

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

thletics

DECEMBER 30th 1978

Vol. 32 No. 52

22p

World's Leading Performers (Men) 1978

*** Momentous Career
of Alan Pascoe**

*** Illegal Payments
At Edinburgh?**



GERRY DEEGAN wins
Philips cross-country
from Irish team-mate
JOHN TREACY and
Wales' STEVE JONES.



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Viga Track King Athletics Singlet in lightweight Viloft (the latest Courtauld development in non-static viscose which is absorbent, feels good, keeps its shape well and is easy to care for). Support panel prevents shoulder straps falling away, while Viga side panel ensures coolness and ventilation in competition. This singlet gives maximum freedom and comfort. White or Red in Large Boys **£3.70**, Small, Medium (regret no red at present) or Large **£3.99**.

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VETERANS CORNER

ROY THORPE

BORN York, 18.5.1934. Height: 1.72m (5'8"); Weight: 64kg (142lb). Club: Sheffield United WC. Occupation: HGV Driver. Self coached — "but helped by my wife Beryl and Guy Goodair". First became interested in athletics "at the very old age of seven, winning four out of four races at my school . . . I never looked back". Won the Sheffield City Schools 100y title. Personal Bests: 20 Miles Walk — 2:32:16, 35km Walk — 2:51:00, 50km Walk — 4:23:00.

What he most likes about competing as a Veteran is that "everyone is very helpful and friendly". Considers his most pleasing performances as a Veteran have been "winning the World Veterans 5km and 25km titles in Toronto in 1975, winning the National 20M Road Walk in 1974, winning the National 50km Walk in 1976, placing in the National 20M/50km from 1974 to 1976, winning the 35km in UK v Germany International, and breaking British 30km track record in Germany in 1974".

Typical week's training in summer ("if training for the 'Big One'"): Monday — (5.00 am) 10 miles; (pm) 10 miles fast in 76 mins. Tuesday — (am) 10 miles; (pm) 15 miles in 2 hours 10 mins. Wednesday — (am) 10 miles; (pm) 20km fast in 98 mins. Thursday — (am) 10 miles; (pm) 10 miles in 80 mins. Friday — (am) 10 miles; (pm) 8 miles, trying for 61-62 mins. Saturday — 25 miles in 3½-4 hours. Sunday — 20 miles in 3 hours. Training in winter is the same — "but no morning sessions".

Likes to compete as often as possible. Athletic heroes in his early days were Ken Matthews, Christoph Hohne, Peter Selzer, Ray Middleton and Lloyd Johnson — "winning an Olympic bronze medal in the 1948 Olympics at the age of 48". Athletes he admires today are Olly Flynn, Roger Mills, Amos Seddon, John Warhurst and Bob Roberts — "still racing aged 76".

His advice to any person about to join the ranks of the Veterans is "keep training; you will find all Veterans helpful and friendly". His ambition is to become an International Judge.

Comment: "I wish that the Northern Veterans would put a walk into their Track & Field Championships".

Kent WAAA elected the following at their AGM: President/Chairman, Mr A. W. Luckett; Secretary Mr D. J. Franklin (new address) 37 Dahlia Drive, Swanley (Swanley 63349); CC sec, Mr J. Neale, 23 Cheyne Walk, Meopham (Meopham 812472); Track Champs. sec, Mrs P. Marshall, 102 Belvedere Road, Bexleyheath (01-304-9636).

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, December 30th: TVH Young Athletes CC Races, Cranford; Vets AC CC. Hayes; Belgrave H Inter-Club 7M Walk, Wimbledon; Cambridge H 10km Walk, Bexley; Steyning 10km Walk; Essex Beagles 5 x 3M CC Relay, Chigwell Row.

Sunday, December 31st: Cardiff 1900 Road Races; Sankey Round The Town Races, Ipswich Town Centre; City of London Walk Races, London Wall, Twickenham Road Relays; Folkestone Midnight 4M Road Race, Seabrook; Old Gaytonians CC Race, Horsenden Hill; Chigwell '5' (Women); Ilford AC New Year's Eve Road Races, Eastway Cycle Circuit, Stratford.

Monday, January 1st: City of London 10M Road Race, London Wall; Avon Cosmetics/'About Anglia TV' Cross-Country meeting Corby; Everard Memorial Races (Walking), Chelmsford; Erith '6'; Rawnmarsh Road Races, Rotherham; Morpeth to Newcastle Road Race.

INTERVIEW WITH TESSA SANDERSON

An interview, by Dave Cocksedge, with the Commonwealth javelin champion is one of the outstanding features in next week's colourful new-look issue of 'AW'. Happy New Year, everyone!

NEW ASSISTANT EDITOR

We are pleased to announce the appointment of Barry Trowbridge as assistant editor of 'AW' in succession to Jon Wigley, who left last month to take up a position with the IAAF. Barry will commence his duties with the magazine on January 8th. There were more than 30 applications for the post.

WOMEN'S LIST AMENDMENTS

(Senior & Inter) DT: 40.12 Janis Wilderspin (Havering). (Inter) 400H: 66.8 Rachel Heathcock (Dudley); 4 x 100: 50.9 Coventry Godiva. (Jnr) 100: 12.3w Susan Croker (Bedford); HJ: 1.76i Claire Summerfield (W&B); 2000W: 10:41.4 Karen Nipper (Barry); 4 x 800: 9:59.8 Medway.

Cover photo by Peter Tempest

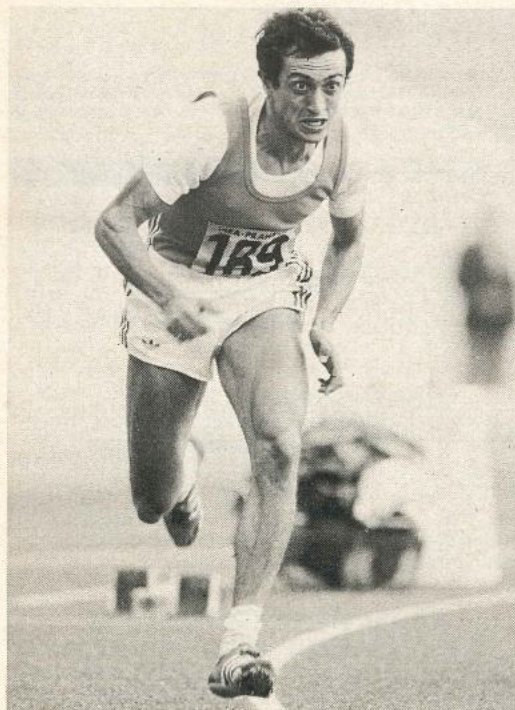
LEADING WORLD PERFORMERS 1978

(w—wind assisted, i—indoors, †—world record)

100 METRES

(Fully automatic timing)

10.07	Clancy Edwards (USA)
10.07	Eddie Hart (USA)
10.07	Steve Williams (USA)
10.08	Silvio Leonard (Cub)
10.09	Mel Lattany (USA)
10.11	Curtis Dickey (USA)
10.11	Osvaldo Lara (Cub)
10.11	Mike Roberson (USA)
10.11	Don Coleman (USA)
10.15	Harvey Glance (USA) (10.07w)
10.15	Allan Wells (UK) (10.07w)
10.16	Guy Abrahams (Pan)
10.19	Pietro Mennea (Ita) (9.99w)
10.19	Petar Petrov (Bul)
10.19	James Gilkes (Guy) (10.15w)
10.22	Don Quarrie (Jam) (10.03w)
10.22	Steve Riddick (USA) (10.19w)
10.22	Andrew Banks (USA)
10.23	Houston McTear (USA) (10.18w)



PIETRO MENNEA

Tony Duffy

10.24 Hasely Crawford (Tri) (10.09w)
wind assisted:

9.87	William Snoddy (USA)
9.98	Cole Doty (Can)
10.04	Ray Brooks (USA)
10.06	Jerome Deal (USA)
10.11	Mike Kelley (USA)
10.14	Johnny Jones (USA)
(Hand timing)	
9.9	Harvey Glance (USA)
9.9	Mike Roberson (USA)

200 METRES

(Fully automatic timing)

20.03	Clancy Edwards (USA)
20.06	Silvio Leonard (Cub)
20.14	James Gilkes (Guy)
20.16	Pietro Mennea (Ita)
20.24	James Sanford (USA)
20.26	Steve Williams (USA)
20.27	William Snoddy (USA)
20.35	Don Quarrie (Jam)
20.40	Greg Foster (USA)
20.44	Larry Myricks (USA)
20.48	Tony Darden (USA)
20.48	Harvey Glance (USA) (20.47w)
20.50	Ray Brooks (USA)
20.50	Fred Taylor (USA)
20.52	Millard Hampton (USA)
20.53	James Mallard (USA)
20.58	Wardell Gilbreath (USA)
20.60	Klaus Thiele (GDR)
20.61	Allan Wells (UK) (20.12w)
20.61	Lamonte King (USA)
20.61	Olaf Prenzler (GDR)
20.61	Brady Crain (USA)
wind assisted:	
20.43	Colin Bradford (Jam)

400 METRES

44.27	Alberto Juantorena (Cub)
44.73	Willie Smith (USA)
45.03	Billy Mullins (USA)
45.06	Harald Schmid (Ger)
45.12	Darrol Gatson (USA)
45.15	Maxie Parks (USA)
45.21	Adrian Rodgers (USA)
45.22	Maurice Peoples (USA)
45.23	Kasheef Hassan (Sud)
45.37	Stan Vinson (USA)
45.41	Joe Coombs (Tri)
45.43	Robert Taylor (USA)
45.45	Franz-Peter Hofmeister (Ger)
45.49	Glen Cohen (UK)
45.56	Walter McCoy (USA)
45.59	Fons Brydenbach (Bel)
45.5	Evis Jennings (USA)
45.60	Bernd Herrmann (Ger)

Olaf Beyer snatches victory from Steve Ovett in the European 800m in Prague, with Sebastian Coe third. These three were the fastest 800m runners in the world this year.



Mike Street

45.63 Herman Frazier (USA)
45.65 Cyril Etoori (Uga)
45.65 Donn Thompson (USA)
45.65 Dele Udo (Nig)

800 METRES

1:43.8 Olaf Beyer (GDR)
1:44.0 Sebastian Coe (UK)
1:44.1 Steve Ovett (UK)
1:44.4 Alberto Juantorena (Cub)
1:44.9 Mike Boit (Ken)
1:45.1 Willi Wulbeck (Ger)
1:45.4 Nikolay Kirov (USSR)
1:45.5 Andreas Busse (GDR)
1:45.5 James Robinson (USA)
1:45.7 Peter Lemashon (Ken)
1:45.7 Abderrahmane Morceli (Alg)
1:45.8 Anatoliy Reshetnyak (USSR)
1:45.8 Milovan Savic (Yug)
1:45.8 Detlef Wagenknecht (GDR)
1:45.8 Garry Cook (UK)
1:45.8 Jose Marajo (Fra)
1:45.9 Jozef Plachy (Cze)
1:45.9 Tom McLean (USA)
1:45.9 Randy Wilson (USA)
1:46.0 John Higham (Aus)

1500 METRES

3:35.5 Dave Moorcroft (UK)
3:35.6 Filbert Bayi (Tan)
3:35.6 John Robson (UK)
3:35.6 Steve Ovett (UK)
3:35.7 Frank Clement (UK)
3:36.0 Steve Scott (USA)
3:36.1 Jurgen Straub (GDR)
3:36.5 Wilson Waigwa (Ken)
3:36.6 Eamonn Coghlan (RoI)
3:37.0 Francis Gonzales (Fra)
3:37.1 Olaf Beyer (GDR)

3:37.2 Thomas Wessinghage (Ger)
3:37.3 Amar Brahmia (Alg)
3:37.4 Valeriy Abramov (USSR)
3:37.4 Bronislaw Malinowski (Pol)
3:37.4 Abderrahmane Morceli (Alg)
3:37.5 Vladimir Sheronov (USSR)
3:37.7 Graham Williamson (UK)
3:37.7 Antti Loikkanen (Fin)

MILE

3:52.5 Thomas Wessinghage (Ger)
3:52.6 Jozef Plachy (Cze)
3:52.8 Steve Ovett (UK)
3:52.9 Steve Scott (USA)
3:53.2 Wilson Waigwa (Ken)
3:53.5 Filbert Bayi (Tan)
3:54.2 Frank Clement (UK)
3:54.3 John Robson (UK)
3:54.9i Dick Buerkle (USA)
3:55.3 Dave Moorcroft (UK)
3:55.8 Graham Williamson (UK)
3:56.0i Eamonn Coghlan (RoI)

3000 METRES

7:32.1+ Henry Rono (Ken)
7:40.3 Suleiman Nyambui (Tan)
7:40.4 Nick Rose (UK)
7:41.1 Rod Dixon (NZ)
7:41.9 Wilson Waigwa (Ken)
7:42.1 Boris Kuznetsov (USSR)
7:42.2 Markus Ryffel (Swi)
7:42.5 Bronislaw Malinowski (Pol)
7:43.5 Dave Moorcroft (UK)
7:44.3 Knut Kvalheim (Nor)

5000 METRES

13:08.4+ Henry Rono (Ken)

**HENRY RONO & MARTTI VAINIO**

Mike Street

- 13:15.0 Ilie Floroiu (Rum)
 13:16.2 Marty Liquori (USA)
 13:17.4 Rod Dixon (NZ)
 13:17.8 Fernando Mamede (Por)
 13:18.2 Frank Zimmermann (Ger)
 13:20.0 Markus Ryffel (Swi)
 13:20.8 Venanzio Ortis (Ita)
 13:21.7 Gerard Tebroke (Hol)
 13:21.9 Jos Hermens (Hol)
 13:24.0 Willi Polleunis (Bel)
 13:24.1 Radhouane Bouster (Fra)
 13:24.1 Aleksandr Fyedotkin (USSR)
 13:24.3 Karl Fleschen (Ger)
 13:24.4 Wilson Waigwa (Ken)
 13:24.7 David Fitzsimons (Aus)
 13:24.9 Mike Musyoki (Ken)
 13:25.2 Mike McLeod (UK)
 13:25.4 Brendan Foster (UK)
 13:25.4 Emiel Puttemans (Bel)
 13:25.4 Nick Rose (UK)
 13:25.4 Craig Virgin (USA)

10,000 METRES

- 27:22.5† Henry Rono (Ken)
 27:30.3 Brendan Foster (UK)
 27:31.0 Martti Vainio (Fin)
 27:31.5 Venanzio Ortis (Ita)

- 27:31.5 Aleksandr Antipov (USSR)
 27:36.3 Dave Black (UK)
 27:36.6 Gerard Tebroke (Hol)
 27:40.1 Ilie Floroiu (Rum)
 27:40.6 Enn Sellik (USSR)
 27:41.3 Knut Kvalheim (Nor)
 27:50.5 Jos Hermens (Hol)
 27:51.6 Toshihiko Seko (Jap)
 27:52.1 Detlef Uhlemann (Ger)
 27:53.0 Domingo Tibaduiza (Col)
 27:53.6 Jerzy Kowol (Pol)
 27:54.2 Doug Brown (USA)
 27:55.2 John Treacy (RoI)
 27:56.1 Ryszard Kopijasz (Pol)
 27:57.2 Craig Virgin (USA)
 27:59.9 Toshiaki Kamata (Jap)

MARATHON

- 2:09:06 Shigeru Sou (Jap)
 2:10:13 Bill Rodgers (USA)
 2:10:15 Jeff Wells (USA)
 2:10:21 Toshihiko Seko (Jap)
 2:11:05 Hideki Kita (Jap)
 2:11:15 Esa Tikkanen (Fin)
 2:11:17 Jack Fultz (USA)
 2:11:25 Randy Thomas (USA)
 2:11:43 Kevin Ryan (NZ)
 2:11:58 Leonid Moseyev (USSR)
 2:11:59 Nikolay Penzin (USSR)
 2:12:00 Shivnath Singh (Ind)
 2:12:08 Karel Lismont (Bel)
 2:12:20 Gerard Barrett (Aus)
 2:12:20 Waldemar Cierpinski (GDR)
 2:12:30 Catalin Andreica (Rum)
 2:12:32 Trevor Wright (UK)
 2:12:33 Tony Simmons (UK)
 2:12:46 Massimo Magnani (Ita)
 2:12:49 Takeshi Sou (Jap)

3000 METRES STEEPLECHASE

- 8:05.4† Henry Rono (Ken)
 8:11.6 Bronislaw Malinowski (Pol)
 8:16.9 Patriz Ilg (Ger)
 8:18.3 Ismo Toukonen (Fin)
 8:19.0 Michael Karst (Ger)
 8:19.3 Doug Brown (USA)
 8:19.5 Krzysztof Wesolowski (Pol)
 8:20.4 Paul Copu (Rum)
 8:21.7 George Malley (USA)
 8:22.5 Henry Marsh (USA)
 8:22.6 Julian Marsay (SA)
 8:22.8 Paul Thys (Bel)
 8:23.5 James Munyala (Ken)
 8:24.0 Sergey Olizaryenko (USSR)
 8:24.5 Dan Glans (Swe)
 8:24.9 Vasile Bichea (Rum)
 8:25.8 Kazimierz Maranda (Pol)
 8:26.0 Dennis Coates (UK)
 8:26.0 Vladimir Lisovskiy (USSR)
 8:26.4 Kip Rono (Ken)

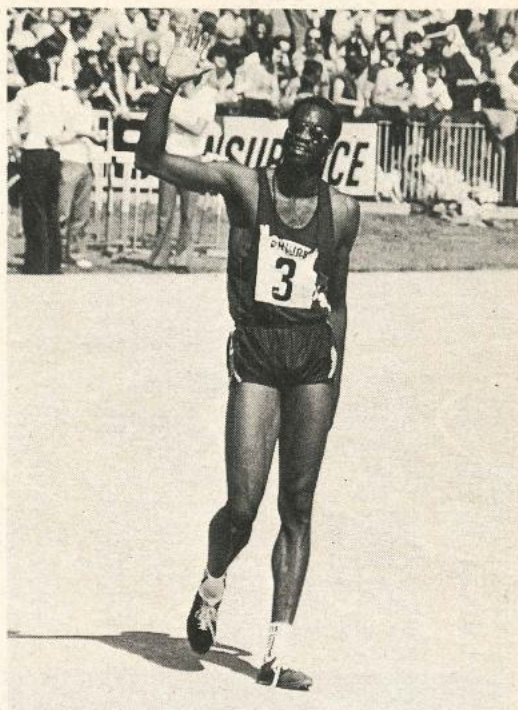
110 METRES HURDLES

(Fully Automatic timing)

- 13.22 Greg Foster (USA)
 13.23 Renaldo Nehemiah (USA)
 13.43 Dedy Cooper (USA)
 13.45 Kerry Bethel (USA)
 13.46 James Owens (USA)
 13.47 Viktor Myasnikov (USSR)
 13.50 Thomas Munkelt (GDR)
 13.55 Alejandro Casanas (Cub)
 13.55 Jan Pusty (Pol)
 13.56 Arto Bryggare (Fin)
 13.58 Charles Foster (USA)
 13.61 Greg Robertson (USA)
 13.64 Edwin Moses (USA)
 13.66 Donnie Taylor (USA) (&13.4)
 13.67 Vyacheslav Kulebyakin (USSR)
 13.68 Andy Roberts (USA)
 13.69 Dieter Gebhard (Ger)
 13.71 Eduard Pereverzyev (USSR)
 13.71 Romuald Giegel (Pol)
 wind assisted:
 13.39 Colin Williams (USA)
 13.61 Jim Kelley (USA)

400 METRES HURDLES

- 47.94 Edwin Moses (USA)
 48.43 Harald Schmid (Ger)
 48.91 James Walker (USA)
 48.91 Quentin Wheeler (USA)
 49.04 Sam Turner (USA)

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ATH

49.20	Daniel Kimaiyo (Ken)
49.24	Vasiliy Arkhipyenko (USSR)
49.31	Rich Graybehl (USA)
49.32	Bart Williams (USA)
49.55	John Akii-Bua (Uga)
49.59	Takashi Nagao (Jap)
49.63	Tom Andrews (USA)
49.63	Alan Pascoe (UK)
49.70	James King (USA)
49.70	Dmitriy Stukalov (USSR)
49.78	Peter Rwamuhanda (Uga)
49.82	Olyeg Bulatkin (USSR)
49.85	Gregg Byram (USA)
49.85	Harry Schulting (Hol)
49.96	Mike Shine (USA)

4 × 100 METRES RELAY

38.58	Poland
38.78	GDR
38.82	USSR
38.85	USA
38.90	France
39.10	Germany
39.11	Italy
39.13	Trinidad
39.19	Switzerland
39.24	Ghana
39.24	UK (Scotland)
39.25	Bulgaria
39.26	Nigeria
39.33	Jamaica
39.44	Cuba

4 × 400 METRES RELAY

3:02.0	Germany
3:03.2	Nigeria
3:03.4	USA
3:03.5	Kenya
3:03.6	Poland
3:03.8	Jamaica
3:04.0	Czechoslovakia
3:04.2	USSR
3:04.2	Australia
3:04.2	Uganda
3:04.3	Switzerland
3:04.4	GDR
3:05.0	Trinidad
3:05.6	UK & (3:03.5 disq)
3:05.6	Cuba
3:05.6	France

HIGH JUMP

2.35i	Vladimir Yashchenko (USSR) (2.34†)
2.32i	Franklin Jacobs (USA) (2.28)
2.31i	Greg Joy (Can)
2.31	Rolf Beilschmidt (GDR)
2.30	Dwight Stones (USA)
2.30	Henry Lauterbach (GDR)
2.28i	Wolfgang Killing (Ger)
2.28	Aleksandr Grigoryev (USSR)
2.27	Gennadiy Byelkov (USSR)
2.27	Ruud Wielart (Hol)
2.26i	Kyle Arney (USA)

**FRANKLIN JACOBS**

Peter Tempest

2.26i	Edgar Kirst (GDR)
2.26i	Gail Olsen (USA)
2.26	Melvin Baker (USA)
2.26	Benn Fields (USA)
2.26	Jozsef Jambor (Hun)
2.26	Andre Schneider (Ger)
2.26	Carlo Thranhardt (Ger)
2.26	Tom Woods (USA)
2.25	Stanislav Molotilov (USSR)

POLE VAULT

5.71†	Mike Tully (USA)
5.62	Wladyslaw Kozakiewicz (Pol)
5.61	Larry Jessee (USA)
5.61	Vladimir Trofimiyenko (USSR)
5.60	Tadeusz Slusarski (Pol)
5.60	Antti Kalliomaki (Fin)
5.56	Rauli Pudas (Fin)
5.56	Dan Ripley (USA)
5.55	Jeff Taylor (USA)
5.51	Gunther Lohre (Ger)
5.50	Earl Bell (USA)
5.50	Ralph Haynie (USA)
5.50	Philippe Houvion (Fra)
5.50	Bob Pullard (USA)
5.50	Yevgeniy Tananika (USSR)
5.50	Wojciech Buciarski (Pol)

5.48	Don Baird (Aus)
5.45	Jean-Michel Bellot (Fra)
5.45	Vladimir Kishkun (USSR)
5.45	Billy Olson (USA)
5.45	Yuriy Prokhoryenko (USSR)
5.45	Nikolay Syelivanov (USSR)

LONG JUMP

8.32	Nenad Stekic (Yug)
8.23	James Lofton (USA)
8.23	Joao Carlos de Oliveira (Bra)
8.22	Arnie Robinson (USA) (8.33w)
8.18	La Monte King (USA)
8.18	Jacques Rousseau (Fra)
8.11	Charlton Ehizuelen (Nig)
8.11	Grzegorz Cybulski (Pol)
8.08	Chris Commons (Aus)
8.08i	Tommy Haynes (USA)
8.05	Antonio Corgos (Spa)
8.05	Larry Myricks (USA)
8.04	Valeriy Podluzhnyi (USSR)
8.03	Philippe Deroche (Fra)
8.03	Jan Leitner (Cze)
8.03	Valdimir Tsepelyev (USSR)
8.02	Stanislaw Jaskulka (Pol)
8.02	Jochen Verschl (Ger)
8.02	Carl Williams (USA) (8.26w)
wind assisted:	
8.14	Dannie Jackson (USA)
8.13	Rick Rock (Can)
8.11	Daley Thompson (UK)
8.10	Ken Duncan (USA)

TRIPLE JUMP

17.44	Joao Carlos de Oliveira (Bra)
17.24	James Butts (USA)
17.15	Ron Livers (USA)
17.07	Anatoliy Piskulin (USSR)
17.05	Willie Banks (USA)
17.03	Viktor Sanyeyev (USSR)
17.02	Gennadiy Valyukevich (USSR)
17.00	Aleksandr Lisichonok (USSR)
16.97i	Ian Campbell (Aus)
16.94	Gennadiy Kovtunov (USSR)
16.94	Milos Srejavic (Yug)
16.92	Bernard Lamitie (Fra)
16.90	Cheng Chen-hsien (Chi)
16.89	Aleksandr Yakovlyev (USSR)
16.80	Jaak Uudmae (USSR)
16.76	Keith Connor (UK) (17.21w)
16.75	Robert Cannon (USA) (16.87w)
16.69i	Milan Tiff (USA)
16.69	Gustavo Platt (Cub)
16.69	Aston Moore (UK) (16.76w)
wind assisted:	
16.88	Tommy Haynes (USA)

SHOT

22.15+	Udo Beyer (GDR)
21.17	Reijo Stahlberg (Fin)
21.07	Al Feuerbach (USA)
20.95	Aleksandr Baryshnikov (USSR)

20.93	Yevgeniy Mironov (USSR)
20.89	Anatoliy Yarosh (USSR)
20.76	Wolfgang Schmidt (GDR)
20.68	Geoff Capes (UK)
20.60	Valcho Stoev (Bul)
20.56	Hreinn Halldorsson (Ice)
20.55	Bishop Dolegiewicz (Can)
20.52	Gerald Bergmann (GDR)
20.49	Valeriy Voikin (USSR)
20.48	Mathias Schmidt (GDR)
20.45i	Mac Wilkins (USA)
20.39i	Colin Anderson (USA)
20.35	Jaromir Vlk (Cze)
20.23	Heino Sild (USSR)
20.18	Wladyslaw Komar (Pol)
20.15	Dave Lait (USA)

DISCUS

71.16+	Wolfgang Schmidt (GDR)
70.48	Mac Wilkins (USA)
68.40	Ken Stadel (USA)
67.82	Velko Velev (Bul)
65.96	Imrich Bugar (Cze)
65.78	Aleksandr Klimyenko (USSR)
65.44	Knut Hjeltne (Nor)
64.96	Jim McGoldrick (USA)
64.92	Markku Tuokko (Fin)
64.90	Janos Farago (Hun)

**UDO BEYER**

Tony Duffy



Michael Wessing in action in Prague, where he won the European title. His best mark in 1978 of 94.22m ranks second of all-time behind Miklos Nemeth's 94.58

Mark Shearman

64.80	Stanislaw Wolodko (Pol)
64.60	Alwin Wagner (Ger)
64.48	Wolfgang Warnemunde (GDR)
64.16	Igor Duginyets (USSR)
64.08	Gunnar Muller (GDR)
64.02	Kent Gardenkrans (Swe)
64.00	Ludvik Danek (Cze)
63.98	Pyotr Mikhailov (USSR)
63.94	Silvano Simeon (Ita)
63.94	Nikolay Vikhor (USSR)

HAMMER

80.32†	Karl-Hans Riehm (Ger)
80.14	Boris Zaichuk (USSR)
79.76	Yuriy Sedykh (USSR)
78.32	Aleksey Malyukov (USSR)
78.14	Roland Steuk (GDR)
76.94	Detlef Gerstenberg (GDR)
76.64	Valentin Dmitrenko (USSR)
76.52	Manfred Huning (Ger)
76.30	Aleksandr Bunyeyev (USSR)
76.22	Sergey Litvinov (USSR)
75.76	Gian Paolo Urlando (Ita)
75.32	Jochen Sachse (GDR)
75.02	Aleksey Spiridonov (USSR)
74.98	Karl-Heinz Reissmuller (GDR)
74.60	Emanuil Dyulgerov (Bul)
74.58	Peter Farmer (Aus)
74.58	Juri Tamm (USSR)
73.98	Fyodor Palyekhin (USSR)
73.84	Hannu Polvi (Fin)
73.66	Harri Huhtala (Fin)

JAVELIN

94.22	Michael Wessing (Ger)
91.14	Wolfgang Hanisch (GDR)
89.82	Nikolay Grebnyev (USSR)
89.30	Bob Roggy (USA)

88.90	Pentti Sinersaari (Fin)
88.64	Herman Potgieter (SA)
88.64	Antero Puranen (Fin)
88.60	Sandor Boros (Hun)
88.32	Bjorn Grimnes (Nor)
87.86	Vasiliy Yershov (USSR)
87.40	Miklos Nemeth (Hun)
86.88	Raimo Pihl (Swe)
86.78	Seppo Hovinen (Fin)
86.72	Antero Toivonen (Fin)
86.44	Rod Ewaliko (USA)
86.12	Detlef Michel (GDR)
86.04	Ferenc Paragi (Hun)
86.00	Klaus Tafelmeier (Ger)
85.84	Aimo Aho (Fin)
85.70	Arto Harkonen (Fin)

DECATHLON

(h = hand timed)

8498	Guido Kratschmer (Ger)
8467w	Daley Thompson (UK)
8340	Aleksandr Grebnyuk (USSR)
8208	Siegfried Stark (GDR)
8165h	Nikolay Avilov (USSR)
8137h	Bob Coffman (USA)
8134	Sepp Zeilbauer (Aut)
8121	Valeriy Kachanov (USSR)
8109	Johannes Lahti (Fin)
8086h	Tonu Kaukis (USSR)
8083	Rainer Pottel (GDR)
8080h	Yuriy Kutynko (USSR) (8041)
8075h	Holger Schmidt (Ger)
8062	Dietmar Schauerhammer (GDR)
8061	Anatoliy Kartashov (USSR)
8034	Fred Dixon (USA)
8034h	Richard George (USA)
8026h	Tito Steiner (Arg)
8017h	Vladimir Buryakov (USSR) (8009)
8011h	John Warkentin (USA)

Daley Thompson, Finland's Johannes Lahti and the ill-fated Guido Kratschmer (who pulled up almost immediately) at the start of the 100m in Prague.



Mark Shearman

20 KILOMETRES WALK

(t = track mark)

- 1:23:12† Roland Wieser (GDR)
- 1:23:26 Pyotr Myslivsyev (USSR)
- 1:23:30 Anatoliy Solomin (USSR)
- 1:23:30 Boris Yakovlyev (USSR)
- 1:23:33 Pyotr Potschenchuk (USSR)
- 1:23:38 Daniel Bautista (Mex)
- 1:23:51 Reima Salonen (Fin)
- 1:24:05 Nikolay Polosov (USSR)
- 1:24:18 Yevgeniy Yevsyukov (USSR)
- 1:24:23† Hartwig Gauder (GDR)
- 1:24:36† Raul Gonzales (Mex)
- 1:24:39 Jose Marin (Spa)
- 1:24:43 Karl-Heinz Stadtmuller (GDR)
- 1:24:53 Mikhail Alekseyev (USSR)
- 1:24:57 Gerard Lelievre (Fra)
- 1:24:58 Maurizio DaMilano (Ita)
- 1:25:29 Felix Gomez (Mex)
- 1:25:34 Boguslaw Duda (Pol)
- 1:25:36 Alvars Rombenieks (USSR)
- 1:25:41 Roberto Buccione (Ita)

50 KILOMETRES WALK

- 3:41:20† Raul Gonzales (Mex)
- 3:51:39 Reima Salonen (Fin)
- 3:53:30 Jorge Llopart (Spa)
- 3:55:13 Venjamin Soldatenko (USSR)
- 3:55:16 Jan Ornoch (Pol)
- 3:55:52 Pedro Aroche (Mex)
- 3:56:36 Otto Bartsch (USSR)
- 3:56:36 Valeriy Fursov (USSR)
- 3:56:47 Viktor Dorovskiy (USSR)
- 3:57:43 Vittorio Visini (Ita)
- 3:58:26 Sandro Bellucci (Ita)
- 3:58:36 Ralf Knutter (GDR)
- 3:58:37 Anatoliy Beryosin (USSR)
- 3:58:48 Martin Bermudes (Mex)

- 3:58:55 Hans Binder (Ger)
- 3:59:27 Domingo Colin (Mex)
- 4:00:04 Olaf Pilarski (USSR)
- 4:00:08 Steffan Muller (GDR)
- 4:00:12 Matthias Kroel (GDR)
- 4:00:19 Ivan Tikhonov (USSR)

(Women's lists next week)

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Carol Tyson Retains Road Walking Title

WITH a record entry of just under 130 (51 seniors, 50 under-15's and the rest under 13) it was a pity that travel conditions in the north and illness amongst some of the other resulted in only just over 80 actually turning out for the Women's National Road Walking Championships at Melksham on December 3rd. Amongst those missing was Marion Fawkes, whose car could not be persuaded to start, and Virginia Birch (née Lovell).

Nevertheless the competition was as good as ever and if Carol Tyson won the senior 5km with something in hand Karen Eden certainly never let her hang about. Indeed she couldn't afford to as Irene Bateman came within one second of her at the finish (and could quite well have reversed the placings in a matter of yards). But the race was over 5km and no more and that was that. If there was a sad note it was in the fourth place of Judy Farr. Her own club, Trowbridge, made a great success of the whole promotion and, despite Judy's great effort, 5km is probably a little too short for her these days. Brighton & Hove won the team race from Solihull by virtue of their third scoring member.

In the under-15 Fiona Rider scored a start to finish win, showing great style. J. Mullins of Solihull was second and S. Brown of Steyning third. Havering, with 4-5-6 positions, were well clear in the team race but Cambridge H and Worcester had only one point between them for second place. The Surrey WC stars were absent due to flu, which was a pity as it would have added even greater fascination to an already interesting competition. Helen Ringshaw of Steyning had the clearest of the day's wins in the under 13-2.5km ahead of M. Prince of Solihull and M. Small of Worcester.

A heartening sight was the number of RWA walkers and officials who attended — especially amongst some of the younger men who give the ladies great support. There is little doubt that with the standard of walking we have amongst our ladies today they well merit this support and I hope it will not be too long before both the men and women can work alongside each other officially to the greater benefit of race walking. A good day; well-staged by an enthusiastic club and a good augury of the future.

Michael Long

Complete Results

1, C. Tyson (Lakeland) 24:08
2, K. Eden (Solihull) 24:20
3, I. Bateman (Basildon) 24:26
4, J. Farr (Trow) 24:29; 5, B. Francis (B'ton) 25:54; 6, S. Till (B'ton) 26:26; 7, E. Cox (Sol) 27:01; 8, J. Roberts (Hav) 27:45; 9, S. Rook (Bel) 28:39; 10, F. Birbeck (Worc) 29:00; 11, K. Boatwright (E&E) 29:07; 12, L. Nicholls (Bel)



CAROL TYSON

Mike Street

29:28; 13, C. Buchanan (B'ton) 29:33; 14, K. Blows (Hav) 30:02; 15, C. Brooke (Sol) 30:17; 16, E. Page (Stey) 30:39; 17, D. Miley (Harb) 30:45; 18, A. Jones (Harb) 30:48; 19, D. Hann (B'ton) 30:56; 20, J. Askew (Med) 30:58; 21, G. Brackpool (E&E) 31:06; 22, M. Paige (Shrew) 31:15; 23, Pritchard (Bel) 31:40; 24, C. Rothery (Worc) 31:57; 25, S. Creane (Trow) 32:06; 26, C. Gahagan (Hav) 32:22; 27, H. Roe (Sol) 32:30; 28, C. Humphrey (E&E) 32:45; 29, N. Cox (Trow) 32:55; 30, D. Slade (Trow) 33:44; 31, P. Bryce (B'ton) 33:54; 32, L. Heydon (Trow) 39:34.
Teams: 1, Brighton 24 (5,6,31), 2, Solihull 24 (2,7,15); 3, Belgrave 44. (U/15): 1, F. Rider (Camb) 15:08; 2, J. Mullins (Sol) 15:21; 3, S. Brown (Hav) 15:23; 4, L. McCarthy (Hav) 15:57; 5, S. Connelly (Hav) 16:22; 6, T. Butler (Hav) 16:24; 7, L. Rabone (Sol) 16:27; 8, H. Downie (E&E) 16:29; 9, C. Irving (Leic) 16:40; 10, C. Fierek (Worc) 16:49; 11, L. Tyrell (Worc) 16:54; 12, S. O'Neill (Worc) 17:08; 13, E. Gaffer (Leic) 17:10; 14, M. McCarthy (Hav) 17:27; 15, J. Marshall (Camb) 17:36; 16, M. Davitt (Camb) 17:50; 17, T. McDermot (Bel) 17:53; 18, C. Gahagan (Hav) 18:27; 19, J. Sheehan (Hav) 18:34; 20, A. Ricketts (Worc) 18:36; 21, N.

Results In Brief

September 23rd

S. Yorkshire v Lincs v Leics, at Rotherham. 200/400: C. Adams (SY) 22.5/49.4. 1500: K. Newton (SY) 3:55.0. HJ: F. Leddy (SY) 1.90. DT: 1, I. Washington (SY) 41:24; 2, K. Hinds (SY) 41:02. (Youths) 800/1500: P. Elliott (SY) 1:58.6/4:00.4. (Women) **S. Yorks v Lincs v Merseyside.** 100: J. Colebrook (Lin) 12.4. 400: J. Hoyte (SY) 54.6. 800: A. Creamer (SY) 2:13.0. 100H: 1, S. Morley (SY) 14.9; 2, C. Hardacre (Mer) 14.9; 3, M. Laing (Mer) 15.1; 4, Colebrook 16.0. 400H: 1, Colebrook 59.2; 2, Morley 66.8; 3, Hardacre 68.0. SP: 1, Laing 10.96; 2, Stores (SY) 10:57. JT: B. Shale (SY) 36.50. Relays: S. Yorks 48.5/3:52.4. (Inters) 100: J. Christian (Mer) 12.3. 400: A. Walker (Lin) 59.2. 800: J. Walker (SY) 2:18.5. 80H: 1, J. Hindley (SY) 12.3; 2, W. Laing (Mer) 12.3. 200H: Hindley 30.2. SP: 1, Laing 10.32; 2, A. Hanson (Mer) 10.26. JT: 1, S. Fry (Lin) 39:34; 2, Laing 32:98; 3, K. Solomon (Mer) 31.80. 4x100: 1, Merseyside 49.6; 2, S. Yorks 49.7. (Jnrs) 200: H. Thorpe (SY) 25.9. 75H: 1, L. Roper (SY) 11.4; 2, G. Hayes (SY) 12.0. SP: G. Burns (Mer) 9.82. JT: 1, D. Cookson (SY) 29.28; 2, H. Mitchell (SY) 28.80. 4x100: 1, S. Yorks 49.7; 2, Merseyside 51.8.

October 22nd

Ramsey Commissioners Road Races. 1, S. Kelly (Manx) 32:34; 2, D. Newton (Manx) 34:28. (Vets): E. Ainscough (Manx) 35:07. (Youths): B. Forth (Manx) 26:02. (Boys): M. Strickett (Manx) 17:07. (U/12): D. Teece (Manx) 7:33. (Women): 1, M. Noon (Manx) 18:27; 2, M. McDermott (Manx) 18:27. (Juniors): P. Russell (Rams) 14:10. (Girls): H. MacKay (Manx) 10:38. (U/12): L. Casey (Manx) 7:48.

WALKING RESULTS Continued

Asken (Med) 18:41; 22, L. Aldiss (Camb) 18:41; 23, R. Morris (Bel) 18:51; 24, N. Jackson (Trow) 18:52; 25, B. Davies (Shrop) 18:57; 26, C. Young (Shrop) 18:58; 27, W. Toach (Leic) 19:01; 28, J. Allen (Trow) 19:06; 29, K. Hayden (Trow) 19:09; 30, F. Simmons (Trow) 19:18; 31, E. Edes (Trow) 19:29; 32, L. Barnes (Trow) 20:14; 33, P. Wilkes (Harb) 20:15; 34, R. Gould (Harb) 20:48. **Teams:** 1, Havering 15; 2, Cambridge H 32; 3, Worcester 33; 4, Leicester WC 49; 5, Trowbridge 81. (U/13): 1, H. Ringshaw (Stey) 13:51; 2, M. Prince (Sol) 14:21; 3, M. Small (Worc) 14:41; 4, K. Todd (S&A) 14:50; 5, K. Williams (Sol) 15:03; 6, M. Bean (Stey) 15:27; 7, L. Urquhart (S&C) 15:33; 8, N. Gates (Hav) 15:38; 9, L. Naudrett (Stey) 16:07; 10, S. Redworth (Shrop) 16:26; 11, B. Sexton (Bel) 16:32; 12, S. Wise (Uxb) 16:33; 13, T. Nicholls (Bel) 16:49.

November 11th

Scottish YMCA Road Relay Champs, at Larkhall. 1, Larkhall 38:41; 2, Kilmarnock 42:58. Fastest: H. Forgie (Lark) 12:17; F. Stewart (Bells) 12:49; W. Dickson (Lark) 12:53. (Youths): 1, Motherwell 39:50; 2, Bellshill 41:49; 3, Larkhall 45:33. Fastest: P. Fox (Moth) 12:33; D. Marshall (Moth) 13:09; S. Paul (Bells) 13:20.

November 12th

Scottish Veterans 8000m CC Race, at Lochinch. 1, T. Malcolm 28:49; 2, G. Brown 28:50; 3, J. Barrowman 29:34; 4, D. Kerr 29:45; 5, G. Milne 29:57; 6, M. Coyre 30:09.

November 15th

Willmott Pairs Race (5.8km road circuit). 1, Bishop Vesey's GS 83:10; 2, Queen Mary's GS 84:42; 3, Solihull Coll 88:13. Fastest: A. Jackson (BV) 19:37; H. Appleby (QM) 20:06; I. Higgins (BV) 20:30.

Open Shot Competition (Indoor), at Ipswich. (Snr) 1, M. Fenton (Ips) 13:78; 2, C. Bloomfield (Ips-Y) 13:01. (Yth) C. Bloomfield 16:37. (Women) S. King (Ips) 10:90.

Fleet Street H Monthly H'cap, at Blackfriars. Fastest: 1, P. Williams (SLH) 13:28; 2, G. Harrold (Enf) 13:38; 3, L. Coy (Bel) 14:01.

UAU 24 v Army 76, at Univ of Bath. 1, H. Jones (UAU) 29:32; 2, K. Forster (UAU) 30:11; 3, A. Evans (UAU) 30:17; 4, S. Williams (UAU) 30:34; 5, P. O'Brien (UAU 'B') 30:40; 6, I. Adams (UAU) 30:47; 7, P. McCullagh (UAU 'B') 30:54; 8, M. Calvert (UAU) 31:10; 9, E. Bojtler (Army) 31:11; 10, M. Edwards (Army) 31:26.

November 18th

Scottish Inter-University CC Match, at Dundee. 1, C. Ross (Fife-Gst) 30:00; 2, D. Easton (St. And) 30:26; 3, B. McDowall (Edin) 30:47; 4, M. Deans (Stir) 30:54; 5, D. Spalding (Stir) 31:04; 6, J. Stevenson (St. And) 32:22; 7, A. Hardgreaves (Edin) 32:30; 8, R. Maughan (Aber) 32:44; 9, B. Kilgour (St. And) 32:44; 10, S. McKay (Dund) 32:46. **Teams:** 1, St. Andrews 41; 2, Edinburgh 56; 3, Stirling 61.

Sutton & Cheam H Cross-Country Races, at Carshalton Park. (Youths Relay): 1, Highgate (M. Seabrook 5:16, J. Storey 5:02, P. Gurr 5:04) 15:22; 2, Collingwood 15:50; 3, Sutton & C 16:08; 4, Croydon 16:19; 5, Epsom & E 16:50. Fastest: Storey 5:02. (Boy/Colt/Mini Colt/Mini Colt/Colt/Boy): 1, Collingwood (R. McDonnell 5:41, A. Chambers 5:55, R. Pamphlett 6:19, S. Maynard 6:16, J. Quinton 5:53, C. Knight 5:49) 35:53; 2, Sutton & C 36:30; 3, Oxford City 37:15; 4, Collingwood 'B' 37:26; 5, Grinstead 37:42. Fastest: (Boy) A. Wickens (S&C) 5:13; (Colt) R. Scott (Ox) 5:44; (Mini Colt) S. Maynard (Coll) 6:16. (U/11): 1, R. King (Coll) 6:33; 2, L. Lewis (Coll) 6:41; 3, I. Romain (Coll) 6:42.

Veterans AC 5M, at Richmond Park. 1, P. Wilks 31:04; 2, M. Easton 36:25; 3, G. Betts 37:04. H'cap: C. Williams (10:45) 28:21.

North Staffs RRA Tittensor '10'. 1, M. Mountford 51:07; 2, S. Hope 52:08; 3, N. Deakin 52:27; 4, D. Everson 53:16; 5, P. Bowler 53:23; 6, A. Mills 54:09; 7, J. Davies 54:12; 8, S. Collingridge 54:35; 9, L. Austin 54:48; 10, D. Stephens 55:12; 11, D. Brown 55:55; 12, G. Kay (V) 56:00.

Cambridge University Inter-College 'Cuppers' Championship. 1, N. Dorey 28:03; 2, M. Turner 28:04; 3, R. Duncan 28:12; 4, N. Leach 28:15; 5, M. Ellison 29:02; 6, T. Eglan 29:17. Team: St. John's.

Sussex Veterans Championship, at Crawley. 1, J. Luxford (Horsham) 36:12; 2, B. Bartholomew (B&H) 37:02; 3, M. Baker (Hors) 37:10; 4, H. Foord (B&H) 39:00; 5, R. Sleeth (Worth) 39:06; 6, C. Howard (Worth) 39:44; 7, T. Crowhurst (Hay Hth) 39:58; 8, A. Bray (B&H) 40:07; 9, L. Worrall (Craw) 40:17; 10, P. Moughton (Craw) 40:55.

Inter-Club CC, at Wimbledon Common. 1, R. Holt (HW) 38:50; 2, R. Allinson (HW) 39:09; 3, J. Barnard (HW) 39:52; 4, S. Newton (HW) 39:56; 5, R. Heath (Bank) 40:25; 6, K. Hutchin (Met P) 41:09; 7, D. Beard (HW) 41:20; 8, D. Williams (HW) 41:24; 9, F. Pidgeon (HW) 41:24; 10, J. Abberton (Poly) 41:34. Teams: 1, Hercules Wimbledon 22; 2, Bank of England 88; 3, Metropolitan Police 102; 4, Dacorum 126.

"Nicholls Cup" Mob Match, at Coulsdon. 1, R. Coles (B'heath) 41:39; 2, J. Roberts (SLH) 43:00; 3, W. Upcott (SLH) 43:45; 4, R. Richardson (B'ht) 44:04; 5, A. Frankish (B'heath) 44:05; 6, R. Gevers (SLH) 44:13; SLH 7½M Championship: 1, Roberts (V); 2, Upcott; 3, Gevers.

Cross-Country Mob Match, at Wimbledon Common. 1, L. Wells (Walt) 28:37; 2, G. Dugdale (TVH) 29:01; 3, D. Brennon (TVH) 29:04; 4, L. O'Hara (Bel-V) 29:51. Teams (14-a-side): 1, Belgrave 239; 2, TVH 321; 3, Walton 343.

Kent AC Arthur Twinn Memorial Races. (U/16) 1, Boorman (Chris & S) 13:34; 2, Norman (Purl) 13:45; 3, Leggett (Purl) 13:56; 4, Forbes (Judd) 14:06; 5, Reidy (St Mary) 14:13; 6, Calnan (St Mary) 14:16. Teams: 1, Purley 16; 2, St. Mary's 23; 3, Chislehurst & S 25. (U/14): 1, D'Arcy (St Mary) 13:49; 2, Hawkins (St Mary) 13:52; 3, Hilditch (Camp) 13:54; 4, Lillie (Judd) 14:28; 5, Fernandes (St Mary) 14:44; 6, Tilley (St Mary) 14:48. Teams: 1, St. Mary's 8; 2, Campion 21; 3, Colfes 36. (U/12): 1, Neale (Hayesbrook)

12:44; 2, Hollins (Hayes) 12:49; 3, English (Camp) 13:12; 4, Harvey (Sussex) 13:18. Teams: 1, Hayesbrook 9; 2, Sussex Rd 22; 3, Campion 23.

November 25th

Lancashire Women's CC Championships, at Blackpool. 1, K. Pilling (Sale) 18:18; 2, E. Brannan (Pres) 18:59; 3, S. Keraumbran (B'burn) 20:34. (Inters): 1, S. Lonsdale (B'pool Coll) 17:03; 2, J. King (B'burn) 17:40; 3, D. Heckingbottom (B'burn) 18:06. Teams: 1, Blackburn 22; 2, Rossendale 42. (Juniors): 1, D. Ridings 12:09; 2, D. Hammonds (Ribble V) 12:19; 3, J. Taylor (Burn) 12:21. Teams: 1, Hodgson Sch 39; 2, Burnley 59; 3, Rossendale 66. (Girls): 1, H. Graham (Ross) 10:54; 2, B. Muckalt (Ross) 10:57; 3, L. Sunderland (Burn) 10:58. Teams: 1, Rossendale 12; 2, Blackburn 43; 3, Burnley 47. (Only results received).

Surrey AC Schools CC Races, at Richmond Park. (Intermediate Girls) 1, N. Janway (Tolworth) 9:22; 2, G. Sawyer (Hinch Wd) 9:27; 3, K. Saunders (Holly) 9:28. (Jnrs) 1, W. Bonfield (Hinch Wd) 7:18; 2, S. Forbes (Sy AC) 7:46; 3, L. Nicholson (Hinch Wd) 7:47; 4, S. Green (Coombe) 7:48. Teams: 1, Hinchley Wood 4; 2, Coombe 11; 3, Tolworth 19. (Girls): 1, Y. Forbes (Wimb Chase) 8:01; 2, D. Hall (Tol) 8:02; 3, S. Curl (Holly) 8:03; 4, S. Scott (Holly) 8:04. Teams: 1, Hollyfield 7; 2, Hinchley Wood 12; 3, Wimbledon Chase 14. **Surrey AC Club Champs:** (Snr) C. Timms 12:53. (Inters) G. Sawyer 9:27. (Jnrs) W. Bonfield 7:18. (Girls) Y. Forbes 8:01.

Cambridge 2nd Team 38 v Oxford 2nd Team 41, at Cambridge. 1, A. Ewers (O) 29:22; 2, S. Ogleshorpe (C) 29:28; 3, D. Walker (O) 29:32; 4, C. Hirst (C) 29:37; 5, D. Cohen (C) 29:49; 6, M. Ortuno (C) 29:51.

December 3rd

Shot put competitions, at Batley Sports Centre. (Snr Men) 1, Washington (Roth) 13:64; 2, D. Smedley (Sheff) 13:58; 3, B. Clobe (Roth) 13:12. (Inter Women) K. Morley (Leeds) 10:58.

ALTRINCHAM 50km TRACK RACE

Any runner who is keen to take part in the Altrincham 50km track race next March should contact Dave Attwell, 57 Harcourt Road, Altrincham, Cheshire (Tel: 061-928 2124), by January 14th the latest.

Middlesex County AAA are holding their Annual Supper at the Elizabeth Suite, Barrington House, Gresham Street, London EC2 on January 18th. Those wishing to attend can obtain tickets at £5.50 each from E. Walters, 67 Regina Road, London N4.

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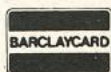
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League Races

NORTHERN WOMEN'S CC LEAGUE

At Salthough Junior HS, October 7th

1, P. Schofield (Sale) 15:46
 2, J. Whiteley (Leeds) 15:59
 3, Y. Rowe (Derby) 16:06
 4, S. Little (Bolt) 16:11; 5, J. Moody (CoH) 16:26; 6, M. Chambers (Blay) 16:28; 7, J. Lochhead (ASV) 16:29; 8, M. Belk (ASV) 16:39; 9, J. Furniss (Sheff) 16:44; 10, A. Burke (Gates) 16:46; 11, S. Brown (Sheff) 16:49; 12, C. Wood (Leeds) 16:54; 13, A. James (ASV) 16:58; 14, D. Parsons (Bolt) 17:01; 15, W. Proctor (ASV) 17:02. Teams: 1, Airedale & SV 43; 2, Sale 64; 3, City of Hull 79; 4, Bolton 83; 5, Derby 101; 6, Sheffield 101; 7, Leeds 103; 8, Longwood 130; 9, Blackburn 147. (Inters): 1, S. Arthunton (Leeds) 12:57; 2, D. Hillen (Blay) 13:12; 3, L. Houldsworth (Leeds) 13:23; 4, S. Richardson (Sale) 13:33; 5, K. Almond (CoH) 13:37; 6, J. King (B'burn) 13:42; 7, H. Gibbard (Blay) 13:53; 8, P. Doherty (L&M) 13:57; 9, J. Croasdale (B'burn) 14:01; 10, A. Mozley (Long) 14:06; 11, A. Eastwood (Ross) 14:09; 12, J. Moorhead (Sale) 14:11; 13, E. Horsfield (Sale) 14:19; 14, D. Heckingbottom (B'burn) 14:25; 15, K. Stocks (Sale) 14:31. Teams: 1, Sale 44; 2, Blackburn 56; 3, Leeds 65; 4, Blaydon 68; 5, Longwood 95; 6, Derby 112; 7, Rossendale 117. (Juniors): 1, T. Davison (Hali) 8:07; 2, J. Campion (E. Hull) 8:13; 3, W. Hirst (Leeds) 8:14; 4, D. Riddings (B'burn) 8:17; 5, J. Midgley (Leeds) 8:18; 6, M. Mull (E Hull) 8:20; 7, A. Beaton (Scun) 8:21; 8, H. Bullimore (Rown) 8:25; 9, T. Maude (Hali) 8:26; 10, L. Robinson (Spen) 8:27; 11, T. Morton (Derby) 8:28; 12, S. Lees (Bury) 8:29; 13, J. Fergusson (Blay) 8:30; 14, J. Spencer (Ross) 8:31; 15, B. Noble (Bing) 8:32. Teams: 1, Leeds 48; 2, Halifax 68; 3, Blaydon 97; 4, Bury 129; 5, Spennborough 143; 6, Derby 145; 7, East Hull 154; 8, Sale 186; 9, Burnley 191; 10, Hull Spartan 257. (Girls): 1, A. Crewe (Bing) 8:17; 2, H. Graham (Ross) 8:19; 3, S. Driver (Man) 8:20; 4, J. Holland (Man) 8:22; 5, B. Ely (Sale) 8:23; 6, D. Wilkinson (Darl) 8:24; 7, A. Burrowdale (Blay) 8:25; 8, B. Muckalt (Ross) 8:34; 9, D. Edwards (Sale) 8:36; 10, S. Ramsdale (Leeds) 8:37; 11, M. Entwistle (Ross) 8:43; 12, T. Grimshaw (Ross) 8:47; 13, B. Bates (Leeds) 8:48; 14, J. Gilbert (B'burn) 8:50; 15, J. Fittin (Bolt) 8:51. Teams: 1, Rossendale 33; 2, Manchester 45; 3, Bingley 77; 4, Sale 80; 5, Darlington 102; 6, Leeds 111; 7, Burnley 113; 8, Blackburn 121; 9, Blaydon 177; 10, Bury 202.

At Leverhulme Park, Bolton, November 4th

1, J. Moody (City of Hull) 13:27
 2, B. Schofield (Sale) 13:30

3, J. Whiteley (Leeds) 13:30
 4, S. Little (Bolt) 13:35; 5, C. Wood (Leeds) 13:49; 6, M. Belk (ASV) 13:52; 7, J. Boydell (Stret) 14:01; 8, J. Lochhead (ASV) 14:03; 9, S. Brown (Sheff) 14:09; 10, Y. Rowe (Derby) 14:11; 11, M. Chambers (Blay) 14:12; 12, J. Furniss (Sheff) 14:13; 13, A. James (ASV) 14:18; 14, J. Asgill (Stret) 14:18; 15, B. Nolan (Alt) 14:32; 16, C. Chapman (Bolt) 14:37; 17, S. Turner (Long) 14:44; 18, N. Schusler (Gates) 14:45; 19, Y. McGregor (ASV) 14:54; 20, V. Stammers (CoH) 14:59. Teams: 1, ASV 46; 2, Sale 84; 3, Leeds 93; 4, City of Hull 94; 5, Sheffield 123; 6, Stretford 127; 7, Derby 136; 8, Longwood 143; 9, Stockport 215. (Inters): 1, S. Arthunton (Leeds) 11:05; 2, L. Driver (Sale) 11:16; 3, S. Lonsdale (Sale) 11:18; 4, D. Hillen (Blay) 11:23; 5, K. Almond (CoH) 11:32; 6, P. Clarke (Sale) 11:40; 7, L. Houldsworth (Leeds) 11:42; 8, J. King (B'burn) 11:49; 9, R. Toth (ASV) 11:52; 10, H. Gibbard (Blay) 11:54; 11, C. Riley (Stret) 11:54; 12, A. Mozley (Long) 11:59; 13, E. Young (Man) 12:01; 14, S. Richardson (Sale) 12:04; 15, A. Eastwood (Ross) 12:05; 16, J. Moorhead (Sale) 12:10; 17, P. Doherty (L&M) 12:13; 18, E. Horsfield (Sale) 12:14; 19, P. Edwards (Stret) 12:17; 20, H. Burgen (ASV) 12:18. Teams: 1, Sale 38; 2, Blackburn 86; 3, Stretford 95; 4, Blaydon 109; 5, Leeds 138; 6, City of Hull 145; 7, Longwood 151; 8, Warrington 165; 9, ASV 166; 10, Rossendale 169; 11, Sutton 197; 12, Derby 217. (Juniors): 1, T. Davidson (Hali) 9:36; 2, J. Campion (E Hull) 9:39; 3, F. Keyte (Man) 9:40; 4, J. McClean (Stret) 9:40; 5, J. Midgeley (Leeds) 9:44; 6, W. Hirst (Leeds) 9:46; 7, D. Riddings (B'burn) 9:48; 8, S. Lees (Bury) 9:51; 9, J. Newton (Stock) 9:51; 10, S. Kenyon (Bolt) 9:53; 11, M. Maull (E Hull) 9:55; 12, D. Burton (Leeds) 9:55; 13, B. Fox (Sale) 9:57; 14, T. Moreton (Derby) 9:58; 15, J. Fergusson (Blay) 5:59; 16, J. Spencer (Ross) 10:00; 17, H. Gaskell (Wig) 10:01; 18, J. Wildham (Stret) 10:02; 19, J. Massey (Man) 10:03; 20, A. Hardman (Bury) 10:04. Teams: 1, Leeds 50; 2, Manchester 107; 3, Sale 119; 4, Blaydon 119; 5, Stockport 127; 6, Bury 149; 7, Stretford 192; 8, Derby 209; 9, City of Hull 212; 10, Warrington 233. (Girls): 1, A. Burrowdale (Blay) 7:30; 2, J. Millership (CoH) 7:34; 3, J. Holland (Man) 7:36; 4, S. Ramsdale (Leeds) 7:38; 5, E. Edwards (Sale) 7:38; 6, B. Ely (Sale) 7:38; 7, H. Graham (Ross) 7:40; 8, B. Muckalt (Ross) 7:40; 9, L. Vose (S'ton) 7:41; 10, S. Driver (Man) 7:42; 11, T. Grimshaw (Ross) 7:44; 12, S. Woods (Ston) 7:45; 13, J. Ashworth (B'burn) 7:46; 14, D. Fairclough (S'ton) 7:48; 15, M. Brankin (B'burn) 7:48; 16, D. Heyes (Bolt) 7:48; 17, C. Donegan (Stret) 7:49; 18, L. Sunderland (Burn) 7:50; 19, M. Smith (Chester & E) 7:50; 20, D. Masson (Bury) 7:50. Teams: 1, Rossendale 50; 2, Sutton 77; 3, Manchester 78; 4, Sale 91; 5, Bury 123; 6, Blackburn 126; 7, Burnley 129; 8, City of Hull 156; 9, Blaydon 161; 10, Chester 176.

At Huddersfield, December 2nd

1, B. Schofield (Sale) 15:20
 2, J. Moody (City of Hull) 15:35
 3, J. Asgill (Stretford) 15:36
 4, J. Whiteley (Leeds) 15:36; 5, M. Belk (ASV) 15:47; 6, A. James (ASV) 15:58; 7, J. Lochhead (ASV) 16:05; 8, J. Furnis (Sheff) 16:11; 9, S. Parkin (ASV) 16:12; 10, V. Hough (Long) 16:21; 11, C. Chapman (Bolt) 16:25; 12, S. Brown (Sheff) 16:37; 13, M. Chambers (Blay) 16:43; 14, J. Schusler (Gates) 16:55; 15, S. Ross (Bing) 17:03; 16, F. Jankowski (Sale) 17:08; 17, M. Leese (CoH) 17:12; 18, C. Monahan (Sale) 17:13; 19, S. Scholes (Long) 17:16; 20, Y. McGregor (ASV) 17:19. **Teams:** 1, Airedale & SV 27; 2, Sale 58; 3, City of Hull 64. **(Inters):** 1, K. Almond (CoH) 10:15; 2, L. Driver (Sale) 10:20; 3, S. Lonsdale (Sale) 10:21; 4, J. King (B'burn) 10:35; 5, R. Toth (ASV) 10:39; 6, D. Hillen (Blay) 10:44; 7, C. Riley (Stret) 10:46; 8, P. Clark (Sale) 10:48; 9, J. Croasdale (B'burn) 10:48; 10, A. Mozley (Long) 10:48; 11, D. Heckingbottom (B'burn) 11:10; 12, J. Moorhead (Sale) 11:11; 13, H. Gibbard (Blay) 11:16; 14, S. Richardson (Sale) 11:16; 15, A. Hunt (Mor) 11:17; 16, S. Walker (Sale) 11:20; 17, H. Burgon (ASV) 11:21; 18, A. Briggs (Warr) 11:22; 19, P. Doherty (L&M) 11:23; 20, T. Scully (Sale) 11:28. **Teams:** 1, Sale 25; 2, Blackburn 46; 3, Blaydon 99. **(Juniors):** 1, P. Mathieson (Sale) 8:25; 2, S. Lees (Bury) 8:41; 3, T. Davison (Hali) 8:44; 4, B. Fox (Sale) 8:45; 5, B. Noble (Bing) 8:45; 6, D. Robson (Mor) 8:45; 7, D. Riddings (B'burn) 8:47; 8, J. Campion (E. Hull) 8:47; 9, M. Farrell (Alt) 8:51; 10, J. Howe (Rown) 8:53; 11, D. Burton (Leeds) 8:55; 12, J. Massey (Man) 8:55; 13, A. Hardman (Bury) 8:56; 14, J. Spencer (Ross) 8:56; 15, S. Barker (Hali) 8:56; 16, A. Taylor (Stock) 8:56; 17, P. Melia (Gos) 8:58; 18, W. Hirst (Leeds) 8:58; 19, J. Fergusson (Blay) 8:58; 20, T. Morton (Derby) 8:58. **Teams:** 1, Leeds 75; 2, Sale 80; 3, Blaydon 107. **(Girls):** 1, J. Millership (CoH) 8:42; 2, D. Edwards (Sale) 8:45; 3, B. Ely (Sale) 8:46; 4, J. Graham (Ross) 8:48; 5, J. Holland (Man) 8:50; 6, S. Ramsdale (Leeds) 8:52; 7, B. Muckalt (Ross) 8:52; 8, L. Vose (S'ton) 8:54; 9, A. Crewe (Bing) 8:54; 10, A. Burrowdale (Blay) 9:03; 11, E. Kessebeh (Bury) 9:05; 12, L. Sunderland (Burn) 9:06; 13, T. Grimshaw (Ross) 9:07; 14, J. Ashworth (B'burn) 9:08; 15, B. Bates (Leeds) 9:08; 16, S. Hughes (Mor) 9:10; 17, S. Driver (Man) 9:12; 18, C. Donagen (Stret) 9:12; 19, J. Fitten (Bolt) 9:12; 20, M. Brankin (B'burn) 9:12. **Teams:** 1, Rossendale 47; 2, Manchester 73; 3, Sale 76.

NORTH STAFFS CC LEAGUE**At Keele, November 11th**

1, G. Harvey (Staffs Moorlands) 28:25
 2, R. Fowler (Staffs Moorlands-V) 28:35
 3, R. Morris (Winsford) 28:56
 4, G. Nixon (Wrex) 29:10; 5, C. Turner (C&AC) 29:12; 6, S. Willmott (Cann) 29:26; 7, A. Clifton

(Made) 29:29; 8, K. Fradley (Stoke) 29:31; 9, A. Mills (N'castle) 29:35; 10, M. Weston (Wrex) 29:36; 11, A. Wilton (Staffs M) 29:37; 12, M. Mountford (Staff) 29:44; 13, P. Bowler (Staffs M) 29:45; 14, S. Walton (Tip) 29:46; 15, S. Hope (C&N) 29:50; 16, S. Collingridge (Keele) 29:58; 17, K. Rock (Tip) 30:04; 18, G. Hetherington (C&A) 30:08; 19, R. Elliott (N'castle) 30:08; 20, B. Cook (Staff-V) 30:12; 21, J. Davies (Gst) 30:20; 22, R. Saunders (C&N) 30:35; 23, M. Esley (N'castle) 30:41; 24, M. Foschi (Wins) 30:42; 25, G. Russell (C&N) 30:43. **Teams:** 1, Staffs Moorlands 27; 2, Crewe & Alsager Coll 76; 3, Newcastle 80; 4, Wrexham 90; 5, Tipton 91; 6, Stafford 103; 7, Madeley 120; 8, Crewe & N 133; 9, Stoke 145; 10, Winsford 202. **(Youths):** 1, P. Davies-Hale (Cann) 19:38; 2, R. Ellerton (Staffs M) 20:09; 3, Chandlier (Stoke) 20:25; 4, M. Hurst (Stoke) 20:39; 5, D. Locke (C&N) 20:43; 6, R. Finney (Stoke) 21:17; 7, A. Dickenson (N'castle) 21:20; 8, N. Twist (Staffs M) 21:32; 9, — 21:36; 10, P. Fowler (Staffs M) 21:40. **Teams:** 1, Stoke 29; 2, Crewe & N 43; 3, Newcastle HS 84; 4, Winsford 89. **(Boys):** 1, C. Griffiths (Trent) 10:49; 2, A. Fradley (Trent) 10:51; 3, D. Wiggars (Marsh) 10:53; 4, N. Pepper (N'castle) 10:57; 5, P. Robinson (Trent) 11:04; 6, S. Moore (C&N) 11:06; 7, M. Rollins (C&N) 11:10; 8, A. Carver (Wins) 11:12; 9, A. Wrench (Trent) 11:17; 10, A. Birch (N'castle) 11:20. **Teams:** 1, Trentham HS 17; 2, Winsford 51; 3, Crewe & N 60; 4, Apley Park 87; 5, Cannock 91; 6, Marshlands 95. **(Colts):** 1, S. Collins (N'castle) 11:06; 2, K. McFarlane (Cann) 11:11; 3, R. Campbell (Staff) 11:13; 4, A. Bemment (Staff) 11:16; 5, I. McQuillyham (Cann) 11:18; 6, J. Round (Cann) 11:20; 7, S. Carver (Wins) 11:21; 8, R. Deakin (Stoke) 11:22; 9, C. Ball (Stoke) 11:22; 10, S. Mason (Apley P) 11:24. **Teams:** 1, Cannock 34; 2, Stoke 45; 3, Stafford 64; 4, Marshlands 70; 5, Winsford 72; 6, Apley Park 123.

WEST YORKSHIRE CC LEAGUE**At Shipley, November 18th**

1, G. Ellis (Holmfirth) 32:07
 2, R. Bailey (Sheffield) 32:10
 3, I. Gilmore (Airedale & SV) 32:24
 4, J. Doherty (Leeds C-J) 32:44; 5, M. Baxter (Leeds C) 32:55; 6, C. Moore (Bing-J) 33:14; 7, W. Padgett (Bing) 33:23; 8, B. Pickersgill (Holm) 33:28; 9, A. Spence (Bing) 33:34; 10, M. Plint (SAC-J) 33:42; 11, T. Bird (ASVAC) 33:56; 12, R. Harbisher (Long) 33:59; 13, D. Parish (Rown) 34:13; 14, R. Ellis (Long) 34:13; 15, T. Parkinson (ASVAC) 34:23; 16, D. Mayho (ASVAC) 34:27; 17, B. Hilton (Leeds C) 34:28; 18, I. Roberts (Holm) 34:36; 19, C. Taylor (ASVAC) 34:45; 20, D. Anderson (Bing) 34:51; 21, B. Mullarkey (SAC) 34:59; 22, G. Tebbutt (SAC) 35:04; 23, J. Turner (Holm) 35:07; 24, E. Walsh (Bing) 35:10; 25, P. Stevens (Leeds C) 35:13. **Teams:** 1, Bingley 93; 2, Airedale & SV 119; 3, Holmfirth 122; 4,

Leeds City 142. **(Youths):** 1, D. Topham (Long) 16:35; 2, R. Walters (Bing) 16:45; 3, M. Dexter (Wake) 16:58; 4, M. Dransfield (Spen) 17:02; 5, A. Gibson (Wake) 17:06; A. Owen (Wake) 17:07; 7, — 17:12; 8, M. Crewe (Bing) 17:18; 9, P. Mitchell (Bing) 17:27; 10, K. Lenihan (Long) 17:31. **Teams:** 1, Bingley 33; 2, Longwood 54; 3, Batley GS 118; 4, Skyrac 122. **(Boys):** 1, W. Aylesbury (Leeds C) 10:27; 2, A. Rodgers (Wake) 10:31; 3, S. Hardcastle (Leeds C) 10:34; 4, C. Ryalls (Leeds C) 10:37; 5, B. Turner (Bing) 10:41; 6, S. White (Hali) 10:43; 7, G. Hayton (Leeds C) 10:45; 8, M. Oddy (Hali) 10:46; 9, A. Kennedy (Bing) 10:47; 10, M. Butler (St Bedes) 10:48. **Teams:** 1, Leeds City 15; 2, Bingley 48; 3, Halifax 60; 4, Rowntrees 82. **(Colts):** 1, J. Green (Bing) 11:04; 2, K. Smith (Hali) 11:10; 3, W. Wroe (Bat) 11:36; 4, G. Bevine (Bing) 11:40; 5, J. Cotton (Spen) 11:57; 6, P. Brady (Hali) 11:58. **Teams:** 1, Halifax 31; 2, Spenborough 35; 3, Bingley 46.

ICKNIELD LEAGUE

At March, November 26th

1, S. Flint (Thetford) 29:00
2, D. Michael (Biggleswade) 29:08
3, H. Starkey (March) 29:11
4, A. Law (C&C) 29:14; 5, M. Turner (C&C) 29:16; 6, R. Church (Nene V) 29:19; 7, R. McKim (Thet) 29:22; 8, B. Dee (Lut) 29:26; 9, H. Boyle (Corby) 29:30; 10, D. Ainslie (Nene V) 29:33; 11, D. Hill (Neve V) 29:40; 12, R. Rodriguez (Thet) 29:46; 13, A. Boast (C&C) 29:48; 14, B. Pegler (Mel) 29:52; 15, J. Jenkins (C&C) 29:57. **Teams:** 1, Cambridge & C 599; 2, Thetford 578; 3, Nene Valley 558; 4, Biggleswade 469; 5, March 463; 6, Luton 435. **(Youths):** 1, M. Silva (Melb) 20:39; 2, C. Clennett (Lut) 20:52; 3, M. Field (Melb) 21:06; 4, N. Murphy (Stev) 21:13; 5, M. Green (Corby) 21:16; 6, C. McDonald (Bed) 21:21. **Teams:** 1, Stevenage 75; 2, Luton 66; 3, Corby 60; 4, Melbourn 59. **(Boys):** 1, M. Raymond (Stev) 15:12; 2, K. Carley (Hunt) 15:19; 3, P. Chester (Stev) 15:34; 4, P. Frarey (Stev) 15:35; 5, S. Goodwin (Bed) 15:52; 6, C. Burton (Hunt) 15:53. **Teams:** 1, Stevenage 223; 2, Melbourn 170; 3, Huntingdon 163; 4, Bedford. **(Colts):** 1, B. Henry (Stev) 11:11; 2, R. Stewart (Lut) 11:44; 3, C. Rayment (Thet) 11:49; 4, P. Halsey (Lut) 11:51; 5, R. Oram (Kett) 11:53; 6, D. Croft (Lut) 11:55. **Teams:** 1, Luton 252; 2, Stevenage 242; 3, Melbourn 238; 4, Huntingdon 171.

KENT CC LEAGUE

At Maidstone, December 2nd

1, K. Steere (Dartford) 25:13
2, M. Knapp (Kent University) 25:55
3, P. Wright (Kent University) 26:08
4, C. White (Med) 26:18; 5, G. Meredith (Camb H) 26:24; 6, P. Brencley (Inv) 26:26; 7, J. Huntingford (Camb) 26:33; 8, C. Lord (B'ht) 26:35; 9, D. Fairbrass (Kent) 26:40; 10, P. Varney (Inv) 26:44; 11, I. Macmillan (Inv) 26:50;

12, G. Wightman (Dart) 26:53; 13, P. Pape (Camb) 27:08; 14, J. Medes (Dart) 27:09; 15, P. Mullervy (Ell) 27:10; 16, T. Race (Folk) 27:13; 17, S. Knowles (B'ht) 27:21; 18, J. Staples (Univ) 27:24; 19, N. Webb (Inv) 27:35; 20, S. Kirk (Ton) 27:40; 21, K. Daniel (Kent) 27:42; 22, T. Orr (Dart) 27:43; 23, R. Clarke (Ell) 27:48; 24, A. Chattaway (Camb) 27:51; 25, D. Townsend (Inv) 27:56. **Teams:** 1, Invicta 46; 2, Dartford 49; 3, Cambridge H 49; 4, Kent Univ 79; 5, Blackheath 104; 6, Elliotts 113; 7, Kent AC 128; 8, Medway 143; 9, Tonbridge 178. **(Youths):** 1, A. Guilder (Ell) 13:03; 2, D. Brechin (Ell) 13:26; 3, D. Poland (Camb) 13:46; 4, M. Coleman (Med) 13:48; 5, G. Saker (Ell) 13:54; 6, M. Hastie (Ell) 13:57. **Teams:** 1, Elliotts 15; 2, Folkestone 42; 3, East Kent 53; 4, Dartford 91.

BIRMINGHAM & DISTRICT CC LEAGUE

(Division Two) At Sparkhill, November 4th

1, D. Black (Small Heath) 26:50
2, P. Baker (Sparkhill) 28:10
3, P. Hayward (Worcester) 28:16
4, G. Taylor (S Hth) 28:23; 5, D. Tierney (S Hth) 28:34; 6, A. Harding (Spark) 28:36; 7, S. Willmott (Cann) 28:37; 8, R. Calvert (S Hth) 28:37; 9, M. Mountford (Staff) 28:42; 10, R. Cooper (Worc) 28:44; 11, T. Redman (Leam) 28:51; 12, M. Downes (Cann) 28:55; 13, I. Atkins (Worc) 28:57; 14, V. Rollason (S Hth) 28:59; 15, R. Elliot (N'castle) 29:10; 16, T. Settle (Rug) 29:11; 17, M. Rogers (S Hth) 29:14; 18, P. Flynn (S Hth) 29:23; 19, K. Fahey (Worc) 29:26; 20, M. Edwards (Spark) 29:28. **Teams:** 1, Small Heath 49; 2, Worcester 117; 3, Sparkhill 120; 4, Leamington 192; 5, Newcastle 196; 6, Halesowen 236. **(Young Athletes Race):** 1, P. Davis-Hale (Cann) 11:42; 2, A. Williams (Rug) 12:14; 3, H. Sankey (Rug) 12:28; 4, M. Pickard (Rug) 12:42; 5, S. Holmes (Spark) 12:42; 6, D. Hobley (Rug) 12:43. **Teams:** 1, Rugby 9; 2, Sparkhill 31; 3, Halesowen 40; 4, Cannock 45; 5, Newcastle 53.

(Division Three)

At Michelin, November 4th

1, R. Morris (Shrew) 33:24; 2, K. Holmes (Tam) 33:37; 3, R. Tyre (Tel) 33:39; 4, N. Piotrowski (Warl) 33:44; 5, D. Jackson (Tel) 34:01; 6, T. McLaughlin (Stour) 34:32; 7, E. Lees (Loz) 34:47; 8, C. Routledge (Nune) 34:49; 9, P. Allen (Warl) 34:53; 10, P. Sanderson (Tel) 34:55; 11, P. Morris (Loz) 34:59; 12, J. Downing (Loz) 35:00; 13, P. Hudson (Burt) 35:12; 14, K. Banks (Tel) 35:14; 15, M. Dawes (Shrew) 35:16. **Teams:** 1, Telford 71; 2, Shrewsbury & D 131; 3, Lozells 156; 4, Tamworth 162; 5, Warley 186; 6, Dudley & S 199. **(Young Athletes Race):** 1, P. Black (Tam) 19:51; 2, S. James (Nun) 20:01; 3, P. Boxall (Tam) 20:31; 4, J. Preece (Bridg) 20:47; 5, P. Basi (Warl) 21:01; 6, R. Bradley (Bridg) 21:05. **Teams:** 1, Bridgnorth 18; 2, Tamworth 20; 3, Nuneaton 25; 4, Warley 28; 5, Sutton Coldfield 31; 6, Michelin 63.

Irish CC Triumph

THE Republic of Ireland, hosts for the forthcoming IAAF Cross-Country Championships at Limerick, supplied the first two runners home in the International Athletes' Club 8580m cross-country race, sponsored by Philips, at Crystal Palace on December 9th. The winner was not, however, the reigning world champion John Treacy, but the man who has long been in his shadow, Gerry Deegan. In a thrilling finish they were too fast for Welshman Steve Jones, who on the basis of this race and the Gateshead event two weeks earlier (where he was second to Mike McLeod), must be considered Britain's top cross-country performer of the early season.

On a fine afternoon and with the going surprisingly firm, it was Italy's outstanding steeplechaser turned marathon runner Franco Fava who showed ahead on the first of the six twisting laps. He was replaced in turn by Julian Goater, Willie Polleunis, John Treacy and Steve Jones, but there was no decisive move until Gerry Deegan forced the pace on the fourth lap. He, together with Treacy and Jones, broke 15m clear of the next group comprising McLeod, Dave Black, Tony Simmons and Grillaert of Belgium, with Steve Kenyon and John Davies next.

A tremendous scrap ensued among the three leaders, with Jones seizing the initiative at the start of the final circuit. Grillaert was 4th, followed by Simmons, Black, Kenyon, McLeod and Davies. The Irish pair went ahead of Jones on the uphill stretch but the Welshman wasn't finished yet and was back in front again along the terrace section of the course. Jones and Treacy appeared to have the race sewn up between them as Deegan fell back a few metres, and Treacy seemed to have judged his race nicely when he took Jones at the last turn prior to the run-in, but Deegan produced a storming finish to pip Treacy in the last ten metres. Simmons, as customary, made up considerable ground on the last lap to take 4th place. The North, led in by Kenyon (6th) won the team and inter-area race.

1, G. Deegan (RoI) 26:16; 2, J. Treacy (RoI) 26:17; 3, S. Jones (RAF) 26:18; 4, A. Simmons (East) 26:20; 5, Grillaert (Bel) 26:26; 6, S. Kenyon (Nth) 26:28; 7, D. Black (Mid) 26:33; 8, J. Davies (W) 26:35; 9, M. McLeod (N) 26:37; 10, J. Brown (Sco) 26:38; 11, Bouster (Fra) 26:42; 12, E. Coghlan (RoI) 26:43. **Teams:** 1, North 119; 2, Rep of Ireland 127; 3, Midlands 140; 4, Scotland 140; 5, South 155; 6, Wales 198; 7, East 203; 8, RAF 207. **Women:** 1, G. Waitz (Nor) 14:37; 2, K. Binns 15:14; 3, R. Smeeth 15:39; 4, P. Fudge 15:41; 5, J. Dawkins 15:42; 6, S. Harvey 15:43; 7, P. Yule 15:49; 8, W. Smith 15:55; 9, S. Hassan 16:13; 10, J. Clarke 16:15.

(Detailed results next week)

Reebok CORDOVA

SHOE REPORT



6-12
£15.95
3-5½ £14.85

SPECIFICATION

Weight	11oz (Average)
Upper	Blue double laminated woven nylon with cushion layer. Suede trim.
Tongue	Double layer nylon/foam with bound edges.
Lacing	U-throat
Toe	Seamless, well-rounded toe pocket with double stitched suede wrap.
Sole	Racing stud with peripheral traction wedges and anti-wear heel stabilisers (sole designed to 'spread' under body weight). Mid-sole of energy absorbing material, perforated for greater flexibility. Built-in arch support.
Heel	Pressure form moulded plastic heel cups. Heel depth 23mm. Flared 'Roll' design.
Special Features	Sole design enables the Cordova to be easily repaired.
Uses	General training on roads and paths. Light enough for racing.
Price	3-5½ £14.85 6-12 £15.95

SUMMARY: One of the new breed of Reebok shoes, the Cordova training flat is made to take the punishment mile after mile yet be light enough to race in. For a shoe with such a lot going for it, Cordova is exceptional value for money. At your sports shop now.



Reebok
The Athlete's Shoe

Distributed to the Sports Trade by Carter-Pocock Ltd.
235 Southwark Bridge Rd. London SE1 6NN. Tel: 01-407 8321.

Yes, it had to happen. With running and jogging going through a "boom" period, Cliff Temple decided that for His New Year Special this year he

ought to present his own Shoe Survey of some of the latest models available to internationals and joggers alike.

* * *

It was, I believe, Emily Lustbody who first drew the public's attention to the fact that there was a range of different makes available when she ran round the Olympic Stadium after her triumph, watched by many millions of television viewers, unashamedly waving her Nikes in the air.

Earlier this year I decided it was time to start

gathering views on different shoes to present an unbiased survey of the best. In June I began a round of long, drunken evenings in those pubs where athletes go after training, often not getting home until the small hours. Then, in November, I decided I really ought to start gathering those views on shoes. So here, then, is . . .

THE CLIFF TEMPLE SHOE SURVEY 1977½ (the 1978 was too big)

THE BOMBAY

A new track shoe for sprinters, developed by an Indian Fakir, and in which one British athlete recently ran 9.7. He didn't realise the spikes were on the **inside**.

THE FLY

These have a special powerful suction-cup sole, and you can amaze your friends by running up walls and along ceilings in them. Unfortunately, they are not so good on the flat, and three competitors who wore them in the AAA marathon are still stuck to the course.

THE DUBLIN

Special Irish marathon shoe, with six long spikes. Added feature: re-inforced rubber toe-caps "so that you don't hurt your feet when you hit the wall at 20 miles".

THE GLITTER

Delivered in a special presentation box: blue nylon with green suede trim, reinforced sides for added support, eight metallic lace holes, and six steel spikes. Yes, it's quite an impressive box. Pity the shoes inside aren't much good, though.

THE LOFTY

Features very thick built-up soles. Useless for running, but great value for anyone who wants to look taller.

THE CAR-WHO?

New lightweight road running shoe with air cushion built into the sole. Fifteen pairs floated away last month alone. Very comfortable, unless you get a puncture. (Irish version of these also available: water-filled for steeplechasers).

THE FLASHER

Purple and gold shoes with silver star trim, orange reflectors, and left and right flashing traffic indicators. Sheepskin-lined, made of cardboard and no use for running, but great for standing around at races, looking cool.

THE SPOUSE

New shoe with waffle sole and extra-flexible tongue. Ideal for every single male runner. Not so good for married ones, though — they probably get enough waffle and wagging tongue at home anyway.

THE HECKLER

Rather cumbersome training shoe, but a lot of fun. If some bystander calls out a 'funny' remark as you run past, the built-in mechanism automatically sprays them profusely with indelible dye in three vivid colours. The perfect answer-back for every runner in Britain. Re-fills available in a wide range of shades, all guaranteed to clash horribly.

THE PEPPERMINT

A new green and yellow striped road runner's shoe. Not yet tested, owing to a lack of available green and yellow striped road runners.

THE PIRANHA

At last — a sure and foolproof end to blistered toes, heel chafing and black toenails. This new model (with its unique "Dover" sole) waits five minutes after you have started running, and then bites your foot off.

THE PLASTIC-TATT

A special mass-produced cheap-shoe, selling at 99p a pair. Makes you feel as if you are running on air — until you find that the sole has worn out, and you are.

THE SLIME

Cunningly-devised shoe which at a given moment secretes a layer of butter on to the sole so that you can slip into the lead. Also allows the field to spread out.

THE LUSTBODY

The Emily Lustbody Special is the most popular of all bearskin models available. With reinforced bottom, and hardwearing upper (padded for extra protection), it suits all sizes and guarantees comfort. Somewhat expensive, it is perhaps best described as "a fairly good men's training model" and an ideal Christmas present if you happen to know any fairly good men.

THE CLIFFHANGER

Announcing the latest exciting development in running shoes, developed in secret at Folkestone. The ideal shoe for British international runners whenever an East German or Finnish athlete suddenly performs above expectation. They won't be able to match these shoes; Yes, after studs, spikes, claws, suction cups and waffles, comes the ultimate . . . wheels!

This'll wipe the grin from their faces. Brakes extra. Available exclusively from the British Fairplay Roller Skating Company Ltd, Folkestone, Kent. (Irish customers add £5 for book of instructions).

"Hello, it that Seamus O'Rafferty?"

"It is, to be sure".

"Oh, I'm just putting the finishing touches to my 'AW' shoe survey and I haven't had the results of the Irish panel yet. Could you answer a few questions about those shoes I asked you to test?"

"Of course".

"Now what about that first pair?"

"I tested them myself, and to be honest I thought that the left one had very thin soles and was a poor fit".

"Why was that?"

"I'd put the box on my foot instead of the shoe".

"I see. Did the other one have to be re-soled?"

"Yes, and I got £1.50 for it. Actually I was going to put some foam into the shoes because I read that foam is supposed to reduce jarring".

"It is, but why didn't you?"

"The bathroom door was locked".

"On that second pair, I was interested to know what you thought about the heel counter".

"Well, to be honest, I couldn't find it, so I did it myself. It was quite easy — there was a total of one heel on each shoe".

"What about the arch supports?"

"Oh, I took those out".

And what happened then?"

"Arch fell over".

Did you manage to buy those shoes I mentioned with the six-inch rubber soles?"

"Yes, Paddy tried those out for us. He ran 200 metres flat out in them".

"Did he like them?"

"I don't know. He hasn't stopped bouncing yet".

"How much were they, incidentally?"

"Well, the shopkeeper was going to charge me £50 for a pair of size eights".

"Fifty pounds? That's very expensive".

"It is, but I'm not stupid, you know. I insisted on a reduction. I still had to pay £50, but at least they were only size fives".

"Finally, have you tried running in those Tigers yet?"

"No, but I'm just going to have another go now. When I tried last night, I couldn't get the cage door open".

(footnote)

(Cliff Temple is Athletics Correspondent of The Sunday Times and The Times, and is available in a wide range of colours and sizes. Any resemblance between the shoes described above and any existing model is, we sincerely trust, highly unlikely!).

A LESSON FROM THE SCOTS?

IT will be interesting to see if the recent fine track exploits by Allan Wells and John Robson lead to more attention being paid to the Scottish professional athletics scene. For, in differing ways, the performances of these runners tell us a lot about an aspect of British athletics which has, sadly, been much neglected save by a few enthusiasts such as Tom McNab and Peter Lovesey. (See 'Athletics Weekly', September 2nd & 9th, 1972 and May 17th, 1969).

Robson once competed as a professional in Scotland, a fact which meant that he had to seek re-instatement as an amateur athlete. Wells, on the other hand, feels that his success is due to Wilson Young, the coach from whom he has now parted company. Young is an ex-professional sprinter himself and is also a trainer of professional runners.

In practical terms, professionals, or pedestrians as they are often called, compete for small prizes at the Highland or Border Games, with the hope of greater rewards in betting returns. These races are the remnants of a professional circuit which once took in Sheffield, Newcastle, London, Birmingham, Manchester, Glasgow and Edinburgh. Handicap events were run off for £100 first prizes and there were vast betting markets. In turn, this financial angle led on to gambling coups and hence to disputed results and riots. The sport of pedestrianism got a bad press and most of the sprint events died out.

Today, only a few Scottish and North of England fixtures remain, with the most famous being the Powderhall Sprint, held in Edinburgh each New Year since 1870. Trainers, such as

Asks Eric M. Macintyre

Wilson Young, put their runners on a six week long "prep" for the event, with the hope of making him run faster than his past form and handicap would suggest. Good food, lots of rest and such interesting devices as the boxer's speedball which Wells has used are the ingredients of the intense preparation.

Wilson Young himself came through this regime to win the 1971 event and he has since trained other winners of it. On his winning run, he deprived George McNeill of a much-coveted second successive win and the chance to equal the 1934 record of the legendary Willie McFarlane in winning the Powderhall Sprint from scratch. But McNeill blossomed into the fastest British sprinter of his day, as is witnessed by his 11.14 for 120y (10.2 at the 100m mark) run at Meadowbank in 1970.

In fact, he is the latest in a long line of swift professional sprinters. Old timers thought Harry Hutchens of Putney to be the "fastest thing ever to operate on two feet" when he ran 131 1/4y in 12.4 at Sheffield in 1879. Willie McFarlane only lost by inches to the double Olympic Champion, Eddie Tolan, in Australia in 1935. More recently, when the Scot Ricky Dunbar ran 9.6 for 100y at Keswick on a grass track in 1964, only Lynn Davies ran faster that summer.

Is it too much to hope that more attention might be paid in future to these methods which have produced such fine runners? Moreover, we



George McNeill winning the Centenary Powderhall Sprint in 1970. The event is now held at Meadowbank Stadium.

**ALLAN WELLS****Uses boxer's speedball in training.**

Mike Street

must remember that all these so-called 'professional' athletes did ordinary jobs and were in no sense full time competitors. Under professional guidance, Les Piggot of Scotland reached two successive Commonwealth Games 100m finals in 1970 and 1974, thus going a long way to prove the effectiveness of the methods even before we take into account Wells and his vast potential. While the American attempt to create a professional 'circus' failed, young Scotsmen still run for scant rewards and glory on

specially reaped corn fields, with only a few being as fortunate as John Robson in having their 'sins forgiven' and going on to tackle the world.

However, as in most things, there is indeed method in the seeming madness and coaches might do worse than take the first train North. Arthur Rowe puffed out his large chest and took on the Scots at such exotic events as hammer throwing and caber tossing. Without breaking as much sweat can we now go forth and learn from venerable, and proven, training methods which were under our noses all the time and which even the East Germans have missed?

MIDLAND COUNTIES 4x4M CROSS-COUNTRY RELAY

At Redditch, November 11th

1, Wolverhampton & Bilston (Nicholl 20:32, Wheway 19:53, Mattock 20:28, A. Blackwell 19:43) 80:36.

2, Small Heath (Tierney 20:21, Calvert 21:03, Black 19:12, Rollason 29:48) 81:24;

3, Westbury (Cowman 20:28, Buckley 20:37, Cowles 20:47, Francis 19:45) 81:37;

4, Tipton (Cytla 20:03, Earleton 20:58, Bentley 20:46, Holden 20:03) 81:49;

5, Coventry (Carter 20:34, Noulton 20:56, Banks 20:19, Lavelle 20:39) 82:28;

6, Sparkhill (Edwards 21:13, Harding 20:35, Thornbury 20:59, Baker 20:26) 83:13;

7, Worcester 83:26; 8, Birchfield 84:20; 9, Gloucester 84:35; 10, Wolverhampton & B 'B' 85:45; 11, Bromsgrove & R 86:13; 12, Trent Poly 87:27; 13, Worcester 'B' 88:13; 14, Leamington 88:41; 15, Gloucester 'B' 89:25; 16, Small Heath 'B' 89:29; 17, Tamworth 89:33; 18, Bromsgrove 'B' 89:53; 19, Halesowen 89:54; 20, Small Heath 'C' 90:41; 21, Rugby 91:14; 22, Solihull 91:18; 23, Cheltenham 91:23; 24, Sparkhill 'B' 91:29; 25, Newark 91:32; 26, Warley 91:36; 27, Dudley & S 91:54; 28, Dursley 92:08; 29, Corby 92:31; 30, Birchfield 'C' 92:39. **Fastest:** D. Black (S Hth) 19:12; A. Blackwell (W&B) 19:43; D. Francis (West) 19:45; J. Wheway (W&B) 19:53; R. Cytla (Tip) & A. Holden (Tip) 20:03.

Seasons Greetings from

Reebok

GOLD FOR GRIFFIN — by Norman P. Kaufman

THERE must be few souls on this earth who have never walked into a wall. Or a lamp-post or a tree or indeed another person. Unwillingly of course: the attention being distracted elsewhere, however briefly, however fleetingly. At which point there materialises a sharp pain in the skull, a graphic reminder that no mortal being can move through a solid object.

Frankie Griffin, being Frankie Griffin, naturally had to be different. Not for him the common-or-garden collision with a mass of heavy material during an everyday three-miles-per-hour stroll. Oh no, not he! No sir! For Frankie was running, not walking: running, moreover, as fast as he could along the pavement at eight o'clock of a winter's evening. And on the opposite side of the road, there suddenly hove into view a female of some twenty years called Elly Grundel, a beauteous lady whom Frankie had admired — from afar — for some considerable time. And it was the sight of this girl which caused his mind — and more significantly, his concentration — to wander, for just one split scintilla of time; with the inevitable result that Frankie's chin, nose and cranium encountered a concrete lamp standard at about ten miles an hour.

For just that single infinitesimal splinter of a second, he felt the numbing, blinding, totally paralysing pain: an intolerable agony which seemed to gouge into and through and beyond his head, for all the world as if it were being dissected by a blunt scalpel wielded by an inebriated surgeon . . . And then all was blackness and vacuum and soothing oblivion, as the anguish faded from his ken, and his track-suit-clad body crumpled to the pavement.

And it was at this point that Francis Armitage Griffin began to dream.

It has to be said right away that Frankie had in fact always been a dreamer; or, if the word "always" has to be qualified, then one could say he had been a dreamer ever since he had learned how to run. For the truth was that this ordinary young man had aspirations towards an Olympic Gold Medal; and if there is anybody more dedicated and single-minded than an athlete in training, then that person must be an athlete in training who doesn't realise that he has absolutely no potential, has always been third-rate, and who will never be anything else, unless it's fourth-rate.

But that was Frankie. His working hours as a builders' labourer were spent in a daze of wishful thinking, a veritable welter of inspired fantasy, a state of mind that often prompted his workmates into suggesting that he abandon his sporting ambitions and concentrate on writing fairy tales. Not that Frankie allowed such derisory comment

to deflect him from his Life's Goal, his favourite waking dream, the mental image to which he was most partial: that of his own scrawny chest breasting the white worsted tape in the Ten Thousand Metres Final at Moscow in 1980. And to this end he applied himself, forcefully and with unrelenting regularity, to the exclusion of all known forms of social assignation. His spare time was taken up with training: running to work, running round a park at lunch-time, running home; running before breakfast and running after tea and running at weekends. His weekly mileage was currently one-hundred-and-eighty, and he was trying to edge it up to and past the magical Double Ton. Active courtship of pretty little Elly Grundel would therefore have to wait until after the medal — **The Medal** — was hanging around his neck, less than two years hence.

The sad fact was, however, that Frankie Griffin, twenty-five, bachelor of the parish of Upminster, was not of the stuff of which champions are made. His prodigious training sessions kept him fit; no more and no less. There was no natural talent lurking within his boney frame; no inborn greatness to spur him to bigger and better things. In a word, enthusiasm, although laudable enough, was not sufficient: the statistics, cold and harsh and irrefutable, spoke for themselves. For his best time for 10,000 metres on the best all-weather track ever produced, and in a comfortably cool climate, was immovably fixed at slightly over thirty-three minutes; which in athletics parlance, and in this day and age, was nothing short of lousy. Indeed, a certain club coach had been heard to remark that the winner of Frankie's races always had time for a coffee and a kip before Griffin trundled home . . .

Perhaps the comment was justified; possibly it was an exaggeration, though how much of one has to remain a matter of opinion. Yet it was an unarguable fact of life that Frankie Griffin did trail in at the back of the field, not once, not twice, but in every race he entered, and it would hardly have been worthwhile for him to claim an "off-day", either, for the very simple reason that he had never yet had an "on-day", and probably never would.

It must be said, however, that to his eternal credit, none of this adverse comment made so much as the slightest dent in the supreme confidence which Frankie Griffin had in Frankie Griffin. 'Surely,' he informed his mirror reflection, one morning after a gallop to and through and back from the local park, a round trip of some six-and-a-quarter miles, 'surely it's only commonsense that all this extensive preparation should eventually produce the right

result at the right time. Who wants to win club races and handicap races and other such trivia, when I can be the King of the World in a couple of short years from now?" He was an articulate fellow, was Frankie, and it was important to him that he should convince himself more than anyone else that he was capable of reaching the mind-boggling pinnacle of fame on which he had set his heart, an organ which in repose beat at a steady forty per minute. 'Surely,' he continued his soul-searching monologue, 'surely the constant conditioning of my body should — **must** — have the effect of equipping me for the immortality of an Olympic Gold, a place in the record books forever and ever and ever —' This was the way he liked to reason: in flowery phraseology and rounded terminology, and with the least possible regard for logic.

'In any case,' he went on, peering at his face, with its hollow cheeks and its pallor and its general aspect of fleshlessness, 'by the time of the Moscow Olympiad, I shall still be only twenty-seven; and I know for sure, based on average figures from previous Olympics, that this is the optimum age for success in distance-running . . .' From which particular sources he gleaned this jewel of wisdom was never established; Frankie just liked to let his ideas become known, without ever disclosing how and why he came to whatever conclusions he came to, and in fact it was only a very short step from talking himself into the right atmosphere to convincing himself that he was actually in the race itself. No, not just the race: THE RACE. That was how he always thought of it; and on this night, shortly after eight o'clock, and in those first few micro-seconds after his duel with a concrete lamp-standard, his receptive mind was already in the realms of Dreamland. Which meant that, instead of lying prostrate on the cold unyielding pavement, blood gushing endlessly from the wound in his head, he was toeing the curved line at the start of what he liked to term, familiarly, as the "Ten-Thou". The handful of people gathering around his horizontal form suddenly became a crowd of a hundred thousand knowledgeable athletics enthusiasts. A hush settled around the stadium as the vast multitude held their collective breath, as the starter — resplendent in red cap and blazer and white flannels — lifted his pistol aloft, as the other twenty-three runners shuffled their feet and wriggled their shoulders and flexed their thighs. Only Francis Armitage Griffin would be calm and unruffled, utterly and totally relaxed, as confident as any man who knows for a fact that the next few minutes will be a mere formality prior to his taking his rightful place on the topmost step of the rostrum, there to receive the highest accolade . . .

And then comes the staccato crack of the gun, and two dozen men surge forward, each of them intent on reaching the haven of the tape before the others, each of them yearning to be the one

immortal entitled to own that almost-intrinsically-worthless gold-plated medal.

Six laps of the twenty-five have slid away under Frankie's flying feet; almost a quarter of the way, and yet he feels no distress, no undue fatigue. His daily training sessions have so far stood him in good stead. He smiles grimly to himself at the memory of the advice he has so often been given: that the body is like a bank, the more you pay in, the more interest you'll get; and the more mileage you churn out in preparation for your event, then the more you'll be able to draw on your fitness and your strength when the proverbial chips are down and you're in competition, you against all the other guys, all of you desperate to prove that you're the best, at this distance, that the world has ever known.

And while he has been thinking these thoughts, another lap has gone by, and now he is up with the leading bunch. How many of them — six, seven? Yes, seven and himself; and the rest of them strung out behind in a long winding Indian file of weakening men, the stamina and the vitality and the will to win run out of their poor, puny bodies and rubber legs by the superior tactics and ability of the few in front.

One by one the laps flick by, and Frankie Griffin is still in there, his face a mask of strain, but yet still in command of the situation. Four-and-a-half miles behind them now, another seven laps to go, and suddenly he urges his aching body into the lead. He senses rather than hears the mutual expression of astonishment from the handful of runners still with him. Frankie's grin widens: they must be thinking, is he mad to point for home when he's still so far from the tape? Has he gone out of his mind to take such a chance in a race of this calibre, against such distinguished athletes? But he grits his teeth and maintains his pace.

Suddenly he is going through a bad patch; there are five laps left and the nearest man is three metres astern, but a niggly ache has developed in Frankie's side, and his feet are like blobs of lead, and his heart crashes against his chest like some crazy sledgehammer . . . And worse, there are footsteps behind him, very close to him, and he realises that after all there is someone who hasn't been decimated by the brutal pace. He sneaks a quick glance . . . yes! As he thought! As he feared! The African! The one man he dreaded! Two metres back, and looking as though he could stay there forever — or at least until the tape was fifty metres away . . .

Frankie Griffin digs deeply into his reserves: his stride widens, his powerful legs eat up the ground, his spiked shoes bite into the blood-red track. Frankie's mouth opens wide, as if in fear or pain or shock or disbelief; tears spring to his eyes, his glazing eyes, and there are four laps left and then three and two and one, and suddenly, violently, the sound of the bell. Four hundred metres to run, nine thousand six hundred metres

covered and still there behind him are the spectral footsteps of the African, the insistent pecking rhythm of those bare feet on the rubberised Moscow track, faster and faster, urgent, desperate, running scared, waiting for those last fifty metres, waiting to pounce, **damn** him, he was biding his time —

And in his waking dream, with his body in the streets of London and his mind and heart in the Olympic arena of 1980, Frankie Griffin fixes his vision, his aching heart, on the tape so far ahead of him. Two hundred metres left — one hundred — seventy — what will be his lot: to be consigned to the second placing which nobody would ever remember? Or the achievement of his greatest ambition: to be the best. To be the greatest distance runner in the world . . .

His feet lift higher and higher; the footsteps behind him fade into insignificance, into obscurity. He feels as if he were flying . . . flying . . . and see! Somewhere in the distance is that not the dear sweet face of Elly Grundel? Now indeed is his cup of happiness full to overflowing!

As the deafening roar of the crowd's applause numbs his senses, a smile transfixes his tired, wet face; and the tape snaps across his narrow chest.

The doctor rose to his feet, the stethoscope dangling loosely around his neck. He shook his greying head, blew out his cheeks, glanced across at Elly Grundel's agonised face. 'I'm sorry,' he said. 'You knew him, did you?' He paused, stared again at Frankie's blood-smeared lips. 'At least,' he remarked softly, 'at least he died happy . . .'

UNIVERSITY OF LANCASTER A.C.

We would like to extend a special invitation to all past and present student and staff athletes to compete in our **Open Cross-Country** event on **Saturday, January 20th, 1979** and (including all non-distance runners) to the Club dinner at the University on the same evening. Please contact: D. HALPIN, ATHLETIC UNION, UNIVERSITY OF LANCASTER, BAILRIGG, LANCASTER, by 10th January, 1979.

UNIVERSITY OF LANCASTER A.C. 2nd Annual Open

CROSS COUNTRY MEETING

at the University on Sat. January 20th, 1979

2.00 p.m. COLTS	(2 Miles)
2.30 p.m. BOYS	(3 Miles)
3.00 p.m. SENIOR MEN	(5 Miles)

Prizes to 1st Ind., 1st 3 Teams (4 score), 1st Junior, Vet in Senior race (please indicate). Perpetual Trophy for winning Senior Team.

Entries (20p per Ind.) to D. Halpin, Cross-Country Event Organiser, Athletic Union, Univ. of Lancaster, by **January 10th, 1979.**

(Free meal provided to all competitors)

British Runners Abroad

FINE DEBUT BY STEVE BINNS

Steve Binns (18) ran extremely well in his first senior international cross-country to finish a close second to Peter Standing in a 10km event at Bolbec (Fra) on November 26th. The ECCU team beat Belgium and Algeria to win the team race. Results: 1, P. Standing (Brighton Concord) 31:42; 2, S. Binns (ECCU) 31:44; 3, Gren Tuck (ECCU) 31:45; 4, Marzee (Bel) 31:48; 5, Watrice (Fra) 32:04; . . . 7, R. Treadwell (ECCU) 32:09. (Jnrs) 1, Mattheus (Bel) 20:57; 2, Hemmings (Camb H) 21:20; 3, C. Miers (B'ton C) 21:23. (Yths) 1, A. Bristow (B'ton C) 14:17; 2, Burton (Camb H) 14:40 . . . 5, Erskine (Ports) 14:54. (Boys) 1, A. Pettigrew (B'ton C) 12:42. (Women) 1, K. Binns (B'ton C) 12:39; 2, A. Roberts (B'ton C) 13:25; 3, Navarro (Fra) 13:30.

At Clermont-Ferrand (Fra), November 26th: 9200m CC: 1, Mamede (Por) 26:55; 2, Cypcra (Fra) 28:05; 3, C. Ridler 28:12; 4, B. Knight 28:25 . . . 8, J. King 28:52; 9, P. Flavel 28:56. Team: Bournemouth. (Vets) 1, G. Blackburn 16:25. (Women) 1, J. Dawkins 11:35; 2, A. Blake 12:09 . . . 5, K. Harvey (I) 12:43.

At Caen (Fra), November 26th: 10km CC: 1, K. Newton 28:20; 2, Schoofs (Bel) 28:21; 3, Hagelsteens (Bel) 28:37.

At Vanves (Fra), December 3rd: 8km CC: 1, A. Simmons 23:51; 2, Bouster (Fra) 24:00; 3, B. Ford 24:01; 4, Tibaduiza (Col) 24:02; 5, Lemire (Fra) 24:10; 6, Treacy (Rol) 24:17; 7, Coux (Fra) 24:17; 8, Myasani (Ken) 24:18; 9, Gra Tuck 24:19; 10, Poschmann (Ger) 24:29; 11, D. Black 24:32; 12, Levisse (Fra) 24:37; 13, Chettle (Aus) 24:45; 14, Cusack (Rol) 24:53. (Jnrs) 1, J. Espir 19:20; 2, Verbeek (Bel) 19:44.

At Brest (Fra), December 3rd: CC: 1, N. Gates 28:31; 2, Rault (Fra) 28:35; 3, Paugam (Fra) 28:40.

At Barcelona, December 3rd: Jean Bouin Memorial Road Race: 1, Cerrada (Spa) 25:19; 2, S. Kenyon 25:27; 3, K. Penny 25:42; 4, A. Leonard 26:04; 5, Lorente (Spa) 26:05; 6, G. Smith 26:12; 7, Campos (Spa) 26:26.

PHOTO QUIZ

Answers to last week's posers were: (1) Herb Elliott. Now aged 40, the Australian set world records of 3:35.6 for 1500m (winning the 1960 Olympic title with 20m to spare) and 3:54.5 for the mile, and was unbeaten at 1500m and a mile throughout his career. (2) Vera Searle, who is now 77, set a world's best of 60.8 for 440y in 1923 (a time that was not beaten for six years) as Vera Palmer, and also held the world's best for 250m (33.8 in 1925). She was WAAA 220y champion in 1925 and 1926, 440y champion from 1924 to 1926. (3) Two of the all-time greats of shot-putting: Randy Matson handing over to Brian Oldfield.

UK Best Performer Lists

ON behalf of all the NUTS listers I would like to express warm thanks to everybody who has responded to appeals in 'AW' or to the circular sent to clubs. Lists recorded by me have been, or will be, circulated to the other listers, including Andy Clatworthy (compiler of the Men's Club list); Tony Miller (Junior and Intermediate Women); Nigel Bailey (Junior Men); and Eddie Powell and Jack Elliott (Youths).

All performances received will be used to determine the final lists to be published in the 1979 UK Athletics Annual, even if they were received to late for the provisional age-group lists which appeared in 'AW'.

Even with the gratifying response received so far from club officials, all too many performances set up in Britain go unrecorded — which means that the athletes in question will not receive due credit for their achievements. While appreciating that results are far from the be-all and end-all of the sport it never ceases to amaze me how casual some meeting organisers are over results. A very large number of meetings, including several important ones, are never reported to 'AW' or to the NUTS. This year, for instance, I have not got at the time of writing the results of such meetings as the Surrey, Warwickshire or Nottinghamshire County Championships, the Boot and Jackson Trophies at Leicester, the Teesside Games, the Middlesex League meetings, the Beverley Baxter Trophy, the Northern Ireland Championships. Particular problems seem to be with meetings at Oxford, Haringey, Nottingham, Leicester and to some extent Stretford and Gateshead.

Completing annual ranking lists is very much like doing a series of giant jigsaw puzzles, with some pieces being provided by club secretaries, statisticians and team managers. My thanks again to them all and I trust that their contributions will continue to come in steadily.

One point I would like to make to people who have sent in Boys or Minor Girls results is that we have not got compilers for these age-groups, but the NUTS would welcome any volunteers to undertake this task.

A preliminary look at this year's men's list shows a very definite improvement in depth in most track events. I have picked out a few events to demonstrate this. The number of men achieving standards are shown below.

The numbers for 1978 will probably be augmented by performances not reported at the time of writing. It is probable that the strong winds at such meetings as the English Schools augmented the sprint totals, but there has certainly been a marked improvement at 800m and 1500m, where the 100th best stands this year at 3:50.4, and these figures would be higher if I knew more details from various high quality races at Stretford.

In the field events, there has been marked progress in recent years in the high jump — 46 two-metre men this year, compared to 36 last year, 26 in 1976, 18 in 1975 and 13 in 1974. Less progress in the other jumps and throws but the trend is overall slightly upwards even in these events.

Finally may I repeat my plea for more comprehensive reporting of results in the interests of the athletes.

Peter Matthews

UK AGE BEST

Claire Summerfield (13) high jumped 1.76m indoors at Cosford on December 9th, best ever by any British girl under the age of 15.

* * *

Due to no long jump coach being available, this event will not be included in the Coaching Course at Ashford, Kent, on January 21st.

* * *

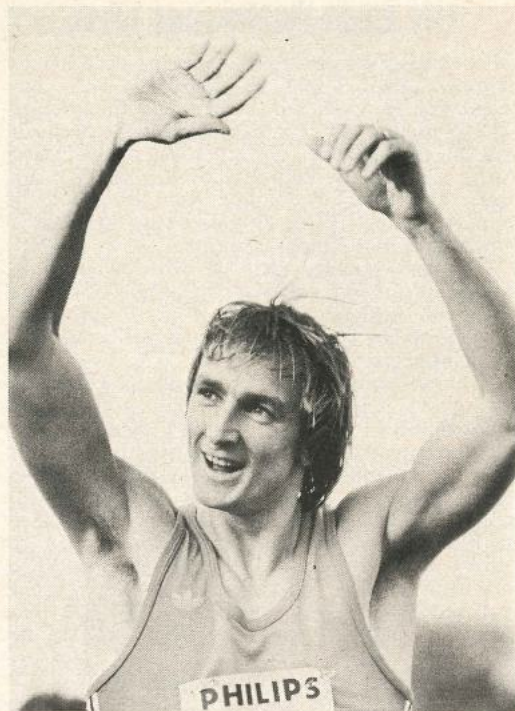
Kent County Joint Coaching Committee are holding three one-day Courses for potential Club and Assistant Club Coaches and School Teachers at Crofton Leisure Centre, London, SE4 on Jan. 14th, Feb. 11th, and March 18th. Further details from John Yarrow, 246 Brompton Road, Rochester (Medway 73419).

	1978	1977	1976	1975	Previous best last 10 years
100m — 10.8	93	58	46	36	54 — 1969
400m — 49.5	113	100	86	73	99 — 1969
800m — 1:51.9	72	61	46	46	47 — 1969
5000m — 14:30.0	117	136	93	110	126 — 1973
400mH — 55.9	84	76	78	66	64 — 1974
Decathlon — 5000	91	81	90	70	64 — 1974
High Jump — 1.95	85	70	57	50	28 — 1974
Pole Vault — 4.00	57	56	54	51	35 — 1974
Long Jump — 6.80	113	109	100	96	100 — 1974
Shot — 13.50	71	75	70	76	88 — 1969
Hammer — 43.00	111	104	105	98	91 — 1974

THE MOMENTOUS CAREER OF ALAN PASCOE

**One of Britain's most
successful athletes ever
takes his leave of the track
...and 'AW' pays its tribute**

photo by Don Morley



HE never won an Olympic gold medal and he never set a world record, but judged by all other criteria Alan Pascoe — who has now retired from competition — must be rated one of the most successful British athletes in the history of the sport. He has won gold medals in the European Championships (indoors and out) and the Commonwealth Games, a silver in the Olympics;

he has been victorious in two European Cup Finals; he has compiled a brilliant international match record (undefeated in the 400m hurdles) and has an imposing array of national titles to his credit.

But Alan's very considerable achievements on the track are rivalled by his contribution in other areas: as a spokesman for fellow athletes on



Flashback to the White City, 1969, and the Britain v France match. David Hemery wins in 13.9 from Guy Drut (14.2), the man destined to win the Olympic title seven years later. Alan Pascoe (14.3) was 3rd and Pierre Schoebel 4th (14.3).

Tony Duffy



Second to Frank Siebeck in 1971 European.

Fionnbar Callanan

official bodies, as a promoter of international spectacles, as an ambassador for the sport. The fans, particularly at his 'home' track of Crystal Palace, have had a great admiration and affection for him; and it is his image — that of an



Alan and Della soon after their marriage.

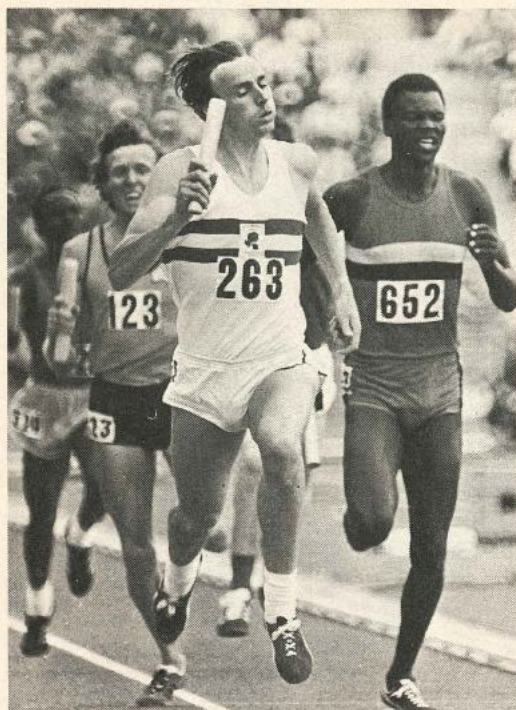
Fionnbar Callanan

uncompromising but sporting competitor, exultant in victory, gracious in defeat, and always appreciative of the spectators' support — that has made such a significant contribution to the boom in British athletics.

Olympic 4×400m relay silver medallists at Munich in 1972: left to right — David Jenkins, David Hemery, Alan Pascoe and Martin Reynolds.



Tony Duffy



1974 was a great season for Alan. He won gold medals in the Commonwealth 400m hurdles and the European 400m hurdles (pictured right, by Ed Lacey, battling with Jean-Claude Nallet) and 4 × 400m, and a silver in the Commonwealth 4 × 400m (photo, left, by Mark Shearman).

During a momentous career Alan has scaled the heights and plumbed the depths. He suffered a chapter of accidents in the 1970 Commonwealth high hurdles final: he saw his 1976 Olympic plans ruined through another of those injuries which have bedevilled him throughout (after completing his best ever winter's preparation he felt he was on schedule to break 48 sec); and in Edmonton he was deprived of a relay gold medal when the England team was disqualified in controversial circumstances. But there were so many good moments to compensate for such

disappointments. Meadowbank, Christchurch, Rome and Nice will always rank high among his fond remembrances, but the place that was always special for Alan was Crystal Palace and his loyal fans there. How fitting that after a season which, because of professional commitments, fell short of his customary standards he was able to bow out at the 'Palace' on a high note in the Coca-Cola Meeting. He was given a standing ovation . . . and deserved no less.

Mel Watman

HIGHLIGHTS OF ALAN PASCOE'S CAREER

Alan Pascoe was born in Portsmouth on October 11th 1947. He is 1.85/6'1" tall, weighs 76kg/168lb, and is married to international sprinter Della James. He lives at Isleworth (Middx) and is a company director involved in sports promotion. He competed for Polytechnic Harriers, and his coach was George Tymms. Best marks: 100 — 10.6w, 200 — 20.9, 400 — 46.8 (45.1 in relay), 110H — 13.79, 200H — 23.0, 400H — 48.59.

His medals

Gold: 1969 European Indoor 50mH (6.6); 1974 Commonwealth 400H (48.83); 1974 European 400H (48.82) & 4 × 400 (3:03.3).

Silver: 1971 European 110H (14.1); 1972 Olympic 4 × 400 (3:00.5; 45.1 leg); 1974 Commonwealth 4 × 400 (3:06.7).

Bronze: 1969 European 110H (13.9); 1978 Commonwealth 400H (50.09).

In addition, he was a member of the England

Alan captures his thirteenth and last AAA title, the 400m hurdles this year in 50.39. Garry Oakes (No. 17) was third in 51.08.



Peter Tempest

team which finished first in the 1978 Commonwealth 4x400 (3:03.5) but was disqualified. He was first in the 400H at the European Cup Finals of 1973 and 1975.

His 28 sub-50 sec marks

48.59	Stockholm	30.6.75
48.69	Zurich	20.8.75
48.82	Rome	4.9.74
48.83	Christchurch	29.1.74
48.85	Crystal Palace	29.8.75
48.90	Crystal Palace	4.7.75
48.93	Cologne	1.9.76
49.00	Meadowbank	16.8.75
49.07	Crystal Palace	11.6.75
49.07	Zurich	18.8.76
49.28	Helsinki	25.6.75
49.29	Crystal Palace	13.9.74
49.44	West Berlin	20.8.76
49.57	Crystal Palace	14.8.76
49.5	Leipzig	30.6.73
49.60	Crystal Palace	17.9.76
49.63	Crystal Palace	15.9.78
49.65	Helsinki	13.8.77
49.73	Dusseldorf	2.9.77
49.77	Rome	3.9.74
49.7	Sardinia	11.9.74
49.81	Crystal Palace	9.9.77
49.8	Crystal Palace	14.7.73
49.8	Portsmouth	8.8.73
49.8	Gateshead	26.7.75
49.8	Oslo	27.6.78
49.90	Dresden	21.6.75
49.95	Montreal	24.7.76

His AAA titles

He has contested 16 senior AAA championships since 1967 and won 13 of them (2 at 200, 3 at 110H, 3 at 400H, 5 at indoor 60H)

... and placed 2nd (1st UK finisher) in the other three!

1967: 1st 60yH (7.5), 2nd 120yH (14.3). **1968:** 1st 60mH (8.1), 1st 120yH (14.1). **1969:** 1st 60mH (7.8), 2nd 110H (14.0). **1970:** 1st 60H (7.8). **1971:** 1st 200 (21.1) & 110H (14.5). **1972:** 1st 200 (20.9) & 110H (13.9). **1973:** 1st 60H (8.0), 1st 400H (49.8). **1976:** 1st 400H (49.57). **1977:** 2nd 400H (50.95). **1978:** 1st 400H (50.39).

North West Athletics Coaching Committee

COURSES FOR ATHLETES, COACHES AND TEACHERS

January/February 1978

1 SHOT PUTT & DISCUS COURSE — Wed/Thurs/Fri (Evenings) Jan 10th/11th/12th and Sat Jan 13th, 1979. Designed with special theory and indoor practical sessions. **Bramhall Recreation Centre, Bramhall, Stockport.** FULL COURSE FEE £2.00. Director — Carlton Johnson (National Coach).

2 SPRINT RELAY COURSE — Sunday, January 21st, 1979. Squad training and performance. Theory and practical sessions. **Woodbank Park Stadium, Stockport.** FULL COURSE FEE Coaches 75p, Squad Members 25p. Director — John Heaford (Senior BAAB Coach).

3 ADVANCED SPRINT COURSES — Sat/Sun Feb 10th/11th, 1979. **Castle Leisure Centre, Bury.** FULL COURSE FEE £2.00. Director — John Bailey (National Coach).

4 LONG DISTANCE & MARATHON COURSE — Sat/Sun Feb 17th/18th, 1979. Opportunity to take BAAB Examinations in Long Distance or Marathon. **Kirkby Stadium, Kirkby.** FULL COURSE FEE £2.00. Director — Alan Storey (NACC Staff Coach).

Full details and application forms from: Gordon Gluyas, Hon. Sec. NWACC, 98 Charlestown Road East, Woodsmoor, Stockport, Cheshire. 061-483 2346.

Garderud's Training For The 1976 Olympics

PERIOD 1: Preparation for basic training (October 20th — November 23rd 1975; 33 days).

PERIOD 2: Basic Training (November 24th 1975 — April 19th 1976; 147 days).

PERIOD 3: Hill Training (April 20th — June 21st; 63 days).

PERIOD 4: Special Training (June 22nd — July 20th; 29 days).

PERIOD 5: 'Charging Up' (July 21st — July 28th; 7 days).

Supplied by Mike Rowland

RACE PLAN (IF POSSIBLE)

Approx Date	Event	Anticipated Result
June 1st	10,000	28:25
June 8th	5000	13:45
June 15th	5000	13:35
June 22nd	3000SC	8:23
June 29th	1500	3:39
July 5th	1500	3:36
July 12th	5000	13:20

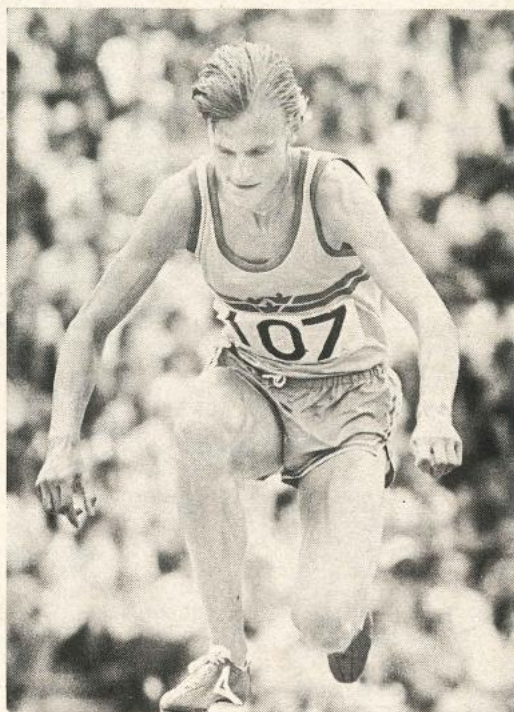
PERIOD 1: October 20th — November 23rd

Run at an easy tempo. Morning training for the greater part in the woods. Afternoon or evening runs on gravel or asphalt. Successive increases in quantity.

Week 43-44: 140km per week broken up into ten runs, one at 30km and one at 20km (throughout period one). Week 45: increase to 150km. Week 46: increase to 160km. Week 47: increase to 170km (106 miles).

PERIOD 2: November 24th — April 19th

Constant increase in quantity until January 25th with a three week 're-charging' period at the end of the year*. Twelve or thirteen training runs per week. Continue running at easy tempo until and including week 51. The first fast running comes in week 52 and consists of a 15km run at hard even speed. Week 1 (first week of January



ANDERS GARDERUD

George Herringshaw

1976): increase fast running with one hard even speed run of 10km. Week 2 sees the inclusion of a hill session as preparation for forthcoming hill work. These three quality runs are repeated in week 3. The quality runs at 10km and 15km

ALAN PASCOE continued

His international match victories

1967: 110H v Hungary (14.1). 1968: 110H v Poland (14.6). 1971: 110H v Germany (14.1). 1972: 60H v Spain (7.8); 110H v Poland (13.79); 200 (21.2) & 110H (13.7) v Greece/Netherlands; 110H v Finland/Spain (13.9). 1973: 400H (49.5) & 4 x 400 (3:05.2) v GDR; 110H (14.23) & 400H (50.7) v Sweden. 1974: 4 x 400 v Czechoslovakia (3:08.6); 400H v Sweden (50.20); 4 x 400 v Finland (3:06.7). 1975: 400H v GDR (49.90); 400H (50.05) & 4 x 400 (3:08.1) v USSR;

110H v Sweden (14.2). 1976: 400H v Poland/Canada (50.62). 1977: 400H v USSR (50.93); 400H v Germany (50.09). 1978: 400H v GDR (50.58); 400H v Finland (50.87).

His annual progression

Year	110H	400H	Year	110H	400H
1965	15.6	—	1972	13.79	—
1966	14.4	—	1973	13.8	49.5
1967	13.9	53.6	1974	14.1	48.82
1968	13.9	—	1975	14.07	48.59
1969	13.7	54.2	1976	—	48.93
1970	13.8w	52.4	1977	—	49.65
1971	13.7	50.9	1978	—	49.63

should improve with successive weeks until Period 2 is over (April 19th), these runs then being displaced by aerobic running.

*The re-charging period must be weeks 51 and 52 of 1975 and week 1 of 1976; Mike Rowland comments — "this I find strange since he ran 200km (125 miles) per week and didn't reduce at all".

Week 48 — 180km	Week 52 — 200km
Week 49 — 180km	Week 1 — 200km
Week 50 — 190km	Week 2 — 210km
Week 51 — 200km	Week 3 — 210km

During the first four weeks the quantity should alternate from 30km, followed by 10km, etc. During the last three, both fast and long runs alternate, eg 10km hard followed by 20km at slow pace. Weeks 4-16 held constant with once every other week a 28km hard run instead of a 10km or 15km hard. The vital thing is that these three hard runs never follow each other but are followed by two easy runs. Morning running; 1-1½ hours easy running.

PERIOD 3: April 20th — June 21st

Main principle: every other day hill training with increase in number of hills and repetitions. Warm up and jog after hills, usually 45 mins.

200m hill

4 × hill + 4 × 100m
4 × hill + 4 × 200m
5 × hill + 5 × 100m
6 × hill + 4 × 100m
6 × hill + 4 × 200m

250m hill

4 × hill + 4 × 100m
5 × hill + 5 × 100m
4 × hill + 3 × 300m
4 × hill + 4 × 300m
5 × hill + 4 × 300m

300m hill

4 × hill + 4 × 100m
4 × hill + 5 × 100m
5 × hill + 4 × 100m
5 × hill + 5 × 100m

On the days between hill work — fartlek running, but with no requirements on speed. Tempo and speed stretch will depend upon how the previous day's hill work has affected the body. Morning run of 45-60 mins, letting body dictate tempo of run. Fartlek distances usually about 10km.

The first weeks — run 4 hills and 100m reps. Increase load until the period's end to 5 hills and 300m reps or 6 hills and 200m reps.

Between reps, jog back to start. Run at 75% maximum tempo, ie 100m in approx 15 sec, 200m in approx 30 sec, 300m in approx 47 sec.

Once a week during period 3 run 30km at easy

A dazzling future was predicted for Anders Garderud when he front-ran to victory in the European Junior 1500m steeplechase in 1964 and a year later, aged 19, clocked the remarkable time of 4:00.6 for that event. The lanky Swede did indeed make good as a senior in terms of producing fast times — on the flat as well as for the steeplechase — but for much of his career he was regarded as a poor competitor on the big occasion. He was eliminated in the heats at the 1966 European Championships and at the Olympics of 1968 and 1972, while he 'choked' again in the 1971 European steeplechase final to place 10th after clocking the fastest heat time.

He put up a better showing at the next edition of the European Championships, in 1974, to finish second behind his arch-rival Bronislaw Malinowski (Poland), and the following season he achieved a measure of immortality by becoming the first to break 8:10 for the 3000m steeplechase.

However, it was not until the 1976 Olympics that Garderud finally, and decisively, convinced doubters that he was temperamentally as well as physically equipped to land the supreme prize. Bursting ahead of Malinowski with 300m to go, he raced to the gold medal in a world record 8:08.0. Whether Frank Baumgartl (E. Germany), who was level with Garderud when he fell at the last barrier, would have won but for that mishap will long be discussed, but — as Baumgartl himself said — "the simple fact is Anders won the race".

Best marks include 1:47.2 for 800m, 3:36.7 for 1500m, 3:54.5 for the mile, 7:47.8 for 3000m, 13:17.6 for 5000m, 28:59.2 for 10,000m and 8:08.0 for the steeplechase. Annual progress at steeplechase: 1965-8:59.4; 1966 to 1968-flat racing only; 1969-8:38.6; 1970-8:45.6; 1971-8:28.4; 1972-8:20.8; 1973-8:18.4; 1974-8:14.2; 1975-8:09.8; 1976-8:08.0. He was born in Stockholm on August 28th 1946.

Reprinted from Mel Watman's "Encyclopaedia of Athletics", available from the 'AW' Book Dept, price £5.

speed — 2 hr 10 min. Most vital during this period: 100% work into each hop. (Mike Rowland explains — "Most Swedes seem to do Lydiard's type of bouncing uphill. During a TV interview with Garderud prior to the Olympic Games he was seen bouncing up hills in training. Swedes that I spoke with claimed that the athlete



Antonio Campos, who finished 8th, leads from Frank Baumgartl (3rd), Bronislaw Malinowski (2nd) and winner Anders Garderud during the Olympic final in Montreal.

George Herringshaw

GARDERUD'S RACING BUILD-UP TO MONTREAL

June 1st, Gothenburg: 1500 — 3:40.4 (1). June 3rd, Helsinki: 5000 — 13:44.6 (1). June 8th, Stockholm: 3000SC — 8:15.5 (1). June 15th, Stockholm: 3000SC — 8:26.8 (1). June 17th, Vasteras: 5000 — 13:44.4 (2). June 23rd, Helsinki: 3000SC — 8:16.7 (1). June 29th, Stockholm: 3000SC — 8:33.6 (1). July 5th, Stockholm: 5000 — 13:17.6 (4). July 7th, Nykoping: 3000 — 7:55.6 (2). July 25th, Montreal: (Olympic 3000SC heat) — 8:21.4 (3). July 28th, Montreal: (Olympic 3000SC final) — 8:08.0 (1) (World record).

achieves 100% work load during the bounce, which one wouldn't get if one simply ran uphill. Not so convinced myself").

PERIOD 4: June 22nd — July 20th

Main principles of period 4: successive increases in tempo of reps — follow schedule precisely with exact timekeeping. First two weeks of period: one hill session per week (4×200m hill plus 4×100m reps). Run at least one 20km during this period.

	Week 1	Week 2	Week 3	Week 4	Rest
Tartan/20×200	30sec	29sec	28sec	27sec	45sec
Tartan/10×400	60sec	59sec	58sec	57sec	60sec
Grass/10×100	Maximum tempo — free downhill				120sec

Example: June 20th — Fartlek 10km; 21st — 20×200m×30 sec; 22nd — 10×100m; 23rd — Hill Work; 24th — 20km; 25th — 10×400m×60 sec; 26th — Race 1500m; 27th — Fartlek 10km; 28th — 20×200m×29 sec; 29th — 10×100m;

30th — Hill Work; July 1st — 20km; 2nd — 10×400m×59 sec; 3rd — Race 1500m.

PERIOD 5: July 21st — July 28th

The last week before the Olympic steeplechase heats in Montreal:—

Day 1 — 40 min on grass. Day 2 — 20 min on grass; 10×100m on Tartan; 20 min on grass. Day 3 — 20km on golf course or in woods. Day 4 — 20 min on grass; 10×100m on Tartan; 20 min on grass. Day 5 — 15km on golf course or in woods. Day 6 — 30 min on grass. Day 7 — Race.

Mike Rowland comments: "Garderud developed a leg injury in Montreal and according to Swedish media didn't do any track training. This may have helped to take the pressure off him".

Nearly £1200 was raised for the Thames Valley Harriers clubhouse fund through a draw, the top prize winner (£250) being Robert J. Agg.

The new secretary of Warley AC is B. C. Thorpe, 40 Whitburn Avenue, Perry Barr, Birmingham B42 1QH.

Mrs Maureen Banner, 13 Margaret Avenue, Woolston, Warrington WA1 3UN, is the new secretary of the Cheshire County WAAA.

Graham Tanner Wins The Dunky Wright Memorial Award



The first ever winner is Graham Tanner for his excellent study of special strength exercises for Javelin. Mrs. Wright presented the Award at the International Coaches' Convention Dinner in the King James Hotel, Edinburgh, last month.

The Award itself is a gold plated model of a stopwatch, set into a wooden open book. The wording "Dunky Wright Memorial Award" is printed round the circumference of the watch. The second hand has stopped just past 26 —

symbolising not only Dunky's Gold medal performance in the Marathon at the Commonwealth Games, but also the practical aspects of coaching. The open book symbolises the theoretical aspects of coaching.

The Award will be contested annually, and is presented for "The most significant contribution to the advancement of coaches' knowledge".

Frank Dick

SUSSEX CC CHAMPIONSHIPS

At Haywards Heath, December 2nd

(Senior & Junior men with barring clauses)

1, R. Brookes (Hast) 23:57; 2, T. Baker (B&H) 24:10; 3, P. Stenning (Horsh) 24:30; 4, D. Crow (B&H) 24:52; 5, D. Brown (Hay Hth) 24:54; 6, D. Peel (Hay Hth) 24:57; 7, A. Douglas (Craw) 25:00; 8, G. Jerwood (Carw) 25:04; 9, B. Bartholomew (B&H) 25:24; 10, S. Lambourne (B&H) 25:28. Teams: 1, Brighton & Hove 25; 2, Haywards Heath 50; 3, Horsham 51. (Boys): 1, A. Marshall (Craw) 11:31; 2, P. Cable (B'nor) 11:35; 3, P. Davies (Craw) 11:39; 4, W. Wheeler (E Grins) 11:41; 5, J. Lewis (Hay Hth) 11:44; 6, A. Byrne (Worth) 11:46. Teams: 1, Crawley 47; 2, Haywards Heath 48; 3, Brighton & H 49. (Colts): 1, A. Rowe (Hay Hth) 8:31; 2, M. Howard (Worth) 8:49; 3, K. Howard (Worth) 8:55; 4, G. Johnson (Hay Hth) 8:59; 5, N. Mason (B&H) 9:03; 6, N. Davies (B&H) 9:13. Teams: 1, Brighton & H 26; 2, Worthing 38; 3, Haywards Heath 42. (Women): 1, R. Joyce (Craw) 12:09; 2, D. Peel (Hay Hth) 12:36; 3, J. Van Cuylenburg (Craw) 12:45; 4, I. Stannard (Craw) 13:02; 5, S. Barberis (B&H) 13:09; 6, W. Hamlyn (Worth) 13:54. Teams: 1, Crawley 15; 2, Brighton & H 36; 3, Worthing 38. (Inters): 1, J. Clarke (B&H)

13:51; 2, M. Ayson (Craw) 14:25; 3, K. Upperton (B&H) 14:29; 4, S. Brooker (Hay Hth) 14:42; 5, F. Head (Craw) 14:55; 6, N. Barnes (B&H) 15:00. Teams: 1, Brighton & H 17; 2, Crawley 29; 3, Haywards Heath 45. (Juniors): 1, S. Vinall (B&H) 9:38; 2, R. Wells (B&H) 9:39; 3, I. Shepherd (Craw) 9:43; 4, A. Catton (B'nor) 9:47; 5, B. Taylor (B&H) 9:51; 6, S. Allen (B'nor) 10:01. Teams: 1, Brighton & H 16; 2, Bognor 27. (Girls): 1, D. Campbell (Craw) 6:49; 2, D. Thomas (B'nor) 6:50; 3, T. McGriffen (B&H) 7:27; 4, H. Bravery (B&H) 7:34; 5, S. Brown (B&H) 7:38; 6, L. Sisley (E. Grins) 7:42. Teams: 1, Brighton & H 19; 2, Brighton 'B' 51; 3, E. Grinstead 62.

INDIA: New javelin record

29/30.9. Patiala. 100/200: Gnanasekharan 10.5/21.3; 400: Murli Kuttan 47.2; 800: Ponappan 1:50.9; 1500: Sant Kumar (19) 3:50.8; 5000: Hari Chand 14:19.9; 3000SC: Anokh Singh 8:55.5; 110H: Satbir Singh 14.4; SP: Bahadur Singh 17.57; DT: Praveen Kumar 53.48; JT: Gopal Kidiyoor 72.98 (rec).

Senior International Within A Year Of Starting Sprinting!

Spotlight on Philip Cooke

FULL name: Philip John Cooke. Born North Ferriby (nr Hull), 26.11.1960. Height: 1.82m/5' 11½", Weight: 66kg/147lb. Club: City of Hull AC. Coach: Stuart Bell. Hobbies and interests outside athletics: "Football, watching my brother Stephen (10) play, music, singing, all sports, watching TV, collecting records — both types!" Favourite event: 200 metres.

Brief details of achievements in major competitions in 1978: Northern Junior — 3rd 100, 2nd 200; English Schools — 1st 200; AAA Junior — 5th 100, 1st 200; Junior Home International — 2nd 200; UK v Germany Junior Match — 1st 200 (21.30); UK v Finland Senior Match — 2nd 200.

Annual progression:

	100	200
1977	11.0	23.9
1978	10.6	21.30

First started in athletics running for Cottingham High School. "I won some races and then my family, and a teacher/friend Jennie De Vries, pushed me to join a club. I joined City of Hull in April 1978 and teamed up with my coach Stuart Bell and progressed from schools athletics to a senior international in six months".

General description of a week's training in summer: Monday — Rest or 2×300, Tuesday — 6×150, Wednesday — Differential 300×3, Thursday — Block starts, Friday — Rest, Saturday & Sunday — Compete. **Winter:** Monday — No training or weights, Tuesday — Long steady run — 45 minutes, Wednesday —

Weights, Thursday — Repetition 150 or 200, Friday — Rest, Saturday — Hills, Sunday — Compete or rest.

The performances which have given him the greatest pleasure were "winning the English Schools 200m title at Chesterfield, because it was my first win in a major championship, and winning the 200m in the Junior International against West Germany and setting a personal best". Greatest disappointments were "coming second in the Junior Home International — beaten by Bruce Livingstone of Scotland — and coming fourth in the English Schools semi-final and qualifying for the final on the basis of a fastest loser".

Considers his main rivals to be "Mike McFarlane — still a Junior — Phil Brown, Mike Powell, Ivan Loftman, Bruce Livingstone . . . and all senior athletes in the Great Britain team". Top athletes he particularly admires are "Steve Green, for letting me run in the 200m against Finland when he could have run, and Allan Wells for getting British sprinting back on the map".

Short-term ambitions: "To get to the European Junior Championships next year and to gain more appearances in the Senior and Junior Great Britain teams; to clock 6.8 indoor for 60m". **Long-term aims:** "To gain a regular British team place; to run in the 1980 or 1984 Olympics; to beat Allan Wells".

Comment: "I would like to thank my school, coach, family, club, Jenny De Vries and Steve Green for pushing and helping me this year".



Philip Cooke (4), 17 at the time, makes his senior international debut — and places second in the 200m to Trevor Hoyte in the match against Finland.

Mike Street

ALLEGATIONS OF ILLEGAL EXPENSES

Sandy Sutherland provides the background to payments 'scandal'

It was George McNeill who said once that the only difference between amateur and professional athletes was that amateurs held out their hands (for their payment) with palms down while professionals held out theirs palms up. He might have added — and paid tax on their fairly modest earnings while most of their amateur colleagues (apparently) do not.

McNeill has more reason than most to feel bitter about the status quo in the sport which ruled him out of ever representing his country because he had once signed professional forms as a footballer (which would be as good a way of handicapping his ambitions as a sprinter as I can think of).

McNeill at his best, in my opinion, is second only to Allan Wells among British sprinters and, even last season, seven years after his 11.1 110 metre run in mid-winter would certainly have been one of the Scottish gold-medal winning relay team in Edmonton.

McNeill is probably the most talented but is only one of many athletes still being lost to British athletics because they are brought up under the slightly quaint branch of the sport which the rest of us brand "professional". In effect as Tom McNab says, they are, for the most part, the last of the true amateurs.

Edinburgh, and Meadowbank in particular, is very much the centre of this sub-culture, especially as New Year approaches, because it is then that the famous sprint handicap, formerly known as the Powderhall Sprint, is held. (Scottish and British junior squad members recently mingled freely with the "peds" who were sharing the Meadowbank track with them as they prepared for the New Year Gala).

It is this background which adds particular poignancy to the scandal which has had Edinburgh, and indeed Scotland, agog: namely the allegations that as many as forty athletes received illegal expenses in attending the Edinburgh Highland Games last August.

Nothing very new in that, you may say; it goes on all the time and not just in Edinburgh. True, but in this case the police were involved and have been carrying on an intensive investigation which has taken them to several other countries as they pursue their enquiries with athletes who took part.

The police, who at the time of writing have so far made no charge, obviously believe that somewhere a criminal act has been committed possibly to cover up the extent of the payments, alleged to be as much as four figures in the case of some athletes.

The meeting was sponsored this year by Glenlivet Whisky to the sum of £18,000. With gate receipts — the meeting attracted a five figure crowd — the overall budget must have been close to £30,000.

The man at the centre of the storm is meeting organiser Bill Walker, an assistant manager of Meadowbank and coach to athletes such as Peter Hoffmann and Paul Forbes. It was Walker himself who first called the police on the day of the meeting (August 19th) because an American coach had apparently claimed air tickets for himself and a number of his athletes having already received his meeting expenses.

The *Glasgow Herald* later revealed that Alex Woodley, coach of American hurdler Charlie Foster and a member of the Philadelphia Track Club, was pursued by the CID to London but had flown out before being questioned. Woodley left Edinburgh with a group of nine other athletes, all from the same club, most of whom had been in Brussels at a meeting the previous day.

As a result of the police enquiries into this incident, however, the much wider enquiries into the overall conduct of the meeting began and it is obvious from the names of those who took part that this could have world-wide repercussions, particularly if court proceedings are initiated, as is possible. As one athlete told me: "It is not very nice having a chief inspector turning up at your door — your wife begins to wonder if you have really been up to something". This very procedure may well have happened to people not only all over Britain but in America, New Zealand and West Germany as well.

A separate enquiry into the affair was begun by Edinburgh District Council but that was suspended and the Scottish AAA have so far made no move. The tax authorities were also reported to be about to make enquiries but it seems as if everyone is waiting to see if the police will make a charge.

If they do then it would seem singularly unfortunate should one man take the "rap" for a system which everyone knows goes on and which officials have condoned and even actively encouraged in the promotion of some of our bigger meetings.

Sadly, but I suppose typically, we shall go on seeing small fry such as those athletes who compete in Scottish "professional" meetings being condemned, their reinstatement refused (as it often is) while the really big fish get away with it. Before then, however, we may see quite a few ripples in this particular pool.

The Edinburgh 'Affair'

THE only real surprise about the current 'sensation' over payments alleged to have been made to some of the athletes competing at the Edinburgh Highland Games is that such an enquiry, by the police (and possibly the Inland Revenue), has not previously been mounted in Britain. Whether it can be **proved** as distinct from **surmised** that various athletes were paid sums beyond their legitimate expenses remains to be seen, but it will come as no blinding revelation to most people involved in the sport that many star performers are paid appearance money on the quiet.

As far as one can gather, this practice — which has been going on for many decades — is widespread. The Edinburgh Highland Games is merely one among dozens of international invitation meetings staged each season throughout Europe, and it would be naive in the extreme to believe that what is alleged to have happened at Meadowbank last August is in any way unique. Illegal payments are almost certainly made at numerous commercially sponsored athletic spectacles each year. The firm putting up the money to stage a meeting obviously wants the most attractive showcase possible to which to lend its name, and that means engaging the best available athletes — no questions asked. Many of those athletes, aware of their crowd-pulling value, need to be 'induced' to accept their invitation to compete at that particular meeting rather than another the same day.

It's not a system to be admired; subterfuge is required (by officials as well as athletes) and the falsifying of accounts and evasion of tax cannot be condoned. However, it is the outmoded concept of the 'amateur' — as reflected in the rules — which has led to this highly unsatisfactory state of affairs. True, the rules have recently become far more liberal in terms of financial sponsorship of athletes, and this development is most welcome, but surely the time is ripe for governing bodies to recognise publicly (as I'm sure they do privately) that athletes at the top of the tree regard themselves — and are regarded by the public, media and sponsors — as professional (in the widest sense) performers. If, by virtue of their achievements and reputations, tickets for a meeting are going to be sold on the strength of their appearance, then why shouldn't they share in the financial benefit? There's nothing immoral about it, but it must be done legally.

In short, as I've campaigned so often in the past, 'open' athletics is what is required. It won't affect 99.9% of active athletes at all, but for that one athlete in a thousand who becomes in effect a public entertainer it will make legitimate the market forces at work.

The Edinburgh 'affair', merely the tip of the iceberg, is likely to cause grave embarrassment to athletes and officialdom alike. The IAAF and BAAB could, subject to the necessary evidence being provided, take a hard line and the British international team could as a result be decimated. But to what purpose? There have been scapegoats in the past — notably Nurmi and Ladoumègue in the thirties, Hagg and Andersson in the forties, Santee in the fifties, Waern in the sixties, Drut and Stones just recently — but the widely publicised examples made of them have not affected the general situation at all. Let's not add further unnecessary sacrifices. Let the governing bodies face up to the changing world of the eighties and take advantage of the situation to move towards the formulation of a more honest and workable code.

Mel Watman

IAAF Decisions

NO CHANGE IN WEIGHT OF IMPLEMENTS

AFTER receiving reports from members, athletes, coaches and manufacturers, the IAAF's Technical Committee was unanimous in recommending that the present weight of men's and women's throwing implements remains unchanged, and that recommendation was accepted by the IAAF Congress in Puerto Rico. However, the sector within which the shot, discus or hammer must fall is to be reduced from 45° to 40°. In the case of the discus and hammer cage, the overall minimum height of the cage should be raised from the present 4m to 5m and the side panels should be at least 4.50m high. Moveable flaps must extend 2m forward.

In order to speed up the progress of field events, the time allowed for each trial (from the moment when the official indicates to the athlete that all is ready) is to be reduced to 1½ minutes for all events except for the pole vault where 2 minutes will be allowed. It was further specified that in the pole vault the time shall begin when the uprights have been adjusted to the satisfaction of the competitor.

The rule (119) relating to timekeeping has been changed. When converting a time from 1/100th to 1/10th of a second, it shall be rounded up to the next longer 1/10th whether hand timed or fully automatically timed (thus, an 800m time of 1:45.21 becomes 1:45.3), while for any distance longer than 20km the time shall be rounded to the next longer whole second (thus, a marathon time of 2:09:44.3 shall be returned as 2:09:45).

The Congress agreed to the introduction of the women's heptathlon (seven events), from 1981 onwards. The timetable will be: (1st day) 100mH, SP, HJ, 200m; (2nd day) LJ, TJ, 800m. The discus as an alternative to the javelin was considered by Congress, but the majority were in favour of the javelin.

* Leading results from the Edinburgh Highland Games — **100:** 1, A. Wells 10.41; 2, H. Crawford (Tri) 10.49; 3, S. Riddick (US) 10.65; 4, C. Wells (US) 10.65; 5, B. Collins (US) 10.72; 6, A. McMaster 10.75; 7, S. Green 10.79; (B) B. Green 10.77. **200:** 1, A. Wells 20.78; 2, Collins 21.19; 3, T. Hoyte 21.31; 4, D. Laing 21.35; 5, D. Jenkins 21.36; 6, M. McFarlane 21.39; 7, C. Sharp 21.61. **800:** 1, T. McLean (US) 1:49.0; 2, D. Moorcroft 1:49.0; 3, P. Forbes 1:50.0; 4, S. Kipkurgat (Ken) 1:51.1. **1 Mile:** 1, G. Williamson 3:58.3; 2, F. Clement 3:58.4; 3, J. Robson 3:58.6; 4, N. Rose 3:58.9; 5, R. Dixon (NZ) 4:00.4; 6, A. Mottershead 4:01.5; 7, A. Leonard 4:01.7; 8, R. Smedley 4:03.6. **3000:** 1, M. McLeod 7:55.3; 2, A. Staynings 7:57.2; 3, N. Muir 7:59.6; 4, T. Colton 8:00.0; 5, A. Armitage 8:01.4; 6, A. Hutton 8:12.6; 7, J. Dingwall 8:17.4. **110H:** 1, C. Foster (US) 13.82; 2, K. Bethel (US) 13.89; 3, B. Price 14.15; 4, D. Wilson 14.60. **400H:** 1, J. King (US) 50.45; 2, A. Pascoe 51.31; 3, W. Hartley 51.99; 4, R. Jenkins 52.37. **HJ:** 1, B. Fields (US) 2.20; 2, F. Jacobs (US) 2.20; 3, B. Burgess 2.15; 4, M. Naylor 2.15. **PV:** 1, B. Hooper 5.41; 2, R. Pullard (US) 5.35; 3, L. Jesse (US) 5.10; 4, B. Simpson (Can) 5.00. **SP:** 1, G. Capes 19.93; 2, P. Shmook (US) 19.64; 3, R. Dale 16.59. **HT:** H. Lotz (Ger) 68.24; 2, C. Black 67.14; 3, E. Lawlor (Rol) 62.52. **(Women) 100:** 1, M. Wells 11.66; 2, H. Golden 11.80. **400:** 1, K. Williams 54.0; 2, A. Harley 55.7.

BARNET & DISTRICT AC "FRATERNITY CUP" CC RACE

At Cockfosters, December 2nd

1, K. Dumbleton (Verlea) 25:23
 2, J. Kilsby (Haringey) 25:26
 3, B. Smyth (London Irish) 25:27
 4, L. Adams (Hill) 25:37; 5, J. Mouat (Hill) 25:26; 6, A. Ross (Ver) 26:03; 7, G. Pringuer (Har) 26:12; 8, M. Heath (Har) 26:21; 9, M. Philpott (Hill) 26:24; 10, D. Hardstaff (N Lon) 26:30; 11, J. Hunston (Lon I) 26:35; 12, R. Hanna (Enf) 26:38; 13, N. Morrison (Ver) 26:40; 14, S. Livingstone (Ver) 26:42; 15, C. Cloke (Enf) 26:43; 16, D. Milner (Har) 26:45; 17, C. Quigley (Lon I) 26:46; 18, M. Randall (Ver) 26:50; 19, N. Rousell (Har) 26:56; 20, — (Shaft) 26:57; 21, K. Norris (Shaft) 26:58; 22, A. Lightfoot (Ver) 27:02; 23, D. Casey (QPH) 27:03; 24, P. Rose (Hill) 27:04; 25, G. Harrold (Enf) 27:05; 26, J. Steed (Ver) 27:08; 27, D. Wilcock (N Lon) 27:12; 28, M. Flower (Ver) 27:12; 29, A. Cronin (QPH) 27:16; 30, P. Holland (N Lon) 27:30. **Teams:** 1, Verlea 73; 2, Haringey 96; 3, Hillingdon 110; 4, London Irish 154; 5, Enfield 233; 6, QPH 241; 7, N. London 267; 8, Highgate 316; 9, Shaftesbury 317; 10, Barnet 434. **(Colts & Boys):** 1, L. Mannion (N Lon) 12:02; 2, E. Kimani (Shaft) 12:10; 3, S. Kemp (Shaft) 12:37; 4, T. Trahier (N Lon) 13:05; 5, S. Wilkinson (Bar) 13:07; 6, R. Lezermore (N Lon) 13:22. **Teams:** 1, N. London 19; 2, Shaftesbury 23; 3, Barnet 46.

TORFAEN ATHLETIC CLUB CROSS COUNTRY RACES

24th FEBRUARY, 1979

Commencing 1.30 p.m.

LLANTARNHAM LEISURE CENTRE,
CWMBRAN, GWENT.

Report 1 hour before 1st race.

COLTS
BOYS
YOUTHS
JUNIOR MEN
SENIOR MEN
VETS OVER 40

GIRLS
JUNIOR LADIES
INTER LADIES
SENIOR LADIES

(NO TEAMS)

Prizes to 1st, 2nd and 3rd in each race.
State date of birth if not Senior.

Sponsored by

Torfaen Recreation and Leisure Committee.

Entry Fees: 40p Senior, 30p others.

To: D. Huntbach, 1 Llynsen Walk, Llanyravon,
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CITY OF HULL A.C. ANNUAL "FERRIBY TEN" MILE ROAD RACE

(Under A.A.A. Laws)

Sunday, 14th January, 1979, 12 Noon

from Costello Playing Fields,
Anlaby Park Road North, Hull

Off main A63 into Hull. Buses 63c — 73c from Bus Station adjacent to Railway Station.

Good prizes for individuals, Vets and teams.

Entries 30p (50p teams) to D. Longman, 233 Hull Road, Anlaby Common, Hull. HU4 7RY by 8th January, 1979.

ADVANCE NOTICE CAMBRIDGE HARRIERS 33rd OPEN ROAD RELAY

Saturday, March 17th, 1979

SPONSORED BY KG SPORTS

(Minimum total prize value £100)

Further details from the organiser: Mick Paul, 27 Alexander Road, Bexleyheath, Kent DA7 4TU.

THURROCK HARRIERS CROSS COUNTRY RELAYS

(Under AAA & WAAA Laws)

On Sunday, 21st January, 1979

U/11 Boys, Colts, Boys, Youths, Girls, Junior, Inter/Senior Ladies. All 3 x 1 mile except Youths 3 x 2 miles. First race 1 p.m.

Medals first 3 teams & fastest laps, provided entry exceeds 7 teams.

Entry fee: 60p per team. Entries stating D of B to R. A. Sales, 78 Orchard Road, South Ockenden, Essex RM15 6HH, by 7th January, SAE for travel details & times.

ALSO INDOOR HIGH JUMP

Inter & Junior Ladies, Boys & Youths
start 1 p.m.

Medals first 3 each age group. Entry Fee 25p.

Entries to: J. Benton, Lyndene, 19 Fobbing Road, Corringham, Essex.

CITY OF EDINBURGH RACES

CROSS COUNTRY

Inverleith Park

3 February, 1979

FIRST NOTICE FOR YOUR DIARY

For further information, please contact:—

Ian Clifton,
Edinburgh Southern Harriers,
38 Silverknowes Drive,
Edinburgh.

Under SWCCU & SCUU Rules

SOUTHERN COUNTIES (U.K.) COACHING COMMITTEE

Hon. Sec. A. J. Norman,

141 Clareville Road, Orpington, Kent

Indoor Hurdles (Training) Competition Sessions

AT CRYSTAL PALACE SPORTS CENTRE

There will be two additional experimental races over 60 metres — but with Senior Ladies hurdle spacings — for Intermediate Ladies — hurdle height 2'6", on following dates:

Saturday, 20th January, 1979

Saturday, 10th February, 1979

Saturday, 24th March, 1979

Enquiries to G. Stratford Esq., BAAB Southern Counties Staff Coach, 2 Austin Avenue, Bickley, Kent.

Hurdles Coaching Course

AT CRYSTAL PALACE SPORTS CENTRE

on Saturday, 31st March, 1979

(10.00 am — 4.00 pm)

For Young Athletes (Male and Female) ages 14-18 years and for Coaches seeking Club Coach and Assistant Club Coach Awards.

Fees: Young Athletes £1.00. Coaches £2.50 (includes lunch).

For application form send S.A.E. to G. Stratford Esq., BAAB Southern Counties Staff Coach, 2 Austin Avenue, Bickley, Kent. Applications close March 23rd, 1979.