

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

DECEMBER 27th 1980 30p



Brendan Foster Interviewed

Scottish CC Relay Championships

Colin Shields reporting

Gordon Rimmer Anchors Cambuslang To Title

IT WAS A DAY of firsts in the Scottish National CC Relay Champs at Inverness on October 25th, held in brilliant sunshine over a hilly course, which enabled spectators to see the runners at all times.

Both Cambuslang and Livingston won National titles for the first time ever in the Championships, held for the first time in the Highlands of Scotland.

Cambuslang had the consternation of seeing their first leg runner, Ed Stewart, finish in second place behind one of their own club runners, Colin Donnelly, running for Aberdeen Univ., but five seconds ahead of Clyde Valley. Jim Brown brought Valley into a five second lead while Alex Gilmour pulled in on the third lap for both clubs to be exactly level at the final changeover.

Gordon Rimmer, after travelling from his RAF base in England to his Irvine home, had a further 200 mile journey to Inverness, but he showed little effect of his travelling at all. Making the pace all the way, as sub-four minute miler, Ron Macdonald tucked in behind him, he showed sprightly form to pull away in the final stages for a 20 metre victory with the fastest lap of the day. Law finished third to give the West of Scotland a clean sweep of the medals.

St. Columba's High School, from Clydebank, were desperately disappointed in the Young Athletes' Championship. After leading from the start, they had a 12 sec lead from Livingston at the final changeover. They retained the lead until the final 300 metres of the race where O'Hara stormed though for Cambuslang to take their first ever medals at this distance.

There were two completely happy men at the end of the day — Walter Banks of Inverness who had the satisfaction of a well staged, successful event in his home town, after a long campaign to convince the SCCU that the Highlands could stage a National Championship event. The other person was Des Yuill, Cambuslang secretary, who started the afternoon with his club having a blank sheet as far as National Championship medals and finished the meeting as National Champions in the Senior race and runners up in the Young Athletes' event. Truly a just reward for the hard work he, and so many others have done in developing this club.

1, Cambuslang (E. Stewart 12:05, R. Stone 12:03, A. Gilmour 11:55, G. Rimmer 11:37) 47:40;

2, Clyde Valley (E. Devlin 12:10, J. Brown 11:53, C. Farquharson 12:00, R. Macdonald 11:41) 47:44;

3, Law (W. Dickson 12:24, J. Thomson 11:48, A. Miller 12:21, H. Forgie 12:19) 48:52;

4, Falkirk Victoria (S. Easton 12:25, R. Adams 12:30, J. McGarva 12:26, J. Dingwall 11:54) 49:15;

5, Edinburgh AC (C. Keir 12:37, S. Keith 12:29, A. Gourlay 12:10, S. Laing 12:07) 49:23;

6, Aberdeen (M. Edwards 12:43, G. Milne 12:06, F. Clyne 11:53, P. Wilson 12:53) 49:35;

7, Clydesdale 50:13; 8, Falkirk Victoria 'B' 50:15; 9, Dundee Hh. 51:53; 10, Edinburgh Univ. 51:55; 11, Stirling Univ. 52:00; 12, Bellahouston 52:06; 13, Forres 52:15; 14, Edinburgh AC 'B' 52:31; 15, Ayrshire 52:38; 16, Glasgow Univ. 52:47; 17, Aberdeen 'B' 52:59; 18, Aberdeen Univ. 53:08; 19, Inverness 53:13; 20, Fife 53:18; 21, Lochaber 53:22; 22, Dundee Hh. 'B' 53:31; 23, Cambuslang 'B' 53:34; 24, Edinburgh Univ. 'B' 53:40; 25, Fife Southern 54:02; 26, St. Andrews Univ. 54:19; 27, RAF Moray 54:38; 28, Westerlands 54:54; 29, Greenock Wellpark 55:09; 30, Falkirk Victoria 'C' 55:19.

Fastest: Rimmer 11:37; Macdonald 11:41; Thomson 11:48; Brown 11:53; Clyne 11:53; Dingwall 11:54; Gilmour 11:55; Farquharson 12:00.

(Young Athletes): 1, Livingston (S. Campbell 10:48, M. Mallace 10:17, A. O'Hara 9:47) 30:52;

2, Cambuslang (A. Hart 11:07, D. McShane 9:47, G. McLean 10:02) 30:56; 3, St. Columba's HS (D. Boyd 10:22, M. Heron 10:20, J. McGovern 10:18) 31:00; 4, Edinburgh Southern (T. Hanlon 10:40, N. Sweeney 10:16, R. Simister 10:05) 31:01; 5, Victoria Park 31:02; 6, Kilbarchan 31:11; 7, Aberdeen 31:22; 8, Shettleston 31:33; 9, Ayr Seaforth 31:54; 10, Falkirk Victoria 31:59; 11, Inverness 32:04; 12, Shettleston 'B' 32:05; 13, Fife Southern 32:08; 14, Livingston 32:35; 15, Edinburgh AC 'B' 32:44; 16, Edinburgh AC 32:46; 17, Shettleston 'C' 32:51; 18, Caithness 33:06; 19, Cambuslang 'B' 33:09; 20, Edinburgh AC 'C' 33:16.

Fastest: (Youths): R. Hawkins (Kilb) 9:09; A. Cowan (VP) 9:45; A. Puckrin (Kilb) & O'Hara 9:47.

(Snr. Boys): McShane 9:47; M. Connors (Shett) 10:02; G. Mason (FVH) 10:05. (Jnr. Boys): Boyd 10:22; A. Forrester (VP) 10:39; Hanlon 10:40.

Scottish County CC Champs

AYRSHIRE

At Kilmarnock, November 30th

1, G. Grant (Ayr) 33:09; 2, J. Golder (Ayr) 35:01; 3, I. Kiltie (Ayr) 35:21. **Teams:** 1, Ayrshire; 2, Irvine; 3, Garnock Valley. (Youths):

1, G. McMillan (Ayr) 18:46; 2, M. Spiers (Irv) 19:15; 3, M. Hearshin (Irv) 19:43. **Teams:** 1, Ayrshire; 2, Irvine. (Snr. Boys): 1, P. Burns

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THE WEEK AHEAD

Saturday, December 27th: Vets AC CC, Hayes; Sparkhill '5', Solihull; Wansfell Race, Ambleside; Belgrave Inter-Club 7M Walk, Wimbledon.

Sunday, December 28th: Avon Cosmetics/About Anglia CC Meeting, Corby; Ipswich 'Round the Town' Races; Thames Valley Boys & Colts Races; Round the Island Road Race, Barry Island; 'Big D' 7M Walk, Corby.

Wednesday, December 31st: Reading New Year's Eve Road Race.

Thursday, January 1st: City of London New Year Road Races & Walks; Morpeth — Newcastle Road Race; Erith '6' & New Year Road Races; Rawmarsh New Year's Day Road Races; Fleet & Crookham New Year's Day CC Meeting; Fleet; Twickenham Relays; Wilkinson Cup, Belfast; Christmas Cup Walk, Hayes.

Friday, January 2nd: New Year's Road Races, Beith.

Saturday, January 3rd: Southern Women's Inter-County Champs, Hatch End; Recommended date for English County CC Champs; Welsh County CC Champs; Miskimmin

Cup, Ballyclare, N. Ireland; Phil Everard Memorial Walk, Chelmsford; Met. Police v Sussex Clubs Walk, Hayes.

Sunday, January 4th: Havering Winter Warm-up Meeting, Hornchurch.

NEXT WEEK'S ISSUE . . .

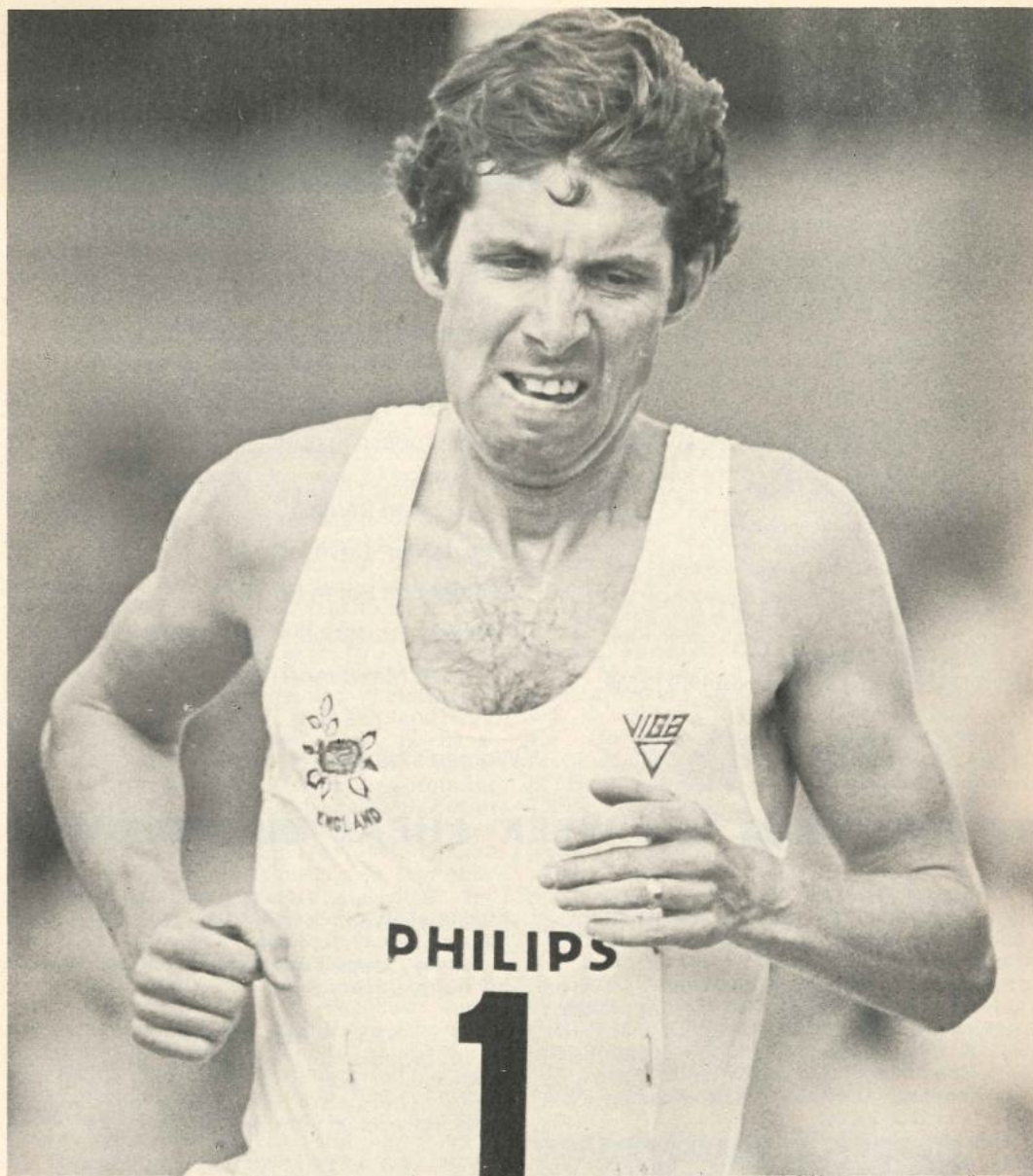
. . . includes coverage of the international cross-country races at Crystal Palace, world top 30 lists (men) for 1980, and our annual retrospective of 25 years ago.

Compiler of the UK women's walk lists on page 44 is John Powell of the NUTS.

Cover Photo (By Mike Street)

Brendan Foster and Dick Callan fight out the finish of the British Meat Games 2 miles, Foster winning by a tenth in 8:32.8.

Happy New Year, Everyone!



Brendan Foster in his last track race, at Gateshead on August 31st — photo by Bob Thomas

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LOOKING BACK WITH 'BIG BREN'

Brendan Foster interviewed by Barry Trowbridge

Your book and your last interview with 'AW' took you up to the end of 1977, so I would really like to talk to you about the last three seasons.

Earlier this year, up here in Gateshead after you had run the 5000m with Barry Smith, the National Press suggested that you weren't too happy with the progress of Gateshead Harriers.

Firstly, it was a double question because it was about both the stadium and the Harriers. I'm delighted about and looking forward to the future of Gateshead Stadium, the developments going on, and the new stand. There's a good organisational team here and that's pretty secure — well it could be pretty secure, not necessarily — but the potential is there and it should be secure. But the Harriers just haven't kept pace with the development. They've been too successful for their own good, I think. They haven't got the organisational system at the club . . . it's worse now than when I started, and the future of Gateshead Harriers is very questionable. If you look at the results on Saturday (Schweppes CC meeting) they're not anywhere, except in the Senior race, whereas it used to be they won everything except the Senior race. For the health of the club, if you're not winning the Boys, Youths, Colts . . . they're the Seniors of the future.

You won the National Youths race last year, though.

Yes, but that was a bit false, because we happen to have kids from a long way away.

When you started having the success at Gateshead were any moves made towards providing sprinters, throwers, and jumpers with coaching?

We're better now at that. We have had some success in those things. But the backbone of the club always will be, and always should be, distance running, and that's where we're losing them.

When you first took on your 'Pied Piper' mantle up here, you were getting kids from all round the North East wanting to join Gateshead Harriers. Is this not happening now?

They still want to. All the kids want to join Gateshead Harriers but other, more enterprising, young coaches at other clubs have decided that they wanted to offer an alternative to our club, quite rightly so and they have been more successful at getting into the schools and grabbing the kids. They all want to be Gateshead Harriers if they can be, but they would rather be runners than not, so if a local club comes along and gets some, then they're doing a very good job.

Turning now to your own running, and going back to 1978, you went for the double in both Games. Wise?

No. I should have gone for the two 10,000's. If I'd left out the 5000 in the Commonwealth I'd have been all right in the 10,000 in the European. Really I was only yards away from winning it. We were all together with a lap to go. I don't think I

The 'Pied Piper' of Gateshead has inspired hordes of youngsters in the area to take up running, but he sounds a note of warning for Gateshead Harriers.



Mike Brett

"To be honest, I doubt if I'll ever race again"

was running against any Lasse Virens, Vaatainens or Yifters. The race was to be won on the last lap, and if I'd been fresher I think I would have won that.

In '77 you won the National. Was it just because of the two Games coming up that you never ran in '78, or are you a temperamental cross-country runner?

I'm not a desperately keen cross-country runner, but I look back and thank people like Charlie Spedding and the rest of the lads who persuaded me to run, and I'm pleased that Gateshead won it. But, having said that, I don't run the National all that often. In '78 it didn't figure in my plans at all.

You ran in '79. There was talk before that one that you wanted to run in the International.

I suppose deep down I was veering towards the International, except that to be perfectly frank it never excited me very much at all. The main reason is that I can't run on the mud and I was loath to train and prepare for months and months to run a race, and then arrive on the day, see that

it's raining, the course would be a bog and me struggle round in 27th place. I could never motivate myself to do that.

Going further into '78, you ran in the AAA 12-Stage Road Relay that year — the disaster race. How cut up were the boys about Stevie Irvine's injury?

They were very upset. In fact they weren't even going to continue. We had a general persuasion to get one or two to actually go to the starting line, but having said that, at the end of the day, they all ran in isolation and they ran fine. Adding up their times, ignoring Stevie Irvine and ignoring Andy Holden, we had a time about ten seconds slower than Tipton. They were running their time winning, we were running our time being last. That would probably have been a classic battle because I was lined up to run against Ian Stewart on the ninth leg, and he ran really well and I ran in isolation and was second to his time; so it would have been a good race that.

Can you see yourself doing any more 12-Stage races?

To be honest, I doubt if I'll ever race again.

Does the marathon not appeal now?

A little way, but I've never been interested in a marathon, to be honest. I prefer to run a mile than a marathon. My preference is to run short and fast rather than long and slow, and I've never been one of those people who could go out and really enjoy just running. A lot of the running I've had to do has always been because I've just had to do it, whereas some of the lads go out and just enjoy running. They run 20 miles without thinking about it, but I can't.

The appeal of the marathon... My answer to that one has always been that if I ever wanted to race again, the only thing I could possibly imagine myself getting excited about would be a marathon.

Presumably you are still running?

Oh yes, I'm running every day, about ten miles. I enjoy it now.

In the book you said you liked the idea of routine running and would probably always run to work and back. Does that still hold?

Yes, but I'm running at lunchtimes now with John Caine. I enjoy just going for a run. I ran 15 miles yesterday morning but I get out of condition very quickly, and I'll purposely go on a binge at the end of the season and put weight on compared to when I'm in training. I'm now carrying ten pounds extra, and I'm not losing it.

Moving on in 1978, the Commonwealth 10,000 was quite easy, wasn't it?

No. It was very hard.

Really?

One of the hardest races I've ever run, I think. If you look at my condition beforehand, I ran 27:30. When I got to Edmonton I was better than



Brendan, flanked here by Bernie Ford and Tony Simmons in his victorious 1977 National, admits: "I'm not a desperately keen cross-country runner".

Mike Street



Splashing his way to one of the greatest performances of his career, Brendan (followed here by Josh Kimeto) clocked 27:30.3 — a European record — in the 1978 AAA 10,000m.

Peter Tempest

that. I was much better in Edmonton than I was in London, and yet I ran 28:13, but it was hot (28°C), and I think it will be a while before anybody runs that kind of time in Edmonton. When I came back from there I wasn't in such good shape and I ran 27:32 in Prague, and I honestly believe that in the middle, between the two Games, I was better than I was at either. In Edmonton I was better than I was in London, and I was better than I was in Prague, and I think that if the weather had been decent and at a different venue, then I would have run much faster than I've ever run.

What do you think the London 27:30.3 would have been worth in better conditions?

I don't think it would have been worth anything in better conditions, because I think those are good conditions. It was belting down with rain and those are good conditions except for water on the track. If Crystal Palace had a camber to the outside like Gateshead and a lot of other tracks, the water would have drained off the inside and the inside would have been dry — well, no puddles. Raining and a dry track are the best conditions you can get.

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After that in '78 you did the Emsley Carr mile, which John Robson won. Graham Williamson was second and Steve Cram fourth. What do you think those two (Williamson and Cram) can do in the future?

I think Crammy could be one of the very best we've had. He's got a lot of things to learn but he realises it. He's got a terrific attitude to racing.

That was followed by the UK Championships at Meadowbank, where you had that fracas with Micky McLeod. Any ill feelings over that?

No, not at all, that's all part of the game. It wouldn't be the first time I've ever pushed anybody or jumped in front of anybody; equally it would never have been the first time Micky was involved like that. It's all in the game.

So the Commonwealth gave you a gold in the 10,000, and then there was the 5000 which, in retrospect, you feel you shouldn't have run.

Well, I did get a bronze medal, but I think I would have been better at the European if I hadn't run. There were heats and the final, and Dave Black agreed with me because he came back straight after the 10,000 and when he got to Prague he was better.

That was the year when, earlier, Henry Rono had a 'record' season. Did you feel that you were going to be running for a silver in the Commonwealth 5000?

No, not at all, because I'd run against him in 1977 at Crystal Palace and had beaten him, and I knew that he was seriously thinking of running the AAA 10,000 in '78, but on the advice of his coach he pulled out because it was in London and I was running, and he didn't really want any trouble there. It would have been a great race that night if he'd been running.

Can you suggest any reasons why the Africans seem to come good for just the one year?

They race too much.

Who makes them do this: their coaches?

(Chuckling) Promoters . . . ?

Why don't our lads run more? Do they feel they can achieve more over a longer period of time?

You find that the more often you race, the less you find you can last at a high level. Dick Quax and I were talking about this and he said one of the reasons why he thought I had lasted, been good in every year that I had run, was because I didn't race a lot. His career started the same time as me and will probably finish a year after mine, but when he was in his high periods he had lots and lots of races.

Moving on chronologically, we reach the 10,000 in Prague. Watching it on TV it was '71 all over again, when the British hopes faded on the last lap.

Don't let me be classed in the same racing mould as Bedford, because I don't think I ever was. I could have won that race on the last lap if I hadn't been so tired. He couldn't have won on the



Mike McLeod pulls away to victory in the dramatic UK 5000m championship at Meadowbank in 1978, covering the final 200m in 25.2 and becoming the first Briton ever to beat Brendan at the distance.

Nick Brawn

last lap because he just couldn't run the last lap the rest did run. The last lap they ran in Prague was not beyond my capabilities.

Did you know much about Vainio before?

No, nothing. I didn't ever think he was the



Finland's Juha Vaatainen, a former sprinter, winning the 1971 European 5000m title.

Ed Lacey

greatest European champion I ever saw.

Who was?

Vaatainen takes a lot of beating. I mean, if Vaatainen had beaten me in that particular race I would never have felt I could have won it if he beat me on the last lap, but with Vainio I lost the gold medal with about 90m to go. If I hadn't been so tired I'd have easily had a medal of some description, but my legs buckled and that was it.

So it was difficult, presumably, to pick yourself up both physically and mentally for the 5000?

Physically, probably, I'd had it by then.

In 1979 you did run the National, and Gateshead won.

To be honest I was surprised the way I ran that day. I was running much better than that. Micky won it and Barry was seventh, and yet two weeks before I'd run in a short road relay and beat them all by quite a margin, and beat the record. I was expecting to run better. It could have been partly conditions, but I just didn't run well. The National was a race I was never ever training for, despite what people think. In '77, when I won it, I wasn't training for it.

The summer of '79 was quite low key. You ran a couple of mile races up here and then there was the AAA 5000 when you fell before the racing had started. That really selected you for the European Cup 10,000, giving McLeod the 5000 place. How did you feel about your run in Turin?

I was pleased with that; I enjoyed that. I run quite well in the heat and I could tell before the race that some of them were frightened of the heat, and it was really hot, which gave me a psychological advantage. I knew that if I did something 'stupid' then they wouldn't come with me. It was a hard race, especially the last couple of laps.

How disappointed were you that you never got the World Cup selection?

I wasn't disappointed at all. To be honest, I was talked to the night before by 'people in authority'. They were selecting the team the next day and they said to me 'Would you run the World Cup 10,000 if we selected you?'. I said 'Select me if you want and I'll decide'. But if I'd said 'Yes, I'd love to', I'm pretty sure they would have picked me.

But, of course, the alternative was the Golden 10,000.

Which was programmed as a better race than the World Cup, but in actual fact, when it turned out, it wasn't such a terrific race. It was a good race, but it wasn't a terrific field.

Hell of a setting for the Northumberland and Durham 10,000 championship!

Mick ran one of the best races he's ever run. It was a really impressive victory and I thought it might springboard him on to a higher level of achievement, which, perfectly frankly, he's still to do.

What are your feelings about Steve and Seb?

To be honest, I think one of those could become the greatest athlete of all time. They're not yet, either of them, despite what is said. They're probably the best we've ever had. What the future holds, I don't know. I would imagine Steve will stay with the 1500 and Seb will move through to 5000. I'd be very surprised if Steve were to run a big Games 5000, but I wouldn't be if Seb did.

What about Viren and Yifter?

Well, to my mind, Viren's the greatest. Four gold medals, you can't argue with that. Yifter — brilliant, double Olympic champion — if he comes back again he might have a shout. You can't talk about the greatest of all time lightly.

You're talking about Zatopek, Kuts, Nurmi, Viren. Yifter could join them.

Do you think the Montreal Olympic races would have been run differently if Yifter had been there?

I don't know how good he was then, but Viren was brilliant. Viren beat him in Munich. I don't think he'd have beaten Viren, but that's academic. There have been a few people like Yifter, but none like Viren as far as I'm concerned. Take Zatopek, Kuts and Nurmi and their generations. It's tougher, harder, to win one gold medal now than it was then.

So to this year. How did being 'elite' alter your build up?

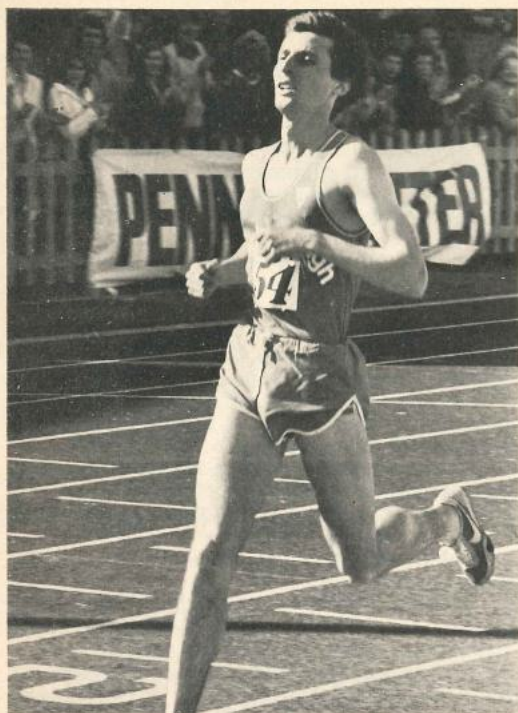
It helped me because I went off to New Zealand, spent a pleasant time training down there and came back in pretty good shape. I went to the States on the way back and beat Herb Lindsay — a top boy in the States then — by half a minute, and I was ready then. But the next morning, after that race, I couldn't walk. I tried to run but couldn't, and had six weeks of struggling, which in fact was very depressing, but when it turned itself round and I had to start my season a bit later, it all came good for me. By the actual time I came to leave for Moscow I was in great shape. I had run 13:20 in Stockholm and I had run time trials here which were as good as I'd ever produced. I went out and ran the heat in Moscow, just jogging around, and then — between the heat and the final — I didn't handle myself properly. I wasn't conscientious about getting the liquid back that I'd lost when I ran the heat. Consequently, I didn't compete, and I was obviously very disappointed about it.

You mentioned New Zealand, where you ran the marathon. You said earlier that you didn't really take it seriously. Is that true?



"THE GREATEST"

In Brendan's opinion it's Lasse Viren, here leading in the Montreal Olympic 5000m. Behind him are Dick Quax, Klaus-Peter Hildenbrand, Ian Stewart, Rod Dixon and Aniceto Simoes (far left).



Seb Coe winning the Yorkshire 5000m title (14:06.2) this year — his debut at the distance.

Ian Townsley

Oh yes. I didn't prepare for it, I was preparing for the Olympics and I thought the best time of year to run a marathon would be early in the year. Stan Long had been trying to persuade me to run a marathon in the Olympics, but I never felt that excited about the marathon, and you get tired when you run marathons. So I thought right, I won't argue, I'll run one. So I ran one and it's, well... all right. Nothing fantastic. I learned a lot from it and I know that should I do another one that knowledge will be useful to me.

You were going quite well until about 22 miles, weren't you?

Yes, I was really going easily. I was just thinking, this is all right. In the first ten miles it was boring. I got to 20 miles, felt all right; 22 miles and all of a sudden my legs went tired, stiff and I just ran from there, but it was a good experience and I enjoyed it. It didn't do any harm. It served its purpose.

Could your disappointment with the long distance set-up at Gateshead Harriers be indicative of the country as a whole? We often hear about winning the 'team events' at major Games, but individuals can't actually produce medals. I'm really leading on to Britain's disappointments at this year's Games, the 5000,

10,000 and marathon. You were there; what were the feelings amongst the lads?

I thought we sent out a good team of distance runners; they didn't produce. If you take my performances out since 1970 and look at the events that I've been involved with, I don't think you'll see fantastic success. I've won, Stewart won in '70, after that Thompson won in Rome and I've won a couple of things and got medals in others, but there weren't that many others. Maybe it's worth having a look at, but we haven't been as fantastic as we think. At the moment there's a bunch of them and they're all very good, but where the next medals are coming from I wouldn't like to say. It's wide open now; there's a gap there at 5000 and 10,000 and I don't know who's going to fill it.

No idea at all?

I have, yes. I think it will be Seb.

How big to Gateshead will the Golden 5000 be next year?

It's big now, but it depends who runs really. If nobody runs it won't be very big. It could be a big event, but we've had big 5000's here before, and not called them the Golden 5000. When I ran against Dixon in '75, that was probably one of the races of the year, which captured a lot of attention, and when Yifter ran here with Ovett, that was a big 5000. To be called the Golden 5000 as well, that's fantastic. Potentially it's big, but we've got to wait and see.

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"Really I Just Wish I Could Go On For Ever"

When do you finish here (Gateshead Recreation Dept.) and what happens next?

I finish on January 12th and then go to Durham University Business School for a three month residential course. A study course for about 4½ weeks, and then six or seven weeks of projects.

What does that lead to?

I don't know yet. I have a few options which I have got to decide on for the future, and they will take their course over that period of time. I have a few projects . . . Basically you go along there with a project or a few projects in hand, or in mind, and they take them through the system. If I wanted to start in *Athletics Weekly*, I would go to Durham University Business School, and they would, with me, consider the feasibility of 'AW' — that's the kind of thing. They take you through before you actually plunge into something. They assess the viability and help you learn the basics. Basically it's giving me a short, sharp, intense business training with a particular project.

I'm just wondering really how you are going to earn your bread and butter in years to come?

That's what my wife says!

Can you see your future being in the North East?

In the short term, probably; long term, probably not.

How tied are you to this part of the world?

Not at all. Okay, I've family here, friends here, but it's a small country. I know a guy in Newcastle who's a managing director of Cardiff

City football club. He lives in Newcastle and works in Cardiff, with no real problem.

Through your running you have travelled most of the world. Is there anywhere you'd still like to go?

Not really. I haven't been to Australia, but I can do without beer-swilling Aussies. I haven't been to China or the Far East, but I've never really fancied going there. If I had to go anywhere to live I'd be quite happy in New Zealand. I've been lucky.

New Zealand leads nicely on to Dave Moorcroft, who must have been very disappointed this year.

He was very unlucky. He was running well. In fact, he only lost one race before the Olympics and never won after, so obviously the Olympics were a turning point for Dave.

Do you think he's got the character to come back to the very top level?

I certainly think he's got the character to come back, but I don't know how desperately he wants to come back. Only he can decide that.

There's nothing else I had planned to ask, so would you like to say anything?

I would like to say how much I've enjoyed my sport. If I hadn't been a good athlete I'd have been an athletics fan, not quite a track nut, but a fan certainly. If I hadn't gone to the Olympics, I'd have probably gone to watch. I think it's a great sport that has gone a long way since I first started. It has become one of the most popular sports on television in Britain, and there have been a lot of people who have put a lot of hard work into it. Some of the people are reaping the benefits now from others' work a few years ago. Really I just wish I could go on for ever.

You say that if you hadn't run in the Olympics you'd have gone to watch. A chicken-and-egg situation. What came first, love for sport or your love for actually getting out there and running?

Definitely just watching. When I was a kid at school, I used to play football all the time and I loved that, but it wasn't till I was in the fourth or fifth year at school that I actually got more into running. Football was what I was brought up on, but I remember running home from school and watching the 1960 Olympics, and I wasn't a runner then. The race was on at about 4 o'clock and I remember I put my satchel on my back and running home, because I only lived a mile from the school, and getting in to watch Snell run. This guy from New Zealand who nobody had ever heard of winning the 800 metres. I remember that quite clearly, and Elliott.

I'm sure that lots of kids have rushed home to see you run. Let's hope that somewhere along the way there's another Brendan Foster . . .

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The Major Races In Brendan's Track Career

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.

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

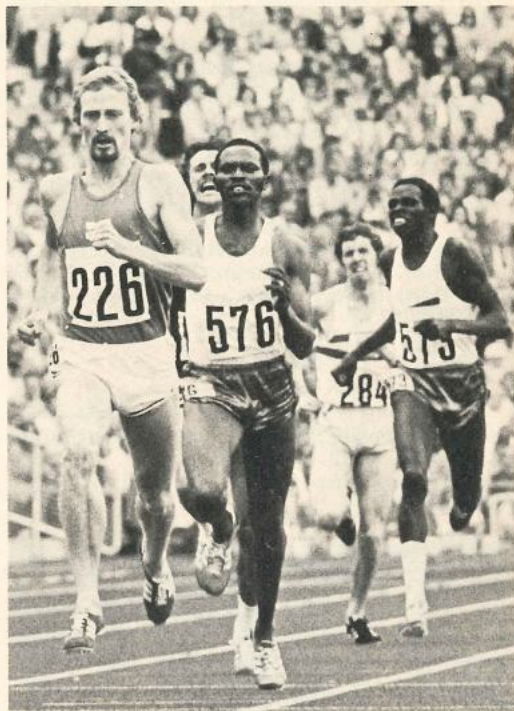
1972

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).



The first of Brendan's three Olympics: he places 5th in the 1500m final behind Pekka Vasala, Kip Keino, Rod Dixon and Mike Boit.

Tony Duffy

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 (heat) (4th — 3:40.8) . . . 1, Wessinghage (Ger) 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

July 14th

AAA Championships, at Crystal Palace. 5000m (1st — 13:23.8) (pb) . . . 2, I. Stewart 13:31.0.

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, 60.6, 62.5, 61.5, 61.9, 63.5, 63.2, 59.7.

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.



Brendan, here leading from Ben Jipcho and Dave Black in the 1974 Commonwealth 5000 finished a close second to the Kenyan in 13:14.6 — still the UK record.

Ed Lacey

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.

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

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).

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. Passed 5000 in 13:50.4; 59.8 last lap.

1976

June 5th

Kraft Games, at Crystal Palace. 5000m (1st —

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13:33.8) . . . 2, Black 13:35.4; 3, I. Stewart 13:35.4.

June 12th

Kraft Games, at Crystal Palace. 10,000m (1st — 27:53.8) . . . 2, Simmons 27:56.4. Passed 5000m in 13:53.0.

July 4th

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

July 9th

International Meeting, at Zurich. 2 Miles (1st — 8:19.0) . . . 2, Malinowski (Pol) 8:26.4; 3, Hildenbrand (Ger) 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 (Ger) 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. Passed 5000m in 13:38.9.

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. First 5000 — 13:57.2, second — 13:39.4.

September 12th

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

1978

June 13th

International Meeting, at Stockholm. 5000m (1st — 13:27.3) . . . 2, Fitzsimmons (Aus) 13:38.3.

June 23rd

AAA Championships, at Crystal Palace. 10,000m (1st — 27:30.3) (European rec) . . . 2, McLeod 28:04.2; 3, Black 28:06.9. Kilometre times of 2:46.0, 5:32.3, 8:14.4, 10:59.3, 13:45.1, 16:30.2, 19:16.2, 22:02.8, 24:50.0.

July 1st

Emsley Carr Mile, at Crystal Palace. (3rd — 3:57.4) . . . 1, Robson 3:55.8; 2, Williamson 3:56.4.

July 9th

Gateshead Games. Mile (2nd — 3:57.0) . . . 1, Moorcroft 3:56.6.

July 16th

UK Championships, at Edinburgh. 5000m (2nd — 13:25.4) . . . 1, McLeod 13:25.2. Ran last 200 in 25.4 (first defeat by British athlete at 5000).

August 6th

Commonwealth Games, at Edmonton. 10,000m (1st — 28:13.7) . . . 2, Musyoki (Ken) 28:19.1; 3, McLeod 28:34.3.

August 8th

Commonwealth Games, at Edmonton. 5000m (heat) (5th — 14:10.3) . . . 1, H. Rono (Ken) 14:02.0.

August 10th

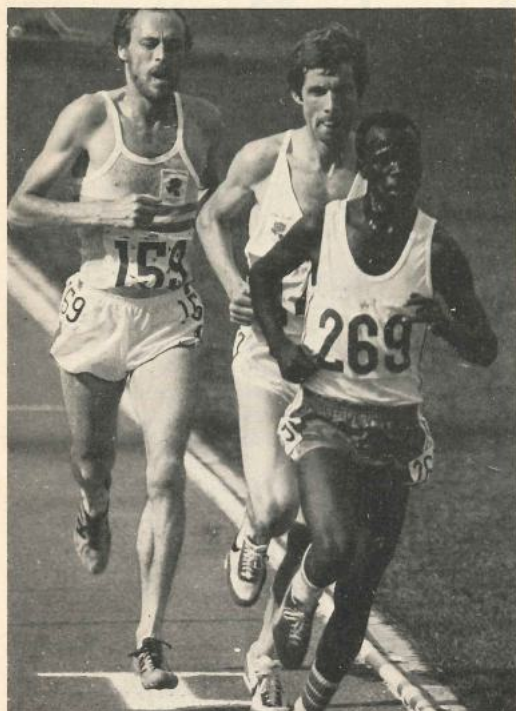
Commonwealth Games, at Edmonton. 5000m (3rd — 13:31.4) . . . 1, H. Rono (Ken) 13:23.0; 2, Musyoki (Ken) 13:29.9.

August 29th

European Championships, at Prague. 10,000m (4th — 27:32.7) . . . 1, Vainio (Fin) 27:31.0; 2, Ortis (Ita) 27:31.5; 3, Antipov (USSR) 27:31.5. Passed 5000m in 13:44.8.

August 31st

European Championships, at Prague. 5000m (heat) (6th/elim — 13:38.3) . . . 1, Zimmermann (Ger) 13:32.4.



Mike Musyoki from Brendan and Mike McLeod in the 1978 Commonwealth 10,000 — won by Brendan.

Greg Lockhart

1979

July 8th

Gateshead Games. 5000m (2nd — 13:26.7) . . . 1, Dixon (NZ) 13:26.1.

July 14th

AAA Championships, at Crystal Palace. 5000m (6th — 13:34.8; fell) . . . 1, Coghlan (RoI) 13:23.6; 2, McLeod 13:24.3; 3, Dixon (NZ) 13:24.7; 4, H. Rono (Ken) 13:27.0.

July 17th

International Meeting, at Oslo. 2M (2nd — 8:17.0) . . . 1, Dixon (NZ) 8:15.2.

August 4th

European Cup Final, at Turin. 10,000m (1st — 28:22.9) . . . 2, Antipov (USSR) 28:40.4.

August 7th

England v Poland v Switzerland, at Crystal Palace. Mile (2nd — 3:59.7) . . . 1, Gonzales (Spa-guest) 3:59.0.

August 31st

Rotary Watches International, at Crystal Palace. 2M (1st — 8:21.5) . . . 2, Rose 8:23.5. Ran second mile in 4:06.0

September 4th

IAAF Golden 10,000m at Brussels. (2nd —

27:41.3) . . . 1, McLeod 27:39.8; 3, Schots (Bel) 27:41.4; 4, Fyedorin (USSR) 27:41.9. Passed 5000m in 13:54.2. First defeat by British athlete at 10,000.

September 8th

Amoco Games, at Gateshead. 3000m (1st — 7:46.3) . . . 2, Binns 7:51.9.

1980

June 27th

Talbot Games, at Crystal Palace. 2M (4th — 8:20.2) . . . 1, Moorcroft 8:18.6; 2, Muir 8:19.4; 3, Bayi (Tan) 8:19.5.

July 8th

International Meeting, at Stockholm. 5000m (2nd — 13:20.5) . . . 1, Wessinghage (Ger) 13:19.8; 3, Nyambui (Tan) 13:21.3.

July 24th

Olympic Games, at Moscow. 10,000m (heat) (3rd — 28:55.2) . . . 1, Yifter (Eth) 28:41.7.

July 27th

Olympic Games, at Moscow. 10,000m (11th — 28:22.6) . . . 1, Yifter (Eth) 27:42.7; 2, Maaninka (Fin) 27:44.3; 3, Kedir (Eth) 27:44.7; 4, Kotu (Eth) 27:46.5; 5, Viren (Fin) 27:50.5.

August 8th

Coca-Cola Meeting, at Crystal Palace. 5000m (4th — 13:35.2) . . . 1, Treacy (RoI) 13:27.9; 2, Ovett 13:27.9; 3, McChesney (USA) 13:30.8.

August 22nd

Van Damme Memorial, at Brussels. 5000m (9th — 13:35.1) . . . 1, Waigwa (Ken) 13:20.4.

August 25th

British Meat Games, at Crystal Palace. 2M (1st — 8:32.8) . . . 2, Callan 8:32.9.

August 31st

International Match, at Gateshead. 5000m (1st equal — 13:35.7) . . . with Barry Smith.

1988 OLYMPIC CONTENDERS

Candidates for staging the 1988 Olympic Games are Melbourne, Nagoya (Japan), Greece (on condition of a permanent Olympic site being established near Olympia) and South Korea. A decision will be made next year.

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WHEN Chris Brasher made his marathon debut in New York in October 1979 he was so impressed with the race that he resolved to start a similar event in London. He moved swiftly, and just a year later it was officially announced that the Gillette London Marathon would be staged on March 29th 1981.

"The 1979 New York Marathon was an incredible experience", says Chris, "making everyone who finishes into a winner. This, basically, is what sport is all about. Sport is about participation, the New York Marathon is one of the ultimate participation events — and I thought we ought to have something like it in Britain".

An organising committee was set up and thanks to splendid co-operation by such bodies as the Greater London Council, the Metropolitan and City of London Police, the governing bodies of athletics, the Sports Council, the Department of the Environment and the Recreation Departments of several London boroughs, the race will be taking place in just three months time.

It will start from Greenwich Park at 9 am, and by way of the Tower of London and other historic sites will finish along The Mall by Buckingham Palace. It will be a very fast course and Chris predicts that in the first three years of the race someone will run 2:08, maybe even 2:07.

The world's best is 2:08:34 by Derek Clayton. Invitations are being sent out to leading marathoners throughout the world, and the top British runners will be invited all expenses paid.

Although the limit on the number of runners has been raised from 5800 to 7500 (5500 from the UK, and 2000 from overseas), Chris Brasher is anticipating an avalanche of entries and his advice to British athletes is to act immediately. In the first instance write to the Gillette London Marathon, GLC Recreation Dept, County Hall, London SE1 7PB, enclosing a self-addressed 12p stamped envelope 9" x 4" — thousands have already! Then, on January 12th, the entry forms will be posted to those who have applied. The first 5500 UK applicants to send back their entry forms, together with the entry fee of £3 (including VAT), will be accepted. It will be strictly 'first come first served'. Anyone accepted for the race who later realises he cannot run can, if he or she returns the entry by February 28th, get a refund and the place will be reallocated.

Race headquarters will be the Strand Palace Hotel, and special bargain rates are being offered by Trust House Forte there and at certain other London hotels. Special trains will be laid on for competitors from Charing Cross to Greenwich on the morning of the race. Shortly before the start, runners will strip off and their tracksuits etc will be loaded on buses which will proceed to the finish.

August 30th

Witney '12', at Blenheim. 1, B. Ford (AF&D) 60:56; 2, J. McLaughlin (Dunc) 61:25; 3, R. Treadwell (Sy. B) 62:45; 4, R. Samuel (Shaft) 63:11; 5, N. Wilson (TVH) 63:17; 6, P. Corney (Ports) 63:24; 7, I. Beauchamp (Hor) 63:25; 8, C. Moxsom (Har) 64:13; 9, J. King (S&SH) 65:02; 10, E. Elletson (E. Hull) 65:45; 11, R. Roath (Walton) 65:47; 12, E. Austin (Worc-O/45) 65:53; 13, K. Leyshon (Glouc) 65:56; 14, D. Nicholson (Dunc) 65:58; 15, K. Holmes (Tam) 66:28; 16, T. Annett (Dunc) 66:32; 17, A. Watt (TVH) 66:39; 18, R. Ellerton (VoA) 66:45; 19, S. Gates (US) 67:12; 20, D. Wheeler (Ox. C) 67:31. Teams: 1, Duncalr 32; 2, Windsor S&E 84; 3, Aldershot F&D 84; 4, Cheltenham 103; 5, Gloucester 111; 6, Oxford City 113. (Vets): 1, Austin; 2, R. Pannell (Bris) 67:43; 3, J. Hurt (B'mth) 68:49; 4, D. Case (E&S-O/45) 69:23. (O/50): J. Brent-Jones (Salis) 77:10. (Women): 1, J. Smith (Barn) 70:21; 2, C. Gould (Barn) 73:36; 3, G. Burley (Gate) 74:41; 4, K. Whapshott (Brack) 79:15; 5, S. Hutton (Brack) 79:15. (Youths): 1, G. Spring (North) 21:29; 2, D. Phombeah (Shaft) 21:53; 3, N. Stops (Shaft) 22:14; 4, T. Davis (Swin) 22:29. Teams: 1, Shaftesbury 21; 2, Oxford City 34.

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SCOTTISH NEWS Contd from page 2

(Ayr); 2, R. Skilling (Ayr); 3, A. Hannah (Irv). **Teams:** 1, Ayrshire; 2, Ayr Seaforth; 3, Irvine. **(Jnr. Boys):** 1, A. Boyd (Ayr S) 12:25; 2, D. Sherry (Dalry) 12:50; 3, B. Tyrrie (Ayr S) 12:57. **Teams:** 1, Ayr Seaforth; 2, Ayrshire.

DUMBARTONSHIRE**At Balloch, November 29th**

Alastair Douglas confirmed his position as one of Scotland's outstanding Juniors when he scored an easy victory in the Senior 6M event. He won by almost 100m from Phil Dolan who led Clydesdale to retain their team title for the eighth successive year. David Boyd won the Junior Boys' title by a large margin and it is hoped that this outstanding prospect who shows such talent on country as well as on the track will resist the lures of football in which he also shows great ability.

1, A. Douglas (VP) 29:54; 2, P. Dolan (C'dale) 30:10; 3, R. McWatt (C'dale) 31:11; 4, D. McMeekin (VP) 31:34; 5, G. Carlin (C'dale) 31:42; 6, G. Diverty (VP) 31:49; 7, J. McKay (C'dale) 31:54; 8, W. Reid (W'lands) 32:14; 9, S. Alexander (W'lands) 32:22; 10, C. Martin (Dumb) 32:29. **Teams:** 1, Clydesdale 17; 2, Victoria Park 22; 3, Westerlands 61; 4, Dumbarton 81; 5, Glasgow Univ. 101; 6, Maryhill 119. **(Youths):** 1, J. Cowan (VP) 18:09; 2, J. Pearson (C'dale) 18:59; 3, G. Parker (C'dale) 19:20; 4, J. McGovern (C'dale) 19:30; 5, S. Hoggan (C'dale) 19:55. **Teams:** 1, Clydesdale 9; 2, Victoria Park 14. **(Snr. Boys):** 1, M. Heron (St. C. HS) 10:31; 2, S. Campbell (VP) 10:39; 3, S. Munn (VP) 10:56; 4, C. Little (VP) 11:05. **Teams:** 1, Victoria Park 9; 2, St. Columba's HS 13; 3, Clydesdale 27. **(Jnr. Boys):** 1, D. Boyd (St. C. HS) 9:05; 2, A. Forrester (VP) 9:26; 3, R. Donnelly (St. C. HS) 9:48. **Teams:** 1, St. Columba's HS 9; 2, Victoria Park 18.

LANARKSHIRE**At Coatbridge, November 29th**

In the absence of Nat Muir and Jim Brown, Graham Williamson seized the chance to win his first Senior title. Starting fast, he showed fine form over a frozen course and, setting his own pace, built up a lead of 14 sec with just two miles to go. From here on he relaxed, as Jim Thomson finished fast to claim an isolated runner-up position with his clubmate Doug Frame outprinting a Cambuslang trio, who narrowly took the Senior team event from Springburn.

1, G. Williamson (S'burn) 28:40; 2, J. Thomson (Law) 28:45; 3, D. Frame (Law) 29:10; 4, R. Stone (Cam) 29:11; 5, A. Gilmour (Cam) 29:15; 6, E. Stewart (Cam) 29:30; 7, G. Crawford (S'burn) 29:53; 8, G. Irving (E. Kil) 30:04; 9, A. McIndoe (S'burn) 30:09; 10, J. Small (CV) 30:20. **Teams:** 1, Cambuslang 15; 2, Springburn 17; 3, Law 20; 4, E. Kilbride 32; 5, Shettleston 51; 6,

Clyde Valley 58. **(Youths):** 1, C. O'Brien (Shett) 16:31; 2, M. Taggart (Shett) 16:39; 3, T. McKean (CV) 16:40; 4, S. McPherson (S'burn) 16:42; 5, J. McNeil (Law) 17:08; 6, G. McLean (Cam) 17:16. **Teams:** 1, Shettleston 11; 2, Springburn 27; 3, Clyde Valley 31. **(Snr. Boys):** 1, D. Russell (Law) 9:34; 2, S. Marshall (CV) 9:57; 3, B. Scally (Shett) 10:10; 4, S. Begen (S'burn) 10:17; 5, K. Sinclair (S'burn) 10:18. **Teams:** 1, Springburn 21; 2, Cambuslang 22; 3, Clyde Valley 25. **(Jnr. Boys):** 1, M. Kerr (S'burn) 10:25; 2, A. Swann (Shett) 10:35; 3, A. Russell (Law) 10:35. **Teams:** 1, Springburn 12; 2, Shettleston 13.

RENFREWSHIRE**At Greenock, November 29th**

Northern Ireland International Cameron Spence, was an easy winner of the Senior title as pre-race favourite, George Braidwood (Bella) arrived late and missed the start of the race. He caused consternation among the leading group of runners as, at the end of the first lap, he joined in at the front of the field, and despite requests from officials to withdraw, finished the race. Spango Valley returned to top form to win the team event from local rivals Greenock Wellpark.

Robert Hawkins and Alan Puckrin, two of the most consistent athletes in the Youths age group, continued their struggle for supremacy, with Hawkins in his first outing for the Police Cadets, narrowly getting the better of Puckrin who finished fourth in the Schweppes Gateshead race.

1, C. Spence (SV) 33:03; 2, A. Coutts (G. W'park) 33:26; 3, A. Daly (Bella-J) 34:00; 4, B. Gardner (Kilb) 34:40; 5, J. Duffy (G. W'park) 34:48; 6, C. Leck (SV-J) 34:49; 7, G. Getty (Bella-J) 34:50; 8, C. Joss (Bella) 35:19; 9, J. Pollock (Strath. P) 35:22; 10, S. Brownlie (SV-J) 35:22. **Teams:** 1, Spango Valley 66; 2, Greenock Wellpark 76; 3, Bellahouston 107; 4, Strathclyde Pol. 127; 5, Greenock Glenpark 153; 6, Kilbarchan 195. **(Youths):** 1, R. Hawkins (SPC) 16:52; 2, A. Puckrin (Kilb) 16:57; 3, C. Wallace (Kilb) 17:22; 4, S. Johnstone (Bella) 17:41; 5, J. Reynolds (Pent) 17:50. **Teams:** 1, Kilbarchan 12; 2, Strathclyde Pol. Cadets 20. **(Snr. Boys):** 1, D. McNamee (Kilb) 8:40; 2, A. McInness (G. G'park) 8:53; 3, K. Charleston (Bella) 9:00; 4, C. Grainger (G. G'park) 9:06; 5, D. Campbell (G. G'park) 9:06. **Teams:** 1, Greenock Glenpark 11; 2, Bellahouston 16; 3, oKilbarchan 24. **(Jnr. Boys):** 1, B. Hawkins (Kilb) 8:55; 2, S. Walker (Pais) 9:08; 3, G. Aitken (Pent) 9:11. **Teams:** 1, Kilbarchan 18; 2, Spango Valley 22.

SCCU Junior/Youth Trial Race, at Bellahouston Park (November 2nd). 1, C. Henderson (Tay) 24:30; 2, S. Paul (CV) 24:32; 3, G. Mitchell (FVH-Y) 24:33; 4, P. Faulds (FVH) 24:38; 5, M. Taggart (Shett-Y) 24:49; 6, J. Steel (ESH) 24:56; 7, D. Ellis (St. A. U) 25:00; 8, I.

Mathieson (A'deen-Y) 25:05; 9, C. O'Brien (Shett-Y) 25:33; 10, K. Maxwell (FVH-Y) 26:03.

Stewarton Open Meeting (November 2nd). 1, J. Ferguson (Ayr S) ntt; 2, J. Golder (Ayr); 3, A. Daly (Bella-J); 4, G. Fairley (Kilb); 5, C. McDougall (E. Kil); 6, G. Irvine (E. Kil). (Youths): 1, G. McMillan (Ayr); 2, A. Puckrin (Kilb); 3, S. McPherson (S'burn). (Snr. Boys): 1, D. McShane (Cam); 2, M. Conner (Shett); 3, I. Davidson (S'burn). (Jnr. Boys): 1, S. Green (Shett); 2, A. Boyd (Ayr S). (Colts): C. Kirk (Pit). (Women): 1, S. Crawford (Pais-I); 2, C. Duncan (Pais-I); 3, C. Gray (EAC-I); 4, D. Thomson (Law); 5, J. Anderson (Pit-I); 6, L. Johnstone (EAC). (Juniors): 1, S. Hyde (Bella); 2, K. Wilson (Ayr S); 3, F. McMillan (Pit). (Girls): 1, P. Provan (Ayr S); 2, G. Spankie (Ayr S). (U/11): S. Holland (Ayr S).

Gauldry Open Meeting (November 22nd). 1, M. Edwards (A'deen) 27:35; 2, R. Ross (FVH) 27:45; 3, I. Graves (Fife) 28:03. (Youths): 1, M. Coyne (FVH) 20:30; 2, A. Kerr (Cen. R) 21:03; 3, D. Skelton (Dund) 21:30. (Snr. Boys): 1, G. Duncan (Fauld) 11:31; 2, F. Doig (Fife S) 11:40; 3, L. Wilson (Fife S) 11:47. (Jnr. Boys): 1, M. Pullar (Pit) 10:19; 2, I. McPherson (Pit) 10:35; 3, T. Both (Whit. HS) 10:47. (Colts): 1, S. McMillan (Pit) 5:13; 2, P. Findlay (Fife) 5:32.

'Pat Spence' Memorial Races for Women, at Greenock (November 23rd). 1, F. McQueen (Glas) 16:03; 2, J. Lorden (Edin. U) 17:10; 3, H. McNee (Ayr S) 17:15. Team: Greenock Rankin Park. (Inters): 1, L. MacDougall (Glas) 13:35; 2, E. Howard (Bord) 13:48; 3, E. Lynch (Dund) 13:50. Team: Glasgow. (Juniors): 1, A. Johnson (Dund) 7:14; 2, S. Hyde (Bella) 7:19; 3, J. Stewart (VP) 7:27. Team: Victoria Park. (Girls): 1, C. Barclay (VP) 7:21; 2, J. Cameron (VP). Team: Victoria Park. (U/11): L. Moreland (VP) 4:02. Team: Colzium.

Eastern District League, at Dundee (November 29th). 1, G. Laing (A'deen) 29:13; 2, R. Copstick (Dund) 29:39; 3, J. Dingwall (FVH) 29:49; 4, S. Laing (EAC) 29:53; 5, G. Milne (A'deen) 29:54; 6, J. McGarva (FVH) 20:55; 7, W. Day (FVH) 29:59. Teams: 1, Falkirk Victoria 77; 2, Edinburgh AC 91; 3, Fife 122; 4, Edinburgh Southern 143. (Youths): 1, J. Lewis (Fife S) 19:08; 2, I. Matheson (A'deen) 19:15; 3, G. Mitchell (FVH) 19:25; 4, K. Maxwell (FVH) 19:53. Teams: 1, Falkirk Victoria 12; 2, Edinburgh AC 30; 3, Central Region 48. (Snr. Boys): 1, T. Ritchie (Fife S) 14:02; 2, M. Mallace (Liv) 14:03; 3, S. Holden (FVH) 14:13; 4, N. Sweeney (ESH) 14:19. Teams: 1, Edinburgh Southern 22; 2, Fife Southern 25. (Jnr. Boys): 1, S. Campbell (Liv) 8:34; 2, T. Hanlon (ESH) 8:35; 3, M. Bingham (Liv) 8:37. Teams: 1, Edinburgh Southern 14; 2, Edinburgh AC 27. (Colts): C. Murphy (Tev). Team: Teviotdale.

Results In Brief

October 9th

Manchester Univ. First Year Trial, at Fallowfield. 1, P. Digby (AF&D) 17:05; 2, H. McInnes (Old G) 17:09; 3, D. Potter (Bing) 17:11; 4, R. Ashmore (Sheff) 17:29; 5, P. Miller (Car) 17:56.

November 8th

Oxford Univ. 37 v Birmingham Univ. 46, at Wast Hills. 1, M. Burnhope (B) 21:26; 2, N. Brawn (O) 21:51; 3, A. Bristow (B) 21:59; 4, M. Rimmer (O) 22:07; 5, G. Reynolds (O) 22:17; 6, P. Griffiths (B) 22:22; 7, C. Blyth (O) 22:27; 8, T. Yates (O) 22:34; 9, E. Barbour (B) 22:51; 10, R. Osborne (B) 23:01. (Women): 1, J. Eyles (Lon) 12:32; 2, C. Mijovic (B) 12:33; 3, K. Shore (O) 13:50.

November 19th

Army 29 v UAU 78 v BPSA 86, at Guildford. 1, N. Wilson (A) 33:46; 2, G. Grant (A) 33:51; 3, T. Davies (A) 34:06; 4, T. Robertson (A) 34:21; 5, S. Harrison (A) 34:45; 6, M. Binks (A) 34:46.

November 25th

Fleet St. Bridges Race, at Blackfriars. Fastest: M. Hanahoe (HHH) 13:16; M. McEvilly (Shaft) 13:21; J. Avis (Camb. H) 13:25; A. Campbell (Enf) 13:29; A. Etchells (Ilf) 13:38; P. Freeman (E&S) 13:41. (Vet): J. Sullivan (HW) 13:46. (Women): V. Belton 20:51.

November 30th

Lynn Regis CC Trophy Meeting, at March. 1, R. Church (Nene V) 29:56; 2, J. Bowley (Nene V) 30:11; 3, M. Rutkowski (Nene V) 31:12; 4, R. Marshall (Holb) 31:21; 5, P. Thorpe (Stam) 31:30; 6, T. Jarman (Peter) 31:45. Teams: 1, Nene Valley; 2, Holbeach. (Vets): 1, W. King (Peter) 34:26; 2, G. Jones (Hunt) 35:37; 3, P. Brown (Mar) 35:35. (Youths): 1, M. Tackley (Peter) 20:14; 2, S. Biggin (Deep. S) 20:31; 3, M. Lake (Thet) 20:45. Teams: 1, Peterborough; 2, Thetford. (Boys): 1, C. Raymont (Thet) 14:21; 2, T. Bliss (Can. I) 14:24; 3, K. Connor (Hunt) 14:39. Team: Huntingdon. (Colts): 1, R. Youngs (Hunt) 10:34; 2, M. Borrett (Holb) 10:37. Team: Huntingdon. (U/11): R. Blackmore (Mar) 8:05. Team: Huntingdon S. (Women): 1, S. Bannister (Mel) 15:48; 2, M. Lawson (H&W) 15:51; 3, A. King (DoC) 16:05; 4, M. Braines (Peter) 16:10. (Juniors): 1, J. Hickson (Bed) 11:07; 2, A. Connachie (Thet) 11:11; 3, N. Upperton (H&W) 11:39. Teams: 1, Bedford; 2, Thetford. (Girls): 1, B. Richmond 8:07; 2, C. Johnson (Bed) 8:12. Team: Bedford.

December 3rd

TVH Open Graded Meeting, at West London. 150: A. Kerr (BRC) 17.0. 300: 1, Kerr 35.3; 2, P. Batten (BRC) 35.8.

MAJOR EUROPEAN FIXTURES IN 1981

January

- 10 International meet (indoors), Vienna.
 17 International meets (i), Sindelfingen (Ger) & Saragossa (Spa).
 23/24 **UK Indoor Champs, Cosford.**
 23-25 International meet (i), Gothenburg.
 24/25 International meet (i), Paris.
 28 Italy v France v Spain (i), Turin.
 29 International meet (i), Vienna.
 30 **Germany v UK (i), Dortmund.**
 31 International meets (i), Jablonec (Cze) & Drammen (Nor).
 31/Feb 1 FISU students meet (i), Sofia.

February

- 1 International meet (i), Vittel (Fra).
 3/4 International meet (i), Budapest.
 4 International meet (i), Milan.
 6/7 German Indoor Champs, Sindelfingen.
 6-8 USSR Indoor Champs, Minsk.
 7 Midwinter Marathon, Appeldoorn (Hol).
 7/8 Polish Indoor Champs, Zabrze; International meet (i), Schilleiten (Aut).
 10/11 Italian Indoor Champs.
 11 **UK v GDR (i), Cosford;** International meet (i), Usti (Cze).
 13 International meet (i), Trinec (Cze).
 14 **UK v Czechoslovakia (i), Cosford (provisional);** International meet (i), San Sebastian.
 14/15 GDR Indoor Champs, Senftenberg; International meet (i), Vienna.
 15 International meet (i), Poznan (Pol).
 21/22 **European Indoor Champs, Grenoble (Fra).**

March

- 15 International Marathon, Essonne (Fra).
 28 **IAAF World CC Champs, Madrid.**
 29 **London Marathon.**

April

- 5 Five Mills CC, San Vittore Olona (Ita); International Marathon, Martigny (Swi).
 11 Westland Marathon, Naalwijk (Hol).
 12 Stramilano Road Race, Milan; International Track Walks, Barcelona.
 18 International Marathon, Aalborg (Den).
 19 International meet, Nova Gorica (Yug); International Road Walks, Russe (Bul).
 24 International meet, Linz (Aut).
 26 International meet, Lisbon.

May

- 1 International Road Walks, Naumburg (GDR) & Sesto San Giovanni (Ita).
 2 International Marathon, Karl-Marx-Stadt; Portuguese & Open 10,000m Champ, Lisbon.
 9 International Marathon, Amsterdam; International Road Races, Ljubljana.
 10 **AAA Marathon Champ;** International meet, Kocevje (Yug).
 16 International meet, Madrid.
 17 International meets, Milan & Bolzano (Ita).
 20 International meet, Leiden (Hol).
 23 International Marathons, Copenhagen & Rotterdam.
 23/24 International Decathlon/Heptathlon, Gotzis.
 24 International Marathon, Paris.
 24/25 **UK Champs, Cwmbran or Belfast.**
 28 **Norway v UK v Sweden Women's Walks, Bergen;** International meets, Vienna & Grudziadz (Pol).
 30 International Marathon, Szeged (Hun).
 31 International meet, Turin.

June

- 2 International meet, Maribor (Yug).
 3 **England v USA v Ethiopia v Belgium (men-track), Crystal Palace;** Golden Spike international meet, Ostrava (Cze).
 4 International meet, Zagreb.
 4-7 Paris to Strasbourg Walk.
 5/6 International meet, Bratislava.
 6 International meet, Hengelo (Hol).
 6/7 **European Champion Clubs meet (men), Belgrade;** International meets, Leipzig, Jena & Sofia; International Dec/Hept, Stockholm & Prague.
 7 **England v Scotland v Italy v Ethiopia (men-track) & IAAF Golden 5000m, Gateshead;** Irish Marathon Champ, Cork.

SPARKHILL HARRIERS 5 MILE ROAD RACE

(Under A.A.A. Laws)

SAT., 27th DECEMBER, 2.45 p.m.

**From HQ, Stratford Road (A34),
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USUAL LONG PRIZE LIST

Entry Fee: 50p — No team race.

To: John Mills, 49 Acheson Road, Hall Green, Birmingham B28 0TX. SAE for acknowledgement please.

7/8	International meet, Schwechat (Aut).	5-12	International Walks, Jamtland (Swe).
8	International meet, Arnhem.	7	Paavo Nurmi Games, Turku.
9	International meet, Stockholm.	7/8	International meet, Stockholm.
10	International meets, East Berlin, Florence v Leuven (Bel).	8	International meet, Milan.
12/13	International meet, Riga.	9	International meet, Karlskrona (Swe).
13	International meets, Madrid & Venice; International Marathon, Antwerp; Germany v Bulgaria (women).	10	International meet, Lage (Ger).
13/14	GDR v UK, Dresden; Germany v UK (juniors).	11	Oslo Games; Enschede Marathon.
14	Yugoslavia v Wales v Ireland (women), Skopje; International meet, Lappeenranta (Fin); Prague to Podedbrady 50km Walk.	11/12	European Cup Dec/Hept semi-finals, Brussels, Malmö & GDR or Switzerland.
15/16	World Games, Helsinki; Sweden v Norway v Switzerland, Gothenburg.	12	International Marathon, Oslo.
16/17	Cerutto Memorial, Gdansk (Pol).	14	International meets, Dublin & Lausanne.
18	Kusocinski Memorial, Warsaw.	14/15	Italian Champs.
19	Rosicky Memorial & IAAF Golden 10,000m, Prague.	16-18	Austrian Champs, Dornbirn.
19/20	Scottish Champs; Meadowbank.	16-19	Hungarian Champs, Budapest.
20	International Relays meet, Bourges (Fra); European Cup qualifying round (women), Barcelona; International Marathon, Copenhagen.	17/18	UK v USSR, Crystal Palace; French Champs, Mulhouse.
20/21	Canada v UK Dec/Hept (snr & jnr), Sherbrook (Quebec); International meets, Sotkomo & Saarijarvi (Fin); European Cup qualifying round (men), Luxembourg.	17-19	German Champs, Gelsinkirchen; Icelandic Champs, Reykjavik.
21	France v UK v Bulgaria v Switzerland (throws); France v UK v USSR v Poland v Spain (jumps), Macon.	18/19	Yugoslav Champs.
23	International meets, Cork & Vasteras (Swe).	19	International meet, Nijmegen (Hol).
23/24	UK v Germany v Poland, Crystal Palace.	21-26	World Student Games, Bucharest.
24	International meet, Paris.	24/25	WAAA Champs, Crystal Palace.
24/25	GDR v USSR (juniors), Cottbus.	24-26	International meet, Leningrad.
26	Bislett Games, Oslo; International meets, Merksem (Bel) & Uppsala (Swe).	25	International meet, Berne; International Marathon, Oyarzun (Spa).
26/27	USSR v GDR, Tbilisi.	25/26	Irish Champs, Dublin.
26-28	Greek Champs, Athens.	26	England v Scotland v Spain v Hungary (men); International Marathon, Helsinki.
27	International meet, Kvarnsveden (Swe).	29	International meets, Formia (Ita) & Budapest.
27/28	International meet, Tingvoll (Nor); USSR v GDR Dec/Hept, Kiev.	31	Talbot International Games, Crystal Palace.
28	UK v Spain v France Walks (snr & jnr men), Coventry; International meet, Leuven; International Marathon, Otwock (Pol).		
29	Saab international meet, Nykoping.		
July		August	
1	International meet, Bergen.	1	International meet, Moelv (Nor).
4/5	European Cup semi-finals (men), Helsinki, Bydgoszcz & Lille.	1/2	AAA Decathlon, Birmingham; AAA Under-20 Champs; Scotland v Ireland v Denmark, Meadowbank; European Cup 'B' Final (men), Athens.
5	European Cup semi-finals (women), Meadowbank, Frankfurt & Bodo (Nor).	2	European Cup 'B' Final (women), Pescara (Ita); International meet, Warsaw.
		5	International meet, Viareggio.
		6	International meet, Copenhagen.
		6/7	International meet, Moscow.
		7/8	AAA Champs, Crystal Palace.
		7-9	Norwegian Champs, Haugesund; GDR Champs, Jena; Swedish Champs, Skovde; Spanish Champs; Finnish Champs.
		8	International meet, Innsbruck.
		8/9	WAAA Heptathlon, Birmingham; Belgian Champs, Brussels; Dutch Champs, Utrecht; Swiss Champs, Berne.
		11/12	International meet, Reykjavik.
		12	International meet, Varnamo (Swe).
		13	International meet, Malmö.
		14	International meet, Hechtel (Bel).

- 15 International meet, Prague; International Marathon, Stockholm.
- 15/16 **European Cup Finals, Zagreb; Wales v England v Portugal, Cwmbran.**
- 16 International meet, Jablonec (Cze); International Marathon, Letterkenny (Irl).
- 18 International meet, Celje (Yug).
- 19 International meets, Zurich, Bodo (Nor) & Lignano (Ita).
- 20 International meets, Helsinki & Norrköping (Swe).
- 20-23 **European Junior Champs, Utrecht.**
- 21 **International meet (including IAAF Golden Sprints), West Berlin.**
- 22 **Edinburgh Highland Games, Meadowbank; International meet, Linz; International Road Walks, Trondheim.**
- 23 International meets, Cologne, Nice & Caorle (Ita).
- 24 International meet, Stockholm.
- 25/26 **Greece v Scotland v Wales v Luxembourg v Israel, etc, Athens.**
- 26 International meet, Koblenz.
- 28 **International meet (including IAAF Golden Mile), Brussels.**
- 28/29 **Norway v England v Yugoslavia (men) & Norway v Scotland (women), Ardal.**
- 29/30 **European Cup Dec/Hept Finals, Birmingham; Czech Champs, Ostrava; International meet, Sudstadt (Aut); International Walks, Finland & Bulgaria.**
- 30 International meet, Luxembourg; International Walks; Gdansk.
- 31 **England v Cuba v Poland v Switzerland (men-track), Crystal Palace.**
- September**
- 2/3 Hungary v Finland v Bulgaria, Budapest.
- 3 International meet, Bratislava.
- 4-6 **World Cup, Rome.**
- 5 International meet, Nitra (Cze).
- 5/6 **IAAF Race Walking World Cup semi-finals.**
- 8 International meet, Prague.
- 11 **IAC/Coca-Cola Meeting, Crystal Palace; International Marathon, Berchem (Bel).**
- 11-13 Balkan Games, Sarajevo.
- 13 **European Marathon Cup, Agen (Fra); International meet, Narvik (Nor).**
- 16 International meet, Bologna.
- 16-19 USSR Champs, Sochi.
- 18/19 **France v UK v Switzerland, Paris.**
- 19/20 International meet, Nicosia.
- 20 International meet, Rovereto (Ita); International Road Races, Brussels & Prague.
- 22/23 **Italy v UK v Austria.**
- 26/27 Greece v Norway v Czechoslovakia, Athens.
- October**
- 2-5 **Commonwealth Games Preview Meeting, Brisbane.**
- 4 Kosice Marathon.
- 10 International Marathon, Athens.
- 10/11 **IAAF Race Walking World Cup Final (men) & Eschborn Trophy (women), Valencia (Spa).**

KETTERING CHARITY CUP RACES

At Kettering, November 15th

- 1, R. Callan (Leicester) 41:55
- 2, D. Lem (Leicester) 42:24
- 3, R. Church (Nene Valley) 43:22
- 4, M. Hager (Kett) 43:34; 5, J. Wilkins (Inv)
- 43:44; 6, T. Harper (Leic) 43:59; 7, H. Boyle (Cor) 44:08; 8, G. Balfour (Leic) 44:13; 9, J. Henshall (Der) 44:33; 10, M. Rutowski (Nene V) 44:48; 11, A. Toseland (Kett) 44:50; 12, F. Miller (Charn) 44:54; 13, R. Marshall (Charn) 45:08; 14, P. Leach (Leic) 45:23; 15, G. Copps (Mil. K) 45:35; 16, R. Robbins (Swan-V) 45:43; 17, R. Grubb (C&C-V) 45:55; 18, R. Oliver (Leic) 46:08; 19, J. Montgomery (Cov) 46:26; 20, G. Faherty (Dav) 46:32. **Teams:** 1, Leicester 49; 2, Kettering Town 139; 3, Milton Keynes 195; 4, Corby 269. **(Vets):** 1, Robbins; 2, Grubb; 3, T. Laybourn (Mil. K) 47:08; 4, D. Case (E&S) 47:27; 5, J. Price (Leic) 47:43; 6, B. Forey (Rug) 47:47. **Teams:** 1, Cambridge & C 26; 2, Kettering Town 31; 3, Vauxhall Motors 43. **(Youths):** 1, C. Wills (North) 21:26; 2, M. Turner (Kett) 21:37; 3, S. Rayner (Mil. K) 21:45; 4, C. Burton (Hunt)

- 21:50; 5, L. Taylor (Leic) 22:09; 6, S. Wright (Cor) 22:18; 7, M. Walker (Leic) 22:28; 8, R. Brookes (Hunt) 22:29; 9, G. Hosier (Leic) 22:48; 10, G. Quick (North) 22:57. **Teams:** 1, Leicester 21; 2, Huntingdon 25; 3, Northampton Ph. 30. **(Boys):** 1, P. Beddington (Bed) 9:50; 2, R. Oram (Cor) 9:58; 3, M. Feely (Cor) 10:03; 4, J. Levy (Cor) 10:11; 5, K. O'Connor (Hunt) 10:13; 6, C. Cox (Mil. K) 10:15. **Teams:** 1, Corby 9; 2, Huntingdon 22; 3, Milton Keynes 40. **(Colts):** 1, R. Youngs (Hunt) 10:25; 2, R. Pearson (VoA) 10:31; 3, D. Chamberlain (Mel) 10:37. **Teams:** 1, Bedford 23; 2, Kettering Town 36. **(Women):** 1, S. Bannister (Mel) 22:35; 2, P. Bolam (Dav) 22:46; 3, K. Chambers (Charn) 23:59. **(Inters):** 1, A. McKim (North) 22:44; 2, T. Huggins (Hunt) 23:11; 3, H. Easton (North) 23:22; 4, L. Bassett (North) 24:26. **Teams:** 1, Northampton Ph. 8; 2, Kettering Town 32. **(Juniors):** 1, J. Penfold (C&C) 10:43; 2, N. Curtis (Kett) 10:55; 3, S. Eady (North) 11:05; 4, L. Gray (Kett) 11:18. **Teams:** 1, Kettering Town 16; 2, Melbourne 31. **(Girls):** 1, S. Vallis (Hunt) 11:26; 2, T. Green (Hunt) 11:46. **Team:** Huntingdon.



GERD WESSIG JUMPS FOR JOY IN MOSCOW — Photo by Tony Duffy

The dizzy rise to fame of Gerd Wessig

AT THE END of 1979, East German high jumper Gerd Wessig was still just very much a young hopeful with a 2.21m outdoor best. He shared 56th place on the world list for the year with 24 others. But in 1980 the gangling (1.96m/6'5") 21-year-old's fortunes were subjected to a dramatic upswing. Not only did he break Rolf Beilschmidt's GDR record of 2.31m, which had been the envisaged peak, but also the world record — earning an Olympic gold on the way! So much accomplishment in a single year is enough to make anyone dizzy, especially when they tend to suffer from vertigo in the first place.

It so happens that Gerd, born on July 16th 1959 in Lubz, does just that, and this had been a serious problem at the start of his high jumping career, at age 13, until he converted from the straddle to the flop.

Sport was a part of Gerd's life from the time he was a toddler. In fact, the Wessigs — father Franz and mother Elizabeth — are PE teachers at the school sports association of Goldberg, a 6,000-strong residential suburb of Lubz which huddles around a clothing factory, and have always taken the greatest care to exercise their two children, Gerd and sister Dorit, four years his junior.

The sports centre looks after some 300 of the 1,000 school-children in Goldberg on average, and clearly it has been essential for the couple that their children would be shining examples and not stragglers in sports. Modern, beautifully equipped and a bit clinical, the SSG centre is intended to provide a home from home; to keep the kids off the streets in an area almost as work-oriented and bleak as the Ruhr in West Germany, and almost totally devoid of entertainment. The centre delegates any outstanding sporting talent to the SC Traktor Schwerin club, since Schwerin — 50km from Goldberg — is the nearest city. In 1975, to the immense pride of his parents, Gerd was asked to join the club.

To start with, things were not at all easy in Schwerin for Gerd, 16 at the time. Coming from a small, slightly claustrophobic community, he expected the same recognition as in Goldberg, and something equivalent to the loving care of his parents.

Instead, he got a hard, uncompromising taskmaster in youth coach Siegfried Popp, who believed in bellowing like a sergeant-major. Gerd, whose voice was breaking and who was continually picking at his pimples and displaying other signs of teenage incubation, irritated Popp, who regularly told him off. Popp kept saying that the youngster had to find the right outlook, and even wrote to the parents several times. Family huddles ensued back in Goldberg, and when Gerd finished last but one in the Berlin Spartakiad for

his age group with a 1.70m jump, he started to complain about a lack of perspective and to talk of becoming a ship's cook. This rankled with the Wessigs, who were willing him on to excel as a jumper. "Why a ship? Stick to your athletics, and they will take you all over the place by plane," the despairing parents used to say.

In 1976 Gerd finally buckled down to work, and improved out of all recognition, setting up a personal best of 2.06m. He was duly transferred in the autumn into the capable hands of senior coach Bernd Jahn, who was also training decathlete Siegfried Stark, among others. But by this time, too, Gerd was an assistant cook at a restaurant in Schwerin, continuing to live in his parent's flat in Goldberg, and commuting daily to training and work.

By Ivan Berenyi

The heavy-duty winter training sessions that followed filled Gerd with ambition and self-assurance. "I am in good hands now," he kept saying to friends and acquaintances back in Goldberg. Probably the strongest influence though in this formative period was the friendship he struck up with Stark, who finished 6th in the Montreal Olympic decathlon and was increasingly considered a real comer. The worldly Sigi Stark and the awkward, long-limbed Gerd made an odd couple, so that they even called them the 'Dean Martin and Jerry Lewis combination' in the club for a while, but for Wessig the main thing was that Stark let him train alongside, and by the spring the youngster became a 'near-decathlete' in his own words.

Capable of around 6000 points, including 6.80m in the long jump and 4.40m in the pole vault, but slow in the sprint (11.5) and lacking stamina in the 1500 and strength in the throwing events, Wessig took part in the traditional spring decathlon of the GDR and did reasonably well.

The all-round approach did wonders for his high jumping, too, and Gerd emerged as a budding star in the summer of 1977. He achieved 2.13m in Potsdam, and then won the Spartakiad in his age group in Leipzig with the same result four weeks later. His parents were present at this gala occasion, proudly watching the progress of the apple of their eye, and Gerd, a music-lover, got a HiFi set as a present subsequently — a major status symbol in novelty-starved Goldberg.

The 2.13m jump, a record for the age group, was regarded as a very promising result by the GDR sports hierarchy, which was taking ample note of Gerd Wessig by this time. He also participated in the autumn decathlon, and

improved again. Coach Jahn was highly satisfied. "Adaptability is important for a young athlete," he said, "and Sigg Stark is a good training mate, who does not hold back advice when it is needed. We are quite a good group, I think".

In 1978 he improved his best to 2.19m to rank 5th on the national year list. Gerd also won the 1978 GDR junior championship with 2.13m. The following year he achieved his 2.21m in Leipzig, finishing 3rd behind Rolf Beilschmidt (2.30) and Edgar Kirst (2.24), and cleared 2.23m indoors in December.

At the end of 1979, it became clear that Beilschmidt, the GDR No 1 for years, would not be able to spearhead the challenge of his country's high jumpers at the Moscow Olympics, because his injury would not mend in time. Lauterbach, who although Wessig's senior only by two years was breathing down Beilschmidt's neck in 1978, lost 1979 due to injury, too. So the youngsters were told to step it up, and their coaches briefed.

Indoors in 1980, Wessig jumped 2.27m, and a couple of days later captured the GDR title with 2.25m. At the start of the main season, he got to 2.27 again on May 18th in Erfurt, beating Uwe Rudiger (2.25) and Jorg Freimuth (2.22), another rising young prospect who had won the national junior title in 1978 with 2.16m. Wessig's battle with the 2.30m barrier continued almost up to the point of departure for Moscow, but he finally managed to negotiate the height in winning the GDR title in Cottbus mid-July.

In Moscow, Poland's Jacek Wszola was considered an odds-on favourite to retain the title he won in Montreal, due primarily to his May world record of 2.35m, but the exuberant East German trio of Wessig (21), Henry Lauterbach (23) and Freimuth (19), were bursting with self-confidence.

On the day of the high jump final, August 1st, Wessig loudly enquired of Waldemar Cierpinski, the Montreal marathon champ who was to defend his title the same day: "What time are you going to get back to the stadium?" Cierpinski thought about it for a moment. "Well, let's see — about 2:10 or 2:12 after the start," he said, "so around 7.27 pm" Wessig boisterously declared: "OK, we'll be around 2.27 or 2.29 then, and we promise you that all three of us will be still in the competition".

The speculation as to what height the jumpers were attempting as Cierpinski appeared in the stadium, heading for his second gold medal, went on for some time later. Freimuth, for one, insisted that the height was 2.29, while Wessig said it had to be later, because he remembered that he got over 2.31 with the last strands of the GDR anthem, celebrating Evelin Jahl's win, still in the air. The 2.29 version was plugged by the GDR media, presumably to play on the theme that the promise was kept, but in fact the height was already 2.33 and Wessig, Wszola and Freimuth were the only jumpers left as Cierpinski strolled by.

Wessig took all heights with his first jump, and continued doing so until 2.29, which he cleared with his second. He managed 2.31 with a first attempt and 2.33 with a second. Lauterbach fell out at 2.31, and the other two at 2.33. In the most dramatic high jump final for many a year, Gerd Wessig emerged the winner. He was the champion, but continued — with the bar up at 2.36m — for the world record. He succeeded, too, with his second attempt.

As Cierpinski mounted the rostrum for his victory ceremony, the inspired Wessig came pretty close to clearing 2.38. He thanked Cierpinski for that try later, and Freimuth for helping him with the world record by saying



Rolf Beilschmidt, the GDR's undisputed number one high jumper for several years prior to Gerd Wessig's sudden rise to fame. Beilschmidt was European and World Cup winner in 1977, his best mark is 2.31m.

Mike Street

Wessig: "2.40m Is Coming For Sure, No Problem"

repeatedly: "Stay calm! Just do things simply and carry on as in training!"

In the post-competition interview, Wessig declared that "2.40m is coming for sure, no problem". Of the 3½-hour battle, he remembered most that "I was really sorry to have missed the women's 1500m final, as we reached the last stages by then and had to concentrate. I'd have loved to watch the tactics involved". On how his appetite for medals developed, he said that "I was expecting to be among the top six before coming to Moscow, but while here I saw the opposition and from then on nothing less than a medal would have satisfied me". Asked which Olympic performances impressed him most, he was unequivocal: "Cierpinski's, Kozakiewicz's and Dombrowski's". And on being quizzed as to whether there was anything that detracted from his jubilant mood, he said: "Yes. I feel truly sorry for Sigi Stark for having had to drop out of the decathlon competition, due to a muscle tear, without a medal".

The merry-go-round after the Games with its endless celebrations, and Wessig's emergence as a national teenage idol, made the GDR sporting hierarchy thoroughly uncomfortable. Planted articles started appearing in the more controlled corner of the local publishing world, like for instance the *Junge Welt* (Young World) mag, admonishing Gerd for the swagger he had adopted lately and advising that he should behave with the decorum and considered seriousness which becomes an Olympic champion.

Subsequently, Gerd appeared on TV and declared, with clouded brows and an expression of simulated adulthood: "The euphoria is gone now. The normal, grey workdays are starting again. But the memory of the past few weeks is not easy to forget. The invitations still keep streaming in from friends and acquaintances... it's quite hard being an Olympic champ".

One person whose heart fails to bleed on hearing of young Wessig's problems in coping with the hardship of being the Olympic champ is, apparently, Rolf Beilschmidt, who feels hard-done-by. Having missed Moscow due to a knee and tendon injury, the GDR No 1 for the past years was lined up with ten or so other 'golden oldies', including Wolfgang Hanisch, Ruth Fuchs, Rosie Ackermann, Angela Voigt, Marianne Adam and Sigrun Siegl within the framework of a mass retirement ceremony in August.

But Beilschmidt does not want to retire. Just like the vast bulk of the others, he would like to carry on at the top, and has already won a year's reprieve because the sports establishment has increasing doubts concerning Wessig's ability to adjust to his new status. Making hay while the

WORLD RECORD EVOLUTION

2.15 Charles Dumas (USA)	26.6.1956
2.16 Yuriy Styepanov (USSR)	13.7.1957
2.17 John Thomas (USA)	30.4.1960
2.17 John Thomas (USA)	21.5.1960
2.18 John Thomas (USA)	24.6.1960
2.22 John Thomas (USA)	1.7.1960
2.23 Valeriy Brumel (USSR)	18.6.1961
2.24 Valeriy Brumel (USSR)	16.7.1961
2.25 Valeriy Brumel (USSR)	31.8.1961
2.26 Valeriy Brumel (USSR)	22.7.1962
2.27 Valeriy Brumel (USSR)	29.9.1962
2.28 Valeriy Brumel (USSR)	21.7.1963
2.29 Pat Matzdorf (USA)	3.7.1971
2.30 Dwight Stones (USA)	11.7.1973
2.31 Dwight Stones (USA)	5.6.1976
2.32 Dwight Stones (USA)	4.8.1976
2.33 Vladimir Yashchenko (USSR)	3.7.77
2.34 Vladimir Yashchenko (USSR)	16.6.78
2.35 Jacek Wszola (Pol)	25.5.1980
2.35 Dietmar Mogenburg (Ger)	26.5.1980
2.36 Gerd Wessig (GDR)	1.8.1980

sun shines, Beilschmidt managed 2.20m in his first public competition this year.

The adjustment required of Gerd is that he gets married quickly and quietly, moves away from Goldberg and into Schwerin, and invests the 45,000 Ostmarks he got as a reward for his Olympic gold (30,000 from the Ministry, apparently, and 15,000 from his club, SC Traktor Schwerin) into furniture or something equally inconspicuous. But Gerd has his heart set on a flashy car and on staying in Goldberg with his parents, reaping the fruits of popularity. But an ostentatious flaunting of success in the GDR is frowned upon. The privileged can have sinecures and fun, but they are expected to present a blandly serious public facade to mask this.

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Who's Who In British Athletics

DAVID WARREN

FULL NAME: David Marlais Warren. Born in London, 11.2.56. Height: 1.83m/6'0". Weight: 71kg/156 lbs. Pulse rate at rest: 42. Club: Epsom & Ewell Harriers. He is a student and lives in Southminster, Essex. Hobbies & interests: skiing and sailboarding.

Became interested in athletics while at Epsom College, through the influence of John Potter, the athletics master. Started at 800m and 1500m. Joined Epsom & Ewell in 1973. Competed in the English Schools' Championships twice, winning the 2000m steeplechase both times (1974 & '75). Early inspiration: "Dave Bedford was my hero". The athletes he admires most today are Miruts Yifter and Bronislaw Malinowski — "Yifter because he seems to have found the elixir of youth, and Malinowski for his all-round ability and tenacity".

Realised he could reach international level "after winning the English Schools in 1975, but I always thought it would be in the steeplechase". Favourite events now are the 800m and 1500m.

Annual progression:

	800m	1500m
1975	1:54.4	—
1976	—	—
1977	1:47.4	—
1978	1:48.1	—
1979	1:48.6	3:42.8
1980	1:46.2	3:41.2

Personal bests: 400m — 48.3 (1980); 800m — 1:46.2 (1980); 1500m — 3:41.2 (1980); 3000m —

8:06.0 (1979); 2000mSC — 5:41.4 (1975); 3000mSC — 9:03.6 (1979). Major achievements during his career include: 1977 & 1978 — UK Champion; 1980 — Olympic Games 8th.

Most pleasing performance was making the Olympic final and his greatest disappointment was dropping out of the 1979 UK 1500m final. His immediate aim is "to run a decent 400m", and long-term "to improve on eighth place in the Olympic final". Intends to compete until 1984, but will not stay in athletics after retirement. Enjoys "the camaraderie between athletes, particularly between middle and long distance runners", and dislikes "badly organised, late-running meetings". He is a qualified ski instructor and his father played hockey for the RAF and the Eastern Counties.

Advice to a youngster taking up athletics: "Don't expect too much too young! Enjoy a variety of sports before specialising in any particular sport, but once you have decided to concentrate on one, be dedicated to it and train with definite goals".

Training

Trains twice a day in winter and once (sometimes twice) a day in summer. Runs for about 45 minutes in the morning and for about two hours in the afternoon. Has to drive for an hour to get from home to Hornchurch all-weather track. Coached by Chris France from 1974 to 1979, and since then by Norman Rice.



Dave Warren in the lead during the 800m at this year's Philips Night of Athletics. Seb Coe (1) went on to win in 1:47.5, with Andras Paroczai of Hungary (9) second in 1:48.1 and Dave third in 1:48.5.

Peter Tempest

Whilst he is in America (Murray State University) he is advised by Bill Cornell, the ex-UK 800m international.

"When I was younger, coaching was vital. Now it's not so much coaching but guidance and advice which has been invaluable". Sees his coach once a week in winter, four times a week in summer. Dislikes "long steady runs on my own, but they are okay in a group" and likes high quality track sessions.

Training cycle: October to January — basic preparation; January to May — pre-season training; May onwards — track season. **Typical week's training in winter:** Sunday: am — 10M, pm — 3M plus 10x150m. Monday: am — 6M, pm — 4x ¼M (6 min recovery). Tuesday: am — 5M, pm — 7M plus weights and bounding. Wednesday: am — 5M, pm — 4x1M (6 min recovery). Thursday: am — 5M, pm — 7M plus weights and bounding. Friday: am — 5M, pm —

12x400m (1 min recovery). Saturday: am — 5M; pm — weights. **Typical week's training in summer:** Sunday: am — 5M, pm — 4x600m (4 min recovery). Monday: am — 5M, pm — 3x500m (full recovery). Tuesday: am — 5M, pm — 5x200m differentials (100m slow and fast acceleration). Wednesday: am — 5M, pm — 6x300m on grass. Thursday: am — rest, pm — 3x3x200m (30 sec between each 200m, 3 min between sets). Friday: Rest. Saturday: Compete. Has no plans to change this in the near future. Likes to compete every two weeks.

Comment: "I think more consideration should be given to the choice of venue for major championships and trials. My main complaint was the choice of location for this year's Olympic trials (part II). It was fairly early in the season so the conditions were not favourable for fast times. This early in the season there would have been more chance of better weather further south".

AARON MEMORIAL RACES

At Leeds, November 8th

1, Bingley (P. Moon 9:54, D. Slater 9:40, S. Binns 9:20, C. Moore 9:59) 38:53;

2, Leeds City (G. Ineson 10:05, M. Baxter 9:49, J. Doherty 9:28, P. McGouran 10:14) 39:36;

3, Sunderland (G. Smith 9:35, C. Bark 10:24, G. Forster 9:37, G. Rippon 10:21) 39:55;

4, Lancaster Univ. 40:24; 5, Sunderland 'B' 40:26; 6, Holmfirth 40:32; 7, Sheffield 41:18; 8, Airedale & SV 41:34; 9, Airedale & SV 'B' 41:35; 10, Leeds City 'B' 41:39; 11, Lancaster Univ. 'B' 42:13; 12, City of Hull 42:16. (Vets): 1, Bingley (C. Windle 10:30, D. Anderson 10:43, G. Spink 11:19, N. Green 12:05) 44:37; 2, Pudsey & B 46:44; 3, Escafeld 49:13. (Youths): 1, A. Leach (Brad. GS) 16:46; 2, N. Horn (Holm) 17:26; 3, R. Nerurkar (Brad. GS) 17:28; 4, S. Fielding (Bing) 17:36; 5, S. Degnan (Long) 17:38; 6, D. Burchill (Stret) 17:46; 7, M. Ainsworth (Rown) 17:47; 8, W. Aylesbury (Leeds) 17:50. **Teams:** 1, Bradford GS 35; 2, Leeds City 38; 3, Longwood 43; 4, Halifax 44; 5, Holmfirth 44; 6, Stretford 44. (Boys): 1, M. Taylor (Long) 11:35; 2, I. Howey (Long) 11:44; 3, J. Herries (Brad. GS) 11:47; 4, G. Devine (Bing) 11:54; 5, P. Hudson (Sun) 11:58; 6, M. King (Stret) 12:01. **Teams:** 1, Longwood 10; 2, Stretford 27; 3, Bradford GS 36; 4, Sunderland 38. (Colts): 1, P. Causey (Wig) 10:48; 2, G. Bird (Sun) 10:52; 3, S. Tinsley (Stret) 11:03. **Teams:** 1, Wigan 23; 2, Sutton (St. H) 37; 3, Bingley 42.

KENT WOMEN'S LEAGUE

At Dartford, November 28th

1, T. Neale (Dart) 17:27; 2, L. Jemmett (Dart) 17:48; 3, J. Bigos (Wig) 17:58; 4, L. Hall (Ash) 18:14; 5, K. Wade (Wig) 18:21; 6, H. Tandy (Ash) 19:03. **Teams:** 1, Dartford 16; 2, Wigmore

18; 3, Ashford 19. (Inters): 1, J. Rose (Ash) 13:05; 2, A. Wittekind (Dart) 13:25; 3, C. Mole (Med) 13:34; 4, K. Dryett (Dart) 13:37; 5, S. Covington (Med) 13:53; 6, S. Bishop (Med) 14:15. **Teams:** 1, Medway 14; 2, Dartford 14; 3, Ashford 28. (Juniors): 1, H. Conti (Med) 11:52; 2, H. Dawton (Med) 12:20; 3, M. Shepherd (E. Kent) 12:22; 4, K. Blount (Dart) 12:25; 5, R. Mattocks (Med) 12:30; 6, S. Hotchkin (Med) 12:52. **Teams:** 1, Medway 8; 2, Dartford 23. (Girls): 1, N. Way (Ton) 10:36; 2, L. Hatherley (Dart) 10:42; 3, J. Rudolph (Med) 10:48; 4, H. Chilver (Ton) 11:03. **Teams:** 1, Tonbridge 15; 2, Medway 16.

CAMBERLEY WOMEN'S OPEN CC MEETING

November 30th

1, K. Whapshott (Brack) 19:42; 2, M. Samy (Brack) 20:18; 3, K. Taylor (S&E) 22:06; 4, S. Compton (Brack) 22:17; 5, C. Hills (F&C) 22:31; 6, H. Tandy (Ash) 23:00; 7, J. Prier (Croy) 23:04; 8, S. Culleton (Lut) 23:42. **Teams:** 1, Bracknell; 2, Fleet & C. (Inters): 1, T. Long (F&C) 13:29; 2, W. Norman (Hasl) 13:41; 3, A. Neal (F&C) 14:00; 4, D. Hillyer (Havant) 14:18; 5, S. Burling (Fare) 14:28; 6, H. Stringer (Fare) 14:29; 7, A. Bathie (Brack) 14:32; 8, C. Upsher (F&C) 14:38. **Teams:** 1, Fleet & C; 2, Fareham; 3, Bracknell. (Juniors): 1, K. Petford (And) 11:33; 2, H. Wallace (And) 11:36; 3, H. Appleby (And) 11:40; 4, L. Pigrome (And) 11:54; 5, S. Anderson (S&C) 12:13; 6, K. Smith (And) 12:16; 7, A. Perran (And) 12:20; 8, A. Nash (Brack) 12:24. **Teams:** 1, Andover; 2, Andover 'B'; 3, Sutton & C. (Girls): 1, R. Hughes (F&C) 11:36; 2, L. Smith (F&C) 12:04; 3, J. Smith (F&C) 12:16; 4, A. Rees (F&C) 12:25; 5, D. Ebdon (F&C) 12:57; 6, K. Samain (Hayes) 13:00. **Teams:** 1, Fleet & C; 2, Fleet & C 'B'; 3, Sutton & C.

Spotlight on Sarah Rowe

FULL NAME: Sarah Jane Rowe. **Born:** Gloucester, 13.8.63. **Height:** 1.73m (5'8"). **Weight:** 56kg (124lb). Attends Denmark Road High School for Girls, is a member of Gloucester AC and is coached by her father. Hobbies outside of athletics are playing the guitar, painting, drawing, helping at the Handicapped Institute, hockey and badminton. Her brother, David, won the Welsh Boys high jump title in 1978. Got started in athletics "at the age of 5½, when I won my race at the village fête". Joined Gloucester AC in 1973.

Has competed in the English Schools' Championships four times. In 1977 she was eliminated in her heat of the Junior 800m, and since then has competed in the high jump. She was fourth in the Intermediate event in 1978, dropped to fifth in 1979, but won the senior title in 1980. Other major achievements include: 1978 — Welsh high jump champion; 1979 — WAAA Inter pentathlon, 1st (CBP); Bells International, 1st high jump; WAAA Inter high jump, 3rd; 1980 — Wales v Austria (Graz), 1st high jump; UK v Switzerland, 2nd heptathlon; WAAA, 3rd high jump; Inter-area heptathlon, 2nd (UK Junior rec).

Personal bests: 100m — 12.2; 200m — 25.1; 400m — 57.4; 800m — 2:12.7; 100mH — 14.2w (14.35); HJ — 1.82m; LJ — 5.75m; SP — 9.52m; JT — 30.00m; Pent — 4002; Hept — 5272.

Annual pentathlon progression:

1977 — 3235 (J)	1979 — 3786 (I)
1978 — 3419 (I)	3738 (I/100H)
	1980 — 4002

Likes "multi-events in general, but for favourites it's a draw between hurdles, high jump and 800m". Enjoys "meeting different people, the company of other athletes, travelling and competition atmosphere". Dislikes "over-officious officials".

Training: **Summer:** Monday — circuits; Tuesday — sprinting, throwing, techniques; Wednesday — long run; Thursday — sprinting, technique; Friday — rest; Saturday — competition; Sunday — long run. **Winter:** Monday — circuits; Tuesday — road work; Wednesday — circuits; Thursday — road work; Friday — rest; Saturday — circuits; Sunday — road work.

Performance that has given the greatest pleasure is winning the 1980 English Schools high jump, and the one that caused the greatest disappointment was failing to reach the Junior 800m final in the 1977 English Schools. Considers "everybody" as a main rival, "because there's always somebody". Admires "Steve Overt, for his single-mindedness, and Chris Benning, for the courage of her convictions". Short-term aim is to get her 'A'-levels and long-term is "to be the best".

Comment: "I feel that there is a great wealth of talent, even within my own club, that passes unnoticed by those who are capable of providing the resources and help required to reach top level athletics".

Hampshire County WAAA officers: hon. secretary — Mrs. V. Tubb, 46 Oliver Road, Southsea, Hants (Tel: 25753); championships sec. — Mrs. B. Tabor, 6 Chandlerford, Eastleigh, Hants (Tel: 67855).



Sarah in action at this year's English Schools Championships, where she won the high jump with a championship best of 1.81m — the performance that has given her most satisfaction to date.

Eileen Langsley

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Coaches Education

THAT COACHES require certain areas of knowledge in order to accept the responsibility of directing the course of an athlete's ambition has been recognised and acted upon in a variety of ways by different cultures. In Eastern Europe, coaches' education has been offered through Sports Institutes; in Finland and the German Federal Republic, it has been developed through specialist education at schooling departments of a given sport; in Canada, the Coaches' Accreditation Scheme, most sophisticated in the Western World, has centralised coaches' education for all sports in the Coaching Association of Canada. In the United Kingdom, throughout the history of National Coaching, coaches' education has been the focus of time and energy by National Coaches and those who have volunteered expertise in this direction, but there has been no nationally co-ordinated programme of coaches' education courses.

It could be said that the pattern of growth of coaches' education within our sport in the UK has been to the disadvantage of sport related aspects of our culture. Here, Physical Education as it developed, leaned more towards "Education" than "Physical", creating a credibility gap between the profession and sports coaching — which, in turn, stretched the gap still further in becoming too specialised for the Physical Educationalist. In those countries where Physical Education grew apace with physical recreation and sports coaching, under the broader umbrella of physical culture, there has been a clearer picture of where there is close relationship between the three. Part of this picture is that of a "common core" of knowledge central not only to all sports, but to all aspects of physical culture.

In the East European sports coaching

programmes, and in the West where a country has had a specialist branch of sport, or central Coaches' Education Programme, this "common core" has been seen as a mixture of Training Theory, Movement Theory and Teaching Theory. For the sake of simplicity, we might refer to this as "Coaching Principles" — the bridge that spans the gap between sport science and practical coaching.

BAAB Coaching Strategy (Part 2) — By Frank Dick

At the National Coaches' Conference in November 1976, an appreciation of this situation initiated a move towards considering a review of the coaches' education side of the UK Coaching Scheme. Clearly, "Coaching Principles" had to become part of our BAAB Coaching Award syllabus, but more than that, while many words had been written and spoken about standardising coaching award examination procedures, the nub of our problem was really standardising the service we offered coaches by way of coaches' education, and relating this to the changing face of coaching within our sport and our sport within our society.

Consequently, as the new BAAB Coaches' Education Programme evolved, its shape and content grew from consideration of several factors, amongst them:—

1. There is a need to offer a nationally co-ordinated service at local level.

2. The coaches education courses implied by the new BAAB Coaches' Education programme, must not require excessive time commitment nor cost.

3. The problem of identifying relevant coaching principles, and spreading it through our syllabus has to be solved. There are precious few references in English in this area, and consequently National Coaches have had to build things from scratch. Needless to say, there have been teething troubles. However, I believe that, given a positive and constructive attitude throughout coaching, to work towards getting it right, rather than being poised for attack when it goes wrong, the quality and quantity of this part of the syllabus will quickly achieve the standard required by our coaches.

4. The three levels of BAAB Coaching Award, Assistant Club, Club, and Senior, were initially felt to be insufficient to allow a reasonable spread of our expanding syllabus. However, in the interest of continuity it was decided to keep the three levels, whilst bearing in mind that there may eventually be the possibility of a fourth.

5. (a) Although there has been a general increase in numbers of qualified coaches at all levels in the UK, there is a concomitant increase

THAMES VALLEY HARRIERS OPEN GRADED MEETING

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

**WED., 7th JANUARY, 1981
AT WEST LONDON STADIUM**

- 6.50 p.m.** 300m (all age groups except J.L.)
- 7.10 p.m.** 1000m (all age groups)
- 7.30 p.m.** 2000m (all age groups except J.L.)
- 7.55 p.m.** 600m (all age groups)
- 8.10 p.m.** B.M.C. Invitation Event
- 8.20 p.m.** 3000m (Senior & Inter Women)
- 8.35 p.m.** 5000m (Senior & Junior Men)

Entries: Seniors and Senior Ladies, 25p per event; others 20p per event, to: Peter Lenton, 1 Cell Farm Avenue, Old Windsor, Berks., stating name, age, address, club, event and best recent performance.

in "drop out". This is greatest in the Assistant Club level coaches not progressing to club level. This should be considered along with the fact that, in most clubs, the beginner coach works with the beginner athletes.

5. (b) The athlete who comes to your club for the first time tonight has a completely different background to that of our coaches when they went as beginner athletes to a club. Then, they arrived having been introduced to the sport by their teacher, or through limited TV coverage, or (in my case) through an accumulator powered "wireless" commentary. Now, the beginner athlete has, through TV, watched every athletic event; seen action replays in slow motion, and has been given technical commentary on what he or she sees by David Coleman, Ron Pickering, Stuart Storey, Adrian Metcalfe, Alan Pascoe or Tom McNab. When this "new" beginner arrives at your club, we owe it to him/her and to the sport, to ensure that his/her interest and enthusiasm is given the reward of a basic but sound introduction to any event he/she wishes to try.

5. (c) Putting (b) and (c) together it is clear that, within the constraints of and in the interest of athletes and sport, we must ensure that each coach coming into the sport is offered a service geared to affording him/her sufficient education to understand and meet the needs of today's beginner athletes. This irrespective of how long coaches remain with the sport, or to which award level they aspire.

Against this backdrop then, the BAAB Coaches Education Programme has been developed and, hopefully, will progress towards being fully operational by the winter of 1982/83. In the meantime, I shall outline the programme in its present form, aware that it is an evolving programme, and, as with all aspects of education, it must be dynamic and capable of modification. Moreover, it should reflect the changing culture of which it is part; developments within the sport and coaching; and accelerating progression in educational technology.

(to be continued)

IPSWICH ROUND THE TOWN RACES

These races are **definitely** taking place **tomorrow (28th)**, not today as originally advertised, starting at 2.00 pm.

Essex County AAA officers: secretary, CC & road sec — H. Williams, 84 Tyelands, Billericay, Essex (Tel: 52594); track & field sec — R. Gill, 3 Thorogood Way, Rainham, Essex; walking sec — J. Hedgethorpe, Bridge Farm, Halstead Road, Stanway, Colchester, Essex; coaching sec — C. Mustoo, 10 Dee Close, Upminster, Essex; officials sec — B. Hart, 134 Forest Glade, E4 9RJ.

Barnsley Marathon

November 30th

1, J. Norman (Altrincham) 2:22:31
2, R. Maule (Coventry) 2:22:43
3, D. Austin (Manchester) 2:24:54
4, P. Bryan (Hav) 2:26:09; 5, J. Wagstaffe (Tip) 2:26:28; 6, V. Phillips (Ply) 2:28:39; 7, M. Mountford (Staff) 2:28:47; 8, A. Gibson (NZ) 2:29:41; 9, M. Harris (Mor) 2:29:48; 10, M. White (Yk. U) 2:29:54; 11, S. O'Callaghan (WYP) 2:31:19; 12, C. Singleton (Unatt) 2:31:33; 13, P. Kilby (Alt) 2:31:55; 14, G. Naylor (Rock) 2:32:09; 15, W. Bland (Kes) 2:32:21; 16, R. Belk (A&SV) 2:32:30; 17, P. Flatman (CoH) 2:32:45; 18, C. Chandler (Dur. B) 2:32:50; 19, H. Symonds (Alt) 2:33:02; 20, K. Mayor (Bol) 2:33:21; 21, J. Cook (Stain) 2:34:27; 22, E. Oxlade (Anna) 2:34:48; 23, D. Jones (North) 2:34:55; 24, D. McKenzie (ESH) 2:35:02; 25, A. Vernon (Staffs M) 2:35:11; 26, M. Taylor (D&S) 2:35:21; 27, K. Robinson (Bing) 2:35:55; 28, G. Kay (Staff-V) 2:36:13; 29, M. Pickard (E&E) 2:36:48; 30, C. Woodward (Leam) 2:37:09; 31, R. Turner (Rug) 2:37:13; 32, M. Jones (Eryri) 2:37:14; 33, P. Haworth (Kes) 2:37:15; 34, P. Sugden (Ox. C) 2:37:35; 35, D. Allen (Man) 2:37:52; 36, E. Palmer (BH&M) 2:38:01; 37, M. Rawson (Hallam-V) 2:38:15; 38, D. Oddy (Spn) 2:38:21; 39, N. Johnson (Army) 2:38:58; 40, P. McDonald (L&M) 2:39:28; 41, B. Dale (M&C) 2:39:43; 42, K. Jarrett (B'burn) 2:40:11; 43, E. Mischowitz (NZ) 2:40:25; 44, D. Trickett (Hallam) 2:40:37; 45, P. Simpson (Liv) 2:40:43; 46, E. Kirkup (Roth-V) 2:40:44; 47, D. Cartwright (Barns) 2:40:54; 48, T. Corbett (Barns) 2:41:20; 49, A. Smith (Leam) 2:41:26; 50, T. Llewellyn (L&M-V) 2:41:36. **Teams:** 1, Altrincham 33; 2, Stafford 116; 3, Keswick 124. **(Vets):** 1, Kay; 2, Rawson; 3, Kirkup. **(O/45):** 1, Kirkup; 2, Llewellyn; 3, S. Malcolm (Bol) 2:42:17. **(O/50):** 1, Kirkup; 2, Llewellyn. **(O/55):** B. Hage (Notts) 3:11:39. **(Women):** 1, V. Marot (Yk. U) 2:55:38; 2, A. Bland (Ken) 2:58:05; 3, M. Chambers (Blay) 2:59:32; 4, P. Haworth (Kes) 3:12:19; 5, M. Barlow (Unatt) 3:17:38; 6, M. Rosen (Barnet) 3:21:19; 7, J. May (Ross) 3:28:03; 8, L. Lord (Clay) 3:30:04; 9, P. Hudson (Roch) 3:34:28; 10, K. Wartnaby (Craw) 3:45:23.

SEB COE BACK IN ACTION

Racing for the first time since a back injury forced him to bring his post-Olympic track season to a premature close in August, Seb Coe represented Loughborough 'B' in the Osterley Park cross-country relay at Isleworth on December 3rd. He took over 6th and handed over 4th, clocking 14:31 for his three-mile stint. Birmingham University won the race in 57:12, with Dave Clarke (Borough Road) posting fastest time of 13:54.

ATHLETIC EVENTS

With over 20,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £2.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £17, ½ page £32, page £60. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

TONBRIDGE ATHLETIC CLUB 4th SCHOOLS CROSS COUNTRY RACES

SATURDAY, 7th FEBRUARY, 1981
from 1.45 p.m.

3 x 2 mile races for boys, age groups U/12, U/13, U/14 — run 8, score 6 — for The Courier Cup aggregate trophy. 3 Rotary Club race trophies. Individual and team medals and certificates.

Venue: Southfields Park, Southborough, nr. Tunbridge Wells, Kent.

SAE for application form to: Mr. M. Davies, Skinners' School, Tunbridge Wells TN4 0PG, Kent.

ENTRIES CLOSE SAT., 17th JANUARY

READING A.C. OPEN GRADED MEETING

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

SUNDAY, 11th JANUARY, 1981
At the new Palmer Park All weather track
First Event 1.30 p.m.

EVENTS:

150m SM, Y, B, SL, IL, JL. 3,000m SM, Y, B.
300m SM, Y, B, SL, IL, JL. H.J. SM, Y, B, SL, IL, JL.
600m SM, Y, SL, IL, JL. J.T. SM, Y, B, SL, IL, JL.

Entry Fees: 30p 1st event, 20p thereafter. Entries, with name, age, club, event and p.b. to Roger Cuff, 45 Royal Avenue, Calcot, Reading. Tel: 0734 29984.

Closing date Wed., 7th Jan., no late entries.

COLWYN BAY A.C.

TWIN PIER ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 31st JANUARY, 1981
Start 1 p.m.

1. Senior Men 19 Km
Round Great Orme, Llandudno Pier to Colwyn Pier
2. Senior Men 10 Km (6.313 miles measured)
3. Senior Women 10 Km
4. Junior Men 10 Km

Llandudno Pier to Colwyn Bay Pier & Eirias Park
5. Youths 4 Miles
Little Orme to Colwyn Bay Pier & Eirias Park

6. Races for Boys/Girls 11/12, 13/14, Start 12.15 pm

Awards: 1st 3 Inds Races 1 & 2, 1st Ind. Races 3, 4, 5 & 6. 1st Vet. Race 1 & 2. 1st Team Race 2.

Entry Fee: 80p (no team fee) £1.25 entries on day. SAE for details Mrs G. Fox, 22 Woodhill Road, Colwyn Bay. Tel. 31026. Full results posted 20p.

CLOSING DATE JANUARY 24th

Japanese Triumph In Fukuoka Marathon

DEPRIVED of their chance of Olympic glory this year, the top Japanese runners aimed instead for the Fukuoka Marathon on December 7th — and scored a bullseye as they filled first three places and had four men running 2:10:23 or faster! Conditions were near perfect for fast times, and the result was that Britain's Dave Cannon found the excellent time of 2:11:35 good 'only' for tenth place. The Fukuoka course is very flat, and the temperature on the day was 12°C with a light breeze.

The first half of the race was not unduly fast as the runners faced the wind. The first 5km took 15:27, the second 15:38, the third 15:43 and the fourth 15:53. A large bunch, including Cannon, reached the halfway turning point in 1:06:15, with Britain's other representative Ian Thompson passing in 1:06:47.

It was from the halfway mark that the pace was stepped up. The stretch from 20 to 30km (1:33:03) was covered in a fierce 30:22 (15:14 plus 15:08) . . . but that was only the prelude to the real running. Waldemar Cierpinski and the top Japanese sped through the next 5km in a stunning 14:45! Cannon maintained a fair pace (15:26) and yet found himself over 200m behind at the 35km point. Toshihiko Seko and Takeshi Soh dropped Cierpinski on the next sector (15:20) with Cannon slowing to 16:04.

Seko went on to win a close race in 2:09:45 (second half in an astonishing 1:03:30), to become the ninth man in history to break 2:10, while Takeshi Soh became the tenth with 2:09:49 in second place. Kunimitsu Itoh finished third in 2:10:05, just ahead of Australia's Gary Henry (whom Dave Cannon beat, 2:11:22 to 2:11:37, in Montreal in September). Japanese record holder at 2:09:06, Shigeru Soh (the runner-up's twin brother) was fifth, one place ahead of the Olympic champion.

Cannon said he had mixed feelings about his run: pleased with the fast time but not so happy about his position. "I know now that I can run with anyone in the world", he said, adding that the flatness of the course was not ideal for him as he likes a few hills — which, as a former champion fell runner, is not surprising. Ian Thompson faded after 30km to finish 32nd.

1, Seko (Jap) 2:09:45; 2, T. Soh (Jap) 2:09:49; 3, Itoh (Jap) 2:10:05; 4, Henry (Aus) 2:10:09; 5, S. Soh (Jap) 2:10:23; 6, Cierpinski (GDR) 2:10:24; 7, Pfeffer (USA) 2:10:29; 8, de Castella (Aus) 2:10:44; 9, Taketomi (Jap) 2:11:27; 10, Cannon (UK) 2:11:35; 11, Heffner (USA) 2:12:35; 12, Durden (USA) 2:13:25; 13, Lismont (Bel) 2:13:35 . . . 32, Thompson (UK) 2:18:14.

We'll Never Forget Her



It doesn't seem possible, but ten years have passed since that sad Boxing Day of 1970 when Lillian Board died of cancer at the age of 22. As I wrote at the time, "Lillian's fame will endure as a result of her wonderful athletics career and her incredibly courageous fight against the illness that was eventually to cut her life so tragically short". And so it has, for after ten years the memory of this lovely girl remains as bright as ever. Her legion of friends and admirers will always remember her with affection, and a new generation of athletes has grown up with her name as an inspiration. The thoughts of all of us in athletics will be with Lillian's family at this time.

M.W.



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MEETING**

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

Tweseldown Racecourse, Fleet, Hants.

Races: (commencing at 12.30 p.m.), Girls, Junior Ladies, Inter & Senior Ladies, Colts, Boys, Youths, Junior & Senior Men.

Awards: Top quality medals with 1st 3 individuals in each age group, 1st 3 teams in each race also 1st 3 Vets.

Entries on the day 60p, no team fee.

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Business — Fleet 20568.

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English Runners Dominate Tullamore Road Race

THE 12km INTERNATIONAL Senior race provided its usual galaxy of colour and excitement on November 16th, but once the big field got away following a 'bumpy start' and despite an early break by the Irish contingent which included Robert Costello and John O'Toole, it soon became evident that the strong British invasion of Keith Penny, Steve Kenyon and Andy Armitage were going to make their presence felt in a big way, and their powerhouse running had them commanding the lead up front by the 3km mark. This pattern more or less continued to 7km, where former winner of this race, Neil Cusack (Limerick), made his challenge for leadership, but failed to match the pace of Penny, Cusack and O'Connor.

Up front, at the 9km mark a great race was in battle for individual honours. Penny led Kenyon by five metres with Armitage dropped. Then with 400m left Kenyon, running in the Ron Hill Sports Club colours, came through with a devastating thrust to capture the title in a new course record of 34:18. Jim McLaughlin led a well drilled Duncairn team to victory from Southerners Leevale.

Paddy Larkin

1, S. Kenyon (Ron Hill Sports) 34:18
2, K. Penny (England) 34:23
3, A. Armitage (England) 35:01
4, D. O'Connor (Marb. C) 35:13; 5, N. Cusack (Rol) 35:21; 6, R. Verriet (Hol) 35:27; 7, J. McLaughlin (NI) 35:35; 8, R. Costello (Rol) 35:36; 9, D. McDavid (Ulst) 35:39; 10, P. Murphy (Rol) 35:43; 11, J. McGlinn (Don) 35:44; 12, J. O'Toole (Rol) 35:50; 13, J. Griffith (St. J) 35:53; 14, G. Hannon (NI) 35:56; 15, G. Hannon (Dunc) 35:57; 16, B. Downey (Kild) 35:58; 17, R. Deeney (Dund) 35:59; 18, P. Lawther (NI) 36:00; 19, B. Watson (Eng) 36:07; 20, S. Gibson (NI) 36:09; 21, M. Brameld (Eng) 36:17; 22, B. White (Lett) 36:24; 23, B. Wessenaer (Hol) 36:26; 24, M. Marley (Clon) 36:28; 25, M. Byrne (Clon) 36:29; 26, S. O'Flynn (L'vale) 36:30; 27, E. Ruane (Castle) 36:31; 28, N. Mentink (Hol) 36:32; 29, P. McGrath (Ulst) 36:38; 30, T. Ryan (Dung) 36:41; 31, J. Scanlon (Gal) 36:43; 32, A. Amos (N. Eng) 36:44; 33, S. Doherty (Dunc) 36:45; 34, D. McGann (CS) 36:46; 35, B. McBride (RHS) 36:47; 36, P. Whyte (Mid) 36:48; 37, E. Oxlade (Anna) 36:51; 38, T. Annett (Dunc) 36:53; 39, G. Craig (Dunc) 36:54; 40, N. McCarron (Ulst) 36:54; 41, M. Walsh (L'vale) 36:55; 42, D. Hodgins (L'vale) 36:58; 43, D. Noonan (Clon) 36:59; 44, M. Deane (Bel. O) 37:00; 45, B. Leddicot (N. Eng) 37:08; 46, G. Carr (Metro) 37:10; 47, J. Maher (Raheny) 37:18; 48, G. Richards (RHS) 37:19; 49, M. Murosch (Dunc) 37:21; 50, P. Coyle (Lourdes) 37:22.
International Teams: 1, Republic of Ireland 23;

2, England 24; 3, N. Ireland 39; 4, Holland 57; 5, Ulster SC 77; 6, Ron Hill Sports 84; 7, North of England 138. **Inter-Club:** 1, Duncairn 147; 2, Leevale 303; 3, Clonliffe 349; 4, Letterkenny 381; 5, Limerick 394; 6, Annadale 436.

(Vets): 1, M. Connolly (Don) 9:31; 2, W. Brannigan (N. Down) 9:42; 3, E. Spillane (Don) 9:50; 4, V. Dunne (Don) 9:51; 5, J. Larkin (S'side) 9:54; 6, D. Walsh (Dub. C) 9:55; 7, M. Mullen (Mull) 9:57; 8, S. Cooney (Mull) 10:00; 9, K. Hawtin (N. Down) 10:03; 10, W. Dunne (Don) 10:04. **Teams:** 1, Donore 14; 2, North Down 28. **(Juniors):** 1, D. Lynch (Don) 8:50; 2, P. Donovan (Pearse) 8:59; 3, R. Murtagh (Lisna) 9:03; 4, A. O'Reilly (Don) 9:06; 5, A. Rajam (Dunc) 9:09; 6, E. Curran (Ardee) 9:14; 7, J. Weaver (Mull) 9:15; 8, S. O'Neill (B'mena) 9:16; 9, T. Wright (Anna) 9:17; 10, M. Byrne (Don) 9:20. **Teams:** 1, Donore 15; 2, Ballymena 38; 3, Leevale 77; 4, Raheny 86. **(Women):** 1, C. Meagan (Dund) 10:10; 2, C. May (Dub. C) 10:24; 3, D. Nagle (Dub. C) 10:31; 4, P. Appleby (Crus) 10:38; 5, E. Dowling (Dub. C) 10:43; 6, P. Griffin (Ballin) 10:44; 7, S. Treacy (Dub. C) 10:48; 8, A. Murphy (Dub. C) 10:51; 9, V. O'Mahony (Toher) 10:54; 10, A. Smith (Dub. C) 10:58. **Teams:** 1, Dublin City 14; 2, Dublin City 'B' 21; 3, Dundrum 32.

MIDLAND POLICE LEAGUE

At Warwick, November 12th

1, Lem (Leic) 26:13; 2, Newman (TV) 26:13; 3, Barnes (Wks) 26:27; 4, Steven (W. Mid) 27:22; 5, Pymm (Leic) 27:29; 6, Smith (Leic) 27:36. **Teams:** 1, Leicester 860; 2, W. Midlands 808; 3, Staffs 720. **(Women):** 1, J. Beech (Leic) 16:35; 2, A. Pugh (Ryton) 17:09; 3, M. Turl (W. Mid) 17:14. **Team:** W. Midlands.

At Northampton, November 26th

1, Newman 35:09; 2, Barnes 35:22; 3, Pymm 36:04; 4, Smith 35:35; 5, Steven 36:53; 6, Lowe (TV) 37:11; **Teams:** 1, Leicester 842; 2, W. Midlands 810; 3, Thames Valley 808. **(Women):** 1, Beech 23:11; 2, Turl 24:08; 3, V. Jones (Wks) 24:30. **Team:** W. Midlands.

SCOTTISH SERVICES LEAGUE

At Kinloss, November 26th

1, Johnson (Loss) 35:18; 2, Reynolds (Kinl) 35:39; 3, Duffy (CS) 36:22; 4, Martin (Forr-Gst) 36:43; 5, Curtis (Kinl) 36:53; 6, Bell (Kinl) 37:09. **Teams:** 1, Kinloss 386; 2, 45 Commando 371; 3, Lossiemouth 354.

Hastings AC officers: secretary — C. Lindsey, The Banks, Mountfield, Nr. Robertsbridge, E. Sussex (Tel: 0580 880047); officials sec — Miss J. Hazell, Flat 2, Clarence House, St. Clements Place, Hastings.

athletics weekly



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RULES

1. Entries must be submitted on plain paper with the entrant's name, address and entry voucher (left hand corner) attached.
2. All entries should be sent to 'Athletics Weekly', Christmas Quiz, 344 High Street, Rochester, Kent ME1 1DT, to arrive not later than first post, Monday, January 19th, 1981.
3. No responsibility can be accepted for entries lost, mislaid in the post, or damaged by any cause whatsoever.
4. Entries which are defaced, are illegible, do not include the entrant's name, address or entry voucher, cannot be considered.
5. The decision of the editor is final and no correspondence can be entered into.

'AW' OLYMPIC QUIZ

1. Who holds the Olympic 5000m record? Is it (a) Lasse Viren; (b) Miruts Yifter; (c) Brendan Foster?
2. Who was the first man to beat 2:20 for the marathon in authentic conditions: (a) Emil Zatopek; (b) Jim Peters; (c) Alain Mimoun?
3. Remembering that David Jenkins was born in Trinidad, the fastest British-born 400m runner of all time is: (a) Glen Cohen; (b) Robbie Brightwell; (c) Alan Bell?
4. If Bob Beamon's 8.90m leap in Mexico City remains the world record for as long as did Jesse Owens' jump of 8.13m (26'8¼") set in 1935, it will survive until (a) 1984; (b) 2001; (c) 1993?
5. The first man to throw the discus beyond 60 metres was: (a) Al Oerter; (b) Jay Silvester; (c) Ludvik Danek?
6. Roger Bannister was the first man to break 4 minutes for the mile and John Landy was the second. The third was a Hungarian. Was it (a) Sandor Iharos; (b) Laszlo Tabori; (c) Istvan Rozsavolgyi?
7. The youngest athlete ever to compete for the

British senior team is (a) Jane Parry; (b) Sonia Lannaman; (c) Janis Walsh?

8. Which of these athletes appeared in Olympics 20 years apart: (a) Dorothy Tyler; (b) Al Oerter; (c) Vladimir Golubnichiy?

9. Who was the first man to break 14 minutes for 5000m: (a) Paavo Nurmi; (b) Gunder Hagg; (c) Emil Zatopek?

10. Who was the last Briton before Seb Coe to win the Olympic 1500m? Was it: (a) Sydney Wooderson; (b) Arnold Strode-Jackson; (c) Albert Hill?

11. Anagram (1): Rearrange the letters in SARA STEENDSSON to form the name of a well-known British woman athlete.

12. Anagram (2): Rearrange the letters in THOMAS PLEYDON to form the name of a well-known British male athlete.

* * *

The prizes described on the opposite page will be awarded, in sequence, to the first all-correct (or, if applicable, nearest to correct) entries opened on January 19th. The result will be announced in the issue for January 24th. Good luck!



What have these three men (467 in first photo) in common?

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7 p.m. — 600m (M/F all ages)

8 p.m. — MILE (Senior, Junior & Youth)

WED., 11th MAR., 1981

7 p.m. — 800m (M/F all ages)

8 p.m. — 3,000m (Senior, Junior & Youth)

WED., 8th APR., 1981

7 p.m. — 1,000m (M/F all ages)

8 p.m. — 10,000m (Senior & Junior Men)

WED., 13th MAY., 1981

7 p.m. — 1500m (M/F all ages)

8 p.m. — 5,000m (Senior & Junior Men)

Entries: Vets., Senior Men, Ladies 30p per event, others 20p per event, to: Caroline Whitehurst, (c/o Runnercare), 175 Ferensway, Hull, stating name, age, address, club, event and best recent performance. S.A.E. for travel directions & acknowledgement.

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The Marathon? It's all Greek to me

— protests Charlie Spedding

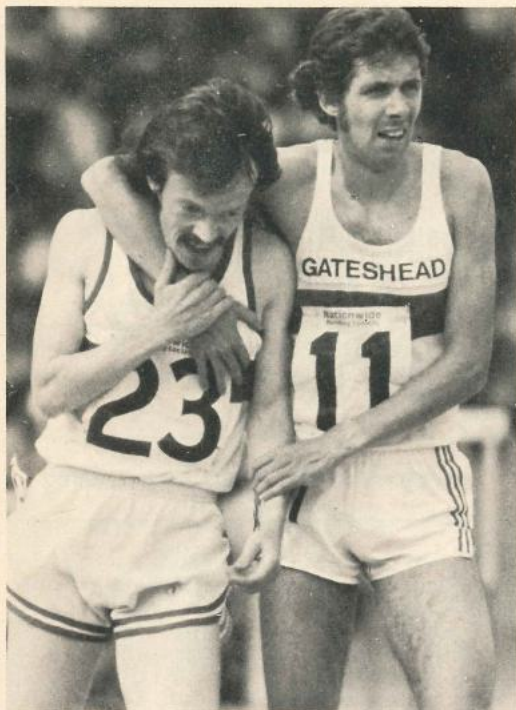
I HAVE NOW been living in Boston, Massachusetts, for a couple of months and I am still amazed by the enormous popularity of running. In Gateshead, the track was in such demand that it was sometimes necessary to make a booking. However, when I want to go running in Boston, I have to reserve the pavement. My fellow itinerants come in all shapes, sizes, ages, sexes and colours, and they undoubtedly make ordinary training runs more tiring as I feel obliged to reply to their continual greetings of "Hi, how are you doing?" and "Have a nice day!"

At first this mass participation appeared to be very healthy, and I was impressed, but I soon became aware that runners here are obsessed by a certain 26 mile event, which takes place every April. Whether they run 100 miles per week or 20 miles per week, they are all training for the marathon. This "Marathon Madness" has reached epidemic proportions throughout Massachusetts, and I have enormous difficulty explaining to people that, yes, I do run 80 miles per week, but, no, I do not run marathons. They find it completely incongruous; it is like trying to explain breathing to a fish.

Boston is not only the world centre of marathoning, but it is also the hub of American academic life. Harvard University is only one of a hundred-plus educational institutions in the city. Most Bostonians are well aware of this, and many of them take advantage of these academic privileges by attending part time courses in such things as the "History of Classical Greece". In fact, this is such a popular subject that it is a common topic of conversation in bars and restaurants throughout the suburbs. Indeed, a forthcoming exhibition, at a Boston museum, of materials associated with Alexander the Great caused front page news, and much discussion.

Alexander is regarded as an enigma, because he was able to lead an army which conquered huge portions of the known world, but was unable to live longer than 32. The cause of his death has been the centre of controversy. Dr. John Maxwell O'Brien has attributed Alexander's early demise to "acute alcoholic withdrawal complicated by malaria". Greek officials and sponsors of the exhibition have naturally expressed concern over this harsh assessment of the man's imbibition.

I have spoken to a great many people about this, and I have collected considerable



Charlie Spedding being warmly shaken by the throat by one of his clubmates.

Mike Street

information on the subject. Interestingly none of the people I spoke to had the intention of settling the controversy. They all preferred to accept the fact that he was known to drink, and look beyond this in search of greater profundity. They wished to ponder that elusive and baffling question. Why? Why was Alexander such an enigma? Why was he able to conquer the world but live no longer than 32? The answer, I am told, is simply that he failed to learn from the experience of the great scholars of classical Greece. Reams have been written about the science, philosophy and poetry of these great men, but apparently there is still something of significance to add. I have uncovered information which I believe will throw light on the dark areas of our understanding, and I am presently compiling this knowledge in a paper entitled; "Aristotle, Pythagoras and Homer — a comparative study of their best marathon times".

It is a little known fact that marathon racing was an intensely disputed avocation in Greece long before Pheidippides brought it to popular attention with his rather dramatic death at the finish line. Indeed, it was *de rigueur* for all men in public life to have a good marathon time. Philosophers and poets were no exception, and

my research shows that they understood this, and used their excellent brains to great advantage.

It appears that Homer was the best marathoner of this very elite group. In fact, he was so good that had he not spent so much time and energy writing the *Iliad* and the *Odyssey*, he may well have made quite a name for himself as an athlete. My information shows that Homer intuitively grasped the requirements for a proficient marathon performance, and, of course, his unsurpassed knowledge of tactics made him an invincible opponent.

Aristotle was the logical philosopher who felt that more and more training would produce faster and faster times. He took his belief to such extremes that he could never have been sitting still. Even while teaching his theories at the Lyceum he would continually walk to and fro, and he became so well known for this that today his name is synonymous with peripatetic people. Unfortunately, but not surprisingly, this relentless training left him drained on race day, and he was never able to match the poet's sense of the big occasion.

Pythagoras was a competent athlete, but was also a bit of a screwball. He believed in an explanation of the universe in terms of numbers, and revelled in the statistical side of marathon running. He was forever calculating the ideal speed per mile, or quoting Homer's fastest splits at ten and twenty miles. His training was based on sound principles, but he allowed his theorem on right angle triangles to influence him too much. Eventually it became a perversion, and although he could run as fast as any of his contemporaries on a straight road, he was totally unable to cope with the multitude of curves and slopes which he inevitably encountered on a 26 mile course.

And so what of Alexander the Great? He made an all too common mistake among distance runners who have failed to study Homer's training diaries. Flushed by his early success he pressed on and on, eager for the taste of victory. He inevitably pressed too far; he had too many hard competitions in too short a time with too little rest. The pressure was overpowering, and he took solace in the grape.

Central Region AC officers. secretary — A. Booth, 67 Argyle Way, Dunblane, Perthshire (Tel: Dunblane 824139 (h), Stirling 71811 (b)); coaching sec. — R. Crawford, 7 George Street, Larbert, Stirlingshire (Tel: Larbert 3714 (h), Stirling 70089 (b)); CC sec. — J. Paterson, 44 Pompee Road, Sauchie, Alloa, Clackmannanshire (Tel: Alloa 215520); women's CC sec. — A. Rogers, 5 Abercromby Place, Stirling (Tel: Stirling 3948).

VERY FAST WALKING BY CAROL TYSON

ON AN AFTERNOON when, if you were going to walk, you were going to walk quickly, some excellent times were recorded at the RWA National Championships for Women at Battersea Park on December 6th. A positively uninspiring flat circuit of something less than 1000m offered superb spectator visibility, yet for the likes of Carol Tyson and the 44 other finishers in the Senior/Intermediate 5km event it must have been pretty monotonous.

Carol indeed must have found it altogether pretty dull as she strode purposefully to an emphatic victory in a very swift 23:05, having thrown off the initial challenge of Jill Barrett by the completion of the first of five laps. Jill, perhaps, suffered from the fact that the 5km was held as a combined race, as her early challenge to Carol may have been the reason she had little to offer as Sarah Brown swept alongside and past, by halfway, to take second place overall and the Intermediate title. These two will surely be to the fore of British race walking for many years to come.

As I said, Carol was clear by the end of the first circuit, followed by Jill, Sarah, Gillian Edgar, Judy Farr, Lillian Millan, Charlotte Nichol, Sandra Hogg, Beverley Francis, Brenda Lupton, Elizabeth Gaffer and Karen Nipper, and this early, the field was well spaced out. Her lead had stretched to some 80m by the second time round and Sarah had now opened a slight gap over Jill in second, but these three were so dominant that the next challengers, who were now Gillian and Beverley, walking together, were 90m back. The pace now seemed to reach Jill, and by halfway Sarah had gone 50m clear in second place. Beverley was now beginning to edge into a clear fourth, and with little over 1000m left was obviously relaxing as she knew second place in the Senior race was assured. Little wonder that she was as surprised as anybody when she was then 'pulled'.

The 5km was being judged under International rules, whereby a walker should be aware of three warnings. She and her 'corner' did not dispute the disqualification, but Beverley was clearly upset that she **did not know** of any of her warnings. She is just getting back to some sort of form after adjusting her training schedule to the strange hours of life in the Sussex Police. Her comments of "I thought I was going slowly then" and "I think I'll stick to cross country" were from a very disillusioned young lady.

(In fairness to the judges, Alan Buchanan told me after the race that Beverley's number did appear on three of their cards — but she most definitely was not aware of any warnings — nobody can act that well).

None of this, of course, was affecting the first three and with the gaps now just widening, Carol

came home very comfortably. Her 23:05 was 43 seconds better than her best track time of 1980, whilst Sarah also produced a remarkable sub-24 minute effort to take the Intermediate crown.

Helen Ringshaw and Lisa Langford seemed set to have a monumental battle in the Junior 3km event, as by the end of the first circuit they had opened an 80m gap from Karen Bowers. Helen it was who was setting the blistering pace, and Helen it was who suffered from the eagle eyes of the judges and was removed before half distance. But as I was reliably informed "She's been pulled before". Both this and the Girls' race were under British Rules.

Barry Trowbridge reporting

This left the title in Lisa's hands but it looked like being a good scrap for second. Karen was slightly ahead of T. McGlenn, (AF&D), and the Harborne pair of Dawn Naylor and Corinna Rawlings were involved in their own battle for fourth. Slowly but surely Dawn left Corinna, and as she did so she closed on third. Drama came right at the finish as enthusiasm got the better of heel-and-toe. Imagine the Hampshire girl's disappointment as she too was 'pulled' — with less than 20m to go.

Sally Clark made a superb start in the Girls 2½km and with about 600m covered had a 30m advantage over Helen Lawley, Sally Bearman, Alison Gallagher and Jane Bolton. Her joy was shortlived though, as by the end of the circuit the gap was closing fast, Helen leading the assault. By halfway the Weymouth girl was in front and she was never headed after that, although Alison gave her a good battle until the closing stages. Sally Clark 'left the race' on the last circuit which left her clubmate/namesake, Sally Bearman, a safe third.

SENIOR 5KM

1, C. Tyson (Lakeland)	23:05
2, L. Millan (Lakeland)	25:24
3, J. Farr (Trowbridge)	25:47
4, B. Lupton (Sheff) 25:51; 5, S. Jennings (Trow)	26:28; 6, S. Howard (Bol) 27:17; 7, D. Wood (Sheff) 27:17; 8, S. Crutchley (Harb) 27:46; 9, S. Hughes (Lake) 27:51; 10, K. Blows (Hav) 28:16; 11, D. Mann (B&H) 28:26; 12, M. Paige (Shrew) 28:56; 13, E. Page (Stey) 29:28; 14, C. Bean (Stey) 29:35; 15, J. Cork (S'end) 29:40; 16, D. Miley (Harb) 29:58; 17, C. Wood (Bol) 30:32; 18, P. Bryce (B&H) 30:44; 19, R. Scott (Bol) 31:05; 20, M. Cox (Trow) 31:08. Teams: 1, Lakeland 10; 2, Trowbridge 20; 3, Bolton 27. Southern

Champs: 1, S. Brown (Steyning) 23:57; 2, J. Barrett (Ver-I) 24:18; 3, Farr; 4, F. Rider (Camb. H-I) 26:18; 5, Jennings; 6, P. Willis (B'stoke-I) 27:36.
Team: Trowbridge.

INTERMEDIATES 5KM

1, S. Brown (Steyning) 23:57
 2, J. Barrett (Verlea) 24:18
 3, C. Edgar (Lakeland) 25:09
 4, K. Nipper (Roath) 25:26; 5, S. Hogg (Lake) 25:30; 6, E. Gaffer (Leic) 25:33; 7, C. Nichol (S&SH) 26:07; 8, F. Rider (Camb. H) 26:18; 9, W. Toach (Leic) 26:30; 10, P. Willis (B'stoke) 27:36; 11, E. O'Rawe (S'end) 28:04; 12, T. Butler (Hav) 28:31; 13, H. Roe (RS&B) 29:08; 14, M. Brookes (Bole) 29:17; 15, J. Marshall (Hav) 30:08; 16, D. Nicholls (Bole) 30:17; 17, L. Kemish (Harb) 30:38; 18, M. Barker (Bole) 30:39; 19, H. Ryan (E&E) 31:24; 20, S. Webb (Harb) 32:46. **Team:** Bolehall.

JUNIORS 3KM

1, L. Langford (Wolverhampton & B) 14:55
 2, K. Bowers (Bromsgrove & R) 15:24
 3, D. Naylor (Harborne) 15:27
 4, C. Rawlins (Harb) 15:40; 5, J. Skinner (B'stoke) 15:51; 6, R. Sugg (B&R) 15:58; 7, F. Nicol (S&SH) 16:00; 8, P. Blaymire (Yk. P) 16:01; 9, M. Prince (S&SH) 16:09; 10, E. Ryan (E&E) 16:12; 11, L. Urquhart (E&E) 16:20; 12, Je Blundell (B&R) 16:27; 13, C. Wells (S'end) 16:45; 14, N. Friedrich (Ton) 16:45; 15, J. Shorthouse (Bole) 16:47; 16, L. Naldrett (Stey) 16:59; 17, L. Pearce (S'end) 17:16; 18, S. Matthews (Stey) 17:23; 19, A. Ransome (S'end) 17:42; 20, D. Ellis (S'end) 17:52; 21, S. Redworth (Shrew) 18:03; 22, Z. Edwards (Sy. B) 18:05; 23, A. Hind (Bole) 18:18; 24, I. Wright (MHS) 18:28; 25, S. Simmonds (MHS) 18:35; 26, Ty. O'Reilly (S'end) 18:44; 27, C. Kale (AF&D) 18:55; 28, S. Larsen (Brack) 18:58. **Teams:** 1, Bromsgrove & R 12; 2, Harborne 22; 3, Southend-on-Sea 32.

GIRLS 2½KM

1, H. Lawley (Weymouth) 12:53
 2, A. Gallagher (Bromsgrove & R) 13:04
 3, S. Bearman (Steyning) 13:30
 4, J. Bolton (Bole) 13:43; 5, A. Dance (Stey) 13:55; 6, M. Bean (Stey) 14:29; 7, B. Norchi (Bole) 14:33; 8, V. Kennard (Stey) 14:36; 9, D. Hatton (Harb) 15:01; 10, J. Savage (Stey) 15:14; 11, A. Davies (Stey) 15:25; 12, V. Bray (Harb) 15:31; 13, Ta. O'Reilly (S'end) 15:35; 14, J. McLoughlin (Sy. B) 15:43; 15, A. Stevens (Stey) 15:56; 16, J. Mason (Bole) 16:01; 17, J. Dowling (Rowl. S) 16:08; 18, T. Follett (Brack) 16:20; 19, F. Lawrence (B'stoke) 16:31; 20, R. Presdee (Harb) 16:59. **Teams:** 1, Steyning 8; 2, Bolehall 19; 3, Steyning 'B' 23; 4, Harborne 30.

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LEADING UK WOMEN WALKERS 1980

Any amendments, additions and details of unreported performances to NUTS' standards (in brackets) should be sent to the compiler at 10 Grange Court, Sudbury Hill, Harrow, Middlesex, HA1 3QQ.

3 KILOMETRES TRACK (16:40)

13:46.3 Carol Tyson
13:56.0 Irene Bateman
14:26.4 Sarah Brown (I)
14:31.9 Jill Barrett (I)
14:38.0 Beverley Francis
14:53.0 Karen Eden
15:33.0 Susan Till
15:40.0 Brenda Lupton
15:41.4 Fiona Rider (I)
15:42.4 Elaine Worth
15:49.6 Julie Robery
15:58.0 Elizabeth Gaffer (I)
16:02.4 Charlotte Nichol
16:03.0 S. Hogg (I)
16:10.4 Karen Nipper (I)
16:12.0 C. Edgar (I)
16:23.6 Karen Blows
16:28.6 Elizabeth O'Rawe (I)
16:36.8 Helen Ringshaw (J)
16:39.0 Louise McCarthy (I)
16:47.7 Caroline Fierek (I)
16:55.8 Janice Wilkinson (I)
17:08.9 Helen Downie (I)
17:11.7 Tina Butler (I)
17:17.0 Petra Willis (I)
17:19.6 Lesley Smith (I)
17:22.1 Cheri Irving (I)

5 KILOMETRES TRACK (29:00)

23:48.7 Carol Tyson

24:06.9 Irene Bateman
24:23.8 Elaine Cox
25:18.5 Jill Barrett (I)
25:30.2 Elaine Worth
26:08.0 Karen Eden
26:13.8 Sarah Brown (I)
26:17.0 Susan Till
26:49.6 Beverley Francis
26:58.0 Judy Farr
27:07.2 Julie Robery
27:19.0 Christine Coleman
27:24.4 Fiona Rider (I)
27:34.4 Elizabeth Gaffer (I)
27:35.7 Louise McCarthy (I)
27:35.8 Wendy Toach (I)
27:46.7 Brenda Lupton
28:21.2 Marie Paige
28:29.1 Helen Roe
28:35.2 Karen Blows
29:00.6 S. Hughes
29:14.8 Tina Butler (I)
29:25.6 C. Edgar

10 KILOMETRES TRACK (60:00)

49:30.4 Carol Tyson
50:38.8 Irene Bateman
51:51.0 Elaine Cox
53:39.0 Karen Eden
54:48.0 Elaine Worth
56:30.4 Julie Robery

56:54.0 Christine Coleman
56:59.0 Judy Farr
57:17.0 Susan Till
57:36.0 Sheila Jennings
58:48.8 Wendy Toach (I)
58:58.0 Helen Roe

JUNIOR 2½ KILOMETRE TRACK (14:25)

12:43.0 Karen Bowers
12:43.0 Lisa Langford
12:57.0 Dawn Naylor
13:21.2 R. Swigg
13:21.4 Helen Ringshaw
13:43.2 Fiona Nichol
13:51.7 Kerry Wellings
13:52.1 Elizabeth Ryan
13:52.8 J. Croot
13:54.2 Michael Price
13:56.0 Corinna Rawlins
13:57.4 J. Taylor
13:58.2 L. Urquhart
13:58.5 Jeanette Blundell
13:58.6 S. Prince
14:02.5 Margaret O'Rawe
14:09.5 J. Skinner
14:15.5 Katrina Todd
14:18.0 K. Williams
14:25.8 A. Hind
14:27.6 J. Christian

YOUNG ATHLETES CROSS-COUNTRY RACES

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At Riverside Park (behind Gateshead Stadium)

1.15 p.m. Girls (11-12)
1.30 p.m. Colts (11-12)
1.45 p.m. Boys (13-14)
2.15 p.m. Junior Ladies (13-14)
2.30 p.m. Youths (15-16)
3.00 p.m. Junior Men (17-19)

3 × ¼ Mile Relay Race
3 × ½ Mile Relay Race
3 × 1½ Miles Relay Race
1½ Miles Individual Race
3 × 1½ Miles Relay Race
3 Miles Individual Race

(Ages as on 1st September, 1980)

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Awards: First 3 teams in Relay Races and a prize for fastest time. First 6 in Individual Races if justified by entry.

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CLOSING DATE FOR ENTRIES — FRIDAY, 9th JANUARY, 1981

Olly Flynn Retires From International Racing

MANY FOLLOWERS of athletics, and racewalking in particular, will be surprised to learn that the delighted winner of the 30km in Edmonton will not endeavour to defend his Commonwealth title at Brisbane in 1982.

Regarded as 'l'enfant terrible' of British walking in many quarters, the tall Basildon man had served a long apprenticeship prior to his first National triumph in 1974. It may come as a surprise to younger walkers and recent followers of the sport that Olly, in his earlier days, was a regular competitor in British events on both the track and road and, in fact, won several winter open '7s'.

Though he did not know it at the time, the result of the Met. WC Junior 5M at Battersea Park on April 6th 1968, gave Olly a foretaste of who would be his most dangerous and consistent rivals during the major part of the 70's in Britain:— 1, P. Embleton 38:25; 2, R. Mills 38:44; 3, B. Adams 38:51 . . . 7, O. Flynn 40:55.

Tragically, Phil Embleton passed away in 1974, but Roger Mills and Brian Adams have always challenged keenly and taken advantage whenever Olly has not been at his very best. His National record is outstanding:

10M: 1st — 1975/76 (69:59)/78; 1977/79 — Disqualified.

20km: Five consecutive wins, 1974-78, with times of 88:58 ('75), 88:42 ('77) after a great battle with Mills (88:50) and 88:44 ('78). 1979 — Disqualified.

30km: 1st — 1976.

His omission from the 1974 European, 1977 Lugano Cup and 1980 Olympics, all in controversial circumstances, still rankles with the Essex man, but he did compete with distinction in the '75 Lugano (8th — 88:08), after leading early on, Montreal Olympics (14th — 91:42), and the '79 Lugano (27th — 87:49). However, his finest hour was his 1978 Commonwealth 30km win (2:22:03.7) when, in very tough conditions, he outlasted Australia's powerhouse Willi Sawall after a race-long battle. An excellent victory which, I am sure, will always remain fresh in his memory.

By Colin Young

Two men would appear to have influenced Olly in his early career — Phil Everard and Phil Embleton. The former, a consistent walker at all distances for over 30 years, was one of those unsung coaches who installed tenacity, determination and commonsense into young walkers. After having helped John Webb and Colin Young to Championship level, he built up a squad of excellent prospects at Basildon including Olly Caviglioli, Andy Grant, Greg Smith as well as Olly. Unfortunately, Phil passed away in 1972, just as the latter was approaching the top level in the Senior ranks. That brilliant prospect, Phil Embleton, whose full potential was sadly never realised, showed by his eye-opening intensive training and dedication what could be achieved, and Olly took over Phil's training regime when his close friend was no longer there to share the sessions. One wonders if both Phils were living today if Olly's attitude to racing, his opponents, and the sport generally would have been different. Though in recent years his competitive appearances have become increasingly less frequent, Olly has never, to his opponents' chagrin, appeared 'race rusty' and he has always given of his utmost in his races.

Certainly, whenever he toed the line, his opposition could be assured of a 'real race' from the gun, as he invariably chose to force the pace from the very start; and it has been noticeable in recent years, due no doubt to his demanding training schedule and accumulated experience, that he has been able to add a 'second kick' in the vital closing stages when under pressure from his nearest rivals.



OLLY FLYNN

Mike Street

Utterly convinced of his own methods, Olly has always maintained that it is due to the 'advantages', legal or illegal according to existing rules, gained by some of his foreign opponents, that has prevented him from gaining the highest honours. While that may be very true, this observer still muses that if his two early influences, Everard and Embleton, had still been around, the 'big man' would have followed in the footsteps of Thompson, Matthews and Nihill, and stood on the top of the podium in an Olympics or European. However, as it turned out, Olly did it his way . . . and why not?

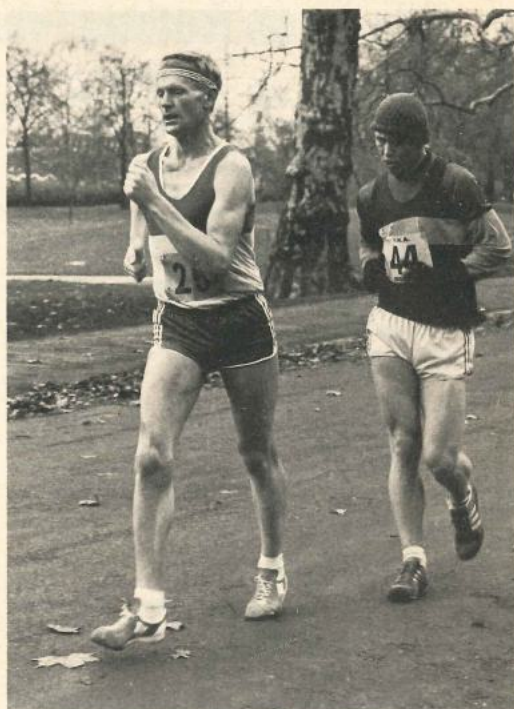
Lancs WC 10km Yacht Handicap, at Leigh (November 21st). Fastest: A. Taylor 46:52; 2, S. Uttley (Ilf) 48:33.

Adrian James has narrow win over Paul Blagg in Phil Embleton Memorial 15km, at Battersea Park (November 29th). Bitterly cold weather did not stop Adrian James or Paul Blagg burning round five circuits of Battersea Park in times over two minutes faster than Bob Dobson when he had a close tussle with Ian Richards in 1978. On this occasion nearly 3½ minutes down, Bob journeyed up from Cardiff to get third, closely followed by the consistent Roger Lancefield. 1, A. James (Enf) 67:15; 2, P. Blagg (Bel) 67:21; 3, R. Dobson (Ilf) 70:43; 4, R. Lancefield (Sy) 71:01; 5, D. Hay (Hay) 73:18; 6, J. Newnham (Bel) 73:50; 7, S. Marshall (Bel) 74:08; 8, M. Scamell (Bel) 74:46; 9, S. Uttley (Ilf) 74:48; 10, E. Crossingham (Bel) 76:05; 11, D. Salter (Enf) 76:54; 12, N. Perry (B&H) 76:56. Team: Belgrave.

Lugano Cup Final venue to be moved. The latest news is that the event due to be held at Guadalajara, Mexico on October 10th/11th will now be moved to Europe. The most probable location is Valencia, Spain, which had been earlier earmarked for the 1983 event.

The vast number of competitors likely to contest the final will, no doubt, be pleased with the move in view of the travel, food and climatic problems likely to be encountered in Central America. With Jorge Llopert and Jose Marin currently at the head of Spanish athletics, the Lugano Cup Final is likely to receive excellent local support and further popularise the sport in Iberia.

Plenty of post-race excitement in the World Military 20km, at Sao Paulo (November 7th). Finishing a surprise first, Brazil's Waldemar Da Silva was then disqualified for clearly flaunting the rules while beating Alessandro Pezzatini. Also ruled out after finishing was Domenico Carpentieri, who was deemed to have broken the straight leg rule while being sick at 18km. He was later reinstated. 1, A. Pezzatini (Ita) 1:34:32; 2, W. Wiedermann (Ger) 1:35:28; 3, D. Carpentieri (Ita) 1:40:42; 4, K. Benamou (Alg) 1:42:06; 5, T. Ribeira (Bra) 1:42:36.



Adrian James leading from Paul Blagg in the Phil Embleton Memorial 15km.

Fred Popplewell

Helmut Gauder and Sue Orr voted tops for 1980. The East German 50km Olympic Champion and the Australian girl impressive in wins in Scandinavia and the US were voted top male and female walkers by the selected panel for the *Race Walking Record*. Top British male was Chris Maddocks, his late season British 50km best giving him the verdict over Moscow Olympians, Ian Richards and Roger Mills. Top British lady was Carol Tyson with only Irene Bateman as a serious challenger. The new RWA Junior 10km champion, Richard Dorman, was voted as the most promising walker. The panel consisted of journalists and members of the RWA Committee.

NARWA Winter League, at York (December 6th) (10km): 1, R. Hankin (Sheff) 45:33; 2, S. Tyas (Yk) 45:44; 3, D. Staniforth (Sheff) 46:01; 4, B. Graham (Yk. P) 46:51; 5, D. Shaw (Sheff) 47:56; 6, W. Tweedhope (Yk. P) 48:09; 7, S. Tonks (Sheff) 48:33; 8, T. Stevenson (Sheff) 49:52; 9, B. Moss (Yk. P) 50:12; 10, J. Murphy (Yk. P) 50:18. **(Juniors, 10km):** 1, J. Champion (Sheff) 52:37; 2, D. Griffin (Sheff) 53:42. **(Youths, 5km):** 1, C. Wallace (Sheff) 25:14; 2, R. Loftus (Yk. P) 26:00. **(Boys, 5km):** 1, P. Fitzpatrick (Stock) 25:44; 2, G. Jackson (Yk. P) 30:13.

BATH & PERCY VICTORIA PARK**ROAD RACES****November 22nd**

1, N. Gates (Bris) 18:57; 2, L. Roberts (Car) 19:28; 3, A. Ireland (B&V) 19:29; 4, M. McGéoch (Les C) 19:37; 5, D. Cowles (West) 19:38; 6, M. Pritchard (Car) 19:40; 7, D. Francis (West) 19:43; 8, J. Duncan (West) 19:46; 9, G. Davis (Bris) 19:49; 10, P. Helene (Ath. de P) 19:55; 11, W. Buxton (Bris) 19:56; 12, T. Jones (Bris) 20:03; 13, G. Clarke (Bris) 20:04; 14, B. Plain (Car) 20:08; 15, J. Valentine (Cle) 20:13. **Teams:** 1, Westbury 20; 2, Bristol 21; 3, Cardiff 22. **(Vets):** 1, H. Clayton (Bris) 20:46; 2, R. Pannell (Bris) 21:09; 3, B. Sharp (Ov) 22:16; 4, B. Gore (Trow) 22:29; 5, M. Hehir (Trow) 22:32; 6, J. Thomas (Ov) 22:43. **(O/50):** D. Fleming (Cle) 23:15. **(Youths):** 1, C. Slowley (Bris) 15:58; 2, G. Barber (S&E) 16:20; 3, I. Manners (Cle) 16:23; 4, S. Rose (Bris) 16:40. **(Boys):** 1, A. Crane (Cle) 12:17; 2, N. Comerford (B&V) 12:34; 3, R. Daly (West) 12:37; 4, C. Waters (Ox. C) 12:41. **Teams:** 1, Oxford City 17; 2, Barry & V 33. **(Colts):** 1, S. Cowley (West) 8:39; 2, P. Stevenson (B&P) 8:42; 3, S. Godwin (Bris) 8:45. **Teams:** 1, Bournemouth 18; 2, Bristol 26. **(Women):** 1, C. Bradford (Cle) 22:35; 2, C. Curthoys (B'mouth) 25:07; 3, C. Hughes (Read) 25:18. **Team:** Trowbridge. **(Inters):** 1, K. Fairbrass (Read) 8:21; 2, J. Thomas (Car) 9:38; 3, S. Hayle (West) 9:48. **Teams:** 1, Reading 11; 2, Trowbridge 21. **(Juniors):** 1, L. Griffin (Read) 9:20; 2, L. Pigrome (And) 9:28; 3, J. Eeles (Read) 9:31; 4, L. Webb (High) 9:51. **Teams:** 1, Reading 11; 2, Bournemouth 37. **(Girls):** 1, N. Mounty (Whit. SC) 9:42; 2, A. Hall (Bris) 9:49. **Teams:** 1, Whitchurch SC 22; 2, Westbury 26.

TOM RILEY TROPHY**At Chelmsford, November 22nd**

(Youths): 1, A. Parr (Ex. B) 16:45; 2, R. Gray (Ex. B) 16:46; 3, G. Couch (Bas) 16:49; 4, I. Chalk (Bas) 16:50; 5, P. Haynes (Bas) 17:00; 6, M. Gibbs (Chelm) 17:10; 7, K. Berrett (Hav) 17:24; 8, S. Clark (Ex. B) 17:25; 9, S. Burr (Ex. B) 17:49; 10, R. Latham (Ex. B) 17:57. **Teams:** 1, Essex Beagles 20; 2, Basildon 27; 3, Chelmsford 42. **(Boys):** 1, J. Knight (S'end) 15:00; 2, L.

Bright (Col) 15:03; 3, T. Dufosse (Ex. B) 15:04; 4, F. Treanor (S'end) 15:07; 5, R. Campbell (Harl) 15:15; 6, S. Debenham (Ex. B) 15:19. **Teams:** 1, Essex Beagles 27; 2, Southend-on-Sea 37; 3, Havering 46. **(Colts):** 1, R. Middleton (Hav) 10:29; 2, H. Thomas (Bas) 10:32; 3, J. Kiernan (Hav) 10:37. **Teams:** 1, Havering 13; 2, Basildon 37; 3, Essex Beagles 74. **(Inters):** 1, S. Jefferies (Hav) 15:11; 2, S. Foster (Thur) 15:42; 3, M. Lyons (Bas) 15:45; 4, T. Feeney (Bas) 15:45; 5, S. Bidwell (Bas) 16:37; 6, P. Brooks (Hav) 16:54. **Teams:** 1, Basildon 29; 2, Havering 53; 3, Chelmsford 63. **(Juniors):** 1, D. Beer (S'end) 10:26; 2, G. Dawson (Bas) 10:32; 3, K. Carroll (Hav) 10:37; 4, A. Valentine (Bas) 10:39; 5, C. Eagleton (Hav) 10:50; 6, P. Radley (Bas) 10:58. **Teams:** 1, Basildon 19; 2, Havering 35; 3, Chelmsford 77. **(Girls):** 1, W. Catlin (Ex. B) 8:45; 2, C. Weatherill (Chelm) 8:46; 3, L. Cue (Harl) 8:55. **Teams:** 1, Essex Beagles 27; 2, Havering 40; 3, Harlow 40. **Overall:** 1, Havering 262; 2, Basildon 255; 3, Essex Beagles 217; 4, Chelmsford 127; 5, Southend-on-Sea 106; 6, Harlow 91.

SHROPSHIRE CHAMPIONSHIPS**At Telford, November 29th**

(Youths): 1, A. Yates (Tel) 19:07; 2, R. Furniss (Shrew. S) 19:27; 3, J. Mitchell (Shrew. S) 19:37; 4, K. Falshaw (Stirch. US) 20:14; 5, A. Morris-Jones (Elles. C) 10:23; 6, D. Tudor (Shrew) 20:40. **Teams:** 1, Shrewsbury Sch. 21; 2, Telford 36. **(Boys):** 1, K. Wells (Tel) 17:28; 2, C. Weekes (Tel) 17:50; 3, D. Parks (Shrews) 18:09; 4, A. Rockell (Tel) 18:10. **Teams:** 1, Telford 13; 2, Shrewsbury Sch. 40. **(Colts):** 1, A. Allport (Shrew) 16:41; 2, R. Owen (Ids) 17:06; 3, D. Gandon (Wen) 17:07. **Teams:** 1, Adams 51; 2, Wenlock OS 51. **(Women):** J. Perry (New C) 22:11. **(Inters):** 1, J. Poston (Tel) 20:10; 2, J. Lane (Tel) 20:30; 3, M. Butterfield (Tel) 21:09; 4, D. Link (W&B) 21:30; 5, R. Harris (Tel) 21:54. **Teams:** 1, Telford 6; 2, Wenlock OS 42. **(Juniors):** 1, C. Early (Tel) 17:46; 2, H. Anslow (Ids) 18:13; 3, A. Harvey (Tel) 18:48; 4, A. Evans (Tel) 19:22. **Teams:** 1, Telford 13; 2, Idsall 33. **(Girls):** 1, A. Ross (Tel) 14:29; 2, H. Fraser (M. Webb) 14:37; 3, K. Hall (BRJ) 14:40. **Teams:** 1, Telford 31; 2, Mary Webb 39.

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