane Winter (Sheffield)
1.63	Sarah Rowe (Gloucester)
1.62	Wendy Laing (Liverpool H)
1.61	Katy Nobes (Windsor)
1.61	Delia Kerfoot (Liverpool H)
1.61	Rhona Pinkerton (Glasgow)
1.60	Louise Addison (Reading)
1.60	Diane Butler (Cannock)
1.60	Karen McCausland (Stoke)
1.60	Patricia Sweeney (Essex B)
1.60	Jennifer Stephens (Bristol)
1.60	Kathryn Robinson (Sale)
1.60	Dawn Harding (Leicester)
1.60	Jennifer Hay (Warrington)
1.60	Cindy Sandys-Winsch (Lincoln CC)
1.58	Susan McCurdy (Bedford)
1.58	Karen Gentry (Thurrock)
1.58	Rosemary Patterson (Channel Is)
1.58	Linda Smith (Central Region)
1.58	Gillian Blount (Shrewsbury)

**SANDY FRENCH**

Mike Street

LONG JUMP (5.05)

5.86	Sandy French (Feltham)
5.83	Sharon Lynch (LOAC)
5.65	Joanne Gardner (Twickenham)
5.58	Barbara Grossett (Middx LAC)
5.51	Caroline Neal (Twickenham)
5.48w	Debbie Bunn (Birchfield) (5.44)
5.43	Sandra Helme (Blackpool)
5.40	Belinda Dixon (Worthing)
5.38	Deidre Auld (Aberdeen)
5.38	Karen Glenn (Aldershot)
5.38	Toyin Campbell (Aldershot)
5.37	Julie Pyper (Plymouth)
5.37	Beverley Kinch (Suffolk Sch)
5.35	Mandy Gladwell (Ipswich)
5.31w	Linda Stephen (Shettleston) (5.27)
5.30	Caroline Bunkham (Southend)
5.28	Karen Hibbert (Bedford)
5.26	Sandra Clayton (Derby LAC)
5.21	Lesley Scott (ESH)
5.20	Kathleen Terrett (Mitcham)
5.20	Gillian Farmer (Lowestoft)
5.20	Karen Almond (Feltham)
5.16	Deborah Baker (Derby)
5.16	Jenny Scholfield (Chelmsford)
5.16	Georgina Lawrence (Chelmsford)
5.16w	Wendy Laing (Liverpool H) (5.13)
5.15	Tracy Collier (Rowntrees)
5.15	Jillian Cave (DHTC)

5.15	Karen Butler (Havering)
5.15	Dawn Watson (LOAC)

SHOT (9.70)

12.20	Susan King (Ipswich)
12.02	Cynthia Gregory (Birchfield)
11.67	Juney Mullings (Selsonia)
11.53	Susan Bracey (Chelmsford)
11.44	Elaine Tinkler (March)
11.36	Denise Davis (Selsonia)
11.34	Christine Burrows (Ilford)
11.25	Kay Styles (Essex B)
11.20	Paula Webber (Birchfield)
11.18	Stephanie Oram (Bracknell)
11.17	Sandra McDonald (Pitreevie)
11.13	Alison George (Cannock)
11.07	Elizabeth Bernard (LOAC)
11.06	Janet Blagdon (Plymouth)
11.00	Christine Cook (Enfield)
10.98	Wendy Laing (Liverpool H)
10.98	Janet Bailey (Middlesex LAC)
10.94	Martine Rainford (Wigan)
10.78	Ann Hanson (Liverpool Pemb)
10.76	Kendra Lowe (Middlesbrough)
10.75	Jackie Hayden (Birchfield)
10.73	Lorraine Hester (Bracknell)
10.72	Janis Wilderspin (Havering)
10.63	Sandra Simmons (Grantham)
10.63	Jennifer Hope (Windsor)



SUSAN BRACEY

Mike Street

10.60	Jeanette Marsh (Ipswich)
10.55	Susan Davies (Stoke)
10.47	Susan Parker (Bracknell)
10.33	Katrina Ball (Stretford)
10.23	Kim Donald (Central Region)

DISCUS (27.00)

37.76	Janette Picton (Bracknell)
36.80	Sandra McDonald (Pitreavie)
36.44	Susan Holwell (Charnwood)
35.92	Janis Wilderspin (Havering)
34.16	Sharon Tweed (Bracknell)
32.98	Stephanie Oram (Bracknell)
32.84	Helen Drake (Croydon)
32.82	Diane Ashworth (Maidenhead)
32.52	Elisabeth Hindley (Cannock)
31.86	Lynda Whiteley (Enfield)
31.28	Karen Beasley (Wolves & B)
31.22	Janet Covill (Cardiff)
31.12	Jennifer Hope (Windsor)
31.04	Maria Thirkettle (Norfolk O)
30.96	B. Dawson (Berks Schools)
30.62	Karen Sherwen (Melbourn)
30.38	Susan Parker (Bracknell)
29.94	Suzanne Johnson (City of Hull)
29.86	June Mullings (Selsonia)
29.70	Jeanette Wallington (Radley)
29.14	Tracy Hunger (Birchfield)

28.92	Alison Bemrose (Lincoln Sch)
28.76	Elsbeth Gray (Bracknell)
28.60	Kay Styles (Essex Beagles)
28.20	Susan Bracey (Chelmsford)
28.14	Tracey Edwards (Cardiff)
27.88	C. Raynham (Essex Sch)
27.76	Wendy Smith (Staffs Sch)
27.72	Jeanette Marsh (Ipswich)
27.64	J. Smith (Longwood)

JAVELIN (28.00)

40.86	Julie Hawkins (Bristol)
38.24	Jeanette Marsh (Ipswich)
36.66	Elaine Tinkler (March)
35.54	Ann Abernethy (Furness)
34.80	Carolyn Jenkins (Humberside Sch)
34.66	Julie Woolnough (Reading)
33.94	Jennifer Morley (Bracknell)
33.54	Kirsty Stewart (ESH)
33.36	Joanne Harding (East Cheshire)
32.80	Alicia Mason (LOAC)
32.50	Nicola Cobley (Aylesbury)
31.70	Bethan-Wyn Davies (Thurrock)
31.66	Barbara Stephenson (Durham Sch)
31.52	Christine Cook (Enfield)
31.50	Jackie Nicholls (Surrey Beagles)
31.48	Shirley Catterall (Liverpool Pemb)
31.30	Wendy Laing (Liverpool H)
31.10	Sonia Payne (Barnet)
30.90	Jackie Flanagan (Cardiff)
30.40	Janette Picton (Bracknell)
30.34	Jean Cole (Harlow)

Cold sores?

When your lips feel so painful the last thing you want is anything solid rubbing on them, the first thing to reach for is a tube of gentle "Blisteze".

Blisteze the soft medicated cream for sore lips. Blisteze contains active ingredients that help damaged tissue to heal quickly, and protects lips from the cold wind and weather.

Available from your chemist.

Blisteze



Blisteze
gentle treatment
for sore lips

30.08	Annette Douglas (Birchfield)
29.94	Maxine Earle (Leicester)
29.60	Nicky Moores (Sale)
29.50	Clare Lee (Sale)
29.44	Diane Carr (Barnsley Schools)
29.40	Julie Jones (Deeside AC)
29.34	Jacqueline D'Arcy (Essex B)
29.32	Sharon Watson (Gt Manchester Sch)
29.14	Tina Sharp (Verlea)

PENTATHLON (2500)

3399	Wendy Laing (Liverpool H)
3235	Sarah Rowe (Gloucester)
3134	Karen Glenn (Aldershot FD)
3074	Jillian Cave (DHTC)
3053	Julie Marks (Parkside)
3052	Wendy Adams (Bromsgrove)
3050	Linda Stephen (Shettleston)
3036	Jane Walker (Sheffield)
3028	Jane Winter (Sheffield)
3023	Karen Townsend (Gosforth)
2991	Jeanette Marsh (Ipswich)
2986	Gillian Crowder (Rowntrees)
2976	Sandy French (Feltham)
2976	Tracey Collier (Rowntrees)
2960*	Julie Woomble (Hull Spartan)
2940	Susan Trickett (Epsom)
2919	Linda Smith (Central Region)
2916	Paula Blake (Haringey)
2913	Lorraine Feary (Colchester)
2869	Joanne Taylor (Essex LAC)
2869	Belinda Dixon (Worthing)
2845	Jean Cole (Harlow)
2842	Deidre Auld (Aberdeen)
2841	Christine Sewell-Alger (Haringey)
2836	Claire St John (Epsom)
2825	Linda Sellers (Stretford)
2805	Kay Morris (Havering)
2784	Gillian Blount (Shrewsbury)
2770	Elaine Bell (Verlea)
2760	Lynda Playel (Verlea)

*Breakdown required.

4 × 100 METRES RELAY (51.5)

48.6	Stretford AC
49.3	Twickenham AC
49.3	Radley Ladies AC
49.8	Middlesex Ladies AC
50.2	Mitcham AC
50.3	Feltham AC
50.4	London Olympiades AC
50.5	Epsom & Ewell AC
50.8	Croydon H
50.8	Essex Beagles
50.9	Birchfield HLS
50.9	Burton-District AC
50.9	Coventry Godiva H
51.0	Sparkhill H
51.1	Shettleston H
51.1	Sale H
51.2	Bromsgrove-Redditch AC
51.2	Dorothy Hyman TC

51.2	Wolverhampton-Bilston AC
51.3	Edinburgh SH

3 × 800 METRES RELAY (7:30)

7:08.2	Notts AC
7:11.0	Warrington AC
7:14.8	Shettleston H
7:16.4	Coventry Godiva H
7:16.8	Bury AC
7:18.2	Leeds City AC
7:19.6	Glasgow AC
7:19.6	City of Stoke AC
7:22.6	Leicester CAC
7:25.5	Frodsham H

4 × 800 METRES RELAY (10:20)

9:22.0	Havering AC
9:31.2	Thurrock H
9:35.4	Surrey AC
9:36.1	Verlea AC
9:37.4	City of Stoke AC
9:38.0	Stevenage
9:46.2	Shettleston H
9:47.8	Sale H
9:50.0	Aldershot FD
9:51.4	Bristol AC

2000 METRES TRACK WALK (11:50)

9:35.0	Karen Eden (Solihull)
10:22.2	Louise Whitehead (Harborne)
10:24.6	Jill Mullins (Solihull)
10:27.0	Jackie Wickham (Harborne)
10:27.0	Jill Barrett (Verlea)
10:38.0	Ann Burdett (Leicester)
10:38.0	Helen Roe (Solihull)
10:42.0	Lorraine Nolan (Sutton & Cheam)
10:44.0	Lorraine Burton (Harborne)
10:44.0	Cheri Irving (Leicester)
10:50.0	Alison Warren (Leicester)
10:51.8	Lesley Smith (Solihull)
11:03.0	J. Harvey (Magna Carta)
11:03.0	Tracey Garner (Leicester)
11:04.4	Yvette Eden (Solihull)
11:13.6	Sandra Baker (Solihull)
11:22.0	Wendy Vowles (Leicester)
11:23.0	Karen Pitt (Halesowen)
11:24.2	Louise McCarthy (Havering)
11:26.0	Denise Miley (Harborne)
11:27.0	Jane Pritchard (Belgrave)
11:34.0	Catherine Gahegan (Havering)
11:38.8	Elisabeth Whitehead (Halesowen)
11:40.5	Carole Buchanan (Brighton)
11:42.0	Jayne Matley (Leicester)

2500 METRES TRACK WALK (15:00)

12:17.0	Karen Eden (Solihull)
13:12.2	Jill Mullins (Solihull)
13:19.0	Lorraine Burton (Harborne)
13:24.4	Helen Roe (Solihull)
13:30.2	Cheri Irving (Leicester)
13:30.8	Sandra Baker (Solihull)
13:37.8	J. Harvey (Magna Carta)

Norman Scores Fourth Win In Record Time

THE Three Towers Race organised by Bury AC on October 16th, transpired into a record breaking occasion. When Olympic marathon runner Jeff Norman crossed the finishing line, he broke his own existing record by recording a time of 1:57:46. His fourth win also equalled the four victories recorded by Colin Robinson of Rochdale in this event since its inauguration in 1969.

Most of the country's top fell runners were amongst the 269 hopefuls who set off on the 19 mile race from Horwich to Holcolme. A total of 252 completed the course, 56 more than last year's record number.

By the half-way mark at Darwen Tower, Alan Sladen had opened up a 1 minute lead over a group of eleven runners, who together were eventually to fill the first eleven places at the finish, with the exception of John Jackson of Stoke who retired injured. At the Children's Home, Edgworth, Sladen was joined by Norman ahead of a trio consisting of Walker, Short and Best. Norman then drew away across the rough, wet moorland towards Pilgrims Cross. Harry Walker continued to make relentless progress towards the leader but had to be content with second place at the line, ahead of Mike Short and the now tiring Sladen.

The club are grateful to all sponsors, particularly Reebok Ltd whose generous support was rewarded with a record entry.

B. Troughton

- 1, J. Norman (Altrincham) (rec) 1:57:46
- 2, H. Walker (Blackburn) 1:58:30
- 3, M. Short (Horwich) 1:59:02

JUNIOR LISTS continued

- 13:38.6 Jill Barrett (Verlea)
- 13:41.2 Denise Miley (Harborne)
- 13:42.0 Ann Burdett (Leicester)
- 13:42.6 Natalie Griffiths (Harborne)
- 13:43.0 Lesley Smith (Solihull)
- 13:53.6 Yvette Eden (Solihull)
- 13:55.0 Loraine Nolan (Sutton & Cheam)
- 14:09.2 Alison Warren (Leicester)
- 14:12.4 Karen Pitt (Halesowen)
- 14:13.0 Tracey Garner (Leicester)
- 14:34.0 Sharon O'Neil (Worcester)
- 14:38.0 D. Lloyd (Harborne)
- 14:39.0 Louise McCarthy (Havering)
- 14:41.4 Fiona Rider (Cambridge H)
- 14:42.0 A. Ricketts (Worcester)
- 14:42.6 Vivienne Sandham (Lakeland)
- 14:43.0 Louise Tyrrell (Worcester)
- 14:47.0 Carole Buchanan (Brighton)

- 4, A. Sladen (Salf) 1:59:45; 5, A. Spence (Bing) 2:00:10; 6, C. Robinson (Roch) 2:00:33; 7, J. Bigham (RAF/Vall) 2:01:09; 8, J. Calvert (B'burn) 2:01:50; 9, M. Weeks (Bing) 2:01:55; 10, R. Wilde (Man) 2:02:45; 11, K. Best (Stret) 2:05:24; 12, L. Valentine (Sale) 2:07:21; 13, D. Blakeley (Man) 2:08:09; 14, H. Kelly (E Ches) 2:08:14; 15, T. Lonergan (Bing) 2:08:44; 16, B. Pickersgill (Holm) 2:08:55; 17, D. Ratcliffe (Ross) 2:09:07; 18, F. Clayton (RAF/Vall) 2:09:09; 19, P. Walkington (B'burn) 2:09:27; 20, J. Binks (Stret) 2:10:18; 21, B. Lloyd (Sutt) 2:10:35; 22, D. Anderson (Bing) 2:10:37; 23, C. Waddington (Clay) 2:10:38; 24, G. Berry (Dark Pk) 2:11:08; 25, N. Ward (Bolt) 2:11:28; 26, V. Duff (B'burn) 2:11:57; 27, R. Aucott (Dark Pk) 2:11:57; 28, P. Wilkinson (Clay) 2:12:04; 29, K. Mayor (Bolt) 2:12:43; 30, I. Partington (Ross) 2:13:03. (Vets): C. Leigh (Salf) 2:15:38 (O/50); B. Crook (Roch). Teams: (Aggregate times) 1, Blackburn 6:09:47; 2, Bingley 6:10:49; 3, Manchester 6:27:44. (Points): 1, Bingley 29; 2, Blackburn 29; 3, Manchester 73.

HEATON H MEMORIAL ROAD RACES

November 12th

- 1, S. Markley (Middlesbrough & C) 28:25
- 2, A. Catley (Morpeth) 28:46
- 3, D. Kelly (Saltwell) 28:48
- 4, M. Benn (W Gn) 28:58; 5, M. Coram (Durh Un) 29:01; 6, S. Johnson (New Un) 29:08; 7, A. McGee (Cocker) 29:11; 8, R. Weatherburn (ESH) 29:12; 9, K. Forster (Salt) 29:16; 10, P. Harker (Darl) 29:17; 11, D. Camp (Morp) 29:18; 12, T. Roberts (M&C) 29:20; 13, R. Patterson (Blay) 29:23; 14, M. Frazer (SS) 29:28; 15, N. Sheath (New Un) 29:31. Teams: 1, Morpeth 123; 2, Saltwell 155; 3, Newcastle Univ 169; 4, Middlesbrough & C 283; 5, Durham Univ 284. (Vets): 1, R. Cordes (Morp) 30:05; 2, G. Black (Durh) 31:07; 3, R. Balding (Heat) 31:08. (Youths): 1, S. Cram (J&H) 14:17; 2, M. Brown (Darl) 14:41; 3, C. Taylor (Gos) 15:10; 4, K. Cheney (J&H) 15:14; 5, D. Suleman (Walls) 15:16. Teams: 1, Wallsend 20; 2, Gosforth 21. (Boys): 1, P. Dodds (Morp) 10:48; 2, D. Jackson (B'burn) 10:53; 3, A. Matthewson (Gos) 11:06; 4, D. Mills (J&H) 11:21; 5, C. Taylor (Gos) 11:26; 6, M. Fenwick (Gos) 11:31; 7, J. McCarren (SS) 11:35; 8, C. Naisbitt (Walls) 11:37; 9, P. May (Heat) 11:41; 10, D. Slipper (Els) 11:46. Teams: 1, Gosforth 14; 2, Morpeth 29; 3, Jarrow & H 40. (Colts): 1, P. Tanner (Blay) 11:46; 2, S. Robson (Morp) 11:51; 3, D. Glendinning (Gates) 12:02; 4, G. Woods (Morp) 12:08; 5, M. Murphy (Gates) 12:10; 6, A. Laing (Morp) 12:11. Teams: 1, Morpeth 12; 2, Gateshead 20; 3, Blaydon 30.

Dave Bedford: London Cross-Country Champion

DAVE BEDFORD continued his climb back to fitness with a fine victory in the London cross-country championship over six muddy miles at Parliament Hill Fields on November 26th.

At the end of the first hilly three mile lap, Bedford led young Dave Beaver and Bob Treadwell, who was making his first appearance in the London championship. The three of them were some 80y ahead of Richard Samuel, with Neil Saunders, Paul Norell, Mike O'Reilly and Paul Bettridge a further 40y behind. Team-wise, Shaftesbury clearly had things sewn up.

Treadwell forced the pace during the opening lap and at one stage was 15y up on Bedford, but on the second lap the former world record-holder dug in and after 4½ miles pulled away. Although Treadwell managed to pull back Bedford slightly over the last 800m, Bedford got home by seven seconds in 29:31.

Treadwell, and his club Surrey Beagles, were the only Surrey representatives in the championship. It always clashes with Surrey League races but he considered it was well worthwhile running at Parliament Hill, over a more testing course, and better competition, than turning out in the Surrey League. Maybe in future years, organisers of the two events can arrange it so that they don't clash and top Surrey runners like Treadwell, Bob Holt, John Roberts, and Bob Gevers, who are all eligible to run in the GLC promotion, can take part.

This year saw the first London cross-country championship for women and it was the doyenne of British women's cross-country running, Joyce Smith, who romped away with the title.

Joyce, now 40, was taking part in her first cross-country race since finishing 16th in last season's "National", although she had been showing good form in road running events. She pulled away after a mile to win by almost 100y from Christine Ward.

"The entry could have been bigger", was Joyce's feeling about the race. Partly due to poor prior publicity and the problems connected with an event being held for the first time, there were less than 30 starters. However, GLC Parks Department chief James Kennedy, who presented some of the prizes, said he hopes the women's race would expand in the future. The plan is to make it an annual event like the men's race and similarly it will be open to anyone living or working in, or who was born in the 32 London boroughs and the City which now make up the GLC area.

Tom Pollak

1, D. Bedford (Shaftesbury)	29:31
2, R. Treadwell (Surrey Beagles)	29:38
3, G. McCallum (Shaftesbury)	29:43
4, D. Beaver (Poly)	30:00
5, R. Samuel (Shaft)	30:30
6, P. Norell (H&S)	30:34
7, P. Bettridge (Hav)	30:37
8, H. Starkey (Shaft)	30:39
9, N. Saunders (H&S)	30:45
10, M. O'Reilly (High)	30:47
11, P. McLean (Lon I)	30:49
12, B. Walters (TVH)	30:54
13, A. Anderson (H&S)	30:56
14, M. English (N Lon)	30:56
15, C. Moxsom (H&S)	30:59
16, M. McEvilly (Shaft)	31:00
17, D. Galloway (N Lon)	31:07
18, P. Browne (TVH)	31:09
19, M. Puddifoot (TVH)	31:10
20, C. Thomas (TVH)	31:13
21, C. Barber (Shaft)	31:14
22, S. Knowles (B'heath)	31:15
23, D. Clark (Ver)	31:18
24, J. Henry (Shaft)	31:23
25, N. King (Lon I)	31:25
26, J. Barnard (Poly)	31:29
27, R. Stevens (Shaft)	31:33
28, J. Kilsby (H&S)	31:34
29, J. Hunston (Lon I)	31:40
30, J. Leversedge (H&S)	31:42
31, P. Fagan (Lon I)	31:43
32, P. Oppe (TVH)	31:47
33, P. Baker (TVH)	31:50
34, R. Thurston (Hav)	31:51
35, G. Dugdale (TVH)	31:52
36, B. Brennan (TVH)	31:54
37, J. O'Donnell (Lon I)	31:55
38, J. McNamara (TVH)	31:55
39, W. Bellew (TVH)	31:57
40, R. Bradbury (Barn)	31:58
41, C. Cloke (BoE)	32:03
42, M. Barrett (E&S)	32:06
43, K. Davies (N Lon)	32:09
44, P. Kemp (Ex B)	32:10
45, B. Diss (Hav)	32:14
46, A. Bird (New)	32:15
47, G. Brown (Ver)	32:22
48, J. Sheridan (TVH)	32:24
49, D. Casey (QPH)	32:27
50, M. Broyd (BoE)	32:28

Teams: 1, Shaftesbury 17; 2, Haringey & Southgate 43; 3, TVH 89; 4, London Irish 96; 5, Polytechnic 148; 6, Havering 151; 7, TVH 'B' 151; 8, North London 179; 9, Highgate 181; 10, Borough of Enfield 200; 11, Verlea 243; 12, Blackheath 246; 13, Queens Park 281; 14, Woodford Green 339; 15, Shaftesbury 'B' 353.

Women

1, J. Smith (Barnet)	17:01
2, C. Ward (LOAC)	17:27
3, V. Rowe (LOAC)	17:35
4, R. Cox (BoE)	18:06
5, C. Rogers (High)	18:40
6, L. Watson (LOAC)	18:55
7, G. Price (High)	19:11
8, B. Nelson (Barn)	19:24
9, J. Adams (Barn)	19:43
10, C. Chaplen (Sel)	20:15
11, R. Thomas (Croy)	20:26
12, T. Glynn (Hill)	20:35
13, P. Davies (Sel)	20:41
14, I. Wojciechowska (LOAC)	20:47
15, H. Grier (Park)	20:58
Teams: 1, LOAC 17; 2, Barnet 23; 3, Hillingdon 39.	

The new secretary of Camberley & District AC is G. Childs, 19 Verran Road, Camberley, Surrey GU15 2ND.

Over 500 Athletes Compete In Popular Cross Country Races

At Stewarton, November 6th

1, N. Muir (Shett) 29:04; 2, D. Frame (Law) 29:25; 3, J. Thompson (Law) 29:54; 4, T. Patterson (Spring) 30:56; 5, A. Millar (Law) 30:57; 6, J. Ferguson (Ayr) 31:30; 7, H. Forgie (Lark YM) 31:42; 8, R. Anderson (Cambus) 32:11; 9, D. Campbell (Lark YM) 32:20; 10, A. Hobbs (Pit) 32:31; 11, D. McCauley (Irv) 32:48; 12, T. Shields (Shett) 32:56; 13, H. Summerhill (Shett) 33:14; 14, W. Dixon (Law) 33:15; 15, G. Grant (Kilm) 33:16. (Youths): 1, G. Williamson (Spring) 20:38; 2, A. Black (Vic P) 20:51; 3, C. George (Cocker) 21:11; 4, W. Smith (Pais) 21:17; 5, D. Kirk (Dumb) 21:30; 6, A. Newell (E Kilb) 21:51; 7, P. Brown (Bella) 21:55; 8, A. Daly (Bella) 22:27; 9, S. Callan (Spring) 22:34; 10, D. Swanston (Cocker) 22:51. (Senior Boys): 1, A. Callan (Spring) 10:06; 2, M. Liden (Work) 10:20; 3, S. McPherson (Spring) 10:28; 4, S. McLean (Spring) 10:36; 5, R. Hawkins (Kilb) 10:37; 6, C. Canning (Spring) 10:41; 7, R. Peel (Bord) 10:44; 8, C. Anderson (Colz) 10:53; 9, T. Trainor (Shett) 11:00; 10, D. Gray (Ayr) 11:06. (Junior Boys): 1, D. McShane (Cambus) 6:58; 2, A. Currie (Dumb) 7:07; 3, K. Sinclair (Spring) 7:08; 4, S. Kenny (Cambus) 7:14; 5, J. Paterson (Cocker) 7:16; 6, M. Taggart (Shett) 7:20; 7, M. Giles (Dumb) 7:25; 8, A. Currie (Dumb) 7:27; 9, P. Lobley (Bord) 7:28; 10, G. Parker (Clyd) 7:29. (Colts): 1, H. Morris (Cambus) 4:31; 2, R. Ferguson (Cocker) 4:36; 3, B. Scally (Shett) 4:37; 4, L. Mooney (Cocker) 4:44; 5, D. Mellon (Pit) 4:45; 6, R. McCall (Shett) 4:46; 7, G. Small (Liv) 4:47; 8, P. Batey (Bord) 4:52; 9, D. Green (Shett) 4:53; 10, S. Kirkbride (Cocker) 4:56.

Senior/Intermediate Women

1, K. Robinson (Pit) 12:03; 2, W. Sharp (Pit) 12:11; 3, G. Pullar (Pit) 12:32; 4, B. Balmor (Long) 12:49; 5, S. Gammack (Pit) 12:54; 6, S. Livingstone (Pit) 13:01; 7, F. McKenzie 13:19; 8, M. Durrick (Colz) 13:34; 9, P. Meldrum (Glas) 13:41; 10, C. McKechnie (Pit) 13:48. (Juniors): 1, F. Really (Pit) 7:29; 2, W. Linton (Ayr) 7:55; 3, F. Bryne (Glas) 7:56; 4, G. Edgar (Work) 8:00; 5, J. McKinn (Liv) 8:05; 6, D. Hannah (Pit) 8:06; 7, C. Mair (Glas) 8:06; 8, J. Edgar (Work) 8:11; 9, M. Barrie (Liv) 8:15; 10, E. Gisbey (Ayr) 8:16. (Girls): 1, C. Candlish (Pit) 7:43; 2, T. McCulloch (Work) 7:50; 3, S. Morris (Shett) 7:55; 4, S. Doran (Work) 8:04; 5, J. Bryce (Pit) 8:07; 6, K. Broderick (Bord) 8:10. (U/11): 1, J. Dorran (Work) 4:36; 2, A. Cox (Work) 4:38; 3, A. Bateman (Work) 4:40; 4, F. McMillan (Pit) 4:42; 5, C. Spankie (Ayr) 4:45; 6, S. Cusick (Pit) 4:48.

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Interview with **BRENDAN FOSTER**

by Alastair
Aitken



photo by Peter Tempest

You seem to be enjoying your athletics as much now as you did some eight to ten years ago. Is that because of the challenge that it gives you and the fun you get out of it?

Athletics fits very nicely into my life now. I have a good set-up at Gateshead. I run to work in the morning and I run home at night. A couple of nights a week I run with the boys from the club. Sunday mornings we all run together and Saturdays I sometimes run with the lads. We have a good set of boys to run with and they are all athletics fans as well as being athletes themselves. They have helped me a lot by being fellow athletes but they are friends as well and if I were injured and unable to run another step I would still have the friends and colleagues I have at home. It does not depend on how well I run because they know whatever happens I will always do my best and at the end of the day that is what it is all about.

Can you see yourself continuing in athletics for many years to come?

I think I will always run. I like the regime of running to work and running home every night, so that is something I hope to maintain. When I give up racing my target will be to train regularly and to run till I am an old man.

You are one of the most admired runners in the world, except for a very few who say Brendan Foster is only in athletics for what he can get out of it. What do you say to that?

I run because I enjoy running. Because I compete successfully there are doors open to me which would not otherwise be open BUT the point is that if I was not as good as I am and the doors did not open I would still be running seven days a week and racing the way I do — probably racing more. So it is up to them what they say; it

does not really worry me.

It must be very difficult to get into the Gateshead team these days.

Some people say it is bad but I think it is good because the boys have really got to compete to make the Gateshead team for cross-country and road relays, which is a good incentive for them. People like Lindsey Dunn, Max Coleby and John Trainer and the lads I run with have got National medals and there are not many blokes in Britain who have a collection of first place National cross-country and road relay medals. At the end of the day they get a reward for it and they have something they can keep in their bottom drawer. Their kids will look at them and say dad was a good runner as he has got a National medal.

You won one of the most exciting National cross-country championships at Parliament Hill Fields this year when you were locked in battle nearly all the way with Tony Simmons and Bernie Ford, yet you had never really made it at the top international cross-country level before that.

The thing is Tony, Bernie, Dave Black and people like that are better cross-country runners than I am. I am not a very good cross-country runner. Had the weather been as wet as it had been at Gateshead this year I would not have been able to win it. Basically I can run well on the country if the conditions are to my suiting but if it is wet and sticky then I am not very good at it. So, realising that I am not a very good cross-country runner, I hate to prepare for a race and come to the course and be ruled out for having a chance because of the conditions, which happens. If it is flat I can run on it but if it is mud and hills then I just don't want to know. I have never really trained for the cross-country and even this year I did not train particularly for it. It was really a



Brendan ("I am not a very good cross-country runner") wins the coveted 'National' title ahead of Bernie Ford.

Sporting Pictures (UK) Ltd

force of circumstance.

You have trained up in the hills in South West Scotland, which is lovely country. Are the surroundings very important for your running?

That is interesting because where I live there are lots of woods and paths and you can get on to them quite easily to run. I like running when the situation, environment and weather is nice and the surrounds are beautiful but quite honestly that is an optional extra, it does not really matter or make any difference; sometimes I run on the same old course on the roads day after day because I can't be bothered to go on one of the courses where it is nice. Running is about running, not about where you are running! If you want to go out for a run in the country you go in the car and have a look round but if you want to go out for a run TO GET FIT you go for a run on the roads or do whatever you want to do.

Would you consider Ian Stewart to be one of the hardest competitors you have run against?

Ian is a good athlete but I think this reputation about him being hard and tough and all that is a bit of an image, because really he is a nice bloke. I think he is one of the few blokes in British athletics who really understands what it is all

about. One of the lads whom I have learnt a lot from over the years and got on very well with.

How do you rate Tony Simmons?

He ran well in the European and was unlucky not to win the gold medal; also he ran well in the Olympic 10,000 as well as in lots of good races in between. He is a great athlete and seems to enjoy racing a lot over the country. He is very good for the sport.

You won bronze medals in the 1500 in the 1970 Commonwealth and 1971 European. Did that give you confidence and incentive?

I was very pleased with those. When I went to the Commonwealth Games I remember thinking 'I wonder what sort of blokes win medals at these Championships', because that was my first ever international. I won a bronze medal behind Kip Keino and Dick Quax, so that was a good start and I was delighted probably the most excited I have ever been at winning a medal of any of the ones I won. In the European it was a bronze again, behind Francesco Arese and Henryk Szordykowski. The Commonwealth, European and Olympics are the three big Games where the medals count and they are the ones which are important and that is what it is all about, I think.

Why did you decide to move up from 1500 to 5000?

After I moved to 5000 I ran my best two 1500's but basically I think when I was running 1500's I was a 5000 metres runner anyway. I was never fast enough to run world class 1500's even though I managed to pull out the best performance on the day and finished fifth in the Olympic Games, which is a good performance by any standards. If things had gone really well for me in Munich I could, maybe, have snatched third or fourth place but that was about it, so I thought let's see what we can do in another event.

What is the initial difference between training for 1500 and 5000?

Not a lot, really. Possibly a few more miles in the winter and probably a few more long repetitions and track sessions; that is about all.

Did your coach Stan Long have any opinion on your moving up?

I remember I talked about it with him and he was always of the opinion that I should move up to 5000. Lindsay Dunn was always on to me about moving up to 5000 but no sooner had I moved up to 5000 than they were saying your best distance is going to be the 10,000, and I think they are probably right.

You won the 1974 European 5000 in Rome very convincingly.

That was one of my best races ever as I was running really well that day. The conditions were against good running as it was scorching hot and I ran 13:17.2, so looking back that was probably one of the highlights of my career. I led from the start and I did not see anybody else.

Which of the European Cup wins do you rate more highly?



Brendan finished third in the 1971 European 1500m championships, won by Italy's Francesco Arese, clocking a personal best of 3:39.2.

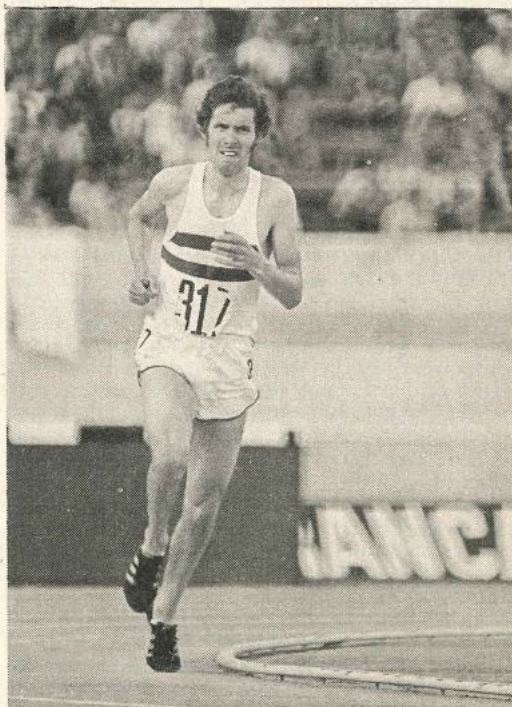
Ed Lacey

BRONZE . . . SILVER . . . GOLD



Running the fastest 5000m of his life (13:14.6 — still the UK record), Brendan lost narrowly to Ben Jipcho in the 1974 Commonwealth Games.

Ed Lacey



Brendan finally struck gold in the 1974 European 5000m championship, winning by half the length of the finishing straight in 13:17.2.

Fionnbar Callanan

The one in Nice (1975) was not that special because I was not feeling in that good shape so I did not really take a great deal of pleasure out of that one. But the one in Edinburgh (1973) was an exciting race and it was the first championship of any description that I had won. It was pleasing for me to beat someone like Harold Norpoth as well as Manfred Kuschmann. It was Norpoth's last race.

Are there other big Games you have a special memory of?

I suppose the 1974 Commonwealth Games 5000 was a good race as Ben Jipcho was probably at his very best that day and I lost by inches. That was a pleasing run because it was a very fast time.

I was very disappointed not to win because I thought I could win. That race taught me a lot of lessons. It was also in January, which was interesting because it was difficult to train and be fit in January, but really I don't like looking back on races like that. I prefer to look forward.

You won a bronze medal in the 10,000 in the Montreal Olympics. Was it a nerve racking experience to be such a favourite?

I don't think I was really such a hot favourite, except in Britain, because Viren obviously was the one. He had run faster than me and was Olympic champion and in good form, so he was really the favourite.

Do you think in a way he had nothing to lose as

Early on in the Montreal Olympic 10,000m, with Carlos Lopes leading from Brendan, Lasse Viren, Tony Simmons, Ilie Floroiu, Mark Smet and Garry Bjorklund.



George Herringshaw



Shortly after the Games, Lasse Viren and Brendan met again in the Rediffusion Gateshead Games 2 miles, with Foster winning from Knut Kvalheim (3).

he had won already and that is why he appeared so relaxed?

No, I don't think so, I think it was because he is such a great athlete and such a tough competitor when he wants to be.

You were not well before the 10,000 in Montreal...

The thing is I did not run as well in that race as I know I can and I did not RACE. Normally when I run, however I run, I at least race against the people and the thing in Montreal was I was hanging on and then I got dropped. That was probably the hardest I have ever run so I was disappointed but pleased with winning a medal, but also very pleased with the effort I was able to put in. At the end of the day it is what pleases yourself. It does not matter what other people think really because that dies down after a few days. Then you are left with yourself, your own thoughts. You know what happened, how it went for you — you can't fool yourself, you always know! Sometimes you have run a race and you know you have chickened out instead of putting everything on the line, and other times you look back and say that was a good race, I was pleased with it.



Josh Kimeto (Kenya) sets the pace in this year's AAA 10,000. Brendan won in 27:45.7 and "was delighted with the performance".

Mike Street

Do you think there is as much pressure in the Commonwealth and European as in the Olympics?

You can't have any more pressure than at any of the big Games. The pressure is about equal. If you are expected to do well the pressure is on you from yourself as well as from other people.

When I interviewed David Hemery in 1975 he said, quote "Brendan Foster will gear his season to competing perhaps half a dozen times as a lead-up to getting his best performance out at the most important time and I applaud that as he sees where he is going and he sets his head straight for it. He is very good at getting out the best when it counts most." With that in mind, Brendan, do you feel you should have been selected for the European and World Cup this year?

At the beginning of the season my training was geared to run in the World Cup 10,000 metres and hopefully the Europa Cup 5000. Always at the back of my mind was the Coca-Cola 10,000 metres which I realised would be a cracking race whatever happened, so I really was gearing myself towards late August, early September and since 1971 I have always done that. So I decided to start the season by running in the Debenhams 5000 and refused to run in the UK Championships because I thought that was for me far too early in the season. I don't like to be on song for too long and I really wanted to be ready for the end of the season. The Debenhams race was the fastest 5000 (13:21.2) I have ever run at the start of a season. I won quite comfortably and I knew then I was in good shape. From then on I just ran a few little local races, knowing I would have to run a 10,000 metres fairly soon, so I ran the AAA 10,000 and was delighted with the performance I put up there (27:45.7). After the race people came up to me and said running like that in those conditions was a marvellous performance.

I was running well and then the day after the AAA 10,000 I could not run a step. I was injured — which happened during the race — and for three and a half weeks I hardly ran at all. I think I ran about 35 miles that time and that was in a crucial period of the season when I would have been racing. So in actual fact I did not get a chance to run the 5000 at Gateshead, otherwise I may have been able to produce a performance which would have got me selected for the Europa Cup, but that is history. I was disappointed not to be selected but as it happened I could not run anyway because I was injured. I then had 2½ to 3 weeks of training in which time I had run in a few rushed races like the GB v USSR 5000 and there was no way I was fit for that race. I just ran it because I needed the race.

When everybody else was watching the World Cup Final 5000 I was down at Leicester running an inter-club 3000 metres just because I needed a race that weekend to get me ready for the Coke. Then I ran the Coke meeting after doubting

Truly the Pied Piper of Gateshead! Brendan's example and inspiration on and off the track has made him the most admired athlete in the country.



Mike Brett

whether I was going to run at all and having guys say they were going to break the world record and all that kind of stuff. As it turned out I was just ready in time and I ran a race that I was very pleased with. I think a great athlete is one who can produce a performance when things have not been going well for him. I was delighted with that as it rounded off the season quite nicely for me.

The Coca-Cola 10,000 was my only chance to

run against the best and I did it quite successfully. It was a tough race because the first half of it was very slow and it is always harder to run faster in the second half of the race. Those Kenyans were running really well, and so were Gerard Tebroke and Ian Stewart. Obviously things had to be going for you to win that night and I was lucky that I came out on top.

© Alastair Aitken, 1977

BRENDAN FOSTER'S SUPERB CONSISTENCY

A review of his major races since 1970—compiled by Jon Wigley

1970

June 6th

England/Commonwealth Games Trial, at Leicester. 1500m (2nd — 3:42.8) (pb) . . . 1, Whetton 3:41.5.

July 5th

Sword Trophy Meeting, at Crystal Palace. 2 Miles (2nd — 8:30.8) (pb) . . . 1, Keino (Ken) 8:29.0.

July 22nd

Commonwealth Games, at Edinburgh. 1500m (3rd — 3:40.6) (pb) . . . 1, Keino (Ken) 3:36.6; 2, Quax (NZ) 3:38.1.

August 1st

European Cup Semi-Final, at Zurich. 1500m (3rd — 3:48.6) . . . 1, Wadoux (Fra) 3:44.4; 2, Zhelobovskiy (USSR) 3:45.8.

1971

May 31st

Inter-Counties Champs, at Leicester. Mile (3rd — 3:58.5) (pb) . . . 1, Wilkinson 3:56.6; 2, P. Stewart 3:57.4.

June 12th

British International Games, at Edinburgh. Mile (4th — 4:01.8) . . . 1, P. Stewart 4:00.4; 2, Kirkbride 4:01.5; 3, Wilkinson 4:01.5.

July 1st

International Meeting, at Milan. 1500m (4th — 3:39.4) (pb) . . . 1, Liquori (USA) 3:36.0; 2, Arese (Ita) 3:36.3; 3, Hogberg (Swe) 3:37.3.

July 10th

UK v France, at Portsmouth. 1500m (2nd — 3:40.6) . . . 1, Dufresne (Fra) 3:40.6.

July 24th

AAA Championships, at Crystal Palace.

1500m (3rd — 3:40.7) . . . 1, Polhill (NZ) 3:40.0; 2, P. Stewart 3:40.4.

August 15th

European Champs, at Helsinki. 1500m (3rd — 3:39.2) (pb) . . . 1, Arese (Ita) 3:38.4; 2, Szordykowski (Pol) 3:38.7.

August 21st

Edinburgh Highland Games. 2 Miles (2nd — 8:24.8) (UK rec) . . . 1, Puttemans (Bel) 8:17.8 (world rec).

August 30th

UK v West Germany, at Crystal Palace. 1500m (3rd — 3:45.1) . . . 1, Norpoth (WG) 3:43.9; 2, Kirkbride 3:44.8.

1972

June 10th

Emsley Carr Mile, at Crystal Palace. (2nd — 3:55.9) (pb) . . . 1, P. Stewart 3:55.3.

June 16th

UK v Poland, at Edinburgh. 1500m (1st — 3:43.7).

July 3rd

International Meeting, at Oslo. 1500m (2nd — 3:40.7) . . . 1, Larsen (Den) 3:39.9.

July 5th

International Meeting, at Stockholm. Mile (1st — 3:57.2) . . . 2, Vasala (Fin) 3:57.2.

July 15th

AAA Championships, at Crystal Palace. 1500m (4th — 3:39.3) . . . 1, P. Stewart 3:38.2; 2, Smedley 3:38.5; 3, Kirkbride 3:38.7.

July 25th

Finland v UK v Spain, at Helsinki. 1500m (2nd — 3:42.0) . . . 1, Vasala (Fin) 3:41.2.

September 8th

Olympic Games, at Munich. 1500m (heats) (4th — 3:40.8) . . . 1, Wessinghage (WG) 3:40.6.

September 9th

Olympic Games, at Munich. 1500m (semi-final) (3rd — 3:38.2) (eq UK rec) . . . 1, Dixon (NZ) 3:37.9.

September 10th

Olympic Games, at Munich. 1500m (final) (5th — 3:39.0) . . . 1, Vasala (Fin) 3:36.3; 2, Keino (Ken) 3:36.8; 3, Dixon (NZ) 3:37.5; 4, Boit (Ken) 3:38.4.

1973

June 30th

Invitation Meeting, at South Shields. Mile (1st — 3:59.2).

July 14th

AAA Championships, at Crystal Palace. 5000m (1st — 13:23.8) (pb) . . . 2, I. Stewart 13:31.0. Kilometre times — 2:40.2, 5:23.6, 8:10.2, 10:49.4.

August 18th

Edinburgh Highland Games. 1500m (3rd — 3:42.0; tripped at start) . . . 1, Dixon (NZ)

3:40.0; 2, Kirkbride 3:40.7.

August 25th

UK v Hungary, at Crystal Palace. 1500m (2nd — 3:38.5) . . . 1, Clement 3:38.5.

August 27th

Bank Holiday International, at Crystal Palace. 2 Miles (1st — 8:13.7) (world rec). Quarter times — 60.8, 2:01.4, 3:03.9, 4:05.4, 5:07.3, 6:10.8, 7:14.0.

September 9th

European Cup Final, at Edinburgh. 5000m (1st — 13:54.8) . . . 2, Kuschmann (GDR) 13:55.3; 5, Viren (Fin) 14:18.2. Last 5 laps of 60.2, 62.4, 63.8, 64.2, 57.6.

1974

January 29th

Commonwealth Games, at Christchurch. 5000m (2nd — 13:14.6) (UK rec) . . . 1, Jipcho (Ken) 13:14.4. Last 400 in 55.5, 800 in 2:00.0, 3000 in 7:52.6.

February 2nd

Commonwealth Games, at Christchurch. 1500m (7th — 3:37.6) (UK rec) . . . 1, Bayi (Tan) 3:32.2 (World rec); 2, Walker (NZ) 3:32.5; 3, Jipcho (Ken) 3:33.2; 4, Dixon (NZ) 3:33.9; 5, Crouch (Aus) 3:34.2; 6, Boit (Ken) 3:36.8.

July 13th

AAA Championships, at Crystal Palace. 5000m (1st — 13:27.4) . . . 2, Hermens (Neth) 13:33.2. Ran 59.2 break-away 8th lap.

July 26th

UK v Czechoslovakia, at Edinburgh. 1500m (1st — 3:41.2).

August 3rd

Gateshead Games. 3000m (1st — 7:35.2) (World rec). Laps of 60.0, 60.5, 62.2 (1500m — 3:49.0), 61.3, 60.0, 62.2, 59.9, 29.2.

August 10th

Emsley Carr Mile, at Crystal Palace. (3rd — 3:58.4) . . . 1, Clement 3:57.4; 2, Smedley 3:58.0.

September 6th

European Champs, at Rome. 5000m (heat) (1st — 13:37.0) (59.1 break-away lap).

September 8th

European Champs, at Rome. 5000m (final) (1st — 13:17.2) . . . 2, Kuschmann (GDR) 13:24.0; 3, Viren (Fin) 13:24.6. (3000m in 8:01.2, followed by laps of 60.2, 62.8, 63.8).

September 13th

IAC/Coca-Cola Meeting, at Crystal Palace. 2 Miles (1st — 8:23.0) . . . 2, Smedley 8:25.8; 4, Viren (Fin) 8:25.8.

1975

June 26th

International Meeting, at Helsinki. 1500m (7th — 3:40.3) . . . 1, Walker (NZ) 3:36.3.

CHRISTMAS COMES BUT ONCE A YEAR

and being in festive mood we are feeling like giving — giving readers the benefit of reductions which seldom come their way. The real reason, of course, is that with shelves' to clear to make space for 1978 summer goods which are already being unloaded by the manufacturers, we have to make room and have been having a clear out. The following are all goods from normal stock, some discontinued lines or broken ranges at ridiculously low prices, but NO SECONDS, all excellent shoes which will save you pounds.

SPIKES

Adidas Adistar. The supreme Adidas racing shoe. Blue velour uppers with special sole for synthetic tracks with cleats and spikes. Sizes 5½, 6, 6½ and 8 only. Were £31.75, but special sale price of **£19.95** to clear.

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Kingswell Montreal. Well made shoe with blue suede uppers and white trim. Again, this was a popular buy at £9.95 before the prices explosion. We have only 6 and 7½ left. To clear, **£4 OFF at £5.95**.

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***Adidas San Jose.** Red suede with white trim. Sizes 4 & 10 only.

***Adidas Meteor.** Off-white kangaroo uppers with black trim. Fine comfortable shoes.

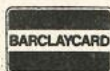
Kingswell Comet. Popular shoe in blue suede. Sizes 7 & 7½ only.

Lightning Sprinter. Blue leather shoe which sold well but have only sizes 2, 3, 4, 4½, 5 & 6 left. No larger sizes.

Kingswell Jumping Shoes. One pair (size 7) only of this well-made and popular shoe for long or triple jump. A great buy at a silly price.

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July 4th

Philips Golden International Meeting, at Crystal Palace. 2000m (5th — 5:02.9) (UK rec) . . . 1, Walker (NZ) 5:00.6.

July 13th

European Cup Semi-Final, at Crystal Palace. 5000m (1st — 13:30.4) (59.4, 61.3, 62.5, breakaway laps — 2:33.6 for 2nd kilometre).

July 26th

Gateshead Games. 5000m (2nd — 13:33.0) . . . 1, Dixon (NZ) 13:27.4.

August 17th

European Cup Final, at Nice. 5000m (1st — 13:36.2) . . . 2, Sellik (USSR) 13:42.8; 5, Viren (Fin) 13:49.8 (58.2 breakaway lap at 3000).

August 25th

UK v USSR, at Crystal Palace. 1500m (1st — 3:42.2).

August 29th

IAC/Coca-Cola Meeting, at Crystal Palace. 10,000m (1st — 27:45.4) (debut) . . . 2, Shorter (USA) 27:46.0; 3, Hermens (Neth) 27:46.6. Kilometre times of 2:42.3, 5:27.4, 8:12.2, 10:59.4, 13:50.4, 16:37.4, 19:27.4, 22:21.0, 25:01.0, 59.8 last lap.

September 1st

Greenham Games, at Gateshead. 2 Miles (1st — 8:29.8).

1976**June 5th**

Kraft Games, at Crystal Palace. 5000m (1st — 13:33.8) . . . 2, Black 13:35.4; 3, I. Stewart 13:35.4 (breakaway laps of 60.0, 62.2, 63.0, 64.8).

June 12th

Kraft Games, at Crystal Palace. 10,000m (1st — 27:53.8) . . . 2, Simmons 27:56.4. Kilometre times of 2:41.6, 5:29.8, 8:17.4, 11:04.2, 13:53.0, 16:43.2, 19:32.6, 22:19.2, 25:04.0.

July 4th

UK v Canada v Poland, at Crystal Palace. 1500m (2nd — 3:42.9) . . . 1, Hill (Can) 3:41.9.

July 5th

International Meeting, at Stockholm. 1500m (8th — 3:40.9) . . . 1, Walker (NZ) 3:34.2.

July 9th

International Meeting, at Zurich. 2 Miles (1st — 8:19.0) . . . 2, Malinowski (Pol) 8:26.4; 3, Hildenbrand (WG) 8:31.6.

July 23rd

Olympic Games, at Montreal. 10,000m (heat) (2nd — 28:22.2).

July 26th

Olympic Games, at Montreal. 10,000m (final) (3rd — 27:55.0) . . . 1, Viren (Fin) 27:40.4; 2, Lopes (Por) 27:45.2. First 5000 — 14:09.0, second — 13:46.0.

July 28th

Olympic Games, at Montreal. 5000m (heat) (1st — 13:20.4) (Olympic rec).

July 30th

Olympic Games, at Montreal. 5000m (final) (5th — 13:26.2) . . . 1, Viren (Fin) 13:24.8; 2, Quax (NZ) 13:25.2; 3, Hildenbrand (WG) 13:25.4; 4, Dixon (NZ) 13:25.6.

August 6th

IAC/Coca-Cola Meeting, at Edinburgh. 2 Miles (1st — 8:22.2) . . . 2, Rose 8:23.0; 11, Viren (Fin) 8:35.4.

August 10th

International Meeting, at Helsinki. 5000m (1st — 13:26.4) . . . 7, Viren (Fin) 13:42.2.

August 14th

AAA Championships, at Crystal Palace. 5000m (1st — 13:33.0) . . . 2, Rose 13:37.0.

August 22nd

Gateshead Games. 2 Miles (1st — 8:36.2) . . . 3, Viren (Fin) 8:40.2.

August 26th

International Meeting, at Lappeenranta. 5000m (1st — 13:47.4) . . . 2, Viren (Fin) 13:51.4.

August 30th

Emsley Carr Mile, at Crystal Palace. (3rd — 3:57.7) . . . 1, Moorcroft 3:57.1; 2, Bayi (Tan) 3:57.5.

September 1st

International Meeting, at Cologne. 3000m (4th — 7:46.3) . . . 1, Dixon (NZ) 7:43.6; 2, Boxberger (Fra) 7:43.8; 3, Polleunis (Bel) 7:44.4.

September 17th

Debenhams Games, at Crystal Palace. 2 Miles. (2nd — 8:24.7) . . . 1, Dixon (NZ) 8:24.0.

1977**June 26th**

Debenhams Games, at Crystal Palace. 5000m (1st — 13:21.2).

July 22nd

AAA Championships, at Crystal Palace. 10,000m (1st — 27:45.7) . . . 2, Black 28:19.0. Kilometre times of 2:42.8, 5:23.6, 8:05.4, 10:53.3, 13:38.9, 16:28.5, 19:17.4, 22:10.4, 25:01.0.

August 26th

UK v USSR, at Edinburgh. 5000m (1st — 13:42.4).

September 9th

IAC/Coca-Cola Meeting, at Crystal Palace. 10,000m (1st — 27:36.6) (pb) . . . 2, Rono (Ken) 27:37.1; 3, Tebroke (Neth) 27:37.6. Kilometre times of 2:44.0, 5:32.6, 8:17.8, 11:06.0, 13:57.2, 16:44.7, 19:29.8, 22:13.9, 24:58.3 (2nd 5000 in 13:39.4).

September 12th

Manitou Games, at Gateshead. 3000m (2nd — 7:49.6) . . . 1, McLeod 7:49.1.

INTERNATIONAL FIXTURES contd.

9/10	Polish Champs, Warsaw.
10/11	Finland v Italy; Sweden v France v Switzerland, Malmö.
11	Germany v UK v USA (juniors).
14/15	Greece v Belgium v Spain, Athens.
14-16	UK National Champs, Meadowbank.
15/16	French Decathlon/Pentathlon Champs.
15-17	Icelandic Champs, Reykjavik.
16	Belgian Champs, Brussels.
18	International Meeting, Belgrade.
18-22	Znamenskiy Memorial, Vilnius.
19	International Meetings, Visby & Siena.
20	International Meeting, Celje.
21	International Meeting, Velenje.
22	Nordic Women's Cup, Aarhus.
23	Austria v Greece (women), Vienna.
24	International Meeting, Stockholm.
25	International Meeting, Karlstad.
26	International Meeting, Malmö.
27	International Meeting, Turku.
27/28	Greece v Bulgaria v Hungary, Athens.
29	International Meeting, Innsbruck.
29/30	USSR Decathlon/Pentathlon Champs & USSR v USA Decathlon/Pentathlon, Donetsk; German Dec/Pen Champs; Poland v Czechoslovakia v France v Netherlands Dec/Pen, Spala.
30	Szeged Marathon.

August

2/3	International Meeting, Oslo.
4-6	Swedish Champs, Stockholm; Finnish Champs, Kokkola; Belgian Champs, Brussels; Dutch Champs, Groningen.
5	International Meeting, Jablonec; Italy v Poland (women).
5/6	UK v Italy v Poland Walks Match; Rep of Ireland v Wales (juniors), Dublin; International Meeting, Warsaw; Italy v Poland v Spain (men); Portugal v Greece v Spain (women), Lisbon.
6	International Meeting, Liberec.
6-12	Commonwealth Games, Edmonton.
8-10	International Meeting, Copenhagen.
9	International Meeting, Viareggio.
9/10	International Meeting, Reykjavik.
11-13	German Champs, Cologne; Norwegian Champs, Steinkjer; Balkan Games, Salonika.
12	Netherlands v Belgium (women), Sittard.
12/13	International Meetings, Prague, Riga & Warsaw; Italy v France (U/23).
16	Weltklasse International Meeting, Zurich.
16/17	GDR v USSR (juniors), Halle.

17-19	Czech Champs, Prague.
18	ISTAF International Meeting, W. Berlin; Ivo van Damme Memorial, Brussels.
18/19	WAAA Champs, Crystal Palace.
18-20	Austrian Champs, Graz.
19	International Meeting, Meadowbank.
19/20	International Meeting, Sofia; Poland v France v Germany (juniors), Zabrze.
20	International Meetings, Nice, Pori & Pietarsaari; Warsaw Marathon.
22	International Meeting, Stuttgart.
23	Debenhams Games, Crystal Palace; International Meetings, Gottwaldow & Leeuwarden.
25	International Meeting, Prague.
26/27	UK v Germany (juniors).
27	International Meeting, Prague.
29-Sept. 3	European Champs, Prague.

September

5	International Meetings, Bratislava & Frankfurt.
6	International Meetings, Nitre & Helsinki.
7	International Meetings, Koblenz & Oulu.
8	International Meeting, Graz.
9	International Meeting, Sittard.
9/10	UK v Finland v USSR, Crystal Palace; Italy v Poland v Yugoslavia.
10	International Meetings, Linz, Rieti & Luxembourg.
12	International Meeting, Brussels.
13	International Meeting, Nijmegen.
13/14	Germany v Finland; Italy v Rumania v Greece.
15	Coca-Cola Meeting, Crystal Palace; Berchem Marathon.
16/17	UK v Germany Walks Match; France v UK v Iceland v Switzerland Decathlon/Pentathlon; Hungary v Czechoslovakia, Budapest.
17	Italy v Belgium v Netherlands (women).
20	International Meeting, Budapest.
23/24	International Meeting, Baku; International Decathlon/Pentathlon, Talence.
24	Turku Marathon.
30/Oct 1	Spain v Norway.

October

1	International Meeting, Prague; Kosice Marathon.
21	International Women's Marathon, Germany.
29	Budapest Marathon.

INDIAN RESULTS

17-19.10. New Delhi. 5000/10,000: Hari Chand 14:13.8/29:40.6; Mar: Murlidhar Misra (19) 2:18:00, Rajinder Kumar 2:19:42.

YOUNG ATHLETES RESULTS from page 7

19:15; 3, M. O'Neill (Anf) 19:40; 4, D. Hughes (St M) 19:49; 5, N. Johnston (Anf) 19:51; 6, M. Holland (West P) 20:01; 7, K. Hendricken (West P) 20:09; 8, K. Rice (West P) 20:10; 9, P. Griffiths (St A) 20:11; 10, J. Bretherton (Anf) 20:12. Teams: 1, West Park 47; 2, Anfield CS 71; 3, St Anselms 79. **(Boys/Booth Cup):** 1, B. Parsons (St M) 14:58; 2, M. Wright (B'pool) 15:05; 3, L. Plant (Form) 15:07; 4, A. Holloway (Stann) 15:13; 5, H. White (Anf) 15:21; 6, A. Jones (St M) 15:30; 7, I. Billy (St A) 15:33; 8, C. Barry (St E) 15:35; 9, A. Ford (West P) 15:36; 10, N. Smart (Cow) 15:38. Teams: 1, Anfield CS 58; 2, Pensby SS 125; 3, Calday Grange 129. **(Colts/Liverpool H Trophy):** 1, R. Tudor (St A) 12:48; 2, I. Dugdale (B'pool) 12:55; 3, D. Kelly (St E) 12:59; 4, P. Beard (Als) 13:04; 5, D. Jones (St M) 13:13; 6, T. Guy (West P) 13:15. Teams: 1, St Anselms 34; 2, St Edwards 90; 3, Anfield CS 94. **(U/12 — Tryfan Trophy):** 1, A. Cruise (Camp) 11:26; 2, B. Murphy (St E) 11:29; 3, J. Wade (St A) 11:33. Team: St Edwards.

Bolton United Schools CC Races. (U/16 Ron Hill Trophy): 1, A. Leonard (Tonge) 20:15; 2, T. Bolton (Brown) 20:17; 3, S. Crompton (Thorn) 20:29; 4, L. Batchelor (Riv) 21:17; 5, V. Bower (Wood) 21:27; 6, R. Page (Turt) 21:45. Teams: 1, Thornleigh 42; 2, Rivington 51; 3, Turton 55. **(U/14 Fred Norris Trophy):** 1, C. Bate (St J) 11:20; 2, Severs (Stand) 11:22; 3, C. Haydon (Deane) 11:41; 4, S. Rimmer (Stand) 11:43; 5, M. Lee (Ind) 11:48; 6, Townsend (St J) 11:52. Teams: 1, Stand GS 34; 2, St Josephs 51; 3, Thornleigh 62. **(U/11 Mike Freary Trophy):** 1, D. Grimshaw (St P) 10:11; 2, A. Charnock (St P) 11:06; 3, J. Walsh (Holy I) 11:07; 4, K. Mandreck (Our L) 11:10; 5, J. Hester (St T) 11:13; 6, D. Carr (St T) 11:15. Teams: 1, St Thomas 28; 2, St Peter's 30.

November 13th

Rugby & Dist Young Athletes League, at Rugby. (Youths): 1, P. Black (Tam) 12:12; 2, J. Dourneen (Loz) 12:14; 3, G. Taylor (Rug) 12:23; 4, Laiken (Spark) 12:27; 5, C. Gibbons (Rug) 12:30; 6, S. James (Nun) 12:32; 7, W. Button (Leam) 12:42; 8, J. Gleeson (Loz) 12:46; 9, M. Wheeler (Sol) 12:50; 10, A. Williams (Rub) 12:53. Teams: 1, Rugby 215; 2, Sparkhill 200; 3, Nuneaton 181; 4, Corby 168; 5, Solihull 136; 6, Lozells 112. **(Boys):** 1, J. Sankey (Rug) 8:10; 2, G. Tavender (Rug) 8:11; 3, P. Crouser (Spark) 8:13; 4, D. Hobley (Rug) 8:15; 5, P. McGinay (Corb) 8:18; 6, R. Herbert (N'ton) 8:24; 7, P. Kirk (Rug) 8:27; 8, G. Kickin (Sutt) 8:29; 9, Butler (Sutt) 8:30; 10, M. Pickard (Rug) 8:33. Teams: 1, Rugby 230; 2, Sparkhill 197; 3, Sutton 196; 4, Corby 184; 5, Solihull 168; 6, Northampton 99. **(Colts):** 1, N. Shelden (Spark) 6:54; 2, S. Diggins (N'ton) 7:05; 3, A. Maiden (Spark) 7:08; 4, R. Jones (Spark) 7:10; 5, K.

Johnson (N'ton) 7:12; 6, A. Johnson (Rye) 7:16. Teams: 1, Sparkhill 219; 2, Ryeland 204; 3, Rugby 186. **(Intermediate Women):** 1, S. Harris (Rug) 10:02; 2, S. Draycott (N'ton) 10:51; 3, S. Cotton (Spark) 11:18; 4, B. Laukam (Spark) 11:22; 5, D. Finch (Sol) 11:30; 6, H. Stowe (Sol) 11:31; 7, J. Hickman (Sutt) 11:34; 8, B. Oldaker (Spark) 11:48; 9, J. Diver (Card W) 11:49; 10, A. Muney (Sol) 11:50. Teams: 1, Sparkhill 180; 2, Solihull 174; 3, Corby 105; 4, Rugby 64; 5, Northampton 63; 6, Sutton 58. **(Juniors):** 1, K. Messenger (Sol) 10:28; 2, J. Green (Wols) 10:29; 3, F. Cassidy (N'ton) 10:35; 4, N. Carmody (C Wise) 10:36; 5, J. Hemmings (Leam) 10:41; 6, H. Easton (N'ton) 10:53; 7, D. Hord (Sol) 10:58; 8, S. Baker (Sol) 11:00; 9, L. Bassett (N'ton) 11:01; 10, E. Whittaker (Leam) 11:03. Teams: 1, Solihull 233; 2, Northampton 230; 3, Leamington 214; 4, Wolston 195; 5, Sparkhill 188; 6, Cardinal Wiseman 176. **(Girls):** 1, R. Taylor (Rug) 7:19; 2, E. McClaughlin (Rug) 7:27; 3, B. Sanderson (N'ton) 7:29; 4, A. Shirley (Spark) 7:32; 5, N. McDonald (C Wise) 7:35; 6, S. Millward (Sutt) 7:39; 7, T. Martin (Tam) 7:43; 8, A. McDonald (Cann) 7:47; 9, J. Shepherd (Nun) 7:48; 10, S. Bailey (Sol) 7:52. Teams: 1, Rugby 218; 2, Solihull 195; 3, Cannock 174; 4, Sparkhill 172; 5, Cardinal Wiseman 156; 6, Ryeland 150.

Orton School CC Relays. (Intermediate Boys): 1, Deeping 25:41; 2, Deeping 'B' 26:08; 3, Longsands 26:22. Fastest: I. Measures (Deep) 8:01. **(Juniors):** 1, Orton 27:37; 2, Bourne 27:52; 3, Deeping 28:01. Fastest: M. Jackson (Bourne) 8:58. **(U/11):** 1, Orton 24:31; 2, Bourne 24:39; 3, Deeping 24:48. Fastest: S. Cunningham (Bourne) 7:30. **(Girls/Composite):** 1, Melbourn 24:31; 2, Melbourn 'B' 26:14; 3, County 26:45. Fastest: L. Silva (Melb) 7:37.

November 16th

Willmott Pairs Race, at Rectory Park. 1, Bishop Vesey's GS 82:48; 2, Queen Marys GS 84:58; 3, John Willmott GS 85:16. **(Pairs):** Ellis & Cotterhill (BV) 39:48. **(Individuals) (Clockwise):** Cotterill (BV) 20:24. **(Anti-clockwise):** Ellis (BV) 19:24; Tilley (S) 19:50.

Haskell Cup Schools 4 x 2M Relay, at Guildford. 1, St Nicholas 44:46; 2, Woking College 44:58; 3, St Albans School 45:03. Fastest: T. Eglen (Wok) 10:12; J. Kaye (Orange H) 10:22.

November 19th

Sutton & Cheam H CC Races. (Youths 3 x Mile Relay): 1, Collingwood 16:04; 2, Tonbridge 16:31; 3, Epsom & E 16:46; 4, Sutton & Cheam 16:52; 5, Croydon 17:25; 6, John Fisher Sch 17:47. Fastest: S. Kirk (Ton) 5:10. **(Boys/Colts/U-12/U-12/Colts/Boys):** 1, Collingwood 37:37; 2, Hercules Wimbledon 38:11; 3, Sutton & Cheam 38:15; 4, Croydon 38:45; 5, John Fisher Sch 38:52; 6, Collingwood 'B' 39:48.

Peter Ratcliffe Wins Welsh 10km CC Title

PETER RATCLIFFE confirmed his rating as the top home-based Welsh cross-country man this winter with an easy win in the Welsh and open 10km championship at Newport on November 26th. His effortless long striding style was well suited to the flat Glebeland course, and after the first small lap he was chasing early leader Bernie Hayward, a finalist in the last two Commonwealth Games steeplechases, who was due the following Wednesday to enter hospital for yet another operation on his foot. Also in the leading pack at this stage was John Robertshaw. By the 3000m stage, Ratcliffe had taken a clear lead and he was never headed as he went on to retain the title he had won at Cwmbran last year. He is still on his heavy training schedule of 100 miles plus per week, although he did ease down in the days before the race.

That predictable slow starter Dave Hopkins, the winner of the title for three successive years in 1972, 1973 and 1974, was back in the twenties after the first small lap, but as usual he clawed his way through the field to finish second, running the last mile or so faster than Ratcliffe. Ted Turner looked strong throughout and he was rewarded with a good third spot, just ahead of Dic Evans.

Swansea's challenge for the team title didn't materialise, and Cardiff won again for the tenth successive year.

Bristol's Ray Pannell took the open veterans award, finishing 23rd of the 97 finishers, while 1958 Empire Games half miler, Ray Billington, took the Welsh title with his 27th place. The over 50's award went to Newport's Pat Wallace, the runner-up in last year's National over 50's race, who finished 57th overall.

Clive Williams

1, P. Ratcliffe (Cardiff).....	31:41
2, D. Hopkins (Newport).....	31:55
3, E. Turner (Bristol).....	32:07
4, R. Evans (Card) 32:08; 5, M. Critchley (Card) 32:23; 6, A. Cole (Swan) 32:27; 7, J. Theophilus (Swan) 32:35; 8, J. Robertshaw (New) 32:37; 9, B. Davies (Swan) 32:38; 10, J. Davies (Ex B) 32:39; 11, S. Slocombe (Card) 32:39; 12, K. Clifford (C&C) 32:42; 13, B. Hayward (Card) 32:47; 14, S. Gibbons (Swan) 33:17; 15, A. Jeffries (Swan) 33:23; 16, M. Lane (Cwm) 33:26; 17, G. Dixon (Wrex) 33:29; 18, C. Mattock (W&B) 34:00; 19, J. Evans (Aber) 34:06; 20, K.	

Jones (Card) 34:13; 21, D. Sherman (Bris) 34:15; 22, S. Seaman (Swan) 34:18; 23, P. Darney (Card) 34:25; 24, D. Roberts (Swan) 34:27; 25, G. Proctor (Bris) 34:33; 26, R. Gaywood (New) 34:34; 27, R. Pannell (Bris-V) 34:53; 28, L. Wallace (New) 34:58; 29, D. Crombie (New) 35:12; 30, J. O'Brien (Brid) 35:15. **Teams:** (Welsh) 1, Cardiff 42; 2, Swansea 58; 3, Newport 96; 4, Bridgend YMCA 205; 5, Wrexham 223; 6, Cwmbran Olympiads 232. **(Open):** 1, Cardiff 47; 2, Swansea 65; 3, Newport 112; 4, Bristol 140; 5, Bridgend YMCA 235; 6, Wrexham 251. **(Vets):** 1, Pannell; 2, R. Billington (Wrex); 3, D. Robbins (Swan). **(O/50):** 1, P. Wallace (New); 2, T. Wood (New); 3, E. Sanson (Unatt).

WOLVERTON '5'

November 26th

1, K. Penny (Cambridge H) 23:52
 2, G. Taylor (Small Heath) 23:54
 3, B. Lamkin (Windsor, Slough & Eton) 24:03
 4, J. Brown (Unatt) 24:05; 5, G. Rimmer (VoA) 24:09; 6, M. Brameld (Inv) 24:11; 7, D. Coates (Ilf) 24:19; 8, M. Exton (Holb) 24:29; 9, J. Jones (WS&E) 24:37; 10, M. Beevor (Lut) 24:39; 11, J. Spooner (WS&E) 24:40; 12, H. Leeming (Dby) 24:44; 13, D. Hall (S&NH) 24:48; 14, A. Cass (Port) 24:49; 15, A. Etchells (Ilf) 24:51; 16, R. Heath (Old G) 24:54; 17, P. Munn (Sheff) 24:55; 18, G. Bourne (Lut) 24:59; 19, F. Gillies (Ban) 25:02; 20, M. Shotbolt (Bed) 25:04; 21, J. Arnold (L Buzz) 25:07; 22, M. Price (Lut) 25:09; 23, R. Smith (WS&E) 25:11; 24, N. Williams (Kett) 25:19; 25, G. Thomas (Lut) 25:20; 26, M. Spinks (H&S) 25:21; 27, H. Czapski (VoA) 25:23; 28, D. Hardstaff (N Lon) 25:24; 29, R. Gomez (VoA) 25:25; 30, T. Barnes (L Buzz) 25:26; 31, A. Boast (C&C) 25:27; 32, R. Ellerton (NOA) 25:28; 33, S. Worrell (S&NH) 25:29; 34, D. Butts (Lut) 25:33; 35, I. Hill (Inv) 25:37; 36, H. Robinson (Milt K) 25:39; 37, T. Watson (Lut) 25:40; 38, P. Claridge (Vaux) 25:42; 39, G. Sillitoe (Old G) 25:43; 40, D. Wheeler (Ox) 25:44. 236 finished. **Teams:** 1, WS&E 23; 2, Luton 50; 3, Vale of Aylesbury 61; 4, Ilford 65; 5, Old Gaytonians 96; 6, Small Heath 97; 7, Stevenage & NH 113; 8, Bedford & Co 117; 9, Leighton Buzzard 129; 10, Cambridge & C 132; 11, Haringey & S 145; 12, Luton 'B' 147; 13, WS&E 'B' 147; 14, Milton Keynes 163; 15, Woodford Green 177; 16, Vauxhall 187; 17, Shaftesbury 194; 18, Hillingdon 194; 19, Old Gaytonians 237; 20, Cambridge & C 'B' 241.

CHINESE RECORDS

Recent national records — 800: Li Kuo-chiun 1:50.2; 3000SC: Li Wen-liang 8:50.0; 10,000 walk: Wang Chiang 44:26.8; women's 1500: Yang Yen-Ying 4:28.5; 3000: Sun Mei-hua 9:36.6; 100H: Tai Chen-hua 13.6; 400H: Li Suo-lan 61.8.

YOUNG ATHLETES RESULTS

Fastest: (Boy) A. Wickens (S&C) 5:25, (Colts) M. Slowikowski (HW) 5:55, (U/11): J. Hemingsley (HW) 6:25. **(U/12):** 1, P. Hoare (Over) 6:32; 2, T. Webb (Wood) 6:40; 3, D. Reed (Camd) 6:45.

THE PERFECT RUN — By Richard Forsyth

THE perfect run. For some runners it is like the Holy Grail. Others have never given it a thought. Yet every runner knows what it would be like.

It is an important race. You have trained hard for this day, and luckily slept well the night before. You set off with the leaders at a good pace, feeling easy. At the halfway mark the time is fast — and you are still gliding. Because you feel so good you decide to push for all you are worth: you come round the last bend knowing you have given everything, shoulder to shoulder with your main rival. Somehow, miraculously, a surge of energy sweeps through you. The pace quickens. Your rival responds bravely, but, with just a few strides to the finish, is forced to let go and settle for second place. You are sure you have set a new personal best, but even so are surprised by the margin when you hear the official time.

Well, we can all dream. But could it actually happen? Every runner knows there is a perfect run bottled up inside awaiting the day when everything 'clicks' and goes right simultaneously. Every runner knows that, so far, he has never quite fulfilled his potential — that even in his very best efforts there has always been a perceptible slackening of pace at some point, a momentary lapse of concentration, in short, an imperfection. He knows too that even when he ran well there was always just a little left in reserve — that he could have taken a couple of seconds off his time or finished one place higher up the field. And, I believe, we all hope in our hearts that the time will come when that last missing piece slots neatly into place and we achieve our full potential.

But of course it never will. Why not? Because the whole exciting, tantalising concept of the perfect run is a paradox, a double paradox in fact, founded on two contradictions at the root of athletics which have profound implications in other walks of life. For the perfect run is an ideal. It is a myth of the future rather than the past, and not only, like a myth or legend, is it based on events that never took place, **it must never be allowed to happen.** This is the foundation of the first paradox: the perfect run is not merely unattainable for practical reasons; it is positively forbidden for moral ones, since if such a thing were admitted to have occurred the whole idea (and idealism) behind running would lose its meaning. The essence of athletic idealism is a striving towards improvement. This is a driving force no less for the many whose objective is the five-minute mile or the five-foot high jump than for the few to whom the prize is a world record or Olympic medal, and it finds appropriate expression in the Olympic motto 'Citius, Altius, Fortius' . . . faster, higher, stronger.

The whole point of world (or personal) records

is that they can be beaten. Imagine the consternation produced, say, by a three-minute mile, most especially among the elite who were training with 3:48 in mind; and imagine what would happen if we knew as a matter of scientific fact that athletic achievements had reached some biologically determined peak and that the runners of today and tomorrow could never outstrip those of the past. From that moment we could confidently predict that athletics would be a declining, not to say dying, sport — for its forward momentum would have been checked.

Take for example the nearest we have to an ultimate world record, Bob Beamon's outstanding leap of 8.90 metres in Mexico 1968. It has not stopped people attempting the long jump, but it has taken some of the sparkle from the event, and it cast a pall over the competition as soon as it took place. The other jumpers lost the urge to compete; and most recorded substandard performances. The effect on Beamon himself was most dramatic: he realised that he could not surpass that moment of glory and never again jumped in international class. His career was cut short by success.

So, bearing this in mind, we should not be too ready to condemn athletes who are 'over the hill'. It is indeed sad and painful to watch a great boxer like Sugar Ray Robinson at forty being punished by someone he could have floored in his prime; it is disappointing to see a champion like Emil Zatopek labouring wearily to sixth place in the Olympic Marathon of 1956 when four years earlier he was supreme; but it might be even more depressing if athletes with such spirit and courage were to give up, call it a day, and admit that the best was all over, without a fight.

The second contradiction inherent in the idea of the perfect run (or jump or throw or goal or whatever) is that it must be easy and at the same time it must be hard. In a way this is even more significant, because it leads outside athletics.

Most experienced runners will agree, I think, that when they run well it feels good. On a bad day you struggle, you push, you sweat, and you lose: on a good day you coast, you fly, you float, and you win. The really good run is over far too quickly to let you notice a little detail like fatigue, while the bad one drags on and on to exhaustion. And yet to achieve a perfect run the runner must not only feel fine and move smoothly and swiftly, he must know he has given every ounce of available energy and withheld nothing. It sounds paradoxical enough, but it is in fact the secret of the greatest exponents in every sport — complete relaxation and unstinting effort combined at the same time.

This has wider application than the pursuit of

Continued on next page

Schweppes International CC

Cliff Temple reporting

ANOTHER FINE VICTORY BY NAT MUIR

European junior 5000m champion Nat Muir continued his fine winter's racing when he won the Schweppes International 4½ miles cross country race at Riverside Park, Gateshead, on November 26th. The young Scot, running loose and relaxed all the way, made light work of the two steep hills which had to be climbed on each of the six laps and was always either leading or right up with the leaders. When David Black made a break for home on the last circuit, Muir latched on to him and sprinted past as they entered the run-in to the line, although Black never gave up the chase.

Welshman Steve Jones (running for the "Rest of the World") also distinguished himself in the hot company, and was actually leading as the race went into its final lap. Throughout the race he and Muir had looked far more comfortable than some of their better-known rivals. Dennis Coates was among the early leaders, but suffered a fall, while Brendan Foster, currently training hard but five pounds overweight from his autumn lay-off, was unworried by his own 16th place. Eamonn Coghlan, who preferred to run in this race rather than the two-lap event, looked strong early on but faded in the later stages. The England "A" team of Dave Black, Tony Simmons, Bernie Ford and Mike McLeod won the team race, but perhaps not as decisively as had been expected. John Wild and Julian Goater of the England "B" team were both in the first nine home.

In the international middle distance race, Sebastian Coe was in a class of his own, and found little trouble with the climbs, as befits a Sheffield resident. Another Sheffield runner, Ken Newton, was matching strides with him at the end of the first lap, before Coe pulled away, but did

well to hold on to second place ahead of Frank Murphy, Thomas Wessinghage and Frank Clement.

There was wide support for the open club races (nearly 200 finishers in the Boys race, and 160 in the Colts), and in the senior men's event Malcolm Prince led Loughborough Students AC to an easy team victory. He had a solid duel with John Wheway most of the way, but evergreen Mike Tagg moved through strongly to take second place in the closing stages.

The women's races suffered from a clash with some county championships. In the senior race Sale Harriers, with four finishers in the first five, walked away with the team prizes, as Jill Williamson and Hilary Hollick ran in together.

Full credit to Gateshead Metropolitan Borough Council, Gateshead Harriers, and their sponsors, Schweppes Ltd, for providing a fine afternoon of racing, with literally something for everybody. Apart from the cross country events, nearly 1,000 people of all ages (from under seven to over 70) took part in the two miles "Pepsi Fun Run" in the morning, where every finisher received a certificate and a can of Pepsi-Cola.

On Saturday night there was a special social evening and videotape re-run of the international races, plus a separate disco for the youngsters. On Sunday morning Gateshead Harriers organised a selection of different packs for training runs around Darkest Tyneside (their description), and in the afternoon it was standing room only in the Washington Suite of the Five Bridges Hotel for an athletics seminar. Brendan Foster, Ian Stewart, Sebastian Coe, Michael Karst and Knut Kvalheim were quizzed for nearly two hours on a wide range of subjects, including training trends, their 1978 ambitions, medical

THE PERFECT RUN continued

running, or indeed athletics as a whole. It applies in many fields outside sport: the great surgeon, the consummate actor, the master singer and the skilled craftsman all make their expertise seem so easy. All can concentrate absolutely on the task in hand while remaining utterly relaxed. This is not so much a paradox as a mystery. It is part of the mystery of the human spirit; and it is certainly something to be glad about.

So let us return with a new viewpoint to that 'perfect run', and ask ourselves some questions. Does it really have to be an important race, or a race at all? Do you really have to win? Must it be a personal best? Need it be timed or measured at all? Would it not be closer to the spirit of the

thing if we were to re-cast it in an entirely different mould.

It is an ordinary rainy-day jog. You have not been training much recently and slept badly the previous night. A bunch of you set off together but you soon drift towards the back, still not feeling comfortable. Because you are getting tired you ease up some more, and as you come within sight of the finish another jogger goes past. Then, almost miraculously, a flash of insight changes it all. Suddenly you are enjoying it: you are alive and you are free; your limbs belong to you and your body is full of health. You cross the line not knowing how far you ran or how long it took, but certain that you want to do it again.

Surely, a perfect run can happen every day.

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influence on athletics, injuries, professional athletics, drugs, altitude training and vegetarian diet, among others. The whole weekend, which concentrated on bringing together top athletes, club runners, and tomorrow's champions in a wide range of circumstances and with a chance to exchange ideas will be well worth repeating next year.

Senior Men Open Race

1, M. Prince (Loughborough) 23:16
2, M. Tagg (Staffs Moorland) 23:20
3, J. Wheway (Wolverhampton & Bilston) 23:21
4, R. Milne (Notts) 23:25; 5, R. Coles (New Un) 23:34; 6, K. Dumbleton (Lough) 23:38; 7, S. Kendal (Tip) 23:48; 8, A. Armitage (Lough) 23:50; 9, J. Mills (Gates) 23:51; 10, P. Stylte (IK/Tjalve) 23:53; 11, E. Berge (IK/Tjalve) 23:54; 12, S. Cahill (Leeds) 24:02; 13, S. Lowcroft (Leigh) 24:05; 14, S. Johnson (New Un) 24:06; 15, S. Williams (York) 24:07; 16, Tesh (New Un) 24:08; 17, A. Redding (York) 24:12; 18, G. Wallace (Durh) 24:18; 19, B. Sweeting (Sund) 24:20; 20, S. Mitchell (W Gn) 24:24; 21, N. Wilson (Army) 24:25; 22, A. Edwards (Lough) 24:29; 23, J. Carr (Army) 24:42; 24, P. Baker (Lough) 24:42; 25, B. Baldero (Tip) 24:43; 26, R. Bentley (Tip) 24:46; 27, J. Hurst (York) 24:48; 28, P. Robinson (Kend) 24:51; 29,

(Lough) 24:53; 30, A. Martin (Gates) 24:56; 31, 24:59; 32, A. Haider (IK/Tjalve) 25:03; 33, K. Rothwell (Stret) 25:09; 34, M. Best (New Un) 25:11; 35, J. Haines (Liv) 25:12; 36, R. Petley (Tham) 25:14; 37, T. Flory (Unatt) 25:18; 38, K. Thompson (Leic) 25:21; 39, J. Earlston (Tip) 25:29; 40, P. Lee (Lough) 25:30; 41, S. Anders (Stret) 25:31; 42, J. Trainor (Gates) 25:38; 43, D. Poste (Gates) 25:42; 44, A. Keenan (Army) 25:43; 45, A. Hitchin (Leeds) 25:46; 46, S. Wainwright (Dark Pk) 25:47; 47, S. Vines (Mad) 25:48; 48, C. Reed (W Gn) 25:49; 49, D. Roberts (Liv) 25:54; 50, L. Kaupang (IK/Tjalve) 25:56. **Teams:** 1, Loughborough 37; 2, Newcastle Univ 69; 3, Tipton 97; 4, IK Tjalve/Norway 103; 5, Gateshead 124; 6, York Univ 171; 7, Army 174; 8, Stretford 218; 9, Madeley 227; 10, Gosforth 331.

Veterans

1, E. Pendlebury (Man) 16:15; 2, R. Carruthers (Gos) 16:42; 3, D. Welsh (Harro) 16:57; 4, D. Lawson (Bing) 17:10; 5, R. Balding (Heat) 17:16; 6, R. Anderson (Morp) 17:26; 7, R. McKay (Clyde V) 17:29; 8, R. Allan (Harro) 17:33; 9, T. Rooks (M&C) 17:41; 10, R. Checkley (Heat) 17:45; 11, P. Knott (B&F) 17:50; 12, S.



Hilary Hollick leading from Jill Williamson in the women's race at Gateshead. They came in together, with the race awarded to Jill. Ian Welsh



Dennis Coates (25) and Steve Jones setting the pace in the main international race, with winner Nat Muir (48) well placed. Ian Welsh

Robson (Gates) 17:51; 13, W. Rider (Morp) 17:52; 14, W. Robinson (Blay) 18:04; 15, K. Sutton (Gos) 18:15. **(Youths):** 1, C. Clarkson (Swan) 15:59; 2, D. Lewis (Ross) 16:00; 3, I. Stewart (Lut) 16:07; 4, J. Docherty (Leeds) 16:12; 5, S. Round (Tip) 16:24; 6, M. Weaver (B'field) 16:26; 7, D. Jackson (B'burn) 16:31; 8, I. Rawlinson (B&F) 16:32; 9, L. Wedderburn (Tip) 16:36; 10, I. Jones (Kend) 16:38; 11, G. Turnbull (Gates) 16:40; 12, R. Copestake (B'field) 16:41; 13, G. Smith (Sund) 16:41; 14, C. Hensby (Wok) 16:41; 15, J. O'Connor (Ross) 16:42; 16, C. Moor (Bing) 16:48; 17, J. Spooner (B'heath) 16:49; 18, M. Dick (Kend) 16:50; 19, B. Tilley (B'field) 16:51; 20, S. Lowe (Tip) 16:52. **Teams:** 1, Tipton 55; 2, Birchfield 61; 3, Rossendale 61; 4, Kendal 85; 5, Woking Schools 112; 6, Leeds City 131. **(Boys):** 1, P. Hicken (Warr) 12:07; 2, K. Newton (Sund) 12:19; 3, D. Topham (Long) 12:26; 4, A. Green (Warr) 12:43; 5, M. Cartledge (Rain) 12:47; 6, A. Holloway (Elles) 12:48; 7, T. Franks (Mand) 12:49; 8, N. Raymond (S&NH) 12:50; 9, C. Roberts (Kend) 12:55; 10, P. Chester (S&NH) 12:58; 11, G. Wilkinson (Stret) 13:00; 12, J. Harper (Morp) 13:00; 13, S. Skelding (Warr) 13:01; 14, M. Booth (Unatt) 13:01; 15, P. Wylde (Tip) 13:01; 16, M. Wright (Gates) 13:01; 17, M. Brown (S&NH) 13:01; 18, M. Newby (Ross) 13:01; 19, S. Newman (Bing) 13:08; 20, T. Winder (Kend) 13:08. **Teams:** 1, Warrington 52; 2, Stretford 105; 3, Longwood 113; 4, Bingley 127; 5, Stevenage 137; 6, Tipton 139. **(Colts):** 1, G. Green (Warr) 8:40; 2, D. Smith (S&NH) 8:43; 3, D. Clark (B'field) 8:57; 4, D. Marshall (Leeds) 9:01; 5, J. Green (Bing) 9:09; 6, M. Kirkham (Warr) 9:10; 7, D. Parker (Elles P) 9:11; 8, L. Woolridge (Tip) 9:12; 9, A. Kavanagh (Dund) 9:12; 10, N. O'Brian (Dund) 9:15; 11, B. Henry (S&NH) 9:16; 12, P. Marshall (Unatt) 9:18; 13, A. Cluff (Durh C) 9:18; 14, R. Lawton (Warr) 9:18; 15, A. Hunter (Morp) 9:18; 16, S. Bowe (Gates) 9:22; 17, J. Surtees (Gos) 9:22; 18, D. Garnett (Kend) 9:25; 19, M. Dorman (Gates) 9:29; 20, G. Beattie (Cocker) 9:27. **Teams:** 1, Dundrum 68; 2, Stevenage & NH 94; 3, Tipton 97; 4, Gateshead 104; 5, Bingley 133; 6, Birchfield 136.

Senior/Intermediate Women

1, J. Williamson (Sale) 13:52; 2, H. Hollick (Sale) 13:52; 3, E. Harding (E&E) 14:06; 4, S. Simpkin (Sale) 14:12; 5, B. Schofield (Sale) 14:13; 6, K. Davis (Clon) 14:18; 7, L. Lavercombe (Exet) 15:10; 8, S. Brown (Sheff) 15:22; 9, I. Trusdale (St H) 15:34; 10, B. Marot (York Un) 15:49. **Team:** Sale. **(Juniors/Girls):** 1, C. Meagan (Dund) 9:02; 2, A. Alford (Stev) 9:14; 3, A. Dollard (Dund) 9:43; 4, D. Davis (Dund) 9:44; 5, M. McDermott (Manx) 9:49; 6, D. Cutts (S&NH) 9:50; 7, C. Behan (Dund) 9:56; 8, L. Hackett (Dund) 10:03; 9, G. Edgar (Work) 10:03; 10, C. Hardy (E&E) 10:03; 11, L. Cook (Dund) 10:08; 12, T. McCulloch (Work) 10:12; 13, B. Sanderson (N'ton) 10:13; 14, J. Lindsay (S&NH)

10:15; 15, K. Hall (Work) 10:16. **Teams:** 1, Dundrum 15; 2, Stevenage & NH 39; 3, Workington 55.

SCHWEPES CC RACES

(Amendments)

Senior Men/Open Race: Teams: 1, Loughborough 53; 2, Newcastle University 69; 3, Tipton 97; 4, I.K. Tjalve (Norway) 103; 5, Gateshead 124; 6, York University 171; 7, Army 174; 8, Stretford 218; 9, Madeley College 227; 10, Gosforth 331. **(Vets)** (O/50): 1, T. Joynson (Gates) 19:04; 2, D. Ball (Bigg) 19:42; 3, D. Wood (Leeds) 20:30; 4, J. Thompson (M&C) 20:33. **(Boys)** Teams: 1, Warrington 52; 2, Stevenage & NH 69; 3, Stretford 105; 4, Longwood 113; 5, Bingley 127; 6, Tipton 139. **(Colts):** 1, Dundrum 68; 2, Leeds City 90; 3, Stevenage & NH 94; 4, Tipton 97; 5, Gateshead 104; 6, Bingley 133.

AFRICAN GO-AHEAD

The Superior Council for Sport in Africa, meeting in Rabat last month, has called for "extensive African participation" in 1978 Commonwealth Games.

'NATIONAL' ENTRY FORMS

If any club secretary has not yet received entry forms for the ECCU Cross-Country Championships would they contact the ECCU hon. secretary, Barry J. Wallman, at 72 Grange Bottom, Royston, Herts SG8 9UQ.

Ipswich Harriers officers: President, A. Chenery; chairman, C. Brunning; general secretary, A. Milton, Cherry Trees, Capel Road, Bentley, Ipswich; treasurer, N. Allison; CC secretary, J. Mower, 188 Hadleigh Road, Ipswich; track sec, R. Leek, 24 Ipswich Road, Elmsett, Ipswich; ladies' sec, Mrs M. Leek, 24 Ipswich Road, Elmsett, Ipswich; coaching sec T. Gould; membership sec, Miss K. Wells.

THAMES VALLEY HARRIERS

FLOODLIT OPEN GRADED MEETING

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

AT WEST LONDON STADIUM WEDNESDAY, 4th JANUARY

6.50 p.m. 300 metres
7.20 p.m. 300 metres—SENIOR LADIES
7.30 p.m. 1000 metres
8.00 p.m. 1500 metres—SENIOR LADIES
8.15 p.m. 2 miles

Entries: Vets, Seniors & Ladies 25p per event, others 20p per event, to John Sexton, 35 Riverside Avenue, Lightwater, Surrey, stating name, age, address, club, event and best recent performance.

**Entries NOT accepted on the night
CLOSING DATE 31st DECEMBER**

Walking

GRAHAM SEATTER SIGNS OFF IN STYLE

IN his final race before returning to his native New Zealand, Graham Seatter put on a fine display of stylish walking to win the Belgrave '7' over the usual undulating, over-distance course on November 26th.

During his 16 months stay here Graham has put in many excellent efforts over distances from one mile to 30km. He has fitted in with the club scene admirably and has made many deep friendships with athletes through his own competitive efforts and his work in a well known sports shop. I know there are many who join me in wishing Graham the best of luck in his aim to make the New Zealand team to Edmonton and Moscow and have successful races in the Games themselves.

After an early burst from Peter Selby, who faded badly through a heavy cold, it was the New Zealander who broke away inside the first mile and led throughout. John Warhurst, making a welcome visit to the South, was always chasing hard and did close a little in the closing stages. Steve Gower, relishing the climbs, held third as Carl Lawton fell back with stomach trouble but took the honours with his thorough organising. Both Stuart Elms and Peter Fox finished strongly while Peter Marlow in his first Open race for a year showed he will quickly be troubling the best in the country. Fine efforts from rapidly improving John Hall, Brian Armstrong and Chris Maddocks. The promoting club clinched the team race after another close battle with Steyning who had former 'Brighton' winner, Dennis Read, backing up the scoring four. The stars from the Enfield event, Bob Dobson and Enrique Vera, were absent as Bob had 'flu while the Mexican was racing in France.

1, G. Seatter (Bel) 51:40; 2, J. Warhurst (Sheff) 51:58; 3, S. Gower (Ilf) 52:27; 4, S. Elms (B&H) 52:45; 5, P. Fox (Stey) 52:50; 6, C. Lawton (Bel) 53:24; 7, J. Hall (Bel) 53:26; 8, P. Stevens (Stey) 53:50; 9, S. Lightman (Met) 54:01; 10, P. Marlow (S'end) 54:03; 11, G. Scott (BoE) 54:07; 12, A. James (BoE) 54:11; 13, B. Armstrong (Ilf) 54:15; 14, G. Morris (Stey) 54:39; 15, D. Holly (B&H) 54:41; 16, C. Maddocks (Daw) 54:49; 17, P. Hodgkinson (Camb H) 54:59; 18, I. Richards (Cov) 55:16; 19, S. Maidment (Stey) 55:25; 20, R. Hankin (Sheff) 55:29; 21, B. Ingerfield (Met) 55:43; 22, M. Scamell (New) 56:06; 23, R. Lancefield (Sy) 56:08; 24, R. Middleton (Bel) 56:09; 25, N. Finney (Sy) 56:15; 26, D. Read (Stey) 56:46; 27, D. Salter (BoE) 56:57; 28, D. Jones (Wey) 57:01; 29, P. Blagg (MP) 57:08; 30, M. Fullager (Sy) 57:11; 31, A. Buchanan (B&H) 57:33; 32, P. Dyble (W Gn) 57:37; 33, E. Shillabeer (Daw) 57:41; 34, A. Tweed (BoE) 57:42; 35, D. Jarman (Sy) 58:02; 36, A. Geal (Stey) 58:07; 37, S. Holliday (Med) 58:09; 38, C.

Fogg (BoE) 58:20; 39, R. Sheppard (New) 58:23; 40, S. Wood (B&H) 58:28; 41, P. Giblett (S&E) 59:12; 42, B. Imber (Sy) 59:13; 43, E. Holmquist (High) 59:21; 44, J. Bromley (Bel) 59:28; 45, J. Dunsford (Bel) 59:46; 46, S. Wynn (New) 59:50; 47, R. Blount (BoE) 60:03; 48, K. Dale (B&H) 60:04; 49, R. Picton (Bel) 60:08; 50, J. Evans (Ilf) 60:16. 125 finished. **Teams:** 1, Belgrave 31; 2, Steyning 38; 3, Enfield 68; 4, Brighton & H 74; 5, Surrey 90; 6, Ilford 113.

Keen competition in Havering AC Inaugural Walking Meeting at Upminster (November 27th). Events covering all age groups were put on by the enthusiastic Havering supporters with the Robery family particularly in force. The Senior 10km saw Brian Armstrong and Adrian James make fast starts but soon it was Carl Lawton, who just made the start due to traffic delay and had no warm-up (does he ever?!), and Roger Mills, with precious few walk miles in his legs since the Lugano Cup, who battled for the lead. However, after 3km it was the tall Belgravian who pulled away to win comfortably, with Ken Carter winning his battle with James to get third spot. The Youths 3km produced excellent times with



Carl Lawton leading from Roger Mills in the Havering AC 10km.

Mike Street

Graham Maynard producing a superb performance. The Havering boys dominated the U/15 event while Jill Barrett put on her usual stylish display to win the Junior Women's race very easily. Sue Till continues to improve and should join the bunch of girls who are making their mark on the international scene. The walkers seemed very happy with the new synthetic track and it certainly produced fast times on a cold November day.

(Senior 10km): 1, C. Lawton (Bel) 45:38; 2, R. Mills (Ilf) 46:07; 3, K. Carter (S'end) 46:21; 4, A. James (BoE) 46:31; 5, B. Armstrong (Ilf) 47:38; 6, G. Robinson (BoE) 48:24. (Youths 3km): 1, D. Jones (Magna C) 14:14.8; 2, D. Barclay (W Gn) 14:24.2; 3, G. Maynard (Camb H-B) 14:25.4; 4, S. Mendham (Hav) 14:41.6. (Boys 2500m): 1, C. Marchant (Hav) 12:17.6; 2, I. Robery (Hav) 12:34.4; 3, P. Ware (Hav) 12:39.5. (Colts 1km): 1, K. Meehan (Hav) 5:28.2; 2, P. Croft (Bas) 5:31.8; 3, M. Woods (Hav) 5:55.0. (Senior Women 3km): 1, K. Boatwright (E&E) 16:46.0; 2, A. Matthews (Bel) 16:47.4. (Inters 3km): 1, S. Till (B&H) 15:37.8; 2, M. Wey (E&E) 16:35.2; 3, I. Robery (Hav) 16:44.2. (Juniors 2km): 1, J. Barratt (Ver) 10:10.4; 2, J. Harvey (Magna C) 10:27.5; 3, L. Nolan (Sutt) 11:02.5. (Girls 1km): 1, K. Todd (Sutt) 5:27.0; 2, M. Davitt (New) 5:28.7; 3, E. Geohagan (Hav) 5:47.6.

Carol Tyson 'Sportsmail' personality for October. The Lakeland girl, who has made a big impact on both the World and British scene in women's race walking this year, has been voted the Daily Mail's 'Sportsmail' personality for October on the basis of her world class 5km in Drachten following her magnificent second place at Milton Keynes. Carol, backed by Judy Farr and Marion Fawkes, is leading a very strong challenge to the long reigning Swedish supremacy and with support from the likes of Virginia Lovell, Elaine Cox, Sylvia Saunders and Beverly Francis there is every chance that the British girls could come out on top at Eschborn in 1979.

Colin Young

Vauxhall Motors 7M Walk at Luton (October 29th). 1, C. Lawton (Bel) 52:04; 2, C. Harvey (Lancs) 52:06; 3, G. Seatter (Bel) 52:56; 4, D. Jackson (Yks PO) 53:14; 5, K. Carter (S'end) 53:16; 6, J. Sullivan (Yks PO) 53:20; 7, E. Taylor (Cov) 53:30; 8, P. Hodgkinson (Camb H) 54:25; 9, R. Hankin (Sheff) 54:37; 10, J. Eches (Sheff) 54:45; 11, W. Carr (Yks PO) 54:45; 12, A. King (Leic) 54:49; 13, D. Holly (B&H) 55:03; 14, A. James (BoE) 55:14; 15, G. Scott (BoE) 55:33; 16, L. Mockett (Ilf) 55:39; 17, G. Chaplin (Cov) 55:45; 18, R. Middleton (Bel) 55:33; 19, B. Armstrong (Ilf) 56:26; 20, R. Wallwork (Ex Pol) 56:30; 21, B. Ingerfield (Met) 56:38; 22, D. O'Shea (B&H) 57:09; 23, C. Fogg (BoE) 57:09;

24, I. Richards (Cov) 57:52; 25, R. Whitmore (Leic) 57:55; 26, P. Dyble (W Gn) 58:05; 27, C. Bailey (Yks PO) 58:17; 28, J. Hedgethorpe (Ex Pol) 58:28; 29, A. Worth (Leic) 58:37; 30, D. Salter (BoE) 58:41; 31, S. Uttley (Lancs) 58:45; 32, J. Telford (Vaux) 58:46; 33, W. Wright (Cov) 59:08; 34, G. Hunwicks (Ilf) 59:09; 35, E. Holmquist (High) 59:12; 36, P. Slinn (Unatt) 59:14; 37, J. Dunsford (Bel) 59:26; 38, T. Riley (Ilf) 59:35; 39, M. Greasley (Sheff) 60:06; 40, J. Evans (Ilf) 60:08. **Teams:** 1, Yorkshire Postal WC 42; 2, Belgrave 50; 3, Coventry Godiva 68; 4, Enfield 69; 5, Sheffield 79; 6, Leicester 90. (Senior Women 5000m): 1, J. Farr (Trow) 25:15; 2, C. Coleman (Low) 26:10; 3, S. McAuley (Ex P) 27:31; 4, S. Till (B&H) 28:30; 5, A. Matthews (Bel) 28:34; 6, K. Bingham (Leic) 30:11.

Leicester WC Topham Cup 7M Road Handicap (November 12th). 1, B. Adams 51:06; 2, A. King (Jnr) 54:42; 3, S. Lewis 58:40; 4, S. Whitmore 59:18; 5, A. Worth (Jnr) 59:33; 6, H. Minhas (Jnr) 60:23. (H/cap): R. Morris 62:28. (Boys 3000m): 1, P. Parker (New) 15:23 (1st H/cap); 2, J. Hulait (Shaft) 18:35; 3, L. Garner (Shaft) 18:35. (Girls 2500m): 1, C. Irving (King R) 13:46; 2, J. Matley (Shaft) 14:47; 3, A. Burdett (West) 14:50. (Senior Women 7M Time Trial): K. Bingham (Leic) 69:44.

Brighton & Hove 52 v RAF 44 at Southwick (7M) (November 19th). 1, D. O'Shea (B&H) 53:44; 2, P. Etches (RAF) 54:12; 3, D. Lawson (RAF) 54:53; 4, B. Reid (B&H) 57:17; 5, M. Stacey (RAF) 58:44; 6, K. Dale (B&H) 58:48; 7, S. Wood (B&H) 59:26; 8, J. Birks (B&H) 59:58; 9, N. Perry (B&H) 60:55; 10, D. Boxall (B&H) 61:19. (Senior Women 5km): 1, B. Francis (B&H) 26:10; 2, S. Till (B&H) 27:30; 3, M. Way (E&E) 29:15; 4, K. Puffett (E&E) 30:04; 5, D. Mann (B&H) 31:01; 6, G. Brackpool (E&E) 31:05. **Teams:** 1, Brighton & H 8; 2, Epsom & E 13. (Junior 2500m): 1, S. Brown (Stey) 13:59; 2, L. Nolan (S&C) 14:21; 3, H. Downie (E&E) 14:43; 4, K. Todd (S&C) 14:59; 5, E. Page (Stey) 15:03; 6, C. Buchanan (B&H) 15:06. **Teams:** 1, Steyning; 2, Sutton & Cheam; 3, Epsom & Ewell.

* * *

Mr D. F. Russell, honorary secretary of the Northern Counties Women's Cross-Country & Race Walking Association, has moved to 44 Folly Hall Road, Wibsey, Bradford BD6 1TX (Tel: Bradford 602832).

* * *

Malcolm East (Twickenham AC), now at Pittsburgh University, has won the American national junior college cross-country title, clocking 23:30.2 for the 5 miles course at Tucson, Arizona. He won by 5 sec from James Rotish of Kenya.

ATHLETIC EVENTS

An advertisement in Athletics Weekly will be seen by more than 17,000 readers and can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for one insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly".

Written Examination for SENIOR COACHING AWARD

The next written examination for the Senior Coaching Award will be held on **Sunday, 25th February, 1978.**

Application forms may be obtained direct from the Honorary Secretary of the Joint Coaching Committee, c/o your respective Country/Area Office. Completed forms together with the fee must be returned to the Honorary Secretary concerned not later than the 31st January, 1978.

ALDERSHOT, FARNHAM & DIST. A.C.

CROSS COUNTRY RELAYS

(Under AAA Laws & ECCU Rules)

SUNDAY, 15th JANUARY, 1978
QUEENS PARADE, ALDERSHOT

2.00 p.m. Colts 4 x 1½ Miles

2.45 p.m. Boys 4 x 1½ Miles

3.30 p.m. Youths 4 x 2 Miles

Awards: (Trophy 1st Team) first 3 teams and fastest ind each race. Special award best perf by any school or unit not in first 3 in any event.

Entries to John Lofts, 46 Perring Avenue, Farnborough, Hants GU14 9DB. (Tel: Camberley 33118) **by January 7th, 1978**, enclosing S.A.E. for receipt and travel details.

TWICKENHAM A.C. PRESENT

5th NEW YEAR'S

ROAD RELAY

Monday, 2nd January, 1978, 2.30 pm

(Boy/Colt 1.8M, Youth 2.8M, Jun/Senior 2.8M, Jun/Senior 2.8M)

Prizes for fastest "A" & "B" teams, and individual on each leg. Other prizes according to entries and sponsorship.

Entries 90p first team, 60p subsequent teams, to G. de Boursac, 4 Binden Road, London, W.12. **NOW!** Late entries accepted but not on programme.

Also Junior Women's Road Race (U/15), 1¼ Miles, 2 p.m. Entry 10p on the day. Trophy. (Under AAA & WAAA Laws)

BALA LAKE '11'

November 19th

1, R. Morris (Altrincham & Dist) 57:35
2, G. Nixon (Wrexham) 57:45
3, R. Brown (Liverpool Pembroke) 57:46
4, F. Thomas (Aber) 57:50; 5, M. Flynn (Liv P) 58:12; 6, R. Harrison (AS&V) 58:37; 7, J. Bigham (RAF/Cos) 58:48; 8, D. Williams (Liv P) 59:05; 9, J. Evans (Aber) 59:43; 10, P. Malcolmson (Liv P) 60:26; 11, M. Weston (Wrex) 60:44; 12, B. Adams (C&N-V) 60:51; 13, R. Griffin (Brid) 61:24; 14, M. Morrell (Wirr-V) 61:25; 15, M. Allen (Aber Un) 61:35; 16, M. Dawes (Shrew) 61:58; 17, B. Rees (N Powys) 62:04; 18, M. Ligema (Unatt) 62:22; 19, E. Williams (Shrew-V) 62:23; 20, I. Snow (N Powys) 62:26; 21, D. Davies (N Powys) 62:35; 22, S. Mottershead (Shrew) 62:44; 23, J. O'Rourke (RAF/Cos) 62:53; 24, M. McColl (RAF/Sea) 62:56; 25, B. Woods (Seft-V) 62:59; 26, T. Vallance (Sund) 63:16; 27, C. Leggart (Sale) 63:37; 28, K. Young (Liv Poly) 63:37; 29, A. Bound (Llanf) 63:55; 30, D. Tomkins (Warr) 63:59. **Teams:** 1, Liverpool Pembroke 16; 2, Wrexham 45; 3, Aberystwyth 50; 4, Shrewsbury 57; 5, North Powys 58; 6, Aberystwyth University 112. (North Wales Trophy): 1, Wrexham 78; 2, North Powys 96; 3, Shrewsbury 99. (Vets): Adams 60:51 (O/45); R. Kernighan (Liv P) 64:50.

BRAMPTON TO CARLISLE ROAD RACE

November 26th

1, J. Calvert (Blackburn) 46:39
2, D. Kelly (Saltwell) 47:09
3, N. Sloane (Blackpool & Fylde) 47:34
4, D. Foster (Morp) 47:46; 5, A. Catley (Morp) 47:59; 6, R. Belk (Unatt) 48:02; 7, A. McGhee (Kes) 48:07; 8, A. Hudson (B&F) 48:26; 9, K. Foster (Salt) 48:35; 10, K. Parr (Salt) 48:48; 11, D. Camp (Morp) 48:56; 12, D. Wilson (Clay) 49:02; 13, J. Alder (Morp) 49:11; 14, F. McGuire (B&F) 49:16; 15, A. Bone (SS) 49:30; 16, G. Rippon (SS) 49:46; 17, H. Matthews (Els) 49:58; 18, R. Marshall (Morp) 50:00; 19, T. McCarthy (Salt) 50:03; 20, R. Hindle (Durh) 50:10; 21, M. Frazer (SS) 50:17; 22, M. Morrell (Wirr-V) 50:20; 23, B. Cordes (Morp-V) 50:29; 24, C. Richardson (NSP) 50:32; 25, A. Jenkins (Morp) 50:38; 26, N. Jobson (Blay) 50:39; 27, D. Taylor (NSP) 50:45; 28, T. Woods (Durh) 50:58; 29, D. Overton (Kend) 51:02; 30, D. Kelly (Barr) 51:03; 31, P. Walkington (B'burn) 51:04; 32, D. Burdett (M&C) 51:08; 33, G. Black (Durh-V) 51:14; 34, P. Whittle (Els) 51:19; 35, D. Lawther (Salt) 51:21; 36, D. Johnson (SS) 51:41; 37, R. Hall (Heat) 52:01; 38, A. Wood (B'burn) 52:02; 39, M. Harris (Morp) 52:03; 40, M. Armitage (Salt) 52:50. **Teams:** 1, Morpeth 20; 2, Saltwell 21; 3, Blackpool & Fylde 25. (Vets): 1, Morrell; 2, Cordes; 3, Black. **Teams:** 1, Wirral 144; 2, Jarrow & Hebburn 327; 3, South Shields 335.

Results In Brief

Ranelagh 238 v Orion 680 (7½M CC-all to score) at Richmond Park: 1. C. Cloke (O) 42:30; 2. G. Daniels (R), I. McIntosh (R) & P. Keen (R) 42:56; 5. G. Walsh (R) 43:45; 6. G. Whitson (R) 43:52.

Stag CC Relay at Guildford (6 × 1½M). 1. Borough Road College (K. Johnson 8:18, A. Lunnin 8:06, R. Figgs 8:29, J. Davies 7:55, M. Francis 8:22, D. March 8:47) 49:57; 2. Kent Univ 51:18; 3. Surrey Univ 52:14. Fastest: M. Knapp (UoK) 7:52, Davies 7:55, P. Gaden (S'ton Un) 8:01, Lunnin 8:06, G. Jackson (Lon Un) 8:06.

Cambridge Univ 35 v Thames H & H 45, at Wimbledon. 1. M. Wilson (C) 38:20; 2. N. Dorey (C) 39:21; 3. H. Chadwick (TH&H) 39:22; 4. H. Altmann (TH&H) 40:18; 5. A. Etchells (TH&H) 40:19; 6. Constable (C) 40:25.

British Railways CC Championship, at Milford. 1. H. Parmentier (Belgian Railways — guest) 23:58; 2. W. Wilkinson (Eastern Region) 24:26; 3. P. Williams (Southern) 24:28; 4. R. Gibbard (Mid) 24:48; 5. E. Joos (Bel — guest) 25:10; 6. K. Frith (Mid) 25:24. Team: Midland.

Inter-League CC, at Rochdale. 1. D. Brennan (Liv & D) 24:09; 2. K. Lazarides (RR) 24:16; 3. R. Harrison (Liv & D) 24:55. Teams: 1. Mid Lincs 57; 2. Red Rose 62; 3. Liverpool & Dist 76; 4. South Yorks 165. (Youths): 1. V. Taylor (Mid L) 13:40; 2. D. Jackson (Mid L) 13:55; 3. I. Rawlinson (Mid L) 13:58. Teams: 1. Mid Lincs 21; 2. Red Rose 28; 3. Liverpool & Dist 48; 4. South Yorks 55. (Boys): 1. P. Elliott (S Yks) 10:50; 2. A. Green (Liv & D) 11:03; 3. P. Wynn (RR) 11:13. Teams: 1. Liverpool & Dist 25; 2. South Yorks 30; 3. Red Rose 33; 4. Mid Lincs 62.

October 16th

Hong Kong CC/Road League. 1. G. Rai 22:45; 2. C. Nash (HHH) 22:56; 3. A. Trowell (HW) 23:03; 4. R. Tinlin (Morp) 23:07; 5. B. Balls (RAF) 23:13.

October 19th

Fleet Street H Yacht Handicap (Westminster/Blackfriars). (Fastest) P. Browne (TVH) 13:26; T. Everitt (Eton M) 14:26; S. Allen (HHH) 14:37.

Cyprus Services CC League, at Episkopi. 1. Campbell (1 Sqn/9 SR) 19:42; 2. James (RA) 19:48; 3. Davies (Ind) 19:53. Team: Royal Anglian.

October 22nd

Lloyds Bank 184 v Blackheath 231 v Kent AC 251, at Hayes (Kent). 1. D. Ives (L) 28:38; 2. P. German (L) 29:01; 3. I. Wilson (B) 29:21; 4. N. Fairbrass (K) 29:29; 5. K. Darnel (K) 29:46; 6. G. Martin (B) 29:56.

October 26th

Cyprus Services CC League, at Troodos. 1. King (Ind) 23:32; 2. James (RA) 23:44; 3. Campbell (1 S/9 SR) 24:04. Team: 2 Sqn/9 SR.

City of London Poly 2½M Handicap, at Tower Hill. 1. F. Green (HW) 13:04; 2. D. Horsup (Thurr) 13:26; 3. L. Parrott (Hav) 13:34.

Manchester University Mid-Week League, at Wythenshawe Park. 1. H. Thomson (Man Un) 20:51; 2. D. McTavish (Stret) 21:54; 3. F. Peters (Most) 22:27; 4. M. Davis (Man Un) 22:43; 5. J. Kehoe (Man Un) 22:52; 6. D. Glasspool (Man Un) 23:04. Team: Manchester Univ.

October 30th

Essex Beagles Invitation Throwing Events Meeting, at Barking. SP: 1. S. Rodhouse (BRC) 14:84; 2. M. Eyres (BRC) 13:95; 3. P. Hallett (Hav) 12.95. DT: 1. A. Garforth (Ex B) 43:04; 2. G. Whaley (WLI) 37.10; 3. Hallett 36.76. HT: 1. Whaley 47.52; 2. K. Robinson (BRC) 47.20; 3. J. Head (BR) 42.90. JT: A. Barbone (Ex B) 55:62.

KENT ATHLETIC CLUB

JUBILEE CROSS COUNTRY RACES

(Under A.A.A. Laws)

Colts, Boys & Youths

SATURDAY, JANUARY 21st, 1978, 1 p.m.

West Wickham, Kent

Entry Fee: 60p per Team (4 run, 3 score), 20p Individual.

Details, enclosing S.A.E., from Bryan W. J. Lewis, 32 Slades Drive, Chislehurst, Kent. (01-467 7482)

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NORTH MIDLAND CC LEAGUE**At Nottingham, November 5th**

1 eq, P. Clarke (Lough), P. Lee (Lough), M. Prince (Lough), A. Armitage (Lough) & K. Dumbleton (Lough) 31:38

6, P. Gilsenan (Kett) 31:43; 7, G. Fell (Notts Un) 31:57; 8, R. Callan (Leic) 32:11; 9, J. Offord (Leic) 32:27; 10, A. Royle (Grim) 32:36; 11, P. Kemp (Notts Un) 32:40; 12, P. Baker (Lough) 32:45; 13, B. Moss (Notts) 32:48; 14, J. Davidson (Kett) 32:53; 15, J. Norman (Notts) 32:57; 16, C. Woodhouse (Dby) 33:00; 17, H. Pymm (Leic) 33:01; 18, P. Holland (Trent) 33:06; 19, R. Nowak (Charn) 33:09; 20, N. Jeffrey (Leic) 33:10; 21, A. Edwards (Lough) 33:11; 22, R. Brewitt (SHH) 33:13; 23, P. Wright (Notts) 33:20; 24, I. Barnard (Notts) 33:21; 25, J. Fisher (Dby) 33:33; 26, A. Tait (Charn) 33:33; 27, P. Gronland (Lough) 33:39; 28, J. Montgomery (Kett) 33:40; 29, J. Smith (Trent) 33:41; 30, M. Anthony (Sutt-J) 33:42; 31, M. Hagen (Kett) 33:49; 32, J. Clark (Grim) 33:51; 33, T. Challenger (Charn) 33:52; 34, P. Bourne (Notts) 34:00; 35, J. Bristow (Lough) 34:01; 36, P. Spare (Lough) 34:02; 37, R. Gibbard (Charn) 34:08; 38, A. Walsh (Dby) 34:09; 39, J. Alcock (Leic) 34:10; 40, A. Bland (Grim) 34:12. **Teams:** 1, Loughborough 15; 2, Leicester Coritanian 90; 3, Notts 109; 4, Kettering 138; 5, Charnwood 160; 6, Derby & Co 176; 7, Grimsby 178; 8, Trent Poly 228; 9, Notts Univ 248; 10, South Holland 381; 11, Plessey 427; 12, Sutton-in-Ashfield 483; 13, Charnwood 'B' 520; 14, Leicester Coritanian 'B' 549; 15, Notts 'B' 570. **(Youths):** 1, T. Gardner (Dby) 26:08; 2, A. Rogerson (Leic) 26:10; 3, M. Bradbury (Leic) 26:13; 4, J. Masterson (Leic) 26:22; 5, P. Taylor (Sutt) 26:28; 6, C. Robinson (Dby) 26:34; 7, I. Mills (Notts) 26:42; 8, R. Stretton (Leic) 26:44; 9, G. Redhead (Leic) 27:01; 10, M. Lucas (Sutt) 27:03; 11, S. Bunting (Dby) 27:05; 12, N. Overton (SHH) 27:10; 13, I. Measures (SHH) 27:18; 14, D. Roberts (Sutt) 27:30; 15, J. Feeney (Grim) 27:40; 16, D. Marshall (Sutt) 27:48; 17, M. Durnville (Linc C&C) 27:54; 18, T. Leader (Notts) 28:00; 19, M. Manson (Notts) 28:04; 20, A. Lewis (Linc W) 28:13. **Teams:** 1, Leicester 14; 2, Derby 16; 3, Sutton-in-A 52; 4, South Holland 57; 5, Grimsby 61; 6, Lincoln C&C 68; 7, Notts 71; 8, Worksop 95; 9, Lincoln Wellington 114; 10, Charnwood 125. **(Boys):** 1, E. Berrington (Linc C&C) 11:06; 2, M. Richardson (Grim) 11:14; 3, A. Chapman (Notts) 11:18; 4, M. Hill (Notts) 11:20; 5, S. Allardyce (Leic) 11:27; 6, K. Lamb (Dby) 11:29; 7, G. Lucas (Sutt) 11:33; 8, S. Wright (Dby) 11:33; 9, D. Bower (Sutt) 11:45; 10, A. Owens (Charn) 11:48. **Teams:** 1, Derby 26; 2, Notts 28; 3, Leicester 32; 4, Sutton-in-A 32; 5, Charnwood 45; 6, Grimsby 51. **(Colts):** 1, B. Jones (Notts) 5:27; 2, S. Osbiston (Sutt) 5:28; 3, D. Pick (Leic) 5:31; 4, P. Allsop (Dby) 5:32; 5, S. Butterley (Dby) 5:32; 6, P. Scott (Notts) 5:32. **Teams:** 1, Derby 16; 2, Notts 23; 3, Sutton-in-A 25.

NORTH YORKSHIRE & SOUTH DURHAM CROSS COUNTRY LEAGUE**At Stockton, November 5th**

1, M. Brown (Darlington) 38:25
 2, S. Markley (Middlesbrough & Cleve) ... 38:29
 3, T. Flory (Mandale) 38:32
 4, P. Harker (Darl) 38:36; 5, T. Roberts (M&C) 39:25; 6, J. Williams (Mand) 39:42; 7, K. Sanderson (Darl) 40:32; 8, R. Ingleton (Darl) 40:42; 9, C. Vaux (M&C); 10, M. Pearson (Mand); 11, G. Bell (Darl); 12, J. Yuille (M&C); 13, R. Puckrin (Mand); 14, K. Lupton (Burn Rd); 15, T. Rooke (M&C). **Teams:** 1, Darlington 20; 2, Middlesbrough & Cleveland 28; 3, Mandale 32; 4, Billingham 115; 5, Burn Road 129. **(Youths):** 1, A. Mackay (M&C) 19:55; 2, C. Hamilton (Burn R) 20:12; 3, D. Pearson (Mand) 20:30; 4, T. Ness (Burn R) 20:41; 5, N. Willsheer (Mand) 20:52; 6, M. Sedgwick (M&C); 7, B. Garrington (Burn R); 8, A. Harrison (Burn R); 9, W. Allen (Man); 10, J. Rush (M&C). **Teams:** 1, Burn Road 21; 2, Mandale 28; 3, Middlesbrough & Cleveland 31. **(Boys):** 1, T. Franks (Mand) 12:02; 2, M. Trees (Darl) 12:04; 3, K. Braithwaite (Burn R) 12:14; 4, P. Coulson (N'field) 12:25; 5, T. Dinn (Burn R) 12:28; 6, S. Kelleher (Mand); 7, A. Stockton (Stain); 8, A. Reed (M&C); 9, D. Bain (Darl); 10, C. Donald (Mand). **Teams:** 1, Burn Road 34; 2, Mandale 41; 3, Darlington 42. **(Colts):** 1, M. Chambers (Stain) 10:33; 2, J. Rees (Darl) 10:35; 3, P. Nelson (Darl) 10:43; 4, A. McAuliffe (Stain) 10:46; 5, D. Wood (Darl) 10:48; 6, A. Williamson (N'field); 7, M. Harper (Stain); 8, P. Harbron (Stain); 9, M. Foster (Lang); 10, A. Fletcher (M&C). **Teams:** 1, Stainsby 20; 2, Darlington 22; 3, Northfield 93. **(Senior Women):** 1, M. McDonald (Darl) 15:20; 2, J. Preston (Mand) 16:00; 3, S. Woodall (M&C) 16:10; 4, C. O'Rourke (Mand) 16:24. **(Inters):** 1, K. Anderson (Darl) 14:37; 2, K. Roper (M&C) 14:38; 3, J. Newbury (Burn R) 14:53; 4, F. Marshall (N'field) 16:05; 5, P. Ferguson (N'field) 16:08; 6, P. Massey (Burn R); 7, L. Mirfin (Burn R); 8, J. McEwan (N'field); 9, S. Chambers (N'field); 10, P. Harkness (Burn R). **Teams:** 1, Northfield 26; 2, Burn Rd 26; 3, Stainsby 55. **(Juniors):** 1, S. Simmons (Darl) 11:35; 2, C. Gordon (Burn R) 12:05; 3, J. Readman (Lang) 12:06; 4, A. Troupe (N'field) 12:07; 5, G. Bellwood (Burn R) 13:00; 6, S. Owen (Darl); 7, V. Challies (Darl); 8, D. Wilson (Darl); 9, C. Lupton (Burn R); 10, J. Chard (Burn R). **Teams:** 1, Darlington 22; 2, Burn Road 26; 3, Langbaugh 53.

Rossendale AC officers: Chairman, P. Wilson; general secretary, I. Partington, 167 New Line, Britannia, Bacup, Lancs; CC sec, T. Dixon, 27 Taylor Avenue, Waterfoot, Rossendale; track sec, S. Caine, 8 Albert House, Bacup Road, Rawtenstall, Rossendale; treasurer, K. Partington.