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No Need For Zola To Run

ENTRY records have once again tumbled for today's (15th) Women's Cross Country & Road Running Association National Cross Country Championships to be held at Western Park, Leicester; the total figure of 3378 far exceeding the previous highest of 2814 in 1983. The meeting is once again sponsored by Provincial Insurance.

The biggest entry, 1013 (compared with the previous highest of 744, last year), is for the Senior race, in which triple European Clubs Cup champion Angela Tooby will be defending the title she so deservingly won at the 'Zola Budd' meeting at Arrowe Park last year. Already pre-selected to defend her world crown, Zola must obviously rate as a very doubtful starter this afternoon; indeed, why should she run? That being the case, Angela's biggest challengers look likely to be Inter-Counties winner Carole Bradford, Northern champion Carol Haigh — who has made a tremendous comeback after quite a lengthy lay-off — marathon ace Veronique Marot (who has made it widely known that she intends to make the England team for Neuchatel) and, I suspect, Christina Boxer, who should much prefer the Leicester course to the one used for the Northern Championships; with maybe her clubmate Ruth Smeeth, now Mrs. Partridge, perhaps causing a few ripples.

Clare Keller is eligible to defend her Intermediate title, though if she runs (remember she's been selected for the Ekiden Relay) will find the fast-improving Helen Titterington and Philippa Mason worthy of their respective Area titles. 514 are entered for this race, which opens proceedings at 1.45 pm, compared to the previous record number of 461.

The Juniors (918 cf 805) and Girls (933 cf 910) have also attracted record entries, but only the brave could accurately predict the outcomes. Debbie Scannell handed out a very rare defeat to Julie Adkin in the Junior Inter-Counties race, and these two may again share the spoils; and Claire Nicholson looks a good candidate to be in the frame, at least, in the youngest age-group, but there really is all to run for.

Barry Trowbridge and Brian Smyth will be at Leicester for 'AW', and their reports and results will appear in the next two issues.

Full timetable: 1.45 — Intermediates (4000m); 2.15 — Girls (3000m); 2.45 — Juniors (3500m); 3.15 — Seniors (5200m).

B.T.

MORE INDOOR VAULT RECORDS

Joe Dial's world indoor pole vault best of 5.91m didn't last long. Sergey Bubka vaulted 5.92 in Moscow last Saturday, only for Billy Olson to clear 5.94 hours later at East Rutherford, New Jersey! Also on Saturday, Cornelia Oschkenat (GDR) lowered her 50m hurdles figures to 6.71 in Berlin, while in Vienna on Sunday Thomas Schonlebe (GDR) broke Todd Bennett's world 400m best with 45.41. Robert Emmiyan (USSR) set a European long jump best of 8.34m in Moscow.

WEATHER WARNING

As we go to press we have been advised that tomorrow's (16th) **Luton Winter Graded Meeting** has been cancelled (entries may be carried over to March 16th) and that there is some doubt as to whether the **Corby Winter Warm-Up Meeting** will go ahead (also tomorrow). Athletes are urged to check on **all** meetings before leaving home. Enquiries for the Corby meeting either to Mr. Oram (0536 770535) or Mr. Tomlinson (0536 203147).

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PEUGEOT TALBOT GAMES — UK v HUNGARY

World Best For Magnificent Zola

Sets new indoor 3000m figures of 8:39.79

AT LAST year's Peugeot Talbot Games at Cosford, Zola Budd — running only the second indoor race of her life — set a Commonwealth 3000m best of 8:56.13 after an over-ambitious first half covered in 4:22.25. She went on six weeks later to win the World CC Championships title by a staggering margin and, following an uncertain start, climaxed her summer's racing with a European Cup 3000 victory and a clutch of records including a world 5000 mark. One trembles at the thought of what she might achieve in the coming months if one compares the quality of her run in this year's Peugeot Talbot Games (incorporating the UK v Hungary match), held last Saturday, with the equivalent race last time. Not only did she run over 16 seconds faster to smash the world best indoors, but her pace judgement and strength were vastly improved, as the table so clearly shows.

ZOLA BUDD'S SPLITS COMPARED

	Cosford '85	Cosford '86
200	33.09 (33.09)	34.75 (34.75)
400	1:07.05 (33.96)	1:09.68 (34.93)
600	1:41.77 (34.72)	1:44.39 (34.71)
800	2:16.79 (35.02)	2:18.95 (34.56)
1000	2:52.20 (35.41)	2:53.57 (34.62)
1200	3:27.84 (35.64)	3:28.12 (34.55)
1400	4:03.66 (35.82)	4:03.01 (34.89)
1500	4:22.25	4:20.4
1600	4:39.57 (35.91)	4:38.01 (35.00)
1800	5:15.77 (36.20)	5:12.91 (34.90)
2000	5:52.18 (36.41)	5:48.19 (35.28)
2200	6:29.23 (37.05)	6:23.11 (34.92)
2400	7:06.16 (36.93)	6:57.87 (34.76)
2600	7:42.94 (36.78)	7:32.82 (34.95)
2800	8:19.59 (36.65)	8:06.95 (34.13)
3000	8:56.13 (36.54)	8:39.79 (32.84)

Mel Watman at Cosford

Last year her kilometres were covered in 2:52.20, 2:59.98 and 3:03.95; her 200m lap times varied from 33.09 to 37.05 and she took 36.54 for the last lap. This time the corresponding kilometre figures were 2:53.57, 2:54.62 and 2:51.60; the laps were all between 34.13 and 35.28 except for the final circuit of 32.84; and the two halves of the race took 4:20.4 and 4:19.4!

A week or two before the race Zola had been talking in terms of around 8:50 as her target, which implied that Mary Slaney's world best of 8:47.3 might be under fire. However, at Volgograd on January 28th Olga Bondarenko (USSR) sliced five seconds off that world mark to make the new target a much more formidable 8:42.3. Zola would need to average 34.82 per lap to match that time . . . and her pacing was spot on.

Out in the lead from the start and running barefoot (with toes taped) she began with a 34.75 and during the first half of the race her lap times varied by no more than four-tenths of a second — an astonishingly even pace. As it became increasingly evident that the world record was within her grasp so the cheers from the 3000 crowd grew in intensity and, as



Confirmation of Zola Budd's fabulous effort at Cosford. She put together kilometres of 2:53.57, 2:54.62 and 2:51.60 to shatter Olga Bondarenko's mark by 2½ seconds.

Photo: Mark Shearman

Zola said later, "The crowd helped me a lot, especially in the last 600. If it wasn't for them I don't think I would have broken the record". To what does she attribute her much improved indoor form? "I have done more speedwork this year", she explained, "and it has helped make me sharper indoors".

Britain beat Hungary easily in both matches, the first to be held indoors between the two nations. The men won 83-54, the women 69-34. The Mumm Champagne Awards, selected by former European indoor 3000 champion Ian Stewart and presented at the conclusion of the meeting, went to Zola and David Sharpe, winner of an exciting 800 race against Rob Harrison in the UK Junior best time of 1:48.53.

Men: UK 83, Hungary 54

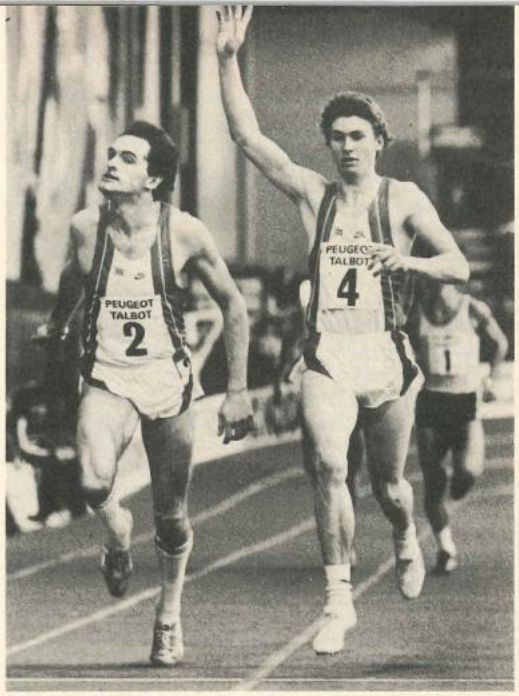
60: At the age of 29 most sprinters acknowledge they are drawing towards the end of their career, but in Ernest Obeng's case he is just at the start of a new phase in his. Donning British colours for the first time, the Ghanaian member of Belgrave Harriers got his new international career off to a successful launch by dominating the race in 6.71, equalling his best time of the season. A metre behind came Istvan Tatar, credited with 6.65 last month but here timed at 6.81, just a whisker ahead of former UK record holder Harry King. Obeng, a research graduate in environmental sciences (the effect of pesticides on crops, etc.) at Loughborough, is not yet eligible to represent Britain in European Championships as he has yet to apply for naturalisation, but he was allowed to compete in this match as it was a friendly and the Hungarians raised no objections.

1, ERNEST OBENG 6.71; 2, Istvan Tatar 6.81; 3, HARRY KING 6.82; 4, Attila Kovacs 6.95.

200: The race brought together two of the fastest indoor 200m performers of all-time in Ade Mafe (20.96; lane 2) and Istvan Nagy (20.84; lane 3), but out in lane 4 it was Linford Christie who stole the show. Always ahead, and finishing strongly, he swept to a three metres victory over Mafe in 21.30 for his second best ever indoor time. It was a sweet victory for a man who has tended to be overshadowed by other British sprinters throughout his career, and he can accompany Mafe to Madrid with a new level of self confidence.

1, LINFORD CHRISTIE 21.30; 2, ADE MAFE 21.61; 3, Istvan Nagy 21.67; Laszlo Karaffa (22.32) disq.

400: Every season or two the television cameras focus on some athlete who throws away an otherwise certain victory by celebrating before the race is over. The latest example, from whose discomfiture other runners as well as himself should learn a lesson, is Brian Whittle. Leading through 200 in 22.49, he held a 4m advantage over Steve Heard leaning into the last bends, but he committed the cardinal sin of easing up and rising his arm before the line, and it was no more than he deserved that Heard — properly running hard all the way — should pip him. Both men set indoor personal bests (a Scottish record for Whittle) in trouncing the opposition, which included Gustav Menczer, Hungarian record holder outdoors with 45.81.



Brian Whittle (4) and *winner* Steve Heard.
Photo: Mark Shearman

1, STEVE HEARD 47.45; 2, BRIAN WHITTLE 47.46; 3, Istvan Takacs 48.80; 4, Gustav Menczer 48.87.

800: David Sharpe doesn't like all the comparisions made with Steve Cram, but it may be of interest to note that Cram in his British Senior international debut (at 17 in 1978) came fourth and last at 1500 in the match against Finland, whereas his clubmate has opened his account with a splendid victory at the age of 18. Coming from far behind in the AAA Championship against runners of roughly his own standard was one thing; giving European indoor champion Rob Harrison (1:45.31 outdoors) a big lead is quite another proposition. That he succeeded in winning a tough race, in the UK Junior record time of 1:48.53, underlines not only his physical talent but his gritty determination.

Sharpe was right off the pace during the first half of the race, Istvan Szalai leading in 26.59 and 54.52 — which is not exactly breakneck speed. Sharpe, in last place, was probably just a shade inside 56 seconds at 400 but moved up to third at 600 (82.6) behind Harrison (82.17) and Szalai. Shortly after the bell

Sharpe went into second place and the Hungarians, both sub-1:47 outdoors, were left standing. Sharpe challenged Harrison along the back straight and was slightly ahead going into the final turns, but Harrison held the all-important inside position and Sharpe's advantage was cancelled out as he was forced to run wide. Harrison led into the final short straight but the youngster wasn't done yet and he came again with a spirited burst which carried him to a half-metre win. In winning the AAA title Sharpe had split in 55.2/54.3 for a 1:49.48 time; on this occasion he ran around 55.8/52.8 and his time of 1:48.53 raised him to eighth on the UK indoor all-time list and is very close to his outdoor best of 1:48.47.

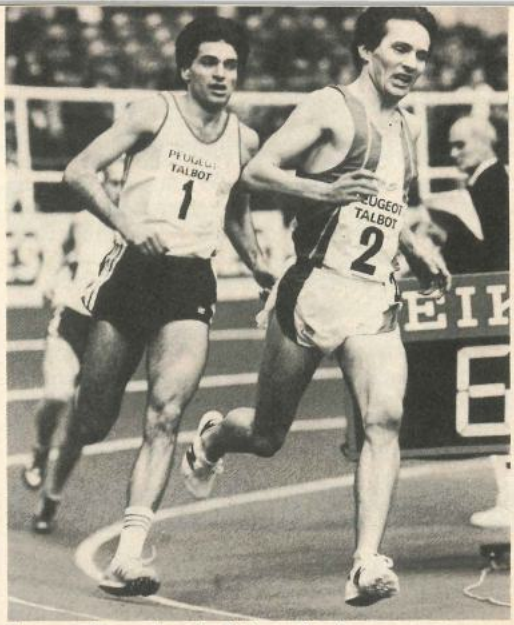
1, DAVID SHARPE 1:48.53 **(UK Junior best)**; 2, ROB HARRISON 1:48.59; 3, Ferenc Reichnach 1:50.23; 4, Istvan Szalai 1:51.57.

1500: Seb Coe made his Senior international debut for Britain in an indoor 800 against West Germany in 1977, aged 20, winning in the UK indoor record time of 1:47.6. Nine years, and two Olympic titles, numerous world records and other honours later, Coe remains the man to beat . . . and there was no danger of his losing this race. He barely raised a sweat as he trotted behind Mark Kirk through 400 in 65.4 and 800 in 2:08.0 prior to Laszlo Toth (who has run 3:38.40 outdoors) injecting a well needed burst of speed. The British pair responded immediately and it was Coe by a metre from Kirk at 1200m in 3:05.06. Speeding through the final 200 in 26.6 (54.6 for the last 400), Coe finished with 10m to spare over his Northern Irish colleague in 3:45.65 . . . a time which, who knows, he might run for the mile this summer! He was well pleased with his run, particularly as he has recently suffered from a bad throat after a bout of 'flu, and he plans one more indoor race: 3000m v the USA at Cosford on March 8th. He did not fancy the prospect of racing on the tight 164m track in Madrid for the European Indoor Championships.

1, SEB COE 3:45.65; 2, MARK KIRK 3:47.01; 3, Laszlo Toth 3:48.51; 4, Tamas Szabo 3:51.48.

3000: Hungary is still looking for someone to revive the great middle distance tradition established in the fifties by the likes of Sandor Iharos, Laszlo Tabori and Istvan Rozsavolgyi. Could Gabor Szabo be the man? The 1981 European Junior 5000 champion, he recently clocked the fastest indoor 3000 time in the world this year with 7:48.81 and at Cosford he wasn't much slower as he whistled through the final kilometre in 2:32.42. Steve Binns did all the pacemaking (2:39.27 at 1000, 5:18.54 at 2000) until Szabo made his move with 300 to go, and was rewarded with an indoor pb of 7:53.03 as he held off guest runner Mark Roberts (7:53.42) whose time was also his fastest indoors. Mike McLeod dropped off the pace at 2000 to finish last but still returned a respectable time at this stage of his winter training.

1, Gabor Szabo 7:50.96; 2, STEVE BINNS 7:53.03; 3, Mark Roberts (guest) 7:53.42; 4, Attila Kozma 8:00.70; 5, MIKE McLEOD 8:04.37.



Steve Binns leads Gabor Szabo.

Photo: Mark Shearman

60 Hurdles: Hungary's surest best for a track victory, Gyorgy Bakos, placed fourth and last — which just goes to prove that nothing in athletics can ever be taken for granted. The reigning European indoor champion ran into trouble early on in the race and was never able to get going. Up front, meanwhile, Steve Buckeridge was running the race of his young life to win by a clear margin over Bela Bodo in 7.92, a time which hoists him to seventh on the UK all-time list and suggests he could be nudging close to 13.80 outdoors.

1, STEVE BUCKERIDGE 7.92; 2, Bela Bodo 7.98; 3, ALAN TAPP 8.02; 4, Gyorgy Bakos 8.24.

High Jump: In his first competition since that monumental 2.30m leap and world record attempt, Geoff Parsons had to settle for a relatively mundane 2.20. Nonetheless that sufficed for victory as he cleared on the first attempt (following a second time clearance at 2.15) whereas Gyula Nemeth needed his full quota of jumps. Both attempted 2.26, and Parsons was very close to success on his second try. John Hill equalled his indoor pb of 2.15 and had a good shot at 2.20.

1, GEOFF PARSONS 2.20; 2, Gyula Nemeth 2.20; 3, JOHN HILL 2.15; 4, Istvan Gibicsar 2.10.

Pole Vault: A disappointingly brief contest . . . 20 jumps and it was all over, with victory going to Gabor Molnar at a modest 5.10m. Andy Ashurst, who wound up second at 5.00, was unlucky to miss at 5.20 — he couldn't have been closer.

1, Gabor Molnar 5.10; 2, ANDY ASHURST 5.00; 3, BILLY DAVEY 5.00; Istvan Bagyula no height (4.80).

Long Jump: Unexpected points for Britain here as Laszlo Szalma, twice European indoor champion and a consistent 8m-plus jumper, registered only two valid jumps (7.07 and 7.17) and finished third behind a shell-shocked Dennis Costello and reserve John Shepherd. Szalma, whose best is 8.27, did not take his third, fifth and sixth jumps.

1, DENNIS COSTELLO 7.37; 2, JOHN SHEPHERD 7.22; 3, Laszlo Szalma 7.17; 4, Gabor Simon 7.04.

Triple Jump: Hungary's other celebrated jumper, Bela Bakosi (a 17.20m performer who has twice won the European indoor title), was hardly ecstatic either over Cosford's notoriously unhelpful runway but his one halfway decent effort of 15.92 stood up as the winner. Craig Duncan equalled his Scottish indoor best of 15.62 in the second round, improved it to 15.71 in the fourth (an all-time best for him) and went close with a final attempt of 15.67.

1, Bela Bakosi 15.92; 2, Gabor Simon 15.80; 3, CRAIG DUNCAN 15.71; 4, FRANCIS AGYEPONG 15.22.

Shot: Evenly matched Mike Winch (taking part in his 54th UK international) and Billy Cole enjoyed another lively scrap. Winch opened with 18.28m to which Cole replied with 18.22, progressing to 18.26 in the third round. With Laszlo Szabo (19.80 outdoor best) languishing at 18.21 after four rounds and Zsigmond Ladanyi (19.60 outdoors) down at 17.19, the penultimate round opened with Winch and Cole in first two positions. By the end of it Winch was third, for first Szabo took the lead with 18.53 and then Cole crept past his teammate with a put of 18.31.

1, Laszlo Szabo 18.53; 2, BILLY COLE 18.31; 3, MIKE WINCH 18.28; 4, Zsigmond Ladanyi 17.19.

4 x 400 Relay: A procession for the British team. Paul Harmsworth led off in 48.68, followed by Steve Heard (47.47) and Max Robertson (48.08) with Brian Whittle making no mistakes as he anchored in an excellent 46.98 (21.48 for the first flying 200).

1, UK (HARMSWORTH, HEARD, ROBERTSON, WHITTLE) 3:11.21; 2, Hungary (Karaffa, Bucy, Menczer, Takacs) 3:15.94.

Women: UK 69, Hungary 34

60: Wendy Hoyte, who had a false start chalked up against her, led throughout with Simone Jacobs closing to within a hundredth. After two years out of the sport on maternity leave, Wendy is on her way back towards top form.

1, WENDY HOYTE 7.46; 2, SIMONE JACOBS 7.47; 3, Erszebet Juhasz 7.63; 4, Irma Konye 7.69.

200: Jennifer Stoute hadn't attracted much attention before this indoor season. Last summer, aged 20, she lowered her best 200 time from 24.7 to 24.25 to rank 18th in the country on automatic timing, although a windy hand-timed 23.4 was somewhat more impressive. Last month she caused a few ripples by defeating experienced Carmen Smart for the national title in 24.67, and now she has improved to 24.31. This time she had five metres to spare over Carmen and this tall, leggy runner looks as though she won't be far off 23-flat this summer. An exciting prospect.

1, JENNIFER STOUTE 24.31; 2, CARMEN SMART 24.89; 3, Irma Konye 24.97; 4, Judit Szekeres 25.65.

400: Angela Piggford is another who is going from strength to strength this winter. After winning the WAAA title in 54.50 she won against Spain in 53.80. Back at Cosford, against Hungary, she sped through the opening lap in 25.02 and came home in 53.90. Caroline Whitehurst was pipped for second on the line by Ilona Pal (who has clocked 51.50 outdoors), but the Hungarian was disqualified for running out of her lane and Britain collected another set of maximum points.

AAA ANSWER CRITICS

THE AAA have answered criticism concerning the staging of the Mumm Champagne award before the end of the women's shot at the Pearl Assurance National Indoor Championships.

"Everyone is agreed that the circumstances were unfortunate", said General Secretary Mike Farrell, "and certainly we are making certain that it does not occur again. The problems of staging a shot put, high jump, sprint and hurdles down the centre of the arena are more than obvious.

"The shot had to be delayed on Saturday because the putters insisted on warming up in the centre of the arena and not in the facility provided next door. The shot competition was in the second round when we had to go ahead with the Best Athlete award. The big crowd was eager to know who were to be the recipients and it was felt that Judy Oakes would have had to put well in excess of her personal best to better Zola Budd's performance. If she had achieved such a performance, Mumm would have been delighted to have presented her with a special award at the next meeting.

"By staging the awards when we did, the crowd were able to show again their appreciation to a great field event performer, Geoff Parsons, who won the men's best performance prize.

"I can understand their feelings but we have to take into account many divergent factors in coming to a decision and one of those is getting events into perspective. It is a pity that the one discordant note of the meeting should, in the eyes of some of the press, overshadow some outstanding performances and a superb championship meeting".

A preview of the European Indoor Championships will be published in next week's issue.

1, ANGELA PIGGFORD 53.90; 2, CAROLINE WHITEHURST 55.54; 3, Judit Forgacs 56.11; Ilona Pal disq.

800: Hungary's sole representative, Elvira Biacsics, set a national indoor record of 2:04.90 last month and should have proved a handful for the British pair. In fact she was easily disposed of as the strongly built Helen Thorpe maintained her 100% international record (she had earlier won against Spain) by pulling clear of Karen Hutcheson in 2:06.47. It was agreed that because Hungary could field only one runner points would be awarded only to one British athlete.

1, HELEN THORPE 2:06.47; 2, KAREN HUTCHESON (non-scoring) 2:07.77; 3, Elvira Biacsics 2:10.44.

1500: Although Chris Boxer ranks third on the UK indoor all-time list with 4:10.14 last year, the Commonwealth champion had never previously raced indoors in Britain. Her unfamiliarity with the Cosford track was not apparent, for she ran with great self assurance to sprint clear of Yvonne Murray in an excellent 4:10.39. Chris led through 400 in 68.69 and stayed in front until just before the 800 mark (2:16.47) where, as planned, Yvonne took over. The 1200 time was 3:22.43. Chris made her move at the bell and covered the final 200m lap in a swift 31.53, building up a 10m margin over her colleague.

1, CHRIS BOXER 4:10.39; 2, YVONNE MURRAY 4:11.86; 3, Zita Agoston 4:28.51; 4, Marta Visnyei 4:32.81.

3000: This was not originally in the list of match events offered and the Hungarians mustered only one runner, Zita Agoston, who had run in the 1500 only an hour earlier. It was agreed at the technical meeting that only Zola Budd would score points for Britain. Guesting Kath Carter moved to sixth on the UK all-time list with her time of 9:07.91, while Susan Tooby (all but lapped by Zola) ranks ninth on the basis of her first indoor race.

1, ZOLA BUDD 8:39.79 **(world best);** 2, Zita Agoston 9:02.64; 3, Kath Carter (guest) 9:07.91; 4, SUSAN TOOBY (non-scoring) 9:20.08.

60 Hurdles: Millfield schoolgirl Lesley-Ann Skeete can't put a foot wrong. In quick succession she has won the WAAA title in a championship best of 8.22, finished first against Spain in 8.24 . . . and now won against a formidable Hungarian opponent in 8.26. It was a close call for the 18-year-old, her margin over Margit Palombi (who has run 8.09) being a single hundredth.

1, LESLEY-ANN SKEETE 8.26; 2, Margit Palombi 8.27; 3, WENDY JEAL 8.36; 4, Ildiko Baranyai 8.62.

High Jump: On paper at least, Diana Davies ranked below the visiting duo of Katalin Sterk (who has jumped 1.99m indoors) and Olga Juha (1.97 outdoors), but whereas at Cosford they were struggling at unaccustomedly low heights, the British record holder produced another impressive display. Diana cleared 1.76 and 1.82 at the first attempt, a winning 1.85 at the second and 1.90 at the first before making a good showing at the record height of 1.95. Claire Summerfield unexpectedly took third place thanks to a first time clearance at 1.79.

1, DIANA DAVIES 1.90; 2, Olga Juha 1.82; 3, CLAIRE SUMMERFIELD 1.79; 4, Katalin Sterk 1.79.

Long Jump: Hungary's only success in the women's match was provided by Zsuzsa Vanyek, a 6.81m performer outdoors who recently set a national indoor record of 6.65. She jumped 6.53, an excellent mark at Cosford, while Mary Berkeley — who raised her indoor best to 6.50 in Madrid the previous week — produced two leaps of 6.26 with Gillian Regan pressing her closely.

1, Zsuzsa Vanyek 6.53; 2, MARY BERKELEY 6.26; 3, GILLIAN REGAN 6.19; 4, Ildiko Fekete 6.02.

Shot: What a great occasion this was for British women's shot putting. Not only were maximum points achieved with ease but both Judy Oakes and Myrtle Augee came up with lifetime bests, indoors or out. Both were hot from the outset with Judy opening with 18.10m and Myrtle with an indoor pb of 17.00. In the second round Myrtle improved to 17.22 to better her all-time best of 17.16. In the third Judy reached 18.28 but her big moment came in round 5 when, accompanied by a mighty shriek, the ball plummeted down at 18.53 — an 18cm improvement on her previous best, set indoors in 1984. As for Myrtle, seven years Judy's junior, her best was reserved to last as she finished with a mighty put of 17.65 for practically a half metre improvement on the day. Her series: 17.00, 17.22, 16.96, 17.22, 17.20, 17.65. Judy's was: 18.10, 17.82, 18.28, 18.11, 18.53, 17.63. The UK all-time list now reads: 19.06i Venissa Head 1984; 18.99 Meg Ritchie 1983; 18.53i Judy Oakes 1986; 17.65i Myrtle Augee 1986; 17.53 Angela Littlewood 1980; 16.40i Mary Peters 1970.

1, JUDY OAKES 18.53; 2, MYRTLE AUGEE 17.65; 3, Hajnal Herth 16.25; 4, Tunde Elekes 16.21.

4 x 200 Relay: A disaster from start to finish, with both teams disqualified for passing the baton outside the zone. Britain had led all the way, with Jennifer Stoute leading off with 24.42 and Kathy Cook timed at 23.47 despite a bad change. Carmen Smart was clocked at 24.00 but Phyllis Watt started much too soon and had to slither to a stop in order to take the baton. She was out of the zone, though. The baton took 25.97 for the last lap as a result of that bungled change and the British team's time was 1:37.86. The Hungarians clocked 1:39.53.

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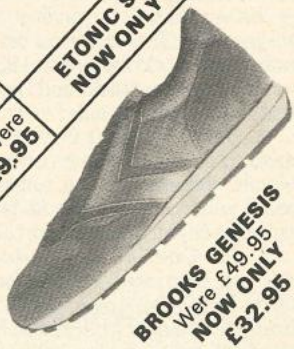
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£12,000 Per Race For Steve Cram

STEVE CRAM will be Britain's highest paid athlete this year when he competes in any of the seven British Athletics Promotions Unit meetings this summer for which subventions will be awarded by the BAAB and AAA. He will pick up £12,000 for each appearance.

The meetings, all of which will be televised by ITV, are the Kodak AAA Championships at Crystal Palace on June 20th/21st, the McVitie's Challenge (England v USA) at Gateshead on June 27th, the Peugeot Talbot Games at Crystal Palace on July 11th, the Pearl Assurance International at Birmingham on July 18th/19th, the Kodak Classic (UK v Commonwealth) at Gateshead on August 5th, the Dairy Crest Games at Birmingham on August 19th and the McVitie's Challenge Invitational Meeting at Crystal Palace on September 12th.

By Mel Watman

Eight categories of payment have been drawn up, with Cram the only athlete to qualify in Category 1. The criterion is a number one world ranking in 1985 in any Olympic track and field event or the men's mile.

Category 2 (£10,000 per appearance) covers any current Olympic champion or an athlete ranked second in the world last year in an Olympic track and field event. **Seb Coe, Tessa Sanderson** and **Fatima Whitbread** qualify here, as would **Daley Thompson** should a decathlon be staged at any of the relevant meetings (which is unlikely). Originally, Tessa (ranked 4th in the world last year with 71.18m) was to have been offered only £750 an appearance, as against £10,000 a time for Fatima (ranked 2nd with 72.98), which would have been insulting as well as ludicrous, but at a meeting of a joint standing committee set up by the BAAB it was decided last Friday to include 1984 Olympic champions in this category, thus achieving financial parity between the two great javelin rivals, as well as upgrading Coe who last year was ranked 4th at 800, 8th at 1500 and 4th at the mile. However, with a minimum payout of £20,000 every time the two javelin stars clash in a British meeting (plus the cost of providing suitable opposition from abroad) it will be interesting to see how many such competitions are staged.

Category 3 (£5000) embraces athletes who either ranked third in the world (**Zola Budd** in the 3000) or — and this was a somewhat contrived formula to place a big crowd-puller like **Steve Ovett** (42nd ranked at 1500 last year, 19th at the mile) in this category — those who held a world record at some time in 1985, and ranked in the top 50. Ovett, of course, held the 1500 record until Cram broke it. **Dave Moorcroft** was 5000 world record holder until succeeded by Said Aouita, but he did not race on the track last season.

COE: "I BELIEVE IN MARKET FORCES".

Asked for his views on the new subventions arrangements, Seb Coe (who is reported to have received £20,000 for one of his races in Britain last year) replied:

"There seem to be a few anomalies in the structure. World class athletes are going to find themselves on very different payments for performances. I don't know who in athletics can make the distinction between events anyway; somebody is obviously sitting in judgment and saying that a javelin thrower is worth more than a third string 1500m runner, or something like that.

"I tend to believe in market forces and I think that is a far safer way in the end. What you have to guard against are the idiocies and the anomalies at the bottom level, but I do happen to think that the reappraisal may be as much to do with the problems of paying somebody £90,000 last year than that there is actually any major problem throughout the sport. Field event athletes, yes, are always going to complain and sometimes they have just reason to, but by and large market forces haven't done too badly.

"We're only into the system by a year and I think it's very difficult to set out a scale of payments like that suddenly. What about the difficulty of marrying them up with the European promoters? Are we going to produce an exodus abroad? Are people going to say 'Okay, if I don't happen to agree with the kind of sum being talked about on a British track I know I can get that abroad'? What's going to happen then? I think it throws up many more questions than it actually answers. The bulk of athletics last year probably did reasonably well with market forces (I don't call paying £90,000 to somebody market forces; that is actually manipulation of the market). Do we need a structured system of payment?

Category 4 (£1000) is for athletes who ranked between 4th and 8th in the world; i.e. **Derek Redmond** (400) and **Colin Reitz** (3000SC).

Those qualified for Category 5 (£500), ranking between 9th and 15th, are **Nat Muir** (5000), **Steve Jones** (10,000), **Jon Ridgeon** (110H), **John Herbert** (TJ), **Roald Bradstock** and **David Ottley** (JT), **Kirsty McDermott** (800/1500) and **Chris Boxer** (1500).

Category 6 (£300) contains those athletes ranked between 16th and 30th: **Chris McGeorge** (800), **Jack Buckner** (1500/5000), **David Lewis** (5000), **John Doherty** (5000), **Steve Binns** (10,000), **Eddie Wedderburn** (3000SC), **Wilbert Greaves** (110H), **Mark Holtom** (400H), **Richard Slaney** (DT), **Steve Pearson** (JT), **Kathy Cook** (200/400), **Shireen Bailey** (800), **Judy Simpson** (100H) and **Joyce Oladapo** (LJ).

Included in Category 7 (£200) are athletes who were either in the world's top 31-50 or who were top ranked in the UK in 1985, while Category 8 (£100) covers any male athlete not otherwise listed who represented Britain or England in an international match.

Provision has been made for athletes to rise to higher categories according to their peformances in 1986. Thus, **Geoff Parsons** — who otherwise would be in Category 7 — has, on the strength of his indoor 2.30m (equal to 27th best in the world last year), been promoted to Category 6. In his case he would need to jump 2.33 to qualify for Category 5, 2.35 for Category 4, 2.39 for Category 3, 2.40 for Category 2 or a world record equalling 2.41 for Category 1. **Kathy Cook,** who was not at her best last year due to injury, is currently in Category 6 (£300 per appearance) but a return to her fastest 400 time of 49.43 would see her in the £5000 per race band.

The subventions are expected to cost around half a million pounds.

Athletics Aid

Athletics has pledged its support to the concept of Sport Aid in which British sportsmen and women will make their contribution towards the plight of the starving millions in Africa. Despite the problems of an already overcrowded season which this year includes the Commonwealth Games in Edinburgh and European Championships in Stuttgart as well as the IAAF/Mobil Grand Prix, the British Athletics Promotions Unit will meet shortly to see what can be done.

"All the main events in Sports Aid will be sometime in May", said Promotions Officer **Andy Norman,** "but athletics will make its contribution later in the year. It is important that whatever we do it is an event of quality featuring our finest athletes. The cause deserves that". He noted that athletics was the only sport to have major contacts with Ethiopia.

AAA General Secretary **Mike Farrell** agreed. "Athletics wants to help, but it is not possible to put together a promotion overnight as I am sure can be appreciated. England is the only country with the superstars and clearly we want the majority of those turning out. The IAAF have also shown great interest and we shall, of course, liaise with them".

---

* The 1968 Olympic 400m hurdles champion and former world record holder, **David Hemery,** is making a racing comeback on March 16th . . . in the Pearl Assurance Swanley Half Marathon! Hemery (41), whose time of 48.12 at the Mexico City Olympics remains unchallenged as the UK record, is somewhat apprehensive about the race, in which he will be raising money for the British Lung Foundation, the official charity for the event. "I'm fit enough to go out for three or four miles with the dog each day, but 13 miles is another story. I'll have to put in some mileage if I'm to finish". Hemery, who retired from track racing in 1972, has spent most of the past two years researching and writing a book *(The Pursuit of Excellence)* for which he interviewed 63 of the world's leading sportsmen and women, including a preponderance of athletes. The book will be published by Collins in July.

* **David Cocksedge** informs me that former international pole vaulter **Allan Williams** (31) now ranks among the UK's leading cycling time triallists, having clocked 55:25 for 25 miles. A talented golfer too, Williams still occasionally vaults for Blackheath Harriers. Only three Britons have ever surpassed his highest vault of 5.25m, achieved in 1977.

* Among newly appointed members of the Sports Council is former international athlete **Cass Edwards** (33), General Secretary of the London Federation of Boys' Clubs. As Reynold Edwards he represented his native Antigua in the 1970 Commonwealth Games while a London schoolboy, placing 12th in the triple jump final. He went on to represent Britain indoors in 1975, jumping 15.17m, and the following year long jumped 7.21m. He competed for Haringey AC.

WOLVERHAMPTON MARATHON

Further to **Vince Regan's** comment on page 29 of last week's issue, we have since been advised by **Billy Wilson,** the Race Director of the Wolverhampton Marathon, that entries have now picked up and the closing date has been set for **February 28th.** For information and entry form see 'AW', January 4th, pgs. 44/45.

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Southern: Zola Wins Her Title

IT MAY not have been a very tough race for her to win, but Zola Budd will certainly remember her first English domestic cross country title for a long time to come as she braved (along with 145 other finishers) abysmal conditions to claim the Southern Area title at Peterborough on February 1st. It was a race she won as a guest last year although the sun shone to warm proceedings then. All the runners got this year was drizzle and stiff winds to hinder them around the lakeland course, and it was a far cry from the 35°C Zola had left back in her South African homeland a few days earlier. Zola was quoted after the race as saying they were the coldest conditions she had ever raced in, but if it was a trial for the runners, it certainly kept potential protestors away. Intimidated out of last year's 'National', there was no such trouble for Zola in this race and the one or two local Labour Party members who were in evidence were quickly sent packing with fleas in their ears by Mel Batty! Following this race, it is doubtful whether Zola will bother with the 'National' at Leicester today, having already been selected for the defence of her world cross country title on the strength of this and her indoor form this winter.



Mel Batty, Andy Norman and Zola eventually decided that spikes *would* be a good idea.

Photo: John Evans

Report by Brian Smyth

Zola stamped her authority on the race early on and by three quarters of a mile was heading the field, tailed by Sarah Rowell, Marina and Shireen Samy, Kay Petford and Glynis Penny as they strung out early into the wind. By the end of the first small lap, Zola had shrugged off the early challenge of Sarah who had tried to stay with her, and she was off on her own on the large lap around Gunwade Lake. Sarah drifted back and ran with the Samys for most of the lap with Shireen getting the best of things and coming home six seconds clear of her twin by the finish. Glynis Penny stayed a clear fifth, while Chris Benning made a welcome appearance but just failed to beat Sarah Ing for sixth at the death after having moved through the field well. Val O'Mahoney led a guesting Irish quartette who packed well and would have easily won the team race had they counted, but it was left to Bracknell to lift that honour with a 34th and 62nd following the Samys.

What a humdinger the Intermediate race was. Five teams closed in out of 78 runners! I jest, but all credit to the medallists for their runs though, despite the poor overall scenario. Philippa Mason in particular, who ran away from Samantha Baines and Kelly Holmes after the initial small lap prior to the circuit of Gunwade Lake. The medals had been decided by the start of the large lap, although changes occurred further down as Heidi Wetherill and Jenny Hawthorne, up with Cheryl Webb at that point, disappeared right down by the finish. Lisa Lewin and Julie Briggs moved through and passed Cheryl before the finish to set up an easy win for Crawley in the team competition.

The Juniors had only one, windy lap of the lake to complete for their race, and at the finish the result was again clear cut. As the field crossed the floating bridge to circle the lake, Andrea Whitcombe and Julie Adkin were together, with Angela Davies hanging on. Angela was to drop out of contention as they went round while Nicola Ashe pulled closer to Andrea. She wasn't to make any further impression though as the two leaders battled on, although it was a tremendous final sprint that took Julie six seconds clear in the closing stages. Without the backing of any of the club's other top runners, mainly through injury, Tonbridge surprisingly were not to feature in the team honours, with an extremely close battle between Norfolk and

Mid Hants being decided largely through a good fourth by Teresa Mawby as both clubs packed well.

Conditions really were for the strong at Peterborough, and in the Girls race medals were again virtually secured early on as Miranda Thomas, Anna Meehan and Alison Beacham had detached themselves well by halfway round the first circuit which was the larger of the two they had to contend with. Miranda finally got away as they went round the second, smaller loop to the finish, while Bromley twins, Gillian and Julie Stacey, got up to fourth and fifth after having worked through well. Despite filling the next two places at the line, Bedford had to settle for third team place behind Bromley and Enfield. Again Tonbridge were depleted with only Miranda Thomas in the field, but her win meant two titles and three medals from four races.

Seniors

1, Zola Budd (Aldershot, Farnham & Dist.).....18:09
2, Shireen Samy (Bracknell).....18:52
3, Marina Samy (Bracknell).....18:58
4, S. Rowell (Dart) 19:03; 5, G. Penny (Camb. H) 19:16; 6, S. Ing (Swin) 19:21; 7, C. Benning (S&E) 19:22; 8, V. O'Mahoney (Irl-gst) 19:23; 9, L. Harvey (LOAC) 19:25; 10, A. Keenan (Irl-gst) 19:27; 11, K. Petford (And) 19:37; 12, C. Hourihan (Irl-gst) 19:41; 13, N. Morris (H&W) 19:43; 14, K. Holdsworth (Bed) 19:44; 15, C. Lavers (Norf) 19:46; 16, K. Grierson (H&W) 20:00; 17, A. Briscoe (WH) 20:07; 18, C. Rooney (Irl-gst) 20:08; 19, H. Hargreaves (Norf) 20:08; 20, M. Kitson (Col) 20:13; 21, J. Gayter (Park) 20:14; 22, K. Cooper (Houn) 20:14; 23, C. Mole (Med) 20:14; 24, A. Graham (Enf) 20:17; 25, E. Isaacs (Arena 80) 20:17; 26, K. Fitzgibbon (LOAC) 20:20; 27, L. Reynolds (Ex) 20:27; 28, A. Pes (Ver) 20:28; 29, S. Walters (Ox. C) 20:29; 30, A. Porter (C&C) 20:32; 31, C. Ledger (AF&D); 32, K. Dyett (Dart); 33, T. Pike (S'end); 34, S. Coulson (Brack); 35, D. Heath (LOAC); 36, L. Barrett (Arena 80); 37, A. Brown (Barn-C); 38, T. McDonald (Hill); 39, J. Deighton (March); 40, L. Bullen (Enf); 41, T. Minton (Chelm); 42, E Chadfield (Houn); 43, M. Brayley (High); 44, G. Burley (LOAC); 45, M. Beacham (AF&D); 46, E. Clarke (HW); 47, N. Blackwood (AF&D); 48, S. Baxter (High); 49, S. York (Barn-C); 50, L. Jemmett (Dart);

51, J. Adams (Barn-C); 52, J. Blackmore (Enf); 53, R. Buckner (Hill); 54, D. Pound (G&G); 55, M. Hutchings (High); 56, R. Quill (Mil. K); 57, N. Apps (Craw); 58, D. Neild (Thur); 59, D. Oates (Swin); 60, K. Bowler (Hail); 61, K. Hewitt (Read); 62, S. Myers (Brack); 63, J. Bubu (HHH); 64, J. Grooms (Ips); 65, V. Millar (C&C); 66, J. Robertson (N. Lon); 67, P. Bethuel (Barn-C); 68, B. Cantle (Fare); 69, A. Isted (AF&D); 70, A. Bowen (Arena 80); 71, S. Holman (Peter); 72, C. Rowe (Wyc); 73, C. Wilkins (Hav); 74, S. Gandee (H&W); 75, J. Hughes (HHH).

Teams: 1, Bracknell 101; 2, London Olympiades 114; 3, Aldershot F&D 124; 4, Barnet-Copthall 204; 5, Highgate 249; 6, Arena 80 251; 7, Swindon 260; 8, Cambridge & C 273; 9, Essex 329; 10, Herne Hill 362; 11, N. London 390; 12, Belgrave 456; 13, Windsor S&E 465; 14, Borough of Enfield 476; 15, Luton 493. **146 finished.**

Intermediates

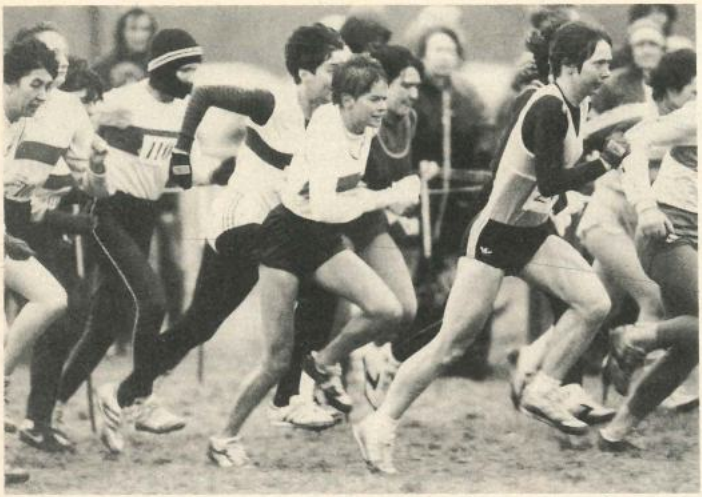
1, Philippa Mason (Guildford & Godalming).....16:47
2, Samantha Baines (Aldershot, Farnham & Dist.)17:09
3, Kelly Holmes (Tonbridge).....17:35
4, L. Lewin (Craw) 17:45; 5, J. Briggs (Craw) 17:50; 6, C. Webb (Houn) 17:55; 7, J. Weyer (Park) 17:57; 8, H. McLoughlin (Park) 17:58; 9, V. Lawrence (Read) 18:03; 10, J. Pickering (MH) 18:06; 11, J. Cage (Ips) 18:07; 12, W. Jones (Swin) 18:08; 13, M. Brown (Barn-C) 18:08; 14, S. Paradine (Lut) 18:13; 15, M. Bloss (Ex) 18:17; 16, J. Hewitt (Brom) 18:20; 17, M. Wakes (Wyc) 18:30; 18, R. Cottey (Norf) 18:31; 19, J. Hawthorne (Dor) 18:34; 20, S. Jordon (Lut) 18:36; 21, H. Wetherill (Rad) 18:38; 22, K. West (S'end) 18:39; 23, J. Tierney (S&NH) 18:46; 24, L. Hollick (Lut) 18:48; 25, S. Desborough (Bed) 18:53; 26, A. James (Norf) 18:56; 27, M. Roberts (Mil. K) 18:57; 28, S. Nicholls (Brack) 18:59; 29, L. Glossop (Craw) 19:07; 30, F. Bishop (Hav) 19:19; 31, J. Gardiner (Craw); 32, K. Holden (Wyc); 33, J. Ewing (Hunt); 34, T. McAuley (Craw); 35, B. Fanning (Houn); 36, E. Hemming (High); 37, J. Lummis (Thur); 38, N. Dilley (Wyc); 39, L. Hutcheon (Norf); 40, J. Bones (Rad).

Teams: 1, Crawley 69; 2, Norfolk Olym. 128; 3, Wycombe Ph. 135; 4, Reading 158; 5, Brighton & H 232. **78 finished.**

Juniors

1, Julie Adkin (Tonbridge).....12:04
2, Andrea Whitcombe (Parkside).....12:10
3, Nicole Ashe (Borough of Hounslow-n/s).....12:17
4, T. Mawby (Norf) 12:24; 5, L. Watson (GEC) 12:27; 6, E. Warren (Thet) 12:28; 7, N. Smith (Ex) 12:29; 8, K. Sutton (Croy) 12:32; 9, S. Dunlop (Bed) 12:34; 10, A. Davies (MH) 12:34; 11, C. Rudolph (Med) 12:36; 12, N. Goddard (MH) 12:37; 13, R. Hoyos (Norf) 12:38; 14, A. Evans (MH) 12:42; 15, J. Doman (Tring) 12:46; 16, E. Goldsmith (Norf) 12:47; 17, J. Page (Tring) 12:48; 18, C. McIntosh (Barn-C) 12:49; 19, J. Furnish (Ips) 12:49; 20, S. Goddard (MH) 12:50; 21, N. Snelling (Chelm) 12:51; 22, A. Henderson (Norf) 12:52; 23, A. Larby (AF&D) 12:53; 24, C. Butler (Norf) 12:54; 25, S. Willicombe (GEC) 12:55; 26, L. Blackley (Craw) 12:56; 27, L. Clark (Wav) 13:01; 28, C. Rustell (Fare) 13:02; 29, C. Lanaster (Norf) 13:03; 30, E. Doubell (AF&D) 13:05; 31, K. Henderson (Norf); 32, C. Adams (GEC); 33, M. Moden (C&C); 34, S. Hinds (Dart); 35, M. Peters (BR&C); 36, C. Bleasdale (G&G); 37, S. Armstrong (Bed); 38, J. Smith (Ex); 39, T. Page (S&NH); 40, H. Weeks (Ports); 41, L. Radford (HW); 42, K. Howell (Hav); 43, A. Sanders (H&W); 44, L. Fletcher (Lut); 45, S. Harmer (Chelm); 46, K. Gower (Craw); 47, C. Briggs (Craw); 48, J. Drury (S&NH); 49, N. Simmons (Thur); 50, A. Mills (Bed);

51, A. Woods (AF&D); 52, S. Hillam (Lut); 53, S. Cunningham (Dart); 54, C. Mills (Dart); 55, H. Alderman (AF&D); 56, C. Benson (High); 57, A. Burgoyne (Bed); 58, W. Stone (Rad); 59, C. Higgins (Bas); 60, E. Landon (Wyc); 61, N. Fitzmaurice (AF&D); 62, J. Francis (Med); 63, J. Fairclough (Med); 64, A. Banks (Med); 65, K. Walker (Tring); 66, J. Mortelmans (Enf); 67, H. Mountford (Thur); 68, F. Ballantyne (Ports. A); 69, E. Pugh (Walton); 70, N. Stimec (Lut); 71, K. Ives (Bas); 72, N. Steele (Thur); 73,



Glynis Penny leads Zola and Margaret Beacham (partially hidden) out of the pens at Peterborough.

Photo: John Evans

Teams: 1, Bromley 56; 2, Borough of Enfield 77; 3, Bedford 82; 4, Aldershot F&D 141; 5, Mid Hants 156; 6, Havering 187; 7, Dartford 205; 8, Mitcham 209; 9, Crawley 212; 10, Borough of Hounslow 212; 11, Medway 219; 12, Norfolk Olym. 222; 13, GEC Avionics 227; 14, Basingstoke 241; 15, Essex 267; 16, Stevenage & NH 271; 17, Fareham 275; 18, Bracknell 281; 19, Reading 283; 20, Basildon 309. **191 finished.**

L. Taylor (Swin); 74, L. Allen (Peter); 75, T. Bunney (Fare).

Teams: 1, Norfolk Olym. 55; 2, Mid Hants 56; 3, Bedford 153; 4, Aldershot F&D 159; 5, Tring 193; 6, Medway 200; 7, Luton 255; 8, Dartford 261; 9, Stevenage & NH 263; 10, Thurrock 265; 11, Crawley 293; 12, Essex 309; 13, Basildon 359; 14, Reading 385; 15, Havering 438; 16, Brighton & H 449; 17, Swindon 474; 18, Cambridge & C 490; 19, Wycombe Ph. 498; 20, Walton 517. **211 finished.**

Girls

1, Miranda Thomas (Tonbridge).....10:26
2, Anna Meehan (Borough of Enfield).....10:33
3, Alison Beacham (Aldershot, Farnham & Dist.)..10:37
4, G. Stacey (Brom) 10:44; 5, J. Stacey (Brom) 10:45; 6, A. Jones (Bed) 10:47; 7, E. Williams (Bed) 10:49; 8, L. Coles (Med) 10:51; 9, S. Harpur (Houn) 10:53; 10, K. O'Mahoney (Brom) 10:55; 11, K. Harrison (AF&D) 10:55; 12, S. Fenn (Hav) 10:55; 13, A. Cartmel (C&C) 10:58; 14, E. Hart (Thur) 10:59; 15, J. Mawby (Norf) 11:01; 16, K. Gordon (GEC) 11:01; 17, K. Lowe (Med) 11:01; 18, D. Butcher (Enf) 11:01; 19, C. Wynne (B'stoke) 11:04; 20, N. Leahy (MH) 11:06; 21, C. Cole (Enf) 11:09; 22, L. Kettle (Dart) 11:09; 23, K. Lyford (Mit) 11:10; 24, C. Paul (Houn) 11:11; 25, D. Sutton (Peter) 11:11; 26, K. Stride (Fare) 11:14; 27, F. McKee (S&NH) 11:14; 28, K. Foster (Bed) 11:14; 29, J. Wilkinson (Mit) 11:14; 30, J. Ross (Fare) 11:15; 31, M. Sugg (MH); 32, L. Jordan (S&NH); 33, V. Snelling (Chelm); 34, Z. Challis (B'stoke); 35, L. Huntley (Craw); 36, S. Miles (Enf); 37, G. Wheeler (Brom); 38, L. Hewitt (Read); 39, N. Doublet (MH); 40, C. Hunt (Ex); 41, C. Peet (Bed); 42, J. McAuley (Craw); 43, N. Worrell (Dart); 44, Z. Hilton (H&W); 45, S. Poncia (Houn); 46, W. Alderton (AF&D); 47, V. Hardy (Norf); 48, J. Sullivan (Hav); 49, T. Watson (GEC); 50, J. Hawtree (Norf); 51, W. Shepherd (Hav); 52, E. White (Read); 53, D. Willis (St. N); 54, E. Hawthorne (Dor); 55, H. Thompson (Ports); 56, V. Brown (S'end); 57, D. Butterfield (B&H); 58, K. Holliman (Bas); 59, A. Berry (Brack); 60, C. Hessey (Brack).

Men's Area Championships

These were all held last weekend, and the leading results were as follows:

Eastern (Peterborough). 1, N. Tennant (Lut) 45:03; 2, G. Spring (Lut) 45:35; 3, M. Shotbolt (Bed) 46:22. *Team:* Luton.

Midland (Nottingham). 1, N. Gates (B&P) 41:24; 2, C. Mochrie (Leic) 41:31; 3, J. Wheway (Tip).

Northern (St. Helens). 1, G. Turnbull (Gate) 37:04; 2, J. Woods (Liv) 37:27; 3, K. Capper (Liv) 37:30; 4, K. Harrison (Stret) 37:35; 5, S. Anders (St. H) 37:39; 6, C. Haskett (Bol) 37:44. *Team:* Stretford. Jnrs — 1, M. Hutchinson (Tyne) 24:53; 2, N. O'Brien (Stret) 24:54; 3, S. Halliday (Hal) 25:10; 4, P. Taylor (Cope) 25:14. *Team:* Liverpool. Youths — 1, R. West (C. le S) 21:12; 2, M. Hunt (Liv) 21:18; 3, R. Jones (Wirr) 21:22. *Team:* Sale. Boys — 1, J. Brown (Hallam) 12:22; 2, M. King (Wirr) 12:25; 3, J. Cookson (Stret) 12:33. *Team:* Wirral.

Southern (Falmer). 1, R. Treadwell (Sy. B) 48:41; 2, A. Bristow (B&H) 49:14; 3, A. Guilder (GEC) 49:46; 4, M. Rowland (Phoe) 49:50; 5, J. Boyes (B'mth) 50:05; 6, J. Sherban (Shaft) 50:07. *Team:* Blackheath. Jnrs — 1, S. Newport (Ton) 33:18; 2, J. Starling (S&E) 33:25; 3, N. Hopkins (Reig. P) 33:28; 4, D. Laughlin (Chelm) 33:34. *Team:* Tonbridge. Youths — 1, J. Gentry (N&EB) 22:41; 2, P. Daly (Brack) 22:55; 3, G. Arman (Ports) 23:00. *Team:* Aldershot F&D. Boys — 1, A. Juby (GEC) 17:22; 2, M. Campbell (Win) 17:34; 3, D. Smith (Ton) 17:49. *Team:* Aldershot F&D.

Carol Haigh leads Christina Boxer and Wendy Wright at Rawtenstall.

Photo: Ralph Goodyear

Northern: Third Win For Haigh

IF America is the home of the brave, Carol Haigh should apply for a US passport immediately. On a Rawtenstall course which provided a fitting test of courage and determination, the Holmfirth lass drew on all her fell running experience on January 26th to win the Northern Cross Country Championships' Senior title for the third time in only her third year in the age-group. Christina Boxer's challenge was brief but forlorn, Wendy Wright's determined but unequal to the task, despite her stirring finish. Carol broke her on the hills and never faltered despite the Derby girl's elegant challenge. Stretford wrested the team title from Sale's trio, with Darlington and East Cheshire collecting minor placings ahead of newcomers which included Middleton, Barnsley, Clayton and Horwich.

Wendy Wright's vacated Intermediate title made spectators see red as Oldham, Warrington, Copeland and Hallamshire battled it out in the form of Ruth Crowther, Susan Parker, Debra Farren and Rowan Smith. In the end all felt quite blue as Lisa Reilly's strength carried her home ahead of Ruth and Susan, Sale packing superbly for the team award.

Three in eight, including the individual winner, should have seen Copeland claim the Junior title, but alas for Cliff Stainton's club they had no fourth counter. One senses, however, their day will come soon to challenge Oldham, Warrington and Hallamshire, whose main immediate challenge will come from mid-teen distractions and poaching.



Manchester, a club which has suffered both ways in the past, won the Girls' title in a race which saw more fallers than the Grand National on a bad day. It's to be hoped the little Salford Met. girl — winded, bruised, grazed and at odds with herself after losing to balance and gravity — has enough character and determination to know it *can* be done. Watch Carol Haigh; she'll show you how.

Phil Thomas

Seniors

1, Carol Haigh (Holmfirth).....15:20
2, Wendy Wright (Derby).....15:24
3, Christina Boxer (Aldershot, Farnham & Dist.)..15:46
4, J. Holt (Stret) 15:59; 5, L. Everington (Stret) 16:06; 6, J. Hunter (Blay) 16:21; 7, S. Samme (Sale) 16:25; 8, H. Wilkinson (Long) 16:27; 9, J. Pearson (Sheff) 16:39; 10, S. Astley (B'pool) 16:44; 11, S. Kenyon (Stret) 16:46; 12, R. Adshead (Stock. S) 16:48; 13, S. Simpkin (Midd) 16:53; 14, J. Walton (O&R) 16:54; 15, C. Gowland (Spen) 16:57; 16, J. Hodgkinson (Sale) 16:59; 17, M. Belk (Ken) 17:00; 18, C. LeRoi (Darl) 17:01; 19, K. Oddy (Hal) 17:02; 20, K. Scobie (Leeds) 17:02; 21, S. Singleton (Sheff) 17:06; 22, B. Wood (Liv. P) 17:07; 23, S. Hales (GR) 17:12; 24,

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51, M. Platt (Chor); 52, K. Ryan (Wig); 53, Y. McGregor (AS&V); 54, E. Darnell (Roch); 55, S. Curran (Black); 56, R. Smith (Bing); 57, A. Coates (Bing); 58, M. Dean (Seft); 59, J. McWilliams (B'pool); 60, D. Watkinson (Stock-n/s); 61, M. Roper (Barns); 62, D. Rigby (Bol); 63, L. Birch (Roch); 64, F. Simpson (Darl); 65, —; 66, —; 67, M. Murphy (Liv); 68, A. Nally (Alt); 69, P. Wall (Midd); 70, C. Wildey (Der); 71, E. Walker (Stock); 72, E. Castledine (Leigh); 73, C. Bishop (Bury); 74, J. Dixon (Gate); 75, C. Walkington (Horw).

Teams: 1, Stretford 47; 2, Darlington 146; 3, E. Cheshire 204; 4, Derby 245; 5, Middleton 283; 6, Barnsley 300; 7, Clayton-le-Moors 304; 8, Bolton 312; 9, Stockport 337; 10, Horwich RMI 341; 11, Halifax 352; 12, Liverpool 362; 13, Blackburn 408; 14, Leigh 426; 15, Sutton (St. H) 505. **148 finished.**



Intermediates

1, Lisa Reilly (Morpeth).....15:27
2, Ruth Crowther (Oldham & Royton).....15:34
3, Susan Parker (Warrington).....15:46
4, D. Farren (Cope) 15:52; 5, R. Smith (Hallam) 15:56; 6, S. Healey (Stret) 16:12; 7, G. Knight (Der) 16:15; 8, C. Murphy (Liv) 16:21; 9, J. Cooke (Holm) 16:23; 10, A. Dwyer (Sale) 16:24; 11, Y. Hopkins (Stock) 16:25; 12, J. Brocklehurst (Sale) 16:26; 13, L. Dunn (Sale) 16:30; 14, A. Cooke (Rock) 16:32; 15, J. Anderton (Hallam) 16:36; 16, J. Casey (O&R) 16:43; 17, C. Pattison (Darl) 16:44; 18, C. Gilmartin (Sale) 16:45; 19, L. Foley (Leeds) 16:47; 20, S. Reason (Stock. S) 16:48; 21, J. Hurst (Stret) 16:50; 22, C. Bennett (Bing) 16:56; 23, J. Ashurst (Sale) 17:02; 24, L. Kay (C. le S) 17:03; 25, J. Todd (Leeds) 17:04; 26, J. Salt (Hallam) 17:06; 27, H. Saunders (Sale) 17:07; 28, B. Jenkins (Sal) 17:08; 29, K. McKeown (Liv) 17:09; 30, S. Hunton (Ross) 17:11; 31, A. Forrest (B'burn) 17:19; 32, L. Dunn (Bing) 17:23; 33, S. Wilson (CoH) 17:26; 34, S. Cawood (Man) 17:27; 35, M. Murphy (Mor) 17:29; 36, J. Smith (Spen) 17:30; 37, M. Whitehead (Leeds) 17:31; 38, S. Boyle (Leeds) 17:32; 39, J. Ratcliffe (O&R-n/s) 17:32; 40, L. Peake (Rock) 17:33; 41, V. Hamlett (Ross) 17:36; 42, J. Linley (Leeds) 17:37; 43, L. Furness (Hallam) 17:38; 44, J. Peckett (Hull A) 17:40; 45, S. Woodford (GR) 17:41; 46, N. McFetridge (Leeds) 17:42; 47, T. Morton (Leeds) 17:45; 48, S. Black (Long) 17:46; 49, C. Sykes (Roth) 17:47; 50, C. Garland (Mand) 17:48; 51, J. Taylor (L&M); 52, A. Cowan (Warr); 53, G. Murphy (S. Liv); 54, S. Pratt (Ken); 55, N. Simmons (Der); 56, A. Hepworth (Spen); 57, L. Hays (Leigh); 58, J. Gough (Leigh); 59, S. Adams (Sky): 60, A. Cockroft (Leeds).

Teams: 1, Sale 53; 2, Hallamshire 89; 3, Leeds City 119; 4, Oldham & R 157; 5, Stretford 178; 6, Liverpool 187; 7, Rossendale 213; 8, Leigh 263; 9, Spenborough 288; 10, Mandale 292; 11, Richmond & Z 383. **114 finished.**

Juniors

1, Natalie Tait (Copeland).....10:49
2, Chaanah Fothergill (Hallamshire).....10:52
3, Lisa Cook (Warrington).....10:54
4, S. Carter (Leeds) 10:54; 5, A. Thorpe (Hynd) 10:55; 6, A. Rankin (O&R) 11:05; 7, T. Farren (Cope) 11:05; 8, R. Youdale (Cope) 11:05; 9, J. Heathcote (Hallam) 11:07; 10, J. Forrester (Wirr) 11:10; 11, S. Davies (Sutt) 11:10; 12, M. Duncan (Carl) 11:11; 13, W. Farrow (Der) 11:12; 14, K. Allinson (B'pool) 11:14; 15, S. Blower (O&R) 11:14; 16, L. Whittaker (O&R) 11:15; 17, T. Johnson (Wake) 11:17; 18, A. Greenwood (Warr) 11:19; 19, S. Fryer (GR) 11:19; 20, W. Woods (Ken) 11:21; 21, N. Taylor (Mand) 11:21; 22, M. Boyle (Leeds) 11:24; 23, A. Gilligan (O&R) 11:25; 24, R. Barlow (Stock) 11:25; 25, A. Potter (Stock) 11:25; 26, N. Truran (Chor) 11:26; 27, H. Entwistle (Ross) 11:26; 28, L. Furness (B'pool) 11:26; 29, M. Chadwick (Scar) 11:26; 30, N. Nicholson (Hallam-n/s) 11:29; 31, M.

Lisa Reilly, who has not placed outside the first four in the Northern Women's Championships since her 17th place as a Girl in 1981. 1982 — 3G, 1983 — 2J, 1984 — 1J, 1985 — 4I, 1986 — 1I. Photo: Eric North

Atkinson (R&Z) 11:29; 32, K. Fairfield (Liv) 11:29; 33, C. Smith (Hull A) 11:29; 34, C. Carvello (Mand) 11:29; 35, A. Whittaker (Holm) 11:31; 36, R. Jones (B'pool) 11:32; 37, C. Donovan (Liv) 11:32; 38, E. Gough (Leigh) 11:33; 39, L. Kehoe (Bol) 11:33; 40, L. Lawler (E. Ches) 11:35; 41, A. Faherty (Sky) 11:36; 42, R. Owen (Hal) 11:36; 43, C. McLoughlin (Warr) 11:36; 44, K. Newton (Liv) 11:36; 45, V. Maddocks (Der) 11:36; 46, J. Spark (Alt) 11:36; 47, K. Dodd (R&Z) 11:40; 48, R. Martin (Stock) 11:40; 49, D. McQuillan (Chor) 11:44; 50, A. Blight (Mor) 11:46;

51, C. Varley (Burn); 52, C. Labrianidis (Ross); 53, S. Bolton (Warr); 54, A. Stone (Hallam); 55, A. Cooke (Holm); 56, J. Frankland (Warr); 57, Brown (GR); 58, V. Hulme (Stret); 59, K. Davies (B'pool); 60, J. Marston (Leeds); 61, S. Bush (Mor); 62, C. Battle (Hallam); 63, R. Parnell (Der); 64, M. Thompson (Hallam); 65, J. Dawson (B'burn); 66, S. Lyon (Warr); 67, G. Alberti (Man); 68, N. Moyser (Alt); 69, L. Doran (Long); 70, L. Barron (B'pool); 71, A. Sheard (Leeds); 72, S. Jackson (O&R); 73, A. Waters (Der); 74, L. Fleming (Sal); 75, R. Green (Darl); 76, T. Bosomworth (Stret); 77, K. Ryan (Darl); 78. S. Brockway (Wirr); 79, L. Maclay (Darl); 80, C. Betts (Hallam).

Teams: 1, Oldham & R 60; 2, Warrington 117; 3, Hallamshire 127; 4, Blackpool & F 137; 5, Leeds City 157; 6, Derby 194; 7, Stockport 204; 8, Liverpool 205; 9, Morpeth 223; 10, Ghost Runners 255; 11, Mandale 296; 12, Blackburn 337; 13, Wirral 346; 14, Sutton (St. H) 363; 15, Leigh 403; 16, Rossendale 420; 17, Manchester 429; 18, Salford 443; 19, Darlington 457; 20, E. Cheshire 468; 21, Longwood 473; 22, Stretford 479; 23, Halifax 480; 24, Bolton 509; 25, Skyrac 525; 26, Spenborough 543; 27, Sale 560; 28, Middlesbrough & C 623; 29, Liverpool Pem. 804; 30, Salford Met. 864. **235 finished.**

Girls

1, Claire Nicholson (Darlington).....10:54
2, Susan Byrom (Sale).....10:59
3, Michelle Wilkinson (Manchester).....11:02
4, D. Whelan (Hynd) 11:09; 5, K. Foster (Mor) 11:12; 6, C. Mayock (Rock) 11:12; 7, L. Wilkinson (Man) 11:13; 8, T. Williams (Leigh) 11:15; 9, J. Stirling (Carl) 11:19; 10, N. Lupton (Bord) 11:27; 11, S.Houghton (M&C) 11:28; 12, S. Phelan (Hynd) 11:28; 13, S. Priest (Mor) 11:32; 14, L. Wilyman (Leeds) 11:34; 15, D. Crowther (Sal) 11:36; 16, A. Caldwell (Bol) 11:36; 17, C. Hartley (Ken) 11:38; 18, L. Farrell (Man) 11:38; 19, Z. Williams (Liv. P) 11:42; 20, K. McPherson (Stret) 11:43; 21, F. Fudge (Chor) 11:43; 22, S. Brannon (Liv) 11:43; 23, L. Bluett (Sutt) 11:45; 24, C. Webb (Stock) 11:47; 25, S. Cliff (Sutt) 11:49; 26, C. Williams (Sale) 11:51; 27, S. Marshall (Leeds) 11:54; 28, J. Clague (Liv) 11:55; 29, J. Camford (O&R) 11:56; 30, A. Gehrke (Sale) 11:58; 31, G. Mather (Stock) 11:58; 32, S. Williamson (Bol) 11:59; 33, S. Entwhistle (Ross) 12:01; 34, C. Eaton (Sale) 12:02; 35, C. Oliver (R&Z) 12:03; 36, H. Raine (Hynd) 12:03; 37, K. Dobson (Hynd) 12:05; 38, V. McKinlay (Man) 12:06; 39, C. Nicholas (Ross) 12:07; 40, H. Scholes (Stock) 12:08; 41, S. Moore (Mor) 12:08; 42, J. McClellan (Sale) 12:08; 43, J. Challinor (Liv) 12:08; 44, A. Armstrong (Carl) 12:08; 45, C. Millins (Warr) 12:13; 46, D. Hannon (Long) 12:14; 47, L. Rietdyk (Liv) 12:15; 48, L. Barber (Sal. M) 12:16; 49, K. Connell (Scar) 12:17; 50, F. Thistlethwaite (B'burn) 12:18;



CLAIRE NICHOLSON

Photo: Eric North

51, J. McBeath (Sale); 52, H. Jackson (Burn); 53, C. Whitley (Sutt); 54, N. McFarlane (Darl); 55, H. Hill (Burn); 56, H. Coulson (Sutt); 57, J. Hirst (Roch); 58, J. Todd (Leeds); 59, D. Taylor (O&R); 60, R. Reynolds (CoH); 61, A. Clarke (Liv); 62, K. Dickinson (Bol); 63, R. Summerscales (E. Ches); 64, C. Parr (Roch); 65, G. Hardcastle (Long); 66, L. Ellams (Wirr); 67, A. Brocklehurst (Roch); 68, A. Evans (M&C); 69, H. Potter (Stock); 70, L. Knight (Der); 71, S. Fitzgibbon (Hallam); 72, S. Burke (Liv); 73, L. Beulah (M&C); 74, E. Horrocks (Ross); 75, E. Bamforth (E. Ches); 76, J. McGill (C. le S); 77, T. Crofts (Leeds); 78, L. Faragher (Harr); 79, Coppell (GR); 80, T. Mellor (O&R).

Teams: 1, Manchester 66; 2, Hyndburn 89; 3, Sale 92; Liverpool 140; 5, Morpeth 154; 6, Sutton (St. H) 157; 7, Stockport 164; 8, Leeds City 176; 9, Bolton 217; 10, Carlisle 227; 11, Rossendale 281; 12, Oldham & R 292; 13, Rochdale 314; 14, Darlington 335; 15, Burnley 335; 16, Middlesbrough & C 341; 17, Longwood 372; 18, E. Cheshire 374; 19, Chester le Street 376; 20, Warrington 417; 21, Rockingham 445; 22, Salford Met. 450; 23, Salford 460; 24, Blackburn 473; 25, Derby 485; 26, Border 501; 27, Leigh 520; 28, Chorley 615; 29, Liverpool Pem. 639; 30, Mandale 660. **277 finished.**

Midland — Testing Malvern Course

THE COURSE chosen for this year's Midland Women's CC Championships on February 2nd was set at the foot of the snow-capped Malvern Hills in Worcester, and proved to be a real tester. Fully exposed to the cold, biting wind, it included a daunting, demanding, zig-zag climb up a hill that was at least 200m long, and which proved to be a deciding factor in some of the races.

Report by Steve Harlow

Competing for the first time since last year, Alison Jenkins convincingly won the Senior race, and in doing so boosted her confidence for today's 'National'. After missing a large chunk of training due to illness over Christmas, Alison showed no signs during the race, which was just over 3½ miles.

From the gun it was Gillian Green who immediately took the lead, followed by Karen McLeod, and as they completed the initial small lap and approached the start of the two large, water-logged circuits, they had opened up a 10m or so gap over Alison Jenkins, with Nicki Salisbury a few strides behind. After crossing the bridged brook and turning sharply into the steep hill climb Karen surged into the lead, and by the time she started to make her descent, back down towards the brook, she had stretched her advantage to 40m. Mrs. Green found the hill tough going, and by the bottom had drifted into fourth place, behind Alison and Nicki.

Heading back towards the start of the final lap Alison was closing on the leader all the time, and the race for the title was now on, but as they climbed the drag up to the 'bell', Karen suddenly pulled up holding the back of her right leg and was unfortunately forced to drop out with what looked like hamstring trouble. Lack of warm-up, due to arriving only seven minutes before the start, may have been part of the problem. At this point Alison had still been closing the gap, but now, with a substantial lead over Nicki Salisbury and the bit between her teeth, she never looked in danger and went on to win by 22 seconds.

Talking afterwards Alison admitted that although she had initially let Karen McLeod get too far in front, had she kept going, she felt confident that she would have caught her. That we shall never know.

As usual in the Midland Championships the Girls race was next and, over a course just short of 3000m, the City of Stoke team dominated the race taking four out of the first five places. Right from the start a swarm of Stoke vests emerged at the front, with Claire Holdcroft taking the lead, which she stretched to 30m as they made their way up the main hill. From then on she never looked back, leaving the runners-up spot to be fought over between Julie Lanza and Donna Hull of Wolverhampton and Bilston. With 200m remaining the duel was still on, and wasn't decided until 50m from the line, when Julie found that something extra to finally pull away and take second.

In the Junior race Maxine Newman was able to reverse last year's result, by this time beating Lucy Field and winning the closest race of the day. Using the long hill to pull 20m clear of the rest of the field, it was still anyone's race when they turned the final bend. Then, with the funnel in sight at the top of the final drag, Maxine dug in hard to clinch the title.

With one of the two large laps completed, the breakaway group of five Intermediates — Fiona Truman, Jane Barber, Helen Titterington, Marie Griffiths and Lisa York — was still grouped together. As in all the races it was the steep hill climb that finally strung the group out, with Helen, causing no surprises, deciding now was the time to take the lead. By the time she started her descent an incredible gap of some 90m between her and Fiona appeared, as if from nowhere. Fiona in turn had also pulled well clear of Jane Barber from Stoke, and as they headed

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Helen Titterington (50) in third place behind Fiona Truman (59) and Jane Barber (74). Lisa York (47) is in fourth, just ahead of Marie Griffiths. Photo: Steve Harlow

back towards the funnels this was to be the order in which they finished. Helen had stretched her lead even further by the end of the race and the manner in which she achieved it indicates she will be amongst the medals at Leicester.

Seniors

1, Alison Jenkins (Worcester).....21:48
2, Nicola Salisbury (Birchfield).....22:10
3, Gillian Green (Birchfield).....22:14
4, H. Beasley (Worc) 22:17; 5, S. Lappage (Tip) 22:27; 6, K. Booker (Notts) 22:34; 7, H. Anslow (Tel) 22:48; 8, L. Degg (Stoke) 23:11; 9, L. Peters (Charn) 23:17; 10, H. Finch (B&P) 23:28; 11, N. Fletcher (Tip) 23:31; 12, C. Hargrave (Spark) 23:33; 13, J. Burtonwood (Leic) 23:33; 14, M. Betts (B&R) 23:54; 15, S. Daniels (West) 23:56; 16, D. Hillen (Cann) 24:00; 17, C. Lawton (Stoke) 24:08; 18, K. Hill (Tip) 24:19; 19, M. Smith (Charn) 24:20; 20, J. Mumford (Cov) 24:27; 21, A. Shepherd (Newk) 24:29; 22, S. Dixon (Droit) 24:30; 23, K. Johnson (Charn) 24:31; 24, C. Hobbs (Tel) 24:34; 25, K. McCormick (Bir) 24:37; 26, G. Shewin (Stoke) 24:41; 27, A. Soar (Bir) 24:47; 28, R. Butler (S. in A) 24:49; 29, H. Glover (Cann) 24:52; 30, H. Johnson (Harb) 24:52; 31, M. Harris (Leic) 24:55; 32, D. Fellows (Cann) 24:59; 33, W. Freeman (Charn) 25:00; 34, K. Deaville (Stoke) 25:01; 35, J. Parsons (Bir) 25:05; 36, T. Hayward (B&P) 25:16; 37, S. Twitty (Worc) 25:18; 38, J. Poston (Tel) 25:23; 39, J. Kelly (Spark) 25:25; 40, J. Cooper (Charn) 25:25.

Teams: 1, Birchfield 57; 2, Tipton 78; 3, Charnwood 84; 4, City of Stoke 85; 5, Worcester 88; 6, Telford 136; 7, Cannock Chase 138; 8, Sparkhill 146; 9, Harborough 193; 10, Cheltenham. **85 finished.**

Intermediates

1, Helen Titterington (Leicester).....18:05
2, Fiona Truman (City of Stoke).....18:28
3, Jane Barber (City of Stoke).....18:47
4, M. Griffiths (Droit) 18:53; 5, L. Cox (Bir) 18:58; 6, L. York (Leic) 19:03; 7, L. Robinson (Cov) 19:10; 8, J. Smith (Notts) 19:29; 9, D. Smith (Bir) 19:30; 10, F. Smith (Notts) 19:34; 11, C. Symonds (Bir) 19:35; 12, L. Dainty (Bir) 19:47; 13, D. Morris (Stoke) 19:58; 14, H. Price (Here) 20:02; 15, S. Cooksey (Tip) 20:09; 16, C. Medwell (Cov) 20:11; 17, M. Williams (Notts) 20:22; 18, L. Austin (Cann) 20:26; 19, K. Smart (Tip) 20:33; 20, J. Batsford (Bir) 20:35; 21, K. Whitmore (Newc) 20:38; 22, S. Fowler (West) 20:40; 23, E. Beacham (B&R) 20:40; 24, D. Manship (Leic) 20:42; 25, J. Mason (Leic) 20:55; 26, Y. Brearley (B&R) 21:00; 27, J. Cooke (S. in A) 21:08; 28, R. Latham (B&R) 21:11; 29, D. Harris (Hales) 21:12; 30, V. Gammage (Leic) 21:16.

Teams: 1, Notts 21; 2, Birchfield 24; 3, Leicester 31; 4, City of Stoke 47; 5, Tipton 66; 6, Coventry 71; 7, Bromsgrove & R 77; 8, Cannock Chase 106; 9, Droitwich 124; 10, Telford 129. **68 finished.**

Juniors

1, Maxine Newman (Leicester).....13:04
2, Lucy Field (Halesowen).....13:07
3, Tracy Maycock (Leicester).....13:12
4, K. Moorcroft (Stoke) 13:28; 5, M. Wilkes (Leic) 13:31; 6, D. Connors (Cov) 13:48; 7, K. Hill (Notts) 13:51; 8, M. Chatterton (Newc) 13:52; 9, J. Knight (Bir) 13:57; 10, C. Tivnan (Stoke) 14:00; 11, N. Quinn (Notts) 14:03; 12, R. Quinn (Notts) 14:04; 13, A. Harvey (W&B) 14:07; 14, K. James (Worc) 14:13; 15, M. Reed (Newk) 14:16; 16, Y. Brown (Cov) 14:17; 17, K. Denham (B&R) 14:20; 18, M. Hull (W&B) 14:21; 19, A. Hubball (Tip) 14:30; 20, S. Gunter (Notts) 14:31; 21, L. Bilcliffe (Cann) 14:33; 22, K. Tuffnell (Rug) 14:37; 23, A. Martin (Bir) 14:38; 24, D. Malkin (Stoke) 14:40; 25, M. Biddles (Charn) 14:41; 26, S.

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The front five pull away in the Junior race: Maxine Newman (79), Lucy Field (59), Tracy Maycock (75), Kirstie Moorcroft (114) and Melanie Wilkes (77). Photo: Steve Harlow



Sleightholme (Staff) 14:44; 27, H. Rowe (Tip) 14:44; 28, S. Eyre (S. in A) 14:46; 29, J. Day (Chelt) 14:47; 30, E. Vickery (Cann) 14:49; 31, R. Kite (B&R) 14:51; 32, L. Smith (S. in A) 14:52; 33, S. Rowntree (Hales) 14:54; 34, A. Mann (Stoke) 14:55; 35, M. Durney (Tel) 14:57; 36, S. Stranks (Chelt) 15:00; 37, L. Gaunt (S. in A) 15:01; 38, R. Coats (Charn) 15:01; 39, J. Deeley (Hales) 15:02; 40, A. Johnson (B&R) 15:05.

Teams: 1, Notts 50; 2, Leicester 67; 3, City of Stoke 72; 4, Coventry 129; 5, Bromsgrove & R 145; 6, Charnwood 150; 7, Birchfield 155; 8, Halesowen 174; 9, Tipton 181; 10, Cannock Chase 189; 11, Sutton in Ashfield 196; 12, Wolverhampton & B 222. **107 finished.**

Girls

1, Claire Holdcroft (City of Stoke).....11:31
2, Julie Lanza (City of Stoke).....11:35
3, Donna Hull (Wolverhampton & Bilston).....11:37
4, A. Salt (Stoke) 11:44; 5, S. Rogers (Stoke) 11:53; 6, E. Lowe (Cov-n/s) 11:54; 7, L. Fradley (Stoke) 11:59; 8, S. Burton (Charn) 12:01; 9, L. Watson (Cann) 12:05; 10, R. Lovatt (Leic) 12:14; 11, A. Chinn-Shaw (Stoke) 12:15; 12, A. Harley (D&S) 12:16; 13, E. Heath (Leic) 12:19; 14, K. Giles (S&SH) 12:25; 15, H. Norton (Leic) 12:29; 16, C. Bland (D&S) 12:32; 17, C. Jepson (Notts) 12:33; 18, H. Fox (Bir) 12:34; 19, J. Lane (S&SH) 12:35; 20, N. Smith (D&S) 12:37; 21, S. Hughes (Worc) 12:41; 22, M. Morley (Cov) 12:43; 23, J. Pegg (Charn) 12:44; 24, N. Bailey (Leic) 12:45; 25, T. Pugh (Cann) 12:46; 26, C. Gardner (Tel) 12:46; 27, C. Allen (Leic) 12:47; 28, S. Shallcross (Here) 12:51; 29, L. Willis (B&R) 12:52; 30, C. Elwell (Tip) 12:52; 31, S. Sceats (S&SH) 12:55; 32, J. Sutton (B&R) 12:56; 33, S. Harrison (Spark) 12:57; 34, C. Debnam (Wen) 12:58; 35, R. Bowen (Leam) 12:59; 36, R. Evans (Tip) 12:59; 37, M. Chambers (Charn) 13:00; 38, J. Cutler (Hales) 13:01; 39, K. Owen (Glouc) 13:02; 40, K. Cooper (W&B) 13:03.

Teams: 1, City of Stoke 12; 2, Leicester 62; 3, Charnwood 112; 4, Solihull & SH 114; 5, Dudley & S 133; 6, Wolverhampton & B 144; 7, Birchfield 197; 8, Cannock Chase 198; 9, Bromsgrove & R 204; 10, Worcester 210; 11, Dursley 210; 12, Tipton 249; 13, Gloucester 253; 14, Hereford 288; 15, Bath & P 323. **At least 132 finished.**



Up the hill in the Girls race at Malvern and Claire Holdcroft leads Adela Salt (144), Julie Lanza (145) and Donna Hull (176) — the first four to finish.

Photo: Steve Harlow

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VETERAN PROFILE

'Intrepid Road Runner' Personified

James Christie features Yvonne Miles

IN THE cartoons involving that exuberant character 'Road Runner', the impression is always given of someone with their engine forever ticking over ready to burst into a frenzy of speed and disappear over the horizon. I do not think a better description could be given of a lady who, in less than a decade, has amassed more championships in road, country, track and if there's a surface I've missed, she must have covered it also. At 45 years of age, in Yvonne Miles of Bournemouth AC, one could not find a better example of the mature person who, before the advent of Veteran athletics, would have been lost to the sport.

Born in Guyana on October 11th 1940, the 5'5''/121lb Yvonne had never taken part in athletics, and having met and married her husband Ray while he was serving with the Hampshire Regiment in Guyana and then become a mother of four children, one would have thought that at 36 the opportunity of an athletic career was gone for good. However, chance had it that her 15-year-old daughter Susan was a member of Bournemouth AC and Yvonne started running with her to act as chaperone, and from that point on 'Road Runner' was off.

Yvonne was invited to join Bournemouth AC, and within a year was a member of the club team which won the Dorset cross country team title in December 1977 with teammates Francis McCall and Karen Stretton, she herself placing second individual. Her training was of the very elementary kind, with no real plan or preparation behind it for particular championships. This was borne out if one examines the season of 1978. At one end of the scale she was the Southern Counties Vets champion at 200 and 800m and Dorset 1500m champion, and at the other she ran her first marathon at Windsor Great Park in 3:31. Somewhere around September that year she squeezed in the European Masters Championships at Viareggio, where she finished fifth in the 200, 1500 and 5000m, her performances being below par due to the after affects of a smallpox vaccination.

However, in December she won the Dorset cross country title for the first time at Salisbury. Her preparation for the 1979 season was much like before, running to and fro to work at Winton Boys School, where she had a part-time job in the school canteen. She retained the Dorset cross country title at Fareham that year, but it was in 1980 that saw her break through to world class. At the European Veterans Track and Field Championships in Helsinki, she won a bronze medal in the 10,000m cross country and finished fourth in both 5000m and marathon, while in Glasgow she was even more successful in the IGAL World Road Championships, taking gold medals in both 10,000m and marathon, along with a further two for both team titles.

Her next goals were the World Track and Field Championships, along with the IGAL World Road Championships, and this was to prove the stiffest test so far for someone with only a few years' experience behind her. They were both held in New Zealand and 'out of season' in January 1981, first the IGAL Championships at Palmerston North and then the track and field meeting in Christchurch. In the first she won a silver medal in the 25km road race, and in the second silvers in both 10,000m cross country and marathon, as well as her first major medal on the track, a bronze in the 5000m, which gave her much pleasure. Into 1982, and in March she was third in the British Vets Cross Country Championships at Parliament Hill, then in June, at Bruges, in the ninth International 25km Road Race, she finished second and was a member of the winning team.

Finest hour

The following month was to be her finest, although later in the season she was to win the British Veterans 10M road title in Newport, in a personal best of 62:12, and the British Marathon also, in 3:01. However, July belonged to Yvonne Miles, during the European Veterans Championships held in Strasbourg, France. She finished fourth in the 1500m with a time of 5:04, then in the 5000m she went one better winning the bronze in 18:25. But it was on the last day of the Games that she reallly came into her own, in the marathon. Starting early, the temperatures were still high in the closing stages as she won the gold with a record breaking time of 2:52:30, which took 12 minutes off her previous best. Small wonder indeed that in November of that year at a Civic Function in Purbeck Sports Centre, Wareham, she was named 'Dorset Sports Personality' for 1981-82.

The most important event for Veteran athletes in 1983 was the World Championships, which that year were held in late September

and early October in San Juan, Puerto Rico. Again there were the family problems of finance to contend with as well as the travelling, acclimatisation and late season competition factors to take into consideration. Her first event, the 5000m on the track, brought her a bronze, which settled her, and in the next competition, the 10,000m, she struck gold. Later in the week she took the silver in the 10,000m cross country, with still the marathon to come.

Because of the heat and humidity, this required a 5am rise to get to the starting point, and in a race which saw many experienced marathon runners of both sexes from all over the world fall by the wayside, Bournemouth's first lady came through to take the gold. Most athletes would have felt that their season was complete, but not the 'Intrepid Road Runner'. The following weeks saw her off to Perpignan, France for the International Road Races, where she won the 10,000m, and next day was second over 25km, for which performances she was awarded a special trophy. If this were not enough, in March 1983 she won the British Vets cross country title as well as the Duchy of Cornwall Marathon. Then in May she took part in the Lambeth NALGO Track and Field Championships, placing third in both 100 and 200m in 15.2 and 30.3, and second in the 400m in 69.7.

It is this enthusiasm which is Yvonne's greatest strength, and yet like so many athletes it is also her greatest weakness. There are times where her range of events and the rapidity and timing of them are a coach's nightmare. If the race is there she must run it, and that is why her 1985 season was so limited. In 1984 she attacked everything going, as usual. In June, at the Southern Counties Vets Championships, she took the 5000m for the fourth successive year, in 19:23, along with second places in both 800 and 1500m. Her next event was the British Vets Champs at Meadowbank in July, where she won both 800 and 1500m titles, then in the 5000m set a new record of 18:58 in windy conditions.

In August the European Veterans Championships were held for the first time on British soil, and at Brighton in the marathon she won the silver. From there she was off to the International 10,000m Road Race Championships in Berne, where again she took the silver.

After three years in hard competition, crossing the world twice and trips to Europe, a more experienced competitor would have known the value of rest or even a turning down of competitive pressure. However, through enthusiasm and inexperience she tried that extra race more which was to cause her so much distress in the following months.

On October 30th 1984 she took part in the marathon at Stavanger, Norway. The course was hilly and the weather conditions severe, with hail, sleet and the accompanying drop in temperature. With her usual determination Yvonne saw the race through, finishing in third place, but what a price that medal



One for any athlete's scrapbook; Yvonne shows ahead of none other than Zola Budd in the now famous Southern League 3000m at Dartford in April 1984. It was, of course, Zola's first run on British soil and even resulted in the Southern Women's League being televised!

Photo: Peter Tempest

was to cost. For the first time her knees were swollen, and without realising it she had run herself to a standstill. To her cost she had found that enthusiasm is not enough, and a measure of rest and relaxation must always be included in any training schedule, with as much emphasis and respect given to it as the hardest work section of any training system. If not, the body just goes on strike through the medium of first, minor injuries, then progressing to the more debilitating forms which brings the athlete to a halt.

Chronic footstrain

In her case she had back trouble along with various leg strains, which eventually manifested themselves in a chronic footstrain which was to bedevil her throughout 1985. Notwithstanding, she still continued to train and run as best she could, and in March placed fourth in the British Vets Cross Country Championships. In April she managed 3:19 in the London Marathon. The World Championships were held in Rome at the end of June, and again, although handicapped by the same foot strain, she insisted in taking part in four arduous events in the space of six days.

In the 10,000m and 10,000m cross country she was placed seventh, and in the 5000m fifth, reserving her highest placing for the last event on the last day — fourth in the marathon. Run on a course with parts of it over cobbled road surfaces in the inner part of Rome in high humidity and heat, this was a race which highlighted the folly of too much racing on a recurring foot injury.

Undeterred, she returned to Britain, and in July won the Southern Counties Vets 1500m title for the fifth consecutive year, as well as placing second in the 5000m. Although receiving continual treatment, she still carried on competing and in September, at the European Road Race Championships at Vilanova I La Geltru near Barcelona, she finished second in both 10,000m and 25km events.

At the present time she continues having treatment, but is also continuing to train and compete at anything which offers a challenge. In 1986 her main aim is the European Championships to be held at Malmo, Sweden. As usual she will be attempting the 5000 and 10,000m and 10,000m cross country along with the marathon, again within the space of six days. It is hoped by all her admirers that in the intervening months she will allow herself the opportunity to benefit from her treatment through more discretion in her training and competitions.

If this driving enthusiasm can be harnessed in its most effective way, then once more the 'Intrepid Road Runner' will be off with every possibility of achieving her ambition of four gold medals in Sweden.

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Hip and Groin Clicking

Recently my right leg has given me cause for concern. When raising the thigh to waist height and extending the shin outwards, my right hip and groin click and make a dull popping noise respectively — the latter causing slight discomfort. Also, somewhere in the region of the right ankle a clicking sound is produced, but without painful effects. This only happens with my right leg.

I am 16, of slender build, have done no weight training and have not exceeded 15 miles per week, all training being done on pavements. Can you suggest any reason for these noises and advise whether I should do anything about it.

Philip Towler, Liverpool

Clicking in joints is not uncommon, and is not necessarily a sign that anything is wrong. There are many reasons why the hip and groin should click in the manner described. Clicking on the outside of the hip is due to snapping of a long tendon called the tensor fascia lata/ilio tibial band, that runs from the pelvis down to the knee. This can snap to and fro over the top of the bony lump on the side of the hip, which is called the greater trochanter. Sometimes as a result of chronic rubbing this may become painful.

In fact there are a number of places where a tendon snap can occur, and it is possible that this is the cause of the clicking in the ankle as well.

Clunking or clicking in joints is also due to a variety of causes. The most common, which usually produces a fairly high-pitch click, is the vacuum click that occurs when any joint is stretched. This is the noise most commonly heard when people stretch their fingers. By contrast, clicks due to mechanical causes tend to be lower in tone. They may be associated with a loose body or structure in the joint, for example a piece of bone floating loose or a torn cartilage (not likely in the hip!), in which case the clicking is also associated with jamming or locking of the joint.

Sometimes joints click simply because of the shape of the joint surfaces. This is particularly true in relation to clicking under the knee-cap, because the underside of the knee-cap has not got a smoothly rounded section but rather has a series of steps on it, and sometimes the knee-cap clicks as the load is pushed from one step to another in straightening and bending the knee.

In general, clicking by itself should not be a cause for concern, particularly if it is not painful. Clicking may become painful if the victim repeats the clicking movement over and over again (in the same way as sucking a sore tooth!); then a form of reaction with discomfort can develop, but this will settle down as soon as the movement provoking the click is stopped. Painful clicks, particularly those which cause sharp pain on movement when they occur, should always be investigated as these are usually mechanical in origin and some sort of specific repair work may need to be done.

Hip Pain

I was, until April 1984, an active 28-year-old 50km race walker with no previous serious injuries in 12 years of walking. After a good winter's training, building up to a steady 50/60 miles per week, I was extremely fit when, 15 miles into a 35km race, I felt a sudden sharp pain in my right hip. There had been no prior warning of any problem. I struggled on to the race finish and, hoping it would heal with rest, trained and raced intermittently until mid-June, when my hip simply ceased to function during a race.

Unable to do anything, I sought treatment which has been as follows:

July/August — Heat and ultra-sonic treatment for gluteus medius strain.

Sept/Nov — Bursitis diagnosed; three cortisone injections brought several days of intense pain.

Nov/Jan — More physiotherapy, but much pain.

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January — Injection of 'something stronger', as I may have torn the muscle.
March — X-rays suggest recovery hampered by right leg behind half an inch shorter than the left. Right shoe built up, but to no avail.
May — New diagnosis — torn membrane on tensor fascia lata needing stitching to repair. Awaiting scan to clarify this.
September — A scan revealed nothing. I have since seen a rheumatologist, who seems to think the problem may be scar tissue, having built up from the original injury back in April 1984. I am still unable to train, have considerable discomfort and cannot manage everyday activities such as mowing the lawn, etc.

A visit to a reputable physio brought no new ideas. It now seems I may be going in for an operation, although the doctor was not sure what he would find.

Do you think my leg is likely to be as good as new after an operation or am I likely to have a recurrent weakness?

M. D. Angove, Coventry RWC

Mr. Angrove certainly seems to have quite a sad story following his onset of right hip pain a year ago.

It is a general rule in medicine that treatment is unlikely to be successful unless it is logically prescribed on a basis of a confirmed diagnosis. From Mr. Angrove's letter, it appears that diagnosis has yet to be confirmed!

It would seem that he has one of those problems that is outwith the experience and competence of most, and I would suggest that he should arrange to be seen by a specialist with a wide experience in, and knowledge of, injuries in sport. A number of possibilities spring to mind in relation to the story, but it would be impossible on the history given in the letter to offer a diagnosis. Proper examination and investigation, including biomechanical assessment, should, however, give the answer in this case.

Sciatica And Orthotics

I have had back trouble for about three years, which started as sciatica but then developed into lower back, hip and hamstring pain. There is also a lot of tension from neck to ankle down my right-hand side. I have had my legs measured and have discovered that my injured leg is just under half an inch longer than the other, and my knee on this leg is twisted inwards, though with no knee pain.

Recently in training I have been wearing Nike Equators (anti-pronation), and have found that the pain on the injured side has decreased, only to be transferred to my left leg with lower back, hip and knee pain. Could you please advise me how to go about solving this problem and if I am likely to need an orthotic or shoe raise, where to find one — I am willing to travel anywhere in Britain to get the best treatment.

Gordon Mitchell, Falkirk

Mr. Mitchell's problem is a very common one. The important thing to sort out in this situation is precisely what is going on and its significance. Mr. Mitchell states that one leg is half an inch longer than the other. The question here is whether that is a true difference in leg length due to variation in bone length, or whether it is an apparent shortening due to postural or other causes. It may well be that in this case it is postural in view of the fact that he states that his leg is turning inwards. This internal rotation of the leg and knee with flattening of the arch of the foot is called pronation, and leads to an apparent shortening if the condition is on only one side. Often attempts are made to correct it by the provision of an orthotic or a raise, but this is seldom helpful as it does not get to the root of the problem.

Orthotics are frequently useful, but perhaps even more frequently misused. They are, after all, nothing more than gait modifiers. Some people, for example, with irritable hips need to rotate the leg internally to make it more comfortable, and if an orthotic is then provided to force the leg into external rotation, it will cause more pain and discomfort. This may be precisely what is happening in Mr. Mitchell's case.

In general the important thing in a situation like this is to have the cause of the sciatica properly investigated and dealt with. If there is a prolapsed intervertebral disc, then some sort of surgery or alternatively a new form of treatment called chemonucleolysis may be necessary. If the sciatica is simply due to nerve root irritation from an inflamed posterior spinal joint, appropriate treatment will put that right. The major thing to remember always in cases of back ache and sciatica is that these two conditions are *symptoms* and are not diseases of themselves. The underlying cause must be sought and put right.

Palliative treatment of symptoms only when the cause has not been properly defined can often, as appears to be the case with Mr. Mitchell, make things worse. I think that he should get his family doctor to refer him to a good orthopaedic surgeon in the first instance, and take things on from there.

AL JOYNER

The Olympic triple jump champion is interviewed by Alastair Aitken

AL JOYNER, the Olympic triple jump champion in Los Angeles, is hoping to go one better in Seoul in 1988. "I am training through the seasons to make the Olympic team in the high hurdles and the triple jump. That's my goal. It has never been done. People hear that and laugh at me, but they did that when they thought I could not jump so I am used to that".

How did it all begin for Al Joyner? "My younger sister Jackie, who gained the silver medal in the heptathlon at Los Angeles, thought I had some type of talent. I was into swimming at the time but eventually I started out in track and field. Jackie was my inspiration. I was at East St. Louis Lincoln High School and I can remember in my senior year the first time I triple jumped I never made it to the pit. I was 18 then and I can remember that very well. It was at the end of the summer that I ended up going to the Junior Olympics, which was our Nationals for 17 and 18-year-olds in Lincoln, Nebraska. I had not thought that the triple jump was for me but I was entered in the triple jump and the hurdles. I was so keyed up to beat the guy who was next to me at the meet that I jumped the gun once. At high school if you jump once you were eliminated. Then I went over to the triple jump and I broke the meet record with 15.44m.

"I got a scholarship later that year to Tennessee State University but I transferred and went to Arkansas State. In 1981 and 1982 I was injured. I did 16.78 for the triple jump indoors for my first meet in 1982 but after that I kept getting injured, so really nobody knew who I was. It was in 1983 that I made the USA team for the World Championships in Helsinki. I was hurt but as I was eighth with 16.76 I felt that next year there was no way they were going to beat me when I would be in physical condition. In those World Championships I learnt never to count anybody out! Nobody was looking at Hoffman. Everyone had been thinking of Willie Banks and some of the other guys but Hoffman came out and got better and better".

Earlier in 1983 Al came second in the NCAA Championships behind Keith Connor who jumped 17.26. "I admire Keith", said Al. "He was also a friend who advised me. He helped me out a lot as well as helping Mike Conley".

What to Al Joyner is the attraction of triple jumping? "It reminds me of a dance, and I like to dance. Once you get down to it, it is a beautiful dance. The hurdles is a beautiful race but people don't really understand the triple. They say it is awkward: 'Why don't you go right, left, right instead of right, right, left'. I feel it is a challenge too. Once I started watching the other triple jumpers, seeing what they were doing, things started getting better for me. I admire all the 'great' triple jumpers. I have mostly learned the triple jump on my own because, if you have a coach, he wants you to be good but nobody knows how much I want to be good. It comes from inside that I want to be the best. I always wanted to be just a little bit better than they wanted me to be".

What's his opinion of world record holder Willie Banks? "He is a fine guy to compete against and he is also a fine guy to beat. He is very good. He likes the

AL JOYNER IN BRIEF

Alfredrick Alphonzo Joyner, born in East St. Louis, Illinois, on January 19th 1960, is 1.88m/6'2" tall and weighs 76kg/168lb. He placed eighth in the 1983 World Championships and was Olympic gold medallist in 1984. Personal bests: 110H — 13.51 (1985), 400H — 52.43 (1983), LJ — 7.59 (1983), TJ — 17.46 (1985).

Annual triple jump progression:

1978	15.30	1983	17.12
1979	15.76	1984	17.19
1980	15.80	1985	17.46
1981	16.27	1986	16.91i
1982	16.78i		

Al's sister, Jacqueline Joyner (born East St. Louis on March 3rd 1962; 1.78m/5'10", 69kg/(152lb) is one of the world's greatest all-rounders. The Olympic heptathlon silver medallist is American long jump record holder and boasts the following string of personal bests: 100 — 12.24 (1983), 200 — 23.59 (1985), 400 — 54.0 (1983) & 51.0 relay leg (1985), 800 — 2:09.32 (1982), 100H — 13.07/13.00w (1985), 400H — 55.05 (1985), HJ — 1.87 (1983), LJ — 7.24 (1985), TJ — 13.20 (1985), SP — 14.68 (1985), JT — 47.98 (1985), Hept — 6718 (1985). Her personal bests in heptathlon events add up to well over 7000 points!

clapping just as I like the dancing. We just like to have fun. He brings a lot of charisma to the event''.

Far from easy

Al's success at the Olympics was far from easy at Los Angeles. ''I can remember the qualifying round most because I was worried about my sister as she was competing in the heptathlon and did not have a number. I had her number and told her coach to pass it on to her the night before, but she appeared for the competition thinking I still had her number. I had to run all the way back to the warm-up area to tell her I had not got her number, so I did not get enough time to warm up properly for the first round. I went into the competition and I did my worst jump all year of 16.30 and you needed 16.60 to qualify. On my second jump I did 16.45 and still did not have an automatic qualifier, but on my last jump made it with 16.85. It was really kind of scary but I was happy.

''That night, in a dream, I pictured myself winning the gold medal on my last jump when I was lying next to last. Weeks before, people asked me how I was going to do in the Olympic Games and I told them 'I'll tell you a secret, I am going to win the Olympic gold medal'. It was not cockiness; I just felt that I was going to win. The Olympic Games was my fifth meet, I knew I was ready.

''People did not take me seriously even when I won the gold medal. They did not think I had earned it. They said I got lucky. I guess it was because that night they did not recognise me as a threat for the gold medal and the least one expected. When I go in a competition I don't think you should count anybody out. When they lined up they lined up to win not just to show. I am not one of those great athletes but I am a competitor . . . never count me out because I am always trying to knock at the back door. I think that is one of my key factors for winning the gold medal. I felt positive. If I had won the silver or the bronze it still would have meant a lot to me, but I did my best because when I did win the gold medal it was with my lifetime best (17.26w)''.

Al Joyner's training over the last year or so consisted of hurdling, bounding drills and weight training. ''When I first started triple jumping I was only 136lb (62kg) so I was like a walking stick. People told me I should put some weight on and get stronger and the sky would be the limit. Last year I went to get my legs tested and found one was weaker than the other. They told me if I ever get my right as strong as my left they will have to extend the pit! I really think I am capable of jumping 18 metres''.

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1985 UK Merit Rankings
Compiled by Peter Matthews

These annual rankings are, as usual, based on an assessment of form during the outdoor season. The major factors by which the rankings are determined are win-loss record, performances in the major meetings and sequence of marks. The compiler has endeavoured to be as objective as possible, but form can often provide conflicting pointers. Once again it should be pointed out that the rankings are by no means necessarily the order in which the compiler thinks the athletes would have finished in an idealised contest.

Far too many important results are not reported to *Athletics Weekly*. Some such have been included in these lists, but others and any corrections would be most gratefully received. Please send to Peter Matthews at 6 Broadfields, Goffs Oak, Waltham Cross, Herts, EN7 5JU.

Abbreviations include: WSG — World Student Games, UK — UK Championships, CAU — Inter-Counties, BL — British League, Cup — GRE Cup Final, DCG — Dairy Crest Games (Edinburgh), Eng McV — McVitie's Challenge (England v Czechoslovakia, Hungary & Poland), PTG — Peugeot Talbot Games, WG — Welsh Games, IS — Inter-Services, E. Club — European Club Cup, AAA v LC — AAA v Loughborough Students. International matches are shown in the form E v US (i.e. England against USA).

110 METRES HURDLES

1. JONATHAN RIDGEON (14.2.67) 13.46 (1) Cottbus 23/8, 13.72 (1) Kamen 7/7, 13.75 (1)sf Cottbus 23/8, 13.79 (1) Edinburgh 23/7, 13.87 (2) Gateshead 29/6, 13.87 (1)h CP 13/7, 13.88 (2) Gateshead 9/8, 13.88 (1) Nanjing 11/9, 13.91 (7) CP 19/7, 13.92 (1) Beijing 8/9; 13.9 (1) Cambridge 25/5. 1 AAA v LC, 2 v Cze & Fra, 1 v FRG-J, dnf AAA, 7 PTG 'B', 1 DCG, 5 Kodak, 1 Eur Jnr.

2. Wilbert GREAVES (23.12.56) 13.60 (2) Zurich 21/8, 13.67w (1) Birmingham 6/7, 13.72 (4) CP 19/7, 13.73w (3) Oslo 27/7, 13.74 (4) Moscow 18/8, 13.75 (3) Budapest 4/8, 13.83 (4) CP 2/8, 13.89w (1) CP 15/6, 13.94 (2) Haringey 8/6, 13.94 (2) CP 26/8, 13.94 (1) Hendon 31/8, 13.95 (1) Birmingham 11/5, 13.96 (4) Edinburgh 23/7, 13.97w (1)h Haringey 8/6, 13.97w (1) Haringey 10/8. 1 UK, 2 E. Club, 1 South, 5 E v US, 4 v Cze & Fra, 1 v GDR, 4 AAA, 4 PTG 'B', 4 DCG, 4 IAC, 3 Kodak, 4 Eur Cup, 2 Eng McV, 1 Cup, BL1: 1, —, —, 1.

3. Colin JACKSON (18.2.67) 13.69 (2) Cottbus 23/8, 13.89 (3) CP 19/7, 13.93 (3) Gateshead 29/6, 13.95 (3) Edinburgh 23/7, 13.97 (1)h Cottbus 23/8; 14.01; 14.0. 4 Ulster G, 3g v Cze & Fra, 1 Welsh, 5 AAA, 2 PTG 'A', 1 Welsh G, 3 DCG, 4 Kodak, 1 AAA-J, 2 Eur Jnr, 1 Tel Aviv, 1 Jnr IA, BL2: 1B, 1B, —, —.

4. Nigel WALKER (15.6.63) 13.70w (2) Birmingham 6/7, 13.88 (6) CP 19/7, 13,98 (2) CP 14/7; 14.04; 14.0w — 14.1w. 2 v GDR, 2 AAA, 6 PTG 'B', 2 Welsh G, 8 DCG, BL2: 1, 1, —, —.

5. Steve BUCKERIDGE (11.6.65) 13.98 (2) Nanjing 11/9; 14.09w — 14.10w — 14.10w — 14.19 — 14.29; 14.2w. 3 UK, 1 Mid, 2 AAA v LC, 6 E v US, 2h AAA, 4 PTG 'A', 5 Kodak, 3 v Fra 'B', 5 Eng McV, 2 Cup, BL1: 4, 3, 1, 2.

6. Hugh TEAPE (26.12.63) 14.15 (1) Le Touquet 17/8; 14.28 — 14.33 — 14.33; 14.0w (1) SP 10/8, 14.1 (1) Enfield 31/7; 14.3. 7 AAA, 7 PTG 'A', 6 IAC, 1 v Fra 'B', 1 CAU, BL3: 1, —, —, 1.

7. Paul BRICE (2.1.65) 14.12w (2) CP 15/6, 14.20 (1)h CP 14/6; 14.31 — 14.32; 14.2w — 14.3 — 14.3. 1UAU, 2 South, 7 E v US, 2h AAA, 3 PTG 'A', 4 Welsh G, 7 IAC, 5 v Fra 'B', 2 CAU, 4 Cup, BL1: 2, 1, —, —.

8. Mark WHITBY (3.7.64) 14.21 (1)h CP 14/6; 14.29w — 14.39; 14.4 — 14.5 — 14.5. 1 B. Colls, disq South, 7g v Cze & Fra, 6 Welsh G, 1B BL1 (4).

9. Kieran MOORE (12.1.64) 14.35 (4) Birmingham 11/5; 14.39 — 14.47 — 14.47; 14.2w (2) WL 1/6; 14.4w. 2 UK, 5 Ulster G, 6 PTG 'A', 1 NI, dnf Tel Aviv, BL1: 3, 2, —, —.

10. David NELSON (11.3.67) 14.19w (2) Edinburgh 29.6, 14.42 (2) CP 15/9; 14.26w; 14.2 (1) Warley 17/8; 14.3w — 14.5. Disq UK, 2 Mid, 4h AAA, 6 Kodak, 3 Cup, 2 Jnr IA, BL1: 1B, 2B, 2, 3.

Jonathan Ridgeon progressed in a most American fashion, setting three UK Junior records, the last in speeding to the European Junior title from Colin Jackson. The two magnificent 18-year-olds were split by Wilbert Greaves, who had a splendidly consistent season, and indeed was 3-3 against Ridgeon. Greaves collects his sixth second place ranking, again being narrowly pipped for the top spot. There is plenty more encouragement for the future with the lists rounded out by more youngsters and 18-year-old Andrew Tulloch 11th.

400 METRES HURDLES

1. Mark HOLTOM (6.2.58) 49.49 (2) CP 20/7, 49.68 (1) CP 26/8, 49.95 (1) Edinburgh 23/7, 49.99 (1) Oslo 27/7, 50.17 (3) Moscow 17/8, 50.28 (2) Gateshead 9/8, 50.32 (4) CP 14/7. 1 BL1 (3), 2 v GDR, 4 AAA, 2 PTG, 1 DCG, 2 Kodak, 3 Eur Cup, 1 Eng McV.

2. Max ROBERTSON (27.12.63) 49.75 (6) Brussels 30/8, 49.90 (1) CP 15/6, 49.91 (3) CP 20/7, 49.92 (2) CP 26/8, 50.02 (2) Beijing 8/9, 50.09 (2) Birmingham 21/6, 50.16 (2) CP 14/7, 50.28 (1) Birmingham 7/7, 50.32 (3) Gateshead 9/8. 1 South, 2 E v US, 2 v Cze & Fra, 1 v GDR, 2 AAA, 3 PTG, 3 Kodak, 2 Eng McV, 1 Cup, BL1: 1, 1, —, 1.

3. Gary OAKES (21.9.58) 50.24 (1)h CP 13/7, 50.36 (2) CP 15/6; 50.48 — 50.54 — 50.55 — 50.84. 3 E. Club, 2 South, 5 E v US, 5 AAA, 7 PTG, 4 DCG, 6 Kodak, 2 v Fra 'B', 2 BL1 (4).

4. Martin BRIGGS (4.1.64) 49.91 (6)sf Kobe 30/8, 50.01 (1) Beijing 8/9; 50.43 — 50.53 — 50.57 — 51.30. 1 AAA v LC, 1 Mid, 6 Ulster G, 6 AAA, 6 PTG, 5 DCG, 6sf WSG.

5eq. Kevin LIDLOW (19.5.62) 51.30 (4) Oslo 27/6; 51.40 — 51.55 — 51.59 — 51.73 — 51.76. 4 UK, 3 South, 3 Ulster G, 7 AAA, 8 PTG, 1 CAU, 6 DCG, 8 Kodak, 6 v Fra 'B', 1 Tel Aviv, BL1: —, 2, 2, —.

5eq. Phil BEATTIE (8.9.63) 51.40 (1) Antrim 26/5; 52.0 — 52.04 — 52.12 — 52.23 — 52.48. 1 UK, 4 Ulster G, 5 v Cze & Fra, 7 DCG, 1 NI, 5 v Fra 'B'.

7. Trevor BURTON (28.6.61) 51.46 (2) Antrim 26/5; 51.5 — 51.9 — 52.04 — 52.3 — 52.3. 1 UAU, 1 Yorks, 2 UK, 6 E v US, 5h AAA, 7 Kodak, 2 CAU, BL2: —, 1, —, 2.

8. Steve SOLE (18.11.59) 51.72 (3) Antrim 26/5; 52.4 — 52.85. 2 Yorks, 3 UK.

9. David McCUTCHEON (2.12.60) 51.99 (1) Edinburgh 22/6; 52.22 — 52.6 — 52.64 — 52.67 — 52.8. 6 UK, 2 North, 1 Scot, 2 Welsh G, 2 Sc v Ire, 5 CAU, 3 Sc v Nor, 2 Tel Aviv, BL2: 1, 3, —, 1.

10. Winston SPENCER (1.5.62) 51.96 (4)h CP 13/7; 52.0 — 52.29 — 52.6 — 52.8 — 52.9. 4h UK, 2h South, 1 IS, 4h AAA, 2 Cup.

Not ranked:

Kevin CURRID (Irl) (3.2.59) 51.79 (5)h CP 13/7; 52.23 — 52.41 — 52.2 — 52.7 — 52.9. 1 B. Colls, 4 South, 8 AAA, 3 I v Sco, 3 CAU, BL4: 1, 1, —, —.

In his first serious season at the event, Mark Holtom jumps straight in at number one ahead of the consistent and much-improved Max Robertson. Gary Oakes and Martin Briggs were closely matched, with the latter peaking for the World Student Games. Sadly the overall standard in depth is not as good as in the past.

HIGH JUMP

1. Geoffrey PARSONS (14.8.64) 2.25 (1) Tel Aviv 31/8, 2.20 (3) Birmingham 21/6, 2.20 (3) Gateshead 29/6; 2.15×5; 2.24i (1) Cosford 9/3. 1 UAU, 1 UK, 3 E v US inv, 1 Scot, 3 v Cze & Fra, 1 Sc v Ire, 3 v GDR, 9= AAA, 2 CAU, 6 v Fra 'B', 1 Tel Aviv.

2. John HILL (15.7.66) 2.24 (1) Cottbus 23/8, 2.23 (2) Tel Aviv 31/8, 2.22 (1) Edinburgh 17/8, 2.22 (1) Solihull 7/9, 2.21 (1) Halfheim 26/5, 2.18 (1) Birmingham 14/6, 2.16 (1) Coventry 16/6; 2.15×2, 2.15i. 1 Mid, 1 Mid-J, nh E v US inv, 5 v Cze & Fra, 1 Welsh, 1 Welsh-J, 2 v GRF-J, 2 Welsh G, 1 AAA-J, 1 Bells JI, 1 Eur Jnr, 2 Tel Aviv.

3. Phil McDONNELL (25.10.62) 2.24 (2) CP 26/8, 2.21 (1) Le Touquet 18/8, 2.20 (1) Haringey 10/8, 2.19 (1) Swansea 20/7, 2.18 (1) Derby 15/6; 2.15×3. 1 North, 1 AAA v LC, 5= E v US inv, 6 v GDR, 13= AAA, 1 Welsh G, 1 CAU, 1 v Fra 'B', 2 Eng McV, 1 Cup, BL1: 2, —, 2, 1.

4. Dalton GRANT (8.4.66) 2.22 (1) Haringey 3/7, 2.20 (1) Kamen 7/7, 2.20 (4=) CP 14/7, 2.20 (6) CP 20/7, 2.18 (6) Cottbus 23/8; 2.15×7; 2.15i×2. 5= UK, 1 South, 5= E v US inv, 1 v FRG-J, 4= AAA, 6 PTG, 3 AAA-J, 2 Bells JI, 6 Eur Jnr, BL1: 1, 1, 1, 2.



Sale Harrier Phil McDonnell improved to 2.24m last year and picked up both the Northern and CAU Inter-Counties titles.

Photo: Eric North

5. Floyd MANDERSON (5.3.61) 2.20 (8) CP 14/7, 2.18 (3) Tel Aviv 31/8, 2.16 (1) Antrim 27/7; 2.15×4. 3= UK, 3 Ulster G, 8 AAA, 7 PTG, 1 NI, 7 Eur Cup, 3 Tel Aviv.
6. Alex KRUGER (18.11.63) 2.15 (2) Derby 15/6; 2.15 — 2.15 — 2.15 — 2.11 — 2.10; 2.18i (4) Cosford 9/3. 9 UK, 2 North, 2 AAA v LC, 4 E v US inv, 9= AAA, 3 Welsh G, 4 v Fra 'B', 6 Eng McV.
7. Canisus ALCINDOR (27.4.63) 2.15 (12) CP 14/7; 2.15 — 2.10 — 2.10 — 2.10 — 2.08; 2.10i. 7= UK, 2 Mid, 12 AAA, 8= CAU.
8. Fayyaz AHMED (10.4.66) 2.15 (1) Reading 26/8, 2.14 (1) SP 10/8; 2.13 — 2.10 — 2.10 — 2.09. 4 South, 1 South-J, 2 E. Sch, 4 AAA-J, 3 Bells JI, 2 Cup, BL3: —, 1, 2=, 1.
9. Paul JEFFS (23.3.66) 2.15 (2) Birmingham 14/6; 2.12 — 2.11 — 2.08 — 2.08 — 2.07; 2.10i. 2 Mid-J, nh E v US-inv, 2 AAA-J, 5= CAU, 1 Jnr IA.
10. Gary BLANDFORD (17.12.63) 2.10 (2) Portsmouth 18/5; 2.10×5. 7 South, 15= AAA, 3 CAU, BL3: —, 2, 1, —.

Geoff Parsons is number one for the fourth year running, but not by the clear margin that he has enjoyed in recent years. Undoubtedly the best performance of the year was John Hill's European Junior win, and he had a good series of marks to back that up, yet Parsons' right to the top spot could not be denied, for he had superior win-loss records against the other closely matched rivals. The Tel Aviv international result sealed the issue. It has certainly been encouraging to see the progress made by this young trio, backed by steady improvement also by Floyd Manderson.

POLE VAULT

1. Jeff GUTTERIDGE (28.10.56) 5.40 (2) CP 20/7, 5.40 (4=) CP 2/8, 5.30 (7) Gateshead 29/6; 5.20×6. 1 South, 5 E v US inv, 7 v Cze & Fra, 6g v GDR, 7 AAA, 2 PTG2, 6 DCG, 1 CAU, 4= IAC, nh Kodak, 8 Eur Cup, 3 Eng McV, BL3: 1, 1, —, —.
2. Brian HOOPER (18.5.53) 5.40 (3) Birmingham 21/6, 5.40 (2) Le Touquet 18/8, 5.30 (7) Gateshead 9/8, 5.25 (1) Haringey 4/5; 5.20 — 5.00. 3 E v US inv, 9 IAC, 7 Kodak, 2 v Fra 'B', 5 Eng McV.
3. Andrew ASHURST (2.1.65) 5.35 (6) Gateshead 29/6, 5.30 (6) Gateshead 9/8, 5.25 (1) Coventry 16/6; 5.20×3. 1 UAU, 1 UK, 1 AAA v LC, 1 North, 7 E v US inv, 6 v Cze & Fra, 3= v GDR, 6 AAA, 1 Welsh G, nh DCG & IAC, 6 Kodak, 9 WSG, BL1: 2, 2, —, 1.

Max Robertson (left), Wilbert Greaves and Paul Brice filled third, first and second places respectively in the 1985 Southern Championships (110mH). Photo: Nick Brawn

CITY OF HULL A.C.

OPEN MEETING

(AAA & WAAA Laws)

20th APRIL, 1986

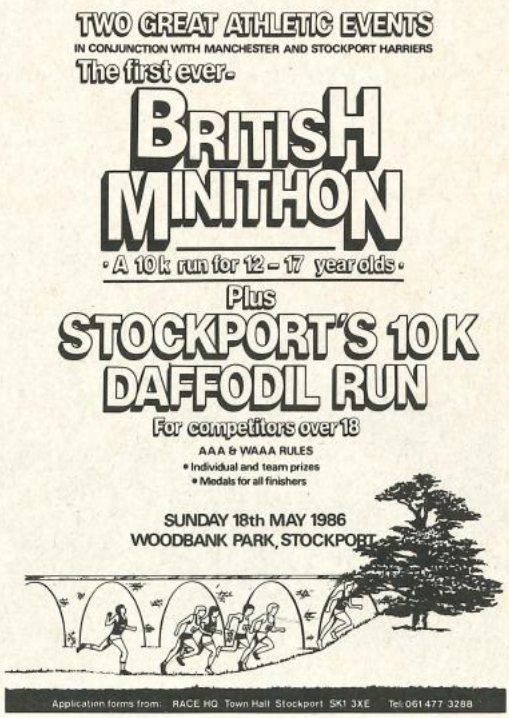
Costello Stadium

11.00 a.m. Start

Events

Girls: 80m, 800m, 70mH, LJ.
J. Ladies: 200m, 1500m, 75mH, HJ, Shot, Discus, Jav.
I. Ladies: 100m, 300mH, 800m, 80mH, LJ, Shot, Discus, Jav, 200mH.
S. Ladies: 200m, 300mH, 400m, 800m, 1500m, 100mH, 200mH, HJ, Shot, Discus, Jav.
Colts: 100m, 800m, LJ.
Boys: 200m, 800m, 80mH, LJ.
Youths: 100m, 300mH, 400m, 1500m, HJ, Jav.
Jnr/Snr Men: 200m, 800m, 3000m, 300mH.
Awards: 1st, 2nd, 3rd places. Time trials only.
Entry Fee: 50p per event. S.A.E. for details. No telephone entries.
Entries: Mrs D. Barley, 8 Lowfield Road, Anlaby, Hull HU10 7BU.

Entries close 7th April 1986.

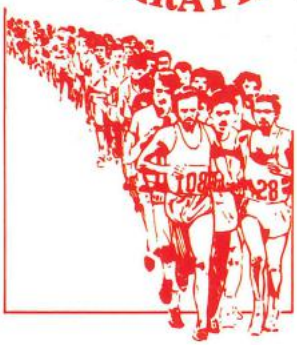




EAST LONDON HALF MARATHON 1986

Bigger and better than ever

ELHM



This year's East London Half Marathon is going to be bigger and better than ever before with more people running, more helping, more watching, more secondary attractions, better facilities and more fun.

The Course:	Flat and fast, starting and finishing at Victoria Park, Hackney.
Race Status:	Championship Race complying with BARR Grade One and RRC Standards.
The Route:	Includes Lea Bridge Road, Stamford Hill, Stoke Newington, Mare Street and Mile End Road. More closed roads and whole route coned.
Aid Stations:	There will be ample water, sponge and medicaid stations, organised and manned this year by the Amateur Athletics Association.
Marker Boards:	Mile markers and 5 and 10 mile time splits.
Facilities:	Ample toilets and cover for changing.
Attractions:	Excellent spectator facilities in Victoria Park—beer tent, refreshments, side shows, marching bands, and the ELHM again spearheads two weeks of sports activities under the banner of the Hackney Sports Festival.
Prizes:	Specially struck medals for all finishers. Perpetual trophies for 1st Male and 1st Female finisher and highest sponsorship. A big star prize for ELHM Winner and many super prizes for other runners and clubs.
100 Club:	100 Club running vests presented to the first 100 runners past the post.

SUNDAY 25th MAY 1986
9.30 am VICTORIA PARK HACKNEY
In aid of
The London Hospital Therapy Pool Appeal

Emergency only number 01-986 3123 Ext 230.
Allow eight weeks for confirmation.
Allow four weeks after race for Results Book.

PLUS *TWO BIG ATTRACTIONS FOR 1986*

ELHM now incorporating AAA Southern Counties Half Marathon Championship

LIMIT 10,000 RUNNERS

*£25,000 bounty if winner breaks 60 minutes. **

* £12,500 paid to London Hospital Therapy Pool Appeal and substantial amount paid to the winner's AAA Training Fund.

The race will be a footrace run under IAAF, AAA and WCCA rules. All entrants must be seventeen on the day of the race. Club teams must consist of four runners.

APPLICATION FORM

Surname _____ First Name _____

Address _____

_____

_____

_____

Post Code (full code please) _____ AAA Registration number _____

Telephone _____

AAA Affiliated Club Name (if any)

_____

and/or Business or other team or club (if any)

_____

Tick box if entering
AAA Southern Counties Half Marathon Championship ☐

Predicted Time

____ hours ____ minutes

Male ____ Female ____ Age on May 25 1986 ____(years) Date of Birth _____

Cheque enclosed (tick)

Affiliated	£5.00	☐
Non-Affiliated	£5.50	☐
Results Book	£1.00	☐

I enclose cheque/P.O. for £ _____
payable to: ELHM.

Allow eight weeks for confirmation. Emergency only number - 01-986 3123 Ext 230.
Allow four weeks after race for Results Book.

Declaration

I declare that I am an Amateur as defined by IAAF, AAA or WCCA Laws and will be seventeen or over on May 25 1986. I certify that I am medically fit to run and that I will not hold the Organisers responsible for any injury, illness or loss to my person or property, however caused.

Signature _____

Date _____

CLOSING DATE for entries 11th May (or on first 10,000)

Office Use
G

Send this form and your fee to:
East London Half Marathon, P.O. Box 30, Woodford Green, Essex IG8 0UA.

Organised by Wanstead & Woodford Round Table in conjunction with Hackney Borough Sport & Recreation Service and Essex County AAA.

LEISURE SERVICES
Hackney
Sports Festival 1986

EAST LONDON HALF MARATHON
WANSTEAD & WOODFORD ROUND TABLE

ESSEX AAA
CENTENARY 1885-1985

East London Half Marathon Ltd. Regd. England 1864798.



Andrew Ashurst clearing 5.30m indoors recently at Cosford.
Photo: Tim Pike

4. Keith STOCK (18.3.57) 5.40 (5) Gateshead 29/6, 5.30 (4) Haringey 8/6; 5.20×5. Nh UK, 4 E. Club, 2 South, nh E v US inv, 5g v Cze & Fra, 5 v GDR, 5 AAA, nh PTG, 6 PTG2, nh DCG, 10 IAC, 8 Kodak, 6 v Fra 'B'.
5. Billy DAVEY (25.1.64) 5.15 (1) Hendon 31/8; 5.00 — 5.00 — 4.90 — 4.80 — 4.80 — 4.80. 4 South, 10 AAA, 5 v Fra 'B', 1 Cup, nh BL1 (4).
6. Richard GAMMAGE (21.11.62) 5.00 (4) Nanjing 11/9; 4.91 — 4.90 — 4.90 — 4.90 — 4.85. 3 UK, 1 Mid, 2 AAA v LC, 8= AAA, 4 Welsh G, 3= CAU, 2 Cup, BL1: —, 1, 1, 2.
7eq. Phil LOVELL (15.11.62) 4.90 (1) CP 7/8; 4.80×5. 2 UK, 3 South, 8= AAA, BL3: 2, 2, 1, —.
7eq. Graham EGGLETON (20.5.59) 4.90 (1) Dublin 30/6, 4.80 — 4.80 — 4.80 — 4.70 — 4.70. Nh UK, 1 Scot, 3 Welsh G, 1 Sc v Ire, 2 Tel Aviv, BL1: 1, —, —, 3.
9. Mark JOHNSON (7.9.64) 5.01 (1) Hull 18/8; 4.80 — 4.80 — 4.70 — 4.70 — 4.70. 2 North, 3 AAA v LC, 11 AAA.
10. Andrew GAYLE (27.8.62) 4.85 (1) Crawley 11/8; 4.80 — 4.70 — 4.70 — 4.65 — 4.60. 2 Mid, nh AAA.

Once again there was little between the top four vaulters, but Jeff Gutteridge just made it for four successive years at number one. Brian Hooper competed less often than his rivals, but was nonetheless 2-2 v Gutteridge and very close. Andrew Ashurst had slightly weaker marks, but also has a case for the top, with records of 5-3 v Gutteridge and 5-2 v Stock. After eight successive years in the top three Keith Stock just misses out.

LONG JUMP

1. Derrick BROWN (21.11.63) 8.00 (2) Viareggio 7/8, 7.95w (1) Derby 15/6, 7.89w (2) Birmingham 21/6, 7.88w (1) Warley 11/5, 7.84 (6) Moscow 17/8, 7.82 (6) Kobe 30/8, 7.80 (2) CP 14/7, 7.77 (2) Gateshead 29/6, 7.73w (q) Kobe 29/8, 7.70 (2) CP 2/8, 7.69w (4) Birmingham 6/7; 7.70i (1) Genoa 16/2. 1 AAA v LC, 1 North, 2 E v US inv, 2 v Cze & Fra, 4 v GDR, 2 AAA, 2 IAC, 6 Eur Cup, 6 WSG.
2. John HERBERT (20.4.62) 7.91w (1) Birmingham 21/6, 7.74 (3) CP 14/7; 7.62 — 7.60w (7.46) — 7.38. 1 E v US inv, 3 AAA, BL1: 1, 1, —, —.
3. Fred SALLE (10.9.64) 7.92w (1) Cambridge (US) 10/5, 7.77w (1) Haringey 10/8, 7.62 (1) Le Touquet 17/8; 7.62w — 7.58 — 7.57w.
4. Denis COSTELLO (3.12.61) 7.62 (1) CP 5/5; 7.58 — 7.56 — 7.41 — 7.41w — 7.39. 1 East, 1 UAU, 1 UK, 3 South, 4 AAA, 4 IAC, 3 v Fra 'B'.
5. John KING (13.2.63) 7.89 (1) Newham 26/7, 7.73w (1) Luton 29/6; 7.64 — 7.63 — 7.61 — 7.58. 3 UK, 7 AAA, 1 Welsh G, 5 IAC, 2 v Fra 'B', 6 Eng McV.
6. John SHEPHERD (23.12.61) 7.58w (1) SP 10/8, 7.50 (2) CP 14/6; 7.47 — 7.47 — 7.42 — 7.41. 2 South, 4 E v US inv, 13 AAA, 1 CAU, BL3: 1, 3, 2, 1.
7. Barry NEVISON (15.3.67) 7.66 (2) Kamen 7/7; 7.55 — 7.51 — 7.44 — 7.42 — 7.29. 2 v FRG-J, 1 E. Sch, 2 CAU, 1 AAA-J, 1 v Bel & Hol-J, 9 Eur Jnr, 1 Jnr IA.
8. Ian WARD (5.3.65) 7.68w (1) Southampton 7/4, 7.50 (1) Krommenie 25/8; 7.44w — 7.41 — 7.34 — 7.32. 2 UK, 5 South, 5 E v US inv.
9. Mark FORSYTHE (10.8.65) 7.59 (1) Tel Aviv 31/8; 7.35 — 7.11. 1 NI, 1 Tel Aviv.
10. Ken McKAY (15.7.58) 7.32w (1) Edinburgh 21/6, 7.36 (5) Tel Aviv 31/8; 7.42w — 7.24 — 7.15. 5 UK, 1 Scot, 5 Tel Aviv, 3 Sc v Nor.

After two years as runner-up to Daley Thompson, Derrick Brown makes the top ranking for the first time, with a solidly consistent season. John Herbert is second, although his triple jumping restricted his competitions at this event. While there was some improvement in the overall standard this remains one of our weakest events.

TRIPLE JUMP

1. John HERBERT (20.4.62) 17.31 (3) Kobe 2/9, 17.39 (1) Moscow 18/8, 17.13 (1) Budapest 4/8, 16.97w (q) Kobe 31/8, 16.85 (3) CP 13/7, 16.84w

(16.54) (1) Haringey 9/6, 16.45 (5) CP 19/7, 16.44 (2) Birmingham 7/7. 1 BL1 (2), 1 E. Club, 2 v GDR, 3 AAA, 5 PTG, 1 Eur Cup, 3 WSG.

2. Eric McCALLA (18.8.60) 16.44 (6) CP 13/7, 16.43 (2) Gateshead 9/8, 16.42w (1) Antrim 25/5, 16.22 (4) Gateshead 29/6; 15.87 — 15.57. 1 UK, 4 v Cze & Fra, 6 AAA, 10 PTG, 7 DCG, 7 IAC, 2 Kodak, 8 BL1 (4).

3. Aston MOORE (8.2.56) 16.31 (4) CP 26/8, 16.23 (2) CP 2/8; 16.03 — 16.01 — 16.00 — 15.64. 7 PTG, 6 DCG, 2 IAC, 5 Kodak, 4 Eng McV.

4. Femi ABEJIDE (2.8.65) 16.30 (2) Oslo 27/6, 16.26 (4) Gateshead 9/8; 16.10 — 16.02 — 15.94 — 15.90; 15.92i. 2 UK, 1 South, 3 Ulster G, 6 v Cze & Fra, 7 AAA, 3 Welsh G, 4 Kodak, 2 BL1 (4), 2 v Fra 'B'.

5. Vernon SAMUELS (15.10.64) 16.26 (6) Austin 1/6; 16.15w — 16.14 — 16.10 — 16.08 — 16.01. 6 NCAA, 6g v GDR, 5 IAC, 6 Kodak, 3 v Fra 'B'.

6. Francis AGYEPONG (16.6.65) 16.01 (6) CP 19/7; 15.91 — 15.79 — 15.78 — 15.61 — 15.55w; 15.80i — 15.66i. 3 UK, 2 South, 9 AAA, 6 PTG, 6 IAC, 7 Kodak, 4 v Fra 'B', 7 Eng McV, 2 Cup, BL1: 2, 3, 2, 3.

7eq. Michael BROWN (6.5.62) 15.77 (8) CP 13/7; 15.68 — 15.57w — 15.54w — 15.50 — 15.50. 4 South, 8 AAA, 1 CAU, 8 IAC, 1 Cup, BL1: 1, 2, 3, 1.

7eq. Lawrence LYNCH (1.11.67) 15.92 (1) Hull 13/7; 15.89w — 15.69w (15.62) — 15.63 — 15.56 — 15.45. 3 South, 1 v FRG-J, 1 E. Sch, 4 IAC, 1 v Bel & Hol-J, 5 Eur Jnr, BL1: 3, —, 5, —.

9. Ruddy FARQUHARSON (26.3.61) 15.59w (1) Edinburgh 29/6, 15.57 (1) CP 7/8; 15.52w (15.49) — 15.48 — 15.36 — 15.10. 1 IS, 10 AAA, BL1: —, —, 1, 4.

10. David WOOD (1.3.62) 15.84 (1) Cwmbran 11/5; 15.77 — 15.48 — 15.19 — 15.11; 15.67i — 15.06i. 6 UK, 1 Welsh, 1 Welsh G, 2 Tel Aviv, BL2: 1, 1, —, —.

John Herbert had a magnificent season, improving with each major competition, to establish himself as a world class performer and take the UK number one ranking for the first time.

SHOT

1. Billy COLE (10.2.65) 18.63 (1) Thurrock 28/7, 18.52 (1) Newham 26/7, 18.38 (1) Harlow 19/5, 18.27 (4) Gateshead 29/6, 18.12 (8) Moscow 17/8, 18.07 (2) Beijing 8/9, 18.03 (1) Antrim 25/5, 18.00 (1) CP 7/8, 18.00 (1) Tooting 24/8; 17.89 — 17.88 — 17.86 — 17.72 — 17.68. 1 UK, 4 v Cze & Fra, 3 v GDR, 1 AAA, 1 Welsh G, 1 CAU, 8 Eur Cup, 5 Eng McV.

2. Mike WINCH (20.7.48) 17.46 (1) CP 29/9; 17.09 — 17.02 — 16.62 — 16.49 — 15.88; 18.31i (1) CP 21/12, 18.18i (1) Cosford 7/12. 2 CAU, 1 Cup, BL1: —, 6, 2, —.

3. Nick TABOR (17.12.54) 17.32 (1) Southampton 25/5; 17.27 — 17.19 — 16.69 — 16.64 — 16.48; 16.92i. 3 Hants, 3 South, 1 BL3(2).

4. Chris ELLIS (24.1.66) 17.10 (1) Kamen 7/7; 17.03 — 16.70 — 16.61 — 16.56 — 16.44; 16.95i — 16.92i — 16.82i — 16.81i. 6 AAA, 1 v FRG-J, 3 Welsh G, 1 AAA-J, 8 Eur J.

5. Mark ALDRIDGE (14.12.57) 17.05 (1) Watford 18/5; 16.88 — 16.75 — 16.72 — 16.38 — 16.36; 16.98i — 16.70i. 4 UK, 4 E. Club, 1 South, 6 v Cze & Fra, 5 v GDR, 4 CAU, BL1: 1, 1, —, —.

6. Andrew VINCE (9.5.59) 17.04 (2) Harlow 19/5; 16.94 — 16.74 — 15.86 — 15.74; 17.30i (4) Cosford 9/2; 17.27i — 16.81i. 2 UK, BL1: 2, 4, —, 2.

7. Shaun PICKERING (14.11.61) 16.78 (2) CP 15/6; 16.49 — 16.44 — 16.32 — 16.22 — 16.08. 2 South, 1 Welsh, 5 AAA, 2 Welsh G, 3 v Fra 'B', 2 Cup, BL1: —, —, 3, 1.

8. Graham SAVORY (11.10.60) 16.80 (1) Lanzarote 5/5; 16.67 — 16.64 — 16.62 — 16.40 — 16.11; 17.31i (2) Cosford 7/12. 3 UK, 2 Hants, 4 v Fra 'B', 8 Eng McV, BL1: 3, 5, —, 4.

9. Tony SATCHWELL (3.2.53) 16.69 (1) Southampton 19.5; 16.65 — 16.13. 1 Hants, 5 UK, 4 AAA.

10. Tony ZAIDMAN (18.3.62) 16.51 (4) Birmingham 11/5; 16.48 — 16.24 — 16.23 — 16.06; 16.78i (3) Cosford 9/3; 16.41i. 4 South, BL1: 4, 2, —, —.

Billy Cole stands about as far ahead of his contemporaries as Geoff Capes used to throughout the 1970s, only Cole puts 2-3 metres less! Mike Winch came back strongly at the end of the season to grab second place (for 13 successive years in the top two!). Nick Tabor did not compete after the beginning of June. Shaun Pickering and Tony Satchwell had good competitive records, and the latter might well have ranked higher with more competition. Graham Savory makes the top ten for the first time.

LIVERPOOL HARRIERS & A.C. ASSISTED BY NIKE

OPEN 4 × 4m RELAY

& YOUNG ATHLETES & LADIES ROAD RACES

Closing Date Wednesday 19th February 1986

Full details in 1st February issue of A.W.

Lancashire Evening Post Centenary Classic

10 Mile Road Race

AAA Permit Number 1227

Sunday, March 30, 1986
at 1 30 pm

The start and finish will be at Preston North End Stadium, Deepdale Road, Preston, and will take you through the centre of Preston on Easter Sunday. A great day out for all the family!
The route is certified by AAA and RRC on an accurate ten mile course, co-ordinated by the Preston Harriers.

PRIZES: Depend on entries in each age group but at least first 20 men and first 4 ladies.
Men: 1st under 20, 1st over 40, 1st over 45, 1st over 50, 1st over 55, 1st over 60.
Ladies: 1st under 20, 1st over 35, 1st over 40, 1st over 45, 1st over 50.
Every finisher will receive a certificate.
Full list of prizes displayed before the start of the race. (Only one main prize per person).

ENTRY FEE: Members of Clubs affiliated to the AAA and RRC and AAA registered male athletes £2.50
Unattached or non-AAA registered athletes £3.00

Entries close Friday, March 21, 1986.

PROCEDURE: (1) Enclose your completed entry form below together with the appropriate fees, made payable to "LANCASHIRE EVENING POST CENTENARY CLASSIC"
(2) Send an 8in x 10in stamped addressed envelope for the return of your number, event details and sponsorship form.

SEND TO: Lancashire Evening Post, Promotions Dept, 127 Fishergate, Preston, PR1 2DN.

ENTRY FORM — DETACH AND RETURN

SURNAME

FORENAME

MAILING ADDRESS

TELEPHONE NUMBER with extension if applicable

AAA Affiliated Club or AAA Reg. No. (if applicable)

AGE **Date of Birth** **SEX M/F**

I declare that I am an amateur as defined by AAA or WOCA Laws, I certify that I am medically fit to run and that I will not hold the Organisers responsible for any injury, illness or loss to my person or property however caused.

Signature..... Date ..... I enclose £.....
Male competitors must be at least 17 years of age on race day (females 16 years).

FOR OFFICIAL USE ONLY

No	Fee	Ch C PO	M	Age Group	Sex	Date



DAVID SMITH Photo: Richard Kemp

DISCUS

1. Paul MARDLE (10.11.62) 61.30 (1) Birmingham 15/6, 60.72 (1) Loughborough 12/6, 59.94 (1) Birmingham 11/5, 59.68 (1) Haringey 10/8, 59.42 (2) Birmingham 7/7, 59.30 (1) Solihull 19/6; 58.78 — 58.64 — 58.40 — 58.32 — 58.28. 1 UK, 1 AAA v LC, 1 Mid, 4 v Cze & Fra, 2 v GDR, 3 AAA, 7 Eur Cup, 7 Eng McV, 1 Cup, BL1: 1, —, —, 1.
2. Richard SLANEY (16.5.56) 65.16 (1) Eugene 1/7, 63.60 (1) Eugene 28/6, 62.68 (1) Irvine 9/6, 60.96 (1) San Diego 8/6, 60.70 (3) Los Angeles 26/5, 60.42 (1) San Diego 24/5, 59.88 (1) Eugene 23/5, 59.26 (1) Eugene 18/5, 59.18 (1) Eugene 6/4.
3. Graham SAVORY (11.10.60) 56.58 (2) Gateshead 9/8; 56.48 — 55.98 — 55.66 — 55.34 — 55.12. 2 UK, 1 South, 6 v Cze & Fra, 4 v GDR, 4 AAA, 3 IAC, 2 Kodak, 3 v Fra 'B', 8 Eng McV, 2 Cup, BL1: 2, 1, — 2.
4. George PATIENCE (6.4.59) 53.14 (4) Le Touquet 18/8; 52.40 — 51.90 — 51.58 — 51.12 — 50.86. 1 Scot, 1 Welsh G, 2 Sc v Ire, 1 NI, 4 v Fra 'B', 2 Tel Aviv, 4 Sc v Nor, 1 BL2 (1).
5. Kevin BROWN (10.9.64) 52.36 (5) CP 13/7; 52.32 — 51.84 — 51.76 — 51.52 — 50.58. 3 AAA v LC, 2 Mid, 5 AAA, 6 v Fra 'B', 4 Cup, BL1: —, —, 1, 3.
6. Shaun PICKERING (14.11.61) 53.32 (2) CP 7/8; 51.72 — 51.46 — 51.24 — 50.58 — 50.54. 7 E. Club, 6 South, 1 Welsh, 3 Welsh G, 2 CAU, 3 Cup, BL1: —, —, 9, 5.
7. Neville THOMPSON (28.3.55) 52.18 (5) CP 5/8; 51.88 — 51.52 — 51.40 — 50.30 — 49.74. 9 UK, 5 IAC, 3 CAU, 5 Cup, BL1: 8, 2, 4, 4.
8. Geoff TYLER (30.9.48) 53.86 (1) Newham 26/7; 51.56 — 51.02 — 51.02 — 50.66 — 50.46. 1 North, 7 AAA, 7 Cup, BL1: 5, 3, 2, 6.
9. Jeffrey CLARE (21.3.65) 51.16 (4) Gateshead 9/8; 50.94 — 50.62 — 50.58 — 49.92 — 49.46. 2 North, 2 AAA v LC, 4 Kodak, 4 CAU.
10. John HILLIER (29.12.44) 50.44 (1) Woodford 1/6; 49.50 — 49.32 — 48.90 — 48.52 — 48.40. 5 UK, 5 South, 10 AAA, 5 CAU, BL4: 1, 1, 1, 1.
Not ranked:
Ken ONUAGULUCHI (Nig) (2.12.62) 56.08 (2) Tooting 24/8; 55.18 — 55.04 — 54.62 — 54.56 — 54.26. 2 South, 6 AAA, 4 IAC, 3 Kodak, 1 CAU, BL3: 1, 1, 1, 1.

As last year, Richard Slaney had much the best marks, topped by his throws in all-comers' meets in Eugene, Oregon; but he did not compete in championships meetings and Paul Mardle is thus number one for the first time. Graham Savory moves up to third after two years at sixth. George Patience did well in the big meetings in his first rankings appearance. Unusually for this event there are two more top ten first-timers, Brown and Clare, and 17-year-old Simon Williams, the most promising of all, comes in at 11th.

HAMMER

1. David SMITH (21.6.62) 77.30 (1) CP 13/7, 77.04 (1) Antrim 25/5, 76.36 (1) Hull 5/5, 76.36 (3) Gateshead 29/6, 75.14 (2) CP 19/7, 74.82 (1) Loughborough 12/6, 74.50 (1) Hull 18/5, 74.44 (5) Moscow 18/8, 74.34 (1) Birmingham 15/5, 73.90 (3) Cork 9/7; 72.34 — 71.80 — 71.50 — 70.66. 1 UK, 1 North, 3 v Cze & Fra, 1 AAA v LC, nt v GDR, 1 AAA, 2 PTG, 5 Eur Cup, 5 Eng McV.
2. Martin GIRVAN (17.4.60) 73.42 (3) CP 13/7, 73.34 (3) CP 19/7, 73.28 (1) Tel Aviv 31/8, 72.36 (4) Gateshead 29/6; 71.90 — 71.62 — 70.22. 2 Ulster G, 4 v Cze & Fra, 3g v GDR, 3 AAA, 3 PTG, 4 DCG, 3 Newham, 1 NI, 1 Tel Aviv, 1 BL1 (1).
3. Matt MILEHAM (27.12.56) 74.88 (1) Fresno 13/4, 74.62 (5) Walnut 28/4, 74.56 (3) Modesto 11/5, 74.18 (2) Irvine 9/6, 73.78 (3) Fresno 6/4, 73.64 (1) Eugene 18/5, 73.38 (1) San Diego 24/5, 73.34 (1) Fresno 16/3, 72.80 (1) Thurrock 28/7, 72.60 (3) Columbus 5/5; 72.34 — 71.58 — 71.48 — 71.42 — 71.30. 4 v GDR, 4 AAA, 5 PTG, 3 DCG, 1 Newham, 1 CAU, 1 BL1 (4).
4. Paul HEAD (1.7.65) 71.08 (1) Braintree 1/9; 69.02 — 68.44 — 68.28 — 67.64 — 67.18. 1 South,

5 AAA, 1 Welsh G, 1 v Fra 'B', 2 Newham, 2 CAU, 1 BL2 (1).

5. Shaun PICKERING (14.11.61) 67.92 (4) Tucson 16/5; 67.28 — 67.22 — 67.04 — 67.04 — 66.58. 9 NCAA, 5 E. Club, 2 South, 1 Welsh, 8 AAA, 6 PTG, 2 Welsh G, 5 DCG, 4 Newham, 4 CAU, 5 v Fra 'B', 2 Cup, BL1: —, —, 3, 2.

6. Michael JONES (23.7.63) 68.22 (1) Hendon 31/8; 67.34 — 66.96 — 66.08 — 64.68 — 64.66. 3 South, 6 AAA, 7 PTG, 3 Welsh G, 6 v Fra 'B', 3 CAU, 7 Eng McV, 1 Cup, BL1: 2, 1, 2, 3.

7. Chris BLACK (1.1.50) 65.94 (1) Elgin 6/7; 64.42 — 63.76 — 63.20 — 63.08 — 62.82. 1 Scot, 5 Welsh G, 3 Tel Aviv, BL1: —, —, 1, 4.

8. Stewart ROGERSON (4.2.62) 64.28 (7) CP 13/7; 62.80 — 61.94 — 61.44 — 60.90 — 60.40. 2 North, 7 AAA.

9. Malcolm FENTON (12.2.56) 62.32 (1) Ipswich 24/7; 61.78 — 61.24 — 61.20 — 60.94 — 60.84. 1 East, 4 South.

10. Andrew TOLPUTT (12.10.67) 62.36 (5) Thurrock 28/7; 61.58 — 61.42 — 60.96 — 60.60 — 60.04. 5 South, 2 v FRG-J, 2 AAA-J, 5CAU, 1 v Bel & Hol-J, 7 Eur J, 1 Jnr IA, BL3: 1, 1, 1, —.

David Smith continued his rapid progress, averaging about three metres a year over the past seven seasons, and improved from third to first. His early season form in particular was magnificent. Matt Mileham had the better marks in the USA, but Martin Girvan beat him 3-2 and ranks second. Next comes Paul Head, who turned 20 during the season, and who is making the same steady progress to the top that Smith is showing. Shaun Pickering beat Mike Jones 5-4 and had a better series of marks. Youngest of all, Andrew Tolputt makes his rankings debut at the age of 17.

JAVELIN

1. David OTTLEY (5.8.55) 90.70 (1) Loughborough 12/6, 90.16 (1) Gateshead 29/6, 88.90 (2) CP 19/7, 88.34 (1) Helsinki 4/7, 88.32 (1) CP 14/7, 87.88 (2) Birmingham 6/7, 87.00 (4) Canberra 6/10, 86.76 (1) Saarajarvi 23/6, 86.32 (1) Budapest 4/8, 85.72 (4) Moscow 17/8, 84.94 (1) CP 26/8, 84.92 (3) Rome 7/9, 84.56 (5) Zurich 21/8, 84.14 (3) W. Berlin 23/8; 83.88 — 83.30. 1 AAA v LC, 1 v Cze & Fra, 2 v GDR, 1 AAA, 2 PTG, 2 IAC, 4 Eur Cup, 1 Eng McV, 3 GP Rome, 4 W. Cup.

2. Roald BRADSTOCK (24.4.62) 91.40 (1) Arlington 4/5, 90.58 (1) Oslo 27/7, 89.94 (1) Arlington 10/3, 89.12 (1) Enfield 20/7, 88.80 (1) Tempe 6/4, 87.98 (1) Dallas 13/4, 85.70 (1) CP 2/8, 84.64 (2) CP 26/8, 84.12 (1) Philadelphia 27/4; 83.92 — 83.20. 4 v Cze & Fra, 6 v GDR, 4 AAA, 7 PTG, 1 IAC, 2 Eng McV, 6 GP Rome.

3. Steve PEARSON (13.9.59) 88.80 (1) Coventry 4/5, 88.76 (1) Cosford 27/4, 84.38 (1) Birmingham 11/5; 82.54 — 76.22. 1 BL1 (1), 2 UK.

Eight javelin throwers exceed 80 metres

4, Michael HILL (22.10.64) 82.30 (4) CP 19/7; 81.08 — 79.88 — 79.84 — 79.78 — 79.72. 1 UK, 1 North, 3 AAA v LC, 2 AAA, 4 PTG, 1 Welsh G, 1 CAU, nt WSG, BL2: —, 1, 2, —.

5. Peter YATES (15.6.57) 82.10 (2) Birmingham 11/5; 81.62 — 80.94 — 80.36 — 80.04 — 78.20. Nt AAA, 7g v GDR, 6 PTG, 7 IAC, 1 v Fra 'B', 1 Cup, BL1: 2, —, 1, 1.

6. Gary JENSON (14.2.67) 80.82 (1) Thurrock 20/9; 78.84 — 78.70 — 78.22 — 76.16 — 75.68. 1 South-J, 1 v FRG-J, 1 E. Sch, 2 Welsh G, 1 AAA-J, 1 v Bel & Hol-J, 2 Eur Jnr.

7. Colin MacKENZIE (30.6.63) 81.30 (1) CP 7/8; 79.44 — 78.02 — 76.78 — 75.48 — 75.34. 4 UK, 2 South, 1 Welsh, nt AAA, 3 Welsh G, 5 v Fra 'B', 2 Tel Aviv, BL2: 2, 2, 1, 1.

8. Marcus HUMPHRIES (26.9.61) 77.42 (1) Pihtipudas 21/7; 77.04 — 75.44 — 75.28 — 74.44 — 74.36. 1 East, 3 UK, 5 E. Club, 3 South, 6 v Fra 'B', 2 Cup, BL1: 3, nt, —, 2.

9. Darryl BRAND (6.8.63) 80.22 (1) CP 28/9; 77.26 — 74.18 — 74.02 — 71.86 — 71.66. 6 UK, 1 South, 9 AAA, BL1: 4, —, 2, 3.

10. David MESSOM (18.10.64) 73.54 (1) Luton 7/9; 73.02 — 72.78 — 72.76 — 72.22 — 71.90. 5 UK, 4 South, 5 AAA.

The Olympic silver medallist David Ottley fully confirmed his world class status and places first for the eighth time in ten years. Roald Bradstock again had the best marks, topped by three UK records, although he had a mid-season trough through injuries. Steve Pearson again got injured after fine early season form and has apparently now had to give up javelin throwing. Peter Yates threw consistently, but drops two places, outside the top three for the first time since 1977. The youngest man in the lists, Gary Jenson, emulated Bradstock four years ago by winning the European Junior silver medal. A record eight men exceeded 80 metres.

DECATHLON

1. Eugene GILKES (5.3.62) 7752 (2) v Fra — Lons-Le-Saunier 11/8, 7740 (10) Gotzis 26/5, 7664w (4) Eur Cup 'B' — Arles 8/9, dnf Norway.

2. Gregory RICHARDS (25.4.56) 7679 (3) Eur Cup 'B' — Arles 8/9, 7527 (6) v Fra — Lons-Le-Saunier 11/8, 7456 (1) AAA — Birmingham 21/7, 7397 (3) Int — Aalborg 9/6, 7160 (1) Mid — Birmingham 5/5.

3. Thomas LEESON (18.9.63) 7643w (6) Eur Cup 'B' — Arles 8/9, 7565 (4) v Fra — Lons-Le-Saunier 11/8, 7385 (2) AAA — Birmingham 21/7, 7244 hw (1) Home Int — Grangemouth 4/8.

4. Fidelis OBIKWU (12.6.60) 7661w (1) Raleigh 18/4, 7503w (12) NCAA — Austin 28/5, 6724w (16) Eur Cup 'B'.

5. Kenneth HAYFORD (10.3.63) 7515 (1) Int — Aalborg 9/6, 7436 (7) v Fra — Lons-Le-Saunier 11/8, 7138 (2) Mid — Birmingham 5/5.

6. Brad McSTRAVICK (25.5.56) 7395 (5) French — Athis-Mons 7/7, 7185hw (2) Home Int — Grangemouth 4/8, dnf Mid.

7. Kevan LOBB (19.2.60) 7157 (7) Int — Aalborg 9/6, 7025hw (3) Home Int — Grangemouth 4/8, 6981 (4) AAA — Birmingham 21/7, 6939 (3) Mid — Birmingham 5/5.

8. Mark LUSCOMBE (15.6.64) 6999 (3) AAA — Birmingham 21/7, 6780h (1) B. Students, 6603 (4) v Fra-E.

9. Justin WHITFIELD (21.7.62) 7147 (4) Emmitsburg 12/5, 6890 (1) Emmitsburg 14/4, 6815 (12) Int — Aalborg 9/6, 6604w (6) Home Int, 6462 (6) AAA.

10. Neal KILLEN (10.4.59) 6944 (4) Gottingen 25/5, 6653h (1) IS — Aldershot 2/8.

Not ranked:

Kevin ATKINSON (Irl) (23.12.55) 7228 (24) Gotzis 26/5, 7181 (7) E. Cup 'C' 8/9, 6887hw (4) Home Int — Grangemouth 4/8, dnf Mid.

While Daley Thompson took a year's rest from the decathlon, his clubmate, Eugene Gilkes, moved up to the number one ranking. Greg Richards, last ranked in 1981, made a strong comeback, improving with each competition. International at Aalborg was against Belgium, Denmark and Canada.

20 KILOMETRES WALK

1. Ian McCOMBIE (11.1.61) 1:22:37 (1) RWA — Thamesmead 11/5, 1:24:22t (1) SP 7/7, 1:25:26 (8) Spanish — Barcelona 28/4, 1:27:15 (20) LT — St. John's 29/9, 1:27:37 (1=) Douglas 23/2.

2. Phil VESTY (5.1.63) 1:26:22 (2) RWA — Thamesmead 11/5, 1:31:38 (36) LT — St. John's 29/9, 1:33:07 (13) WSG.

3eq. Martin RUSH (25.12.64) 1:28:12 (23) LT — St. John's 29/9, 1:29:43 (5) Copenhagen 19/5, 1:29:47 (1) Jutland 4/5, 1:30:08t (3) CP 7/7.

3eq. Mark EASTON (24.5.63) 1:28:15 (3) RWA — Thamesmead 11/5, 1:29:12t (2) SP 7/7, 1:31:42 (22) Spanish, 1:33:24 (41) LT.

5. Chris MADDOCKS (28.3.57) 1:27:37 (1=) Douglas 23/2, 1:27:37 (1) Bournemouth 14/4.

6eq. Chris SMITH (23.12.58) 1:28:34 (5) RWA — Thamesmead 11/5, 1:28:39 (4) Copenhagen 19/5, 1:31:58 (1) v Fra — Flers 13/10, 1:40??t (9) SP.

6eq. Allan KING (3.12.56) 1:28:30 (4) RWA — Thamesmead 11/5, 1:34:03 (4) v Fra, 1:36:51t (8) SP.

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COLCHESTER MARATHON

AND HALF MARATHON

'86

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And under AAA/WAAA rules, the Colchester Marathon will also incorporate the Territorial Army Marathon.



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8. Les MORTON (1.7.58) 1:28:44 (1) Morecambe 14/9, 1:31:32 (1) Sheffield 6/4, 1:31:40 (3) Leicester 15/6.
9. Steve PARTINGTON (17.9.65) 1:29:01 (6) RWA — Thamesmead 11/5, 1:31:03 (2) Barcelona 17/3, 1:34:10 (2) Morecambe; 1:32:53 — 1:33:23.
10. Roger MILLS (11.2.48) 1:30:11 (2) Bournemouth 14/4, 1:30:21 (8) RWA — Thamesmead 11/5.
Not ranked:
Murray DAY (NZ) (7.7.64) 1:29:53 (7) RWA — Thamesmead 11/5, 1:30:37t (4) — SP 7/7, 1:31:20 (1) Leicester 15/6.

Ian McCombie is a clear choice for his first number one ranking, after 2 — 2 — 3 — 2 in the previous four years. Phil Vesty disappointed in the major competitions, but his strong RWA showing just gets him second, against Rush and Easton, who traded wins. Roger Mills just makes the top ten for his 16th appearance in these rankings since 1969. (LT — Lugano Trophy).

50 KILOMETRES WALK

1. Les MORTON (1.7.58) 4:09:33 (1) Luxembourg 12/5, 4:11:32 (17) LT — St. John's 28/9, 4:19:09 (1) RWA — Corby 13/7.
2. Dennis JACKSON (29.6.45) 4:09:42 (2) Luxembourg 12/5, 4:12:11 (18) LT — St. John's 28/9.
3. Paul BLAGG (23.1.60) 4:15:37 (1) Austrian — Spittal 6/6, 4:26:21 (28) LT — St John's 28/9.
4. Barry GRAHAM (16.8.46) 4:06:14 (1) Basildon 20/4, 4:24:52 (2) RWA — Corby 13/7, 4:48:39 (39) LT.
5. Chris BERWICK (1.5.46) 4:24:19 (2) Basildon 20/4, 4:27:29 (3) RWA — Corby 13/7; 4:34:55.
6. Reg GARDNER (19.4.50) 4:26:29 (5) Luxembourg 12/5, 4:28:15 (4) RWA.
7. Bob DOBSON (4.11.42) 4:29:56 (1) Plymouth-Dawlish 4/5, 4:29:57 (1) Hastings-Brighton 4/8, 4:32:38 (5) RWA, 4:34:56 (4) Basildon, 4:35:46 (2) Bradford.
8. Adrian JAMES (23.9.46) 4:25:26 (3) Basildon 20/4, 4:35:39 (6) RWA, 4:36:19 (3) Hastings-Brighton.
9. Allan KING (3.12.56) 4:26:57 (8) Spanish — Amposto 17/3, 4:27:42 (3) Austrian — Spittal 6/6, 4:53:44 (9) RWA.
10. Mike SMITH (20.4.63) 4:24:12 (7) Spanish — Amposto 17/3, 5:06:48 (17) RWA, dnf Austrian.

After making his first ranking appearance at eighth last year, Les Morton has made speedy progress to the top of British walking. The first four slot into the order in which they finished in the Lugano Trophy race. The standard depth remains disappointing, although conditions were against fast times in the RWA. 'Supervet' Bob Dobson maintains his top ten placing for the 17th successive year.

ROAD RACE REPORTS AND RESULTS

Norwegian Beats Penny In 'Hog's Back'

THE 28th running of the 'Hog's Back', **at Guildford, on December 15th,** provided a useful break from the Norwegian winter for 26-year-old Jorl-Gaute Aase, as he just held off Keith Penny. The exact distance for the race (advertised as 11.113 miles) might be correct, but the same cannot be said for the mile markers as the leading group of eight — Aase, Nick Sirs, Penny, Steve Brace, Andy Girling, Chris Tall, John Boyes and Grenville Tuck — clocked splits of 4:28, 5:18, 4:26, 4:38 and 5:02 *en route* to five miles in 23:52. Behind them at that point came Kevin Lomas in 24:17 and Gary Russell and Dave Harris in 24:27. Exactly five minutes mile pace for five miles saw Tim Johnston, Guy Ogden and Robin Dow locked in a battle for the Vets honours, and these three were to remain together until the steep hill onto the Hog's Back itself, a point where the race is often decided.

Report by Martin Duff

The leading bunch of eight were, meanwhile, opening a significant gap on the rest, and as they passed seven miles in 32:53, Boyes and Sirs were leading with 46 seconds elapsing before Lomas passed in ninth. Up the hill, Aase applied pressure and only Penny could respond, whilst Tall was having the race of his life in equal third with Boyes. On the fast downhill section the pace picked up, and by 10M the leaders read Penny and Aase (49:09), Boyes (49:24), Sirs (49:28) and Tall (49:33) — a pb 10 miles this! Penny and Aase alternated the lead before the Norwegian made the decisive break with a quarter of a mile to go and Penny had to give ground. Boyes, who had been nursing an injury through the week, was pleased to hold third from Sirs, whilst Tall was 'over the moon' with fifth, ahead of Tuck, Girling and Brace. Guy Ogden, after a year in the doldrums, came right to form and was only 29 seconds outside Dave Clark's Vets record with 56:54.

After a ding-dong battle in the Kent Women's Cross Country Championships the previous day, Glynis Penny was seeking revenge over her conqueror, Sarah Rowell. Glynis won the women's race here easily enough with Sarah, nursing an injury, content to 'amble' around in 67:15.

The men's team race went to Cambridge Harriers, despite them having a higher score than Highgate's best four, as Dow and Ogden were part of a Highgate Vets team! Winner of this race in 1979, 1981 and 1983, Pete Standing, has reluctantly accepted doctor's orders to give up running after an 18 months battle to overcome a serious but unexplained ankle/foot injury. He has spent over £1500 on doctors' fees during this time, to no avail, and his forcing pace in races such as this will be sorely missed.

Men

1, J. Aase (Norway).....54:29
2, K. Penny (Cambridge H).....54:32
3, J. Boyes (Bournemouth).....54:59
4, N. Sirs (WS&E) 55:02; 5, C. Tall (B'stoke) 55:10; 6, Gren. Tuck (AF&D) 55:15; 7, A. Girling (Inv) 55:25; 8, S. Brace (Bridge) 55:30; 9, K. Lomas (Charn) 56:37; 10, G. Russell (Box) 56:46; 11, C. Bould (High) 56:48; 12, G. Ogden (High-V) 56:54; 13, M. McGeoch (Les C) 57:01; 14, R. Dow (High-V) 57:03; 15, D. Morris (Box) 57:08; 16, P. Johnson (Camb. H) 57:09; 17, T. Johnston (Th. H&H-V) 57:14; 18, W. Snelgrove (Th. H&H) 57:46; 19, I. Lamplough (Box) 57:55; 20, N. Popplewell (Havant) 58:20; 21, T. Donaghy (LRRC) 58:27; 22, M. Howard (Worth) 58:28; 23, J. Watson (E&E) 58:40; 24, K. Howard (Worth) 58:47; 25, T. Smith (B'mth) 58:48; 26 R. Bullen (Les C) 58:51; 27, M. Martin (Med) 58:59; 28, P. Needs (B'mth) 59:05; 29, D. Jarvis (Burn. J) 59:10; 30, C. Brown (Camb. H) 59:20; 31, A. Gibbons (Th. H&H) 59:21; 32, M. Milward (LRRC) 59:24; 33, J. Andrews 59:27; 34, R. Evans (Les C) 59:30; 35, P. Clark (Wav-V) 59:31; 36, T. Coleman (Win) 59:34; 37, H. Head (Bel) 59:39; 38, T. Tullett (B&H) 59:45; 39, J. Price (RN) 59:47; 40, M. Waine (Om) 59:51; 41, K. Newton (Craw) 59:56; 42, K. De La Mare (Fare) 59:58; 43, S. Birkin (Camb. H-V) 60:01; 44, J. Grimes (Elm) 60:04; 45, C. Ireland (Mus. H) 60:18; 46, M. Cringle (High) 60:19; 47, D. Parsons (B'mth) 60:22; 48, S. Blaney (High) 60:25; 49, K. McGeoch (Les C) 60:26; 50, C. Parrack (Box) 60:33. *Teams:* 1, Cambridge H 91; 2, Box Hill 94; 3, Bournemouth 103; 4, Les Croupiers 122; 5, Thames H&H 137; 6, Worthing 257. **Further Vets** — 6, P. Lawrence (Hast-O/45) 60:43; 7, J. Rogers (AF&D) 60:51; 8, M. Ralph (Wav) 61:11; 9, C. Woodhams (Wok) 61:47; 10, J. Geoghegan (Camb. H-O/50) 62:25. **O/50** — 1, Geoghegan; 2, B. Ward 64:27; 3, N. Carmichael (Mor) 65:10; 4, J. Chandler (Wav) 65:47.

Women

1, G. Penny (Cambridge H).....61:52
2, B. Green (British Airways).....64:44
3, K. Webb (Ilford).....65:17
4, T. Howard (Craw) 65:33; 5, E. Isaacs (Arena 80-V) 66:09; 6, H. Tomlinson (V) 66:13; 7, J. Hulbert (Les C) 66:19; 8, J. Ince (B&H) 66:33; 9, S. Rowell (Dart) 67:15; 10, R. Ellis (Houn) 67:21; 11, W. Marshall (Camb. H-V) 68:00; 12, J. Heywood (Wyc) 68:44; 13, L. Kirk (Wx) 68:46; 14, L. Barrett (Arena 80) 69:42; 15, K. Whapshott (Brack) 69:45.

Chesterfield Marathon

October 26th

1, P. Brannigan (Middlesbrough & Cleveland)....2:29:26
2, G. Marrinan (Stockport).....2:30:03
3, A. May (Heanor).....2:35:17
4, P. Bates (Bury) 2:37:12; 5, B. Watkinson (Sun-V) 2:38:14; 6, G. Kay (Stone-V O/45) 2:41:36. **Vets O/55** — 1, E. Thompson 2:54:20; 2, D. Batty (N. Vets) 2:58:57. **Women** — E. Mead (Dark P) 3:23:57.

Half Marathon: 1, J. Tollerfield (Hallam) 72:26; 2, R. Leaf (Hallam) 72:30; 3, C. Ward (Steel) 73:45; 4, D. Trickett (Hallam-V) 74:47. **Women** — M. Oddie (C'field) 89:21.

Preston '10'

November 17th

Men

1, R. Brewster (Clayton-le-Moors).....48:53
2, B. Thompson (Copeland).....49:40
3, C. Dagnall (Liverpool).....50:04
4, P. Banks (B'burn) 50:30; 5, A. Merryfield (Liv) 50:33; 6 K. Moss (Chor) 50:43; 7, D. Cole (Bury) 50:53; 8, S. Connolly (Spring) 51:06; 9, I. Dandy (Pres. H) 51:23; 10, M. Woolrich (St. H) 51:44; 11, N. Willis (Lanc. U) 51:53; 12, I. Postlethwaite (BC) 51:58; 13, M. Lynch (Lanc. U) 52:05; 14, P. Hankinson (B'pool) 52:07; 15, D. Crewe (Man) 52:08; 16, R. Carruthers (B'burn) 52:09; 17, B. McKenna (Clay) 52:10; 18, J. Lavery (Seft) 52:10; 19, M. O'Rourke (Clay) 52:11; 20, S. Perruzza (Ken) 52:13; 21, K. Hesketh (Seft) 52:17; 22, A. Mahoney (Wig) 52:18; 23, T. Greenwood (B'burn) 52:19; 24, A. Schofield (Clay) 52:20; 25, N. Hume (Seft) 52:21; 26, G. Nicholson (Clay) 52:34; 27, J. Monks (Ross) 52:37; 28, I. Higginbotham (Der) 52:38; 29, G. Regan (BC) 52:41; 30, C. Wood (B'burn) 52:47. **Vets** — 1, M. Smith (Bing) 53:04; 2, J. Morley (Wig-V) 53:38; 3, M. Edge (Sal) 54:47; 4, B. Parry (B'pool) 55:32. **O/50** — P. Spratt (Seft) 58:14.

Women

1, M. Hurst (Clayton-le-Moors).....56:23
2, S. Simpkin (Manchester).....57:05
3, S. Astley (Blackpool & Fylde).....61:14
4, E. Staig (High) 62:53; 5, J. Littler 63:47; 6, C. Lewis (Clay) 64:22; 7, M. Platt (Chor) 65:12; 8, M. Meredith (Red R-V O/40) 65:22.

Jersey Coca Cola Half Marathon

November 24th

RECORDS tumbled in the latest Jersey Coca Cola Half Marathon as more runners than ever before took to the roads of the eastern parishes for this annual event. All eyes were on Barry Walters and Betty Green from British Airways AC, and nobody was disappointed as they smashed the course records and also collected personal bests on the way. Walters only expected a time of around 70 minutes, but finished very easily having led the field all the way, in 67:16. Dave Reeves, a running mate of Walters, tried to stay with the leader, but by the five miles feeding station had dropped back to second and held that spot to the finish. Gary L'Enfant, Jersey's top road racer, bravely stayed with the front men for the first three miles, completed in 15:15, an amazing pace considering the first mile is up a steep incline. By five miles L'Enfant had dropped back though, and he went through the ten miles point with Medway's Malcolm Martin who ran very strongly to finish third just 38 seconds ahead of L'Enfant, who was the first Channel Islands runner home.

Such was the quality of Betty Green's performance that her time of 77:03 gave her 25th in the men's field and as it was she finished 8:21 clear of second placed Penny Webster; both inside last year's record time of 88:17.

Daphne Wagstaffe

Men

1, B. Walters (British Airways).....67:16
2, D. Reeves (Thames Valley).....68:57
3, M. Martin (Medway).....70:06
4, G. L'Enfant (Jer) 70:44; 5, M. Coleman (Med) 71:13; 6, N. Moore (Read) 71:54; 7, M. Le Clerc (Guer) 72:14; 8, K. Baxter (Gos) 72:39; 9, J. Young (Jer) 73:05; 10, M. Perrio (Guer) 73:07; 11, T. Gray (Jer) 74:01; 12, C. Morin (Jer) 74:10; 13, M. Mawson (Jer) 74:36; 14, M. Harris (Jer) 74:52; 15, E. Richardson (Jer-V O/50) 74:57.

Women

1, B. Green (British Airways).....77:03
2, P. Webster (London Olympiades).....85:24
3, J. Gray (V).....85:26
4, B. Finn 86:40; 5, V. Phillips (Guer) 89:15; 6, S. Le Ruez 89:42.

Crowborough '10K'

December 1st

1, A. Girling (Invicta East Kent).....32:05
2, S. Morley (Brighton & Hove).....32:11
3, P. Rowland (Horsham Blue Star).....32:36
4, P. Stenning (Hors) 33:06; 5, C. McKane (Ton) 33:14. *Teams:* 1, Tonbridge 33; 2, Brighton & H 34. **Vets** — 1, D. Wright (Worth) 34:29; 2, G. Ashdown (B&H) 34:30; 3, P. Standen (Hast) 34:58. **O/45** — P. Lawrence (Hast) 34:58. **O/50** — M. Baker (Hors) 37:44. **Women** — 1, S. Rowell (Dart) 36:29; 2, S. Morley (B&H) 37:21; 3, J. Ince (B&H) 37:37. *Team:* Crowborough.

Lancaster Road Races

December 1st

1, P. Tootell (Stretford).....37:27
2, P. O'Brien (Old Gaytonians).....37:28
3, K. Harrison (Stretford).....37:36
4, M. McLoughlin (Liv. P) 37:39; 5, A. Mottershead (Stret) 38:02; 6, N. O'Brien (Stret) 38:03; 7, C. Bucknall (Stret) 38:13; 8, A. Grime (L&M) 39:09; 9, D. Wilkinson (A&SV) 39:34; 10, M. Lynch (Lanc. U) 39:36; 11, S. Bell (Stret) 39:37; 12, A. Walker (Leic) 39:39; 13, A. Sawyer (Cope) 39:40; 14, A. Schofield (Clay) 39:42; 15, D. Gaskell (A&SV) 39:56; 16, M. Richards (Barr) 40:02; 17, K. Peters (Spring) 40:15; 18, M. Smith (Burn) 40:16; 19, D. Mullings (Stret)

40:18; 20, R. Hibbard (Stret) 40:21; 21, D. Williams (Sutt) 40:24; 22, G. Huddleston (Ken) 40:26; 23, P. Pickup (Long) 40:28; 24, N. Hume (Spring) 40:31; 25, J. Reade (Clay) 40:40. *Teams:* 1, Stretford 9; 2, Clayton-le-Moors 65; 3, Liverpool Pem. 68. **Vets** — 1, P. Dawson (B'burn) 42:15; 2, K. Summersgill (N. Vets) 42:27; 3, I. Farley (L&M) 44:37. **Boys** — 1, J. Lobo (B'burn) 10:19; 2, C. Porrino (Warr) 10:34; 3, L. Kieran (Chor) 10:35; 4, S. Annand (Pres. H) 10:40; 5, D. Williams (Liv) 10:46; 6, A. Walpole (Pres. H) 10:47. *Teams:* 1, Blackburn 24; 2, Chorley 44. **Colts** — 1, C. Murphy (Sale) 10:52; 2, D. Beech (Hynd) 10:57; 3, D. Radley (Liv) 10:58; 4, S. Cargill (Sutt) 11:02; 5, I. Bond (B'burn) 11:06; 6, S. Jacques (St. H) 11:09. *Teams:* 1, Sale 18; 2, Liverpool 27. **Women** — 1, G. Wilkinson (Ken) 47:18; 2, K. Musson (L&M) 50:13; 3, C. Lewis (Clay) 51:25 . . . 6, E. Tyson (V) 53:59.

Nene Valley '10'

December 1st

Men

1, C. Woodhouse (Derby).....48:51
2, M. Necak (Nuneaton).....49:15
3, K. Lamb (Derby).....49:46
4, R. Sibson (Norf. G) 49:55; 5, D. Allen (A&SV) 49:58; 6, M. Exton (Holb) 50:03; 7, L. Reilly (S&D) 50:05; 8, D. Mead (Thet-Y) 50:24; 9, T. Barden (Bas) 50:40; 10, C. Bould (High) 51:02; 11, J. Metherell (Bas) 51:10; 12, C. Cope (Sheff) 51:11; 13, W. Venus (Exe-V) 51:13; 14, K. Meardon (Thet) 51:15; 15, S. D'Amico (Der) 51:19; 16, —; 17, R. Church (Nene) 51:38; 18, A. Green (Nene) 51:45; 19, D. Toplass (Der) 51:55; 20, M. Guichard (Dart) 51:58; 21, S. Plews (Bed) 52:00; 22, D. March (Mil. K) 52:08; 23, K. McLellan (H&W) 52:13; 24, I. Thompson (Lut) 52:19; 25, R. King (Leic) 52:23; 26, W. Saegar (Norf) 52:28; 27, M. Quinn (Sheff. P) 52:36; 28, M. Tolkien (Rut-V) 52:36; 29, R. Marshall (Holb) 52:38; 30, K. Lowe (VPH) 52:39; 31, S. Sandford (W. Suf) 52:41; 32, K. Farmer (Mil. K) 52:42; 33, G. Davison (Norf. G) 52:44; 34, R. Jones (BHM) 52:46; 35, C. Brogan (VPH) 52:54; 36, E. Dorling (Peter) 52:59; 37, D. Jarvis (Burn. J) 53:03; 38, T. Coleman (Kett) 53:09; 39, S. Meynell (Der) 53:26; 40, L. Atterbury (B'hth) 53:27; 41, G. Rizzo (Nene) 53:33; 42, J. Bigham 53:34; 43, N. Wilson (Nun) 53:35; 44, J. Peacock (March) 53:36; 45, P. Gore (Norf) 53:39; 46, J. Baldwin (B'hth-V O/45) 53:40; 47, R. Panter (Nun-V) 53:42; 48, P. Sambrook (L. Buz) 53:44; 49, G. Harper (Sheff. P) 53:45; 50, J. Jenkins (Camb. H) 53:50.

Teams: 1, Derby 38; 2, Thetford 139; 3, Nene Valley 141. **Vets O/50** — 1, M. Ward (Harb) 58:12; 2, P. Wyatt (North) 60:08; 3, A. Churchill (Camb. H) 60:16. **O/55** — T. Cooper (Duke) 62:37.

Women

1, H. Hargreaves (Norfolk Olympiads).....57:04
2, J. Spence (Highgate).....59:57
3, G. Burley (London Olympiades).....60:37
4, J. Deighton (March) 61:17; 5, S. McDowall (High) 61:53; 6, E. Staig (High) 63:38; 7, J. Walker (Cor) 65:22; 8, F. Hastings (High-V) 66:46. *Team:* Highgate.

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FUN RUN

MARCH 31st, 1986

EASTER MONDAY

Haymill Centre

BURNHAM LANE

(200 Yards North of Burnham Railway Station)

10.00 a.m. 'TUGWOOD 10K" the tough one through Burnham Beeches, for regular runners only.

'85 Tugwood Trophy — C. Hall (Woking A.C.) 31.54. **Rosebowl** — V. Tilbury (London Olymp.) 37.39.

ENTRY DETAILS BELOW

11.00 a.m. "MARTIN DUFF 2 MILE FAMILY JOG" pavement run, no busy road to cross — Category Prizes: Fancy Dress, With Dog, With Pushchair, Oldest, Youngest, Heaviest, New Shoes, Injured, All over 50's. 50p on the day. **11.30 a.m. Childrens 'NOVELTY' Races.** Prize for ALL. 20p on the day.

12.00 noon '6 x 1 MILE RELAY' For the SLOUGH OBSERVER SHIELD. Team Prizes. Entry details below.

CHANGING/SHOWERS. REFRESHMENTS BAR.

Proceeds from the morning to:

Lisa Lear Fund

For Research into Blood Cancer

SLOUGH OBSERVER BREAST SCREENING APPEAL

"Tugwood 10K" All classes £1.50. **Limit 500. Closing date March 24th.** Entry on the day £2.00 if not fully subscribed.

Surname _____

Forename _____

Age _____

Address _____

_____

Tel Number _____ Male/Female _____

Club/Unatt _____

RELAY TEAM To incl 2 Ladies, 2 Vets (Ladies over 35, Men over 40) and 2 others. £3.00 per team, limit 50, **closing date March 24th.** Entry on day £5.00 if not fully subscribed.

Team Captains Name _____

Address _____

_____

Tel Number _____

Team Name _____

Club Name _____

Entries to: Easter Fun Run, P.O. Box 406, Slough SL1 6LQ. Cheques payable to Burnham Joggers — S.A.E. for Numbers, Directions etc.

Norman Woodcock Memorial Races

At Newcastle, December 7th

MIKE McLEOD completed his hat-trick of wins in this race with a comfortable victory on December 7th. The Elswick flyer, plagued by injuries since his abortive marathon in Chicago, had returned to winning form in Barcelona the previous Sunday and reaffirmed his position as number one road runner in the area with a well controlled victory, easing away in the closing stages.

In cold, wet conditions, over 400 athletes lined up, but Ray Smedley quickly showed ahead, shadowed by McLeod. Don McMillan, Ron Woods, Paul Harker, Alan Johnson, Stan Markley and Ian Gilmour were all in contention early on, but by halfway round the 10km course the principals were stringing out, and entering the last two miles, containing the uphill stretches, Smedley, McLeod, McMillan and Harker formed a breakaway quartet. With it all depending on the final sprint, it was the popular, red vested McLeod who surged clear, crossing the line two seconds in front of Smedley to a loud ovation. McMillan in turn was the same distance adrift, with Harker a close-up fourth. "It was cold out there but I felt all right. I just stayed in the bunch and broke away in the last 100 yards", the Olympic medallist said afterwards. Elswick had Johnson fifth, Chris Lees seventh and Peter Richardson 23rd for a convincing team victory.

Kirsty McDermott, despite having reservations about the distance, finished 90th overall in 35:14, over a minute ahead of Houghton's Carol Naisby. The Commonwealth champion, now based in Whitley Bay, announced a few days later that she had decided to join Blaydon Harriers following her move from the Bristol area.

Brian Kirkley

1, M. McLeod (Elswick).....30:16
2, R. Smedley (Birchfield).....30:18
3, D. McMillan (Durham City).....30:20
4, P. Harker (Sun) 30:22; 5, A. Johnson (Els) 30:44; 6, I. Gilmour (M&C) 31:02; 7, C. Lees (Els) 31:04; 8, M. Pearson (Mand) 31:05; 9, N. Jobson (Blay) 31:14; 10, K. Woods (Dur. C) 31:22. *Teams:* 1, Elswick 36; 2, Blaydon 85; 3, Durham City 86. **Vets** — 1, J. Williams (Mand); 2, M. Friend (Els). **Women** — 1, K. McDermott (Bris) 35:14; 2, C. Naisby (Hough) 36:20; 3, H. Robinson (C. le S) 38:03.

Thanet Open '10'

December 8th

1, K. Steere (Ilford).....49:12
2, K. Russell.....52:07
3, S. Almond (Ashford).....53:12
4, J. McLoughlin (Deal) 55:10; 5, R. Williams (Fav-V) 55:04; 6, I. Godden (Folk) 55:27. *Team:* Invicta. **Vets** — 1, Williams; 2, N. Barton (Dov) 56:06; 3, P. Murphy (Folk) 57:12. **Women** — 1, J. Fraser (Inv) 62:42; 2, S. Martin (Med) 64:06; 3, J. Heffernan 64:57.



From Left: Ray Smedley, Don McMillan, Paul Harker and eventual winner Mike McLeod stride out in the 'Norman Woodcock'.

Photo: John Burles

Sneyd '10'

At Bloxwich, December 8th

1, P. Cadman (Wolverhampton & Bilston).....48:26
2, D. Donaghy (Tipton).....49:37
3, D. Mansbridge (Telford).....50:11
4, M. Harding (Tip) 50:49; 5, T. Brown (Wen) 51:21; 6, D. Wilde (Wen) 51:33; 7, K. Stebbings (Warl) 51:35; 8, J. Abbis (W&B) 51:36; 9, D. Pearson (W&B) 51:43; 10, D. Cotton 51:50; 11, J. Hassell 52:15; 12, T. Wood (W&B) 52:43. **Vets** — A. Mills (Pott) 53:31. **Women** — 1, S. Lappage 56:16; 2, L. Ingram 63:14; 3, J. May 65:49.

Portsmouth Victory '5'

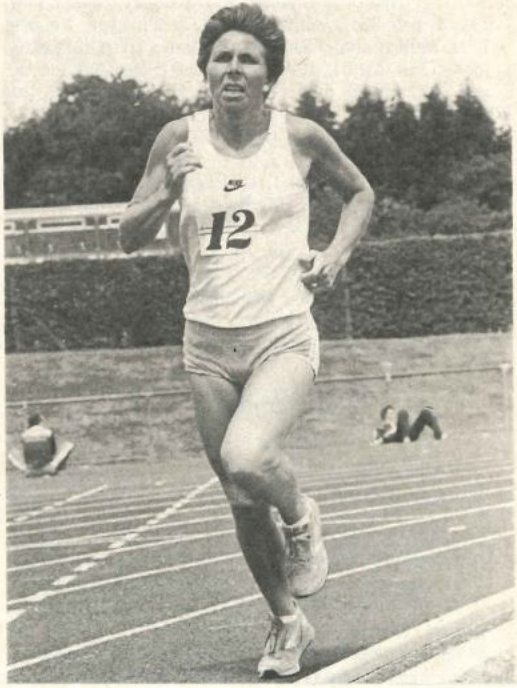
December 14th

Men

1, C. Buckley (Westbury).....23:38
2, G. Butcher (Portsmouth).....23:40
3, A. Wright (Bristol).....23:42
4, M. Gratton (Inv) 23:55; 5, B. McSloy (GEC) 24:09; 6, J. Boyes (B'mth) 24:17; 7, B. Willerton (Bris) 24:17; 8, M. Cowman (West) 24:20; 9, R. Nash (West) 24:22; 10, C. Slowley (Bris) 24:23; 11, M. Hula (Bris) 24:28; 12, S. Morley (B&H) 24:31; 13, N. Brawn (Inv) 24:32; 14, W. Buxton (Bris) 24:50; 15, M. Moughton (Craw) 24:57; 16, A. Hope (West) 25:04; 17, H. Neville (B&H) 25:09; 18, M. Brameld (Inv) 25:11; 19, I. Chalk (S&E) 25:12; 20, P. Witcomb (B&H) 25:17; 21, G. Smith (Ryde) 25:18; 22, D. Fudge (Ports-V) 25:20; 23, P. Gibbings (Fare) 25:25; 24, B. Hawkins (B&H) 25:26; 25, M. Ewing (Gos) 25:27; 26, J. Clow (Ports) 25:28; 27, T. Butler (B'mth) 25:36; 28, M. Guichard (Dart) 25:39; 29, T. Dicker (F&C) 25:40; 30, M. Barrington (Inv) 25:42; 31, T. Barnes (Craw) 25:43; 32, A. Eade (S&E) 25:45; 33, S. Skinner (B&H) 25:50; 34, P. Needs (B'mth) 25:51; 35, P. Arnold (AF&D) 25:52; 36, P. Crowhurst (B&H) 25:52; 37, S. Mitchell (GEC) 25:55; 38, K. De La Mare (Fare) 25:55; 39, T. Smith (B'mth) 25:57; 40, M. Sherman (Bris) 25:59. *Teams:* 1, Westbury 18; 2, Bristol 20; 3, Invicta E. Kent 35. **Vets** — 1, Fudge; 2, G. Blackburn (O/45) 26:22; 3, A. Mayhew 26:40. *Teams:* Portsmouth. **O/50** — 1, J. Mills (Spark) 27:36; 2, B. Ward (Ports) 28:13.

Women

1, C. Benning (Southampton & Eastleigh).....28:27
2, J. Prictoe (Bath & Percy).....29:35
3, J. Jones (Portsmouth Joggers-V).....30:00
4, S. Daniels (West) 30:02; 5, D. Joy (Ports. A) 31:52; 6, P. Dyer (New F) 32:20; 7, S. Cook (B'mth) 32:26; 8, J. Parker (Craw) 32:42. *Team:* Portsmouth Joggers.



June Jones placed third behind Chris Benning and Janet Prictoe at Portsmouth.

Photo: Megasport

COUNTY CROSS COUNTRY CHAMPIONSHIPS

Bedfordshire

At Bedford, February 1st

Youths — 1, T. Watson (Bed) 25:08; 2, M. Kent (Bed) 25:25; 3, N. Squires (Van D) 25:31. *Team:* Bedford. **Boys** — 1, M. Shevyn (Van D) 15:31; 2, J. McDaid (Bed) 15:35; 3, D. Smith (Lut) 15:39. *Team:* Bedford. **Colts** — 1, M. Corkett (Lut) 16:47; 2, S. Duncan (Bed) 16:50; 3, C. Chilton (Lut). *Team:* Luton.

Cheshire

At Runcorn, January 4th

1, N. Peach (Sale).....38:50
2, A. Carey (Warrington).....39:02
3, D. Locke.....39:42
4, A. Green (Warr) 40:01; 5, K. Morris (Stock) 40:25; 6, G. Proctor (Sale) 40:36; 7, M. Gilmartin (Sale) 40:42; 8, J. Norman (Alt) 40:49; 9, D. Taylor (Sale) 41:01; 10, I. Carter (E. Ches) 41:13; 11, M. Oldham (Man) 41:29; 12, A. O'Kell (Sale) 41:39; 13, S. Haylock (Stock) 41:45; 14, A. Thiemicke (C&N) 41:47; 15, G. Settle (Warr) 41:49; 16, K. Smith (Sale) 41:53; 17, W. Lindesay (Wirr) 41:55; 18, K. Breene (Sale) 41:58; 19, M. Jones (Sale) 42:01; 20, J. Kershaw (Macc) 42:02. *Teams:* 1, Sale 51; 2, Warrington 99; 3, Altrincham 183; 4, Wirral 199; 5, Stockport 207. **Juniors** — 1, G. Jones (C&EP) 32:30; 2, P. Warner (Sale) 32:46; 3, A. Alexander (Sale) 33:07; 4, J. Robinson (Wirr) 33:18; 5, G. Horne (Stock. S) 33:20; 6, M. Crosby (Alt) 33:23; 7, P. Nichol (Alt) 33:32; 8, I. Langley (Sale) 33:40. *Teams:* 1, Sale 25; 2, Altrincham 50; 3, Wirral 56. **Youths** — 1, K. McKay (Sale) 21:53; 2, R. Jones (Wirr) 21:56; 3, S. Jones (Sale) 22:04; 4, A. Armstrong (Sale) 22:23; 5, N. Bowie (Alt) 22:41; 6, T. Rehman (Stock) 22:50; 7, M. Proudlove (C&N) 22:59; 8, M. Skirvin (Macc) 23:14. *Teams:* 1, Sale 18; 2, Wirral 46; 3, Altrincham 48. **Boys** — 1, B. Mabon (Stret) 13:52; 2, M. King (Wirr) 13:59; 3, M. Hughes (Wirr) 14:16; 4, C. Ryan (Wirr) 14:31; 5, G. Morgan (Wirr) 14:42; 6, M. Poustie (Wirr) 14:45; 7, P. Green (E. Ches) 14:50; 8, M. Hannam (C&N) 14:54. *Teams:* 1, Wirral 14; 2, Sale 75; 3, Stockport 100. **Colts** — 1, R. Morgan (Wirr) 12:30; 2, J. Wild (Sale) 12:35; 3, J. Holloway (Warr) 12:36; 4, S. Kefford (Warr) 12:42; 5, P. Thompson (C&EP) 12:46; 6, S. Paterson (H'forth) 12:50. *Teams:* 1, Warrington 36; 2, Wirral 42.

Derbyshire

January 4th

1, C. Robison (Royal Navy).....30:57
2, K. Lamb (Derby).....31:20
3, N. Lees (Derby).....31:22
4, C. Maddocks (Sheff) 31:57; 5, A. Shepherd (Der) 32:13; 6, D. Crookes (E. Ches) 32:25; 7, C. Toplass (Der) 32:32; 8, N. Tatham (Mat) 32:57; 9, I. Higginbotham (Der) 33:30; 10, J. Ward (Der) 33:54; 11, T. Bishop (Sinf) 34:03; 12, J. Simmons (Der-V) 34:06; 13, S. Howling (Sheff) 34:10; 14, P. Light (Bux) 34:17; 15, A. Mather 34:25. *Teams:* 1, Derby 36; 2, Derby 'B' 124; 3, Buxton 130; 4, Matlock 231. **Vets** — 1, Simmons; 2, P. Ball (Der) 36:05; 3, J. Armstead (Mat) 36:15; 4, C. Russell (Mat) 38:21; 5, D. Pattison (Der) 38:34; 6, M. Knight (Der) 39:23. **Juniors** — 1, S. Platts; 2, M. Keld. **Youths** — 1, S. Wright (Der) 20:43; 2, I. Hopkinson (C'field) 21:00; 3, P. Monk 21:05; 4, P. Dodsley (BHM) 21:05; 5, M. Rotherham (Der) 21:16; 6, S. Thomas (Der) 21:18; 7, S. Keily (Der) 21:25; 8, I. Evans (Der) 21:26. *Teams:* 1, Derby 12; 2, Derby 'B' 24; 3, Sinfin 46. **Boys** — 1, D. Gee (Clowne) 14:12; 2, I. Oldham (Bux) 14:43; 3, R. Scrimshaw (Sutt) 14:46; 4, R. Ware (Der); 5, P. O'Mara (C'field); 6, A. Haywood (High) 14:51. *Teams:* 1, Derby 19; 2, Clowne Sch. 30. **Colts** — 1, I. Calladine (Der) 11:57; 2, M. Bonsor (Rip) 12:04; 3, P. Jackson (Der) 12:07; 4, J. Lamb (Der) 12:12; 5, G. England (Sheff) 12:19. *Teams:* 1, Derby 8; 2, Highfields Sch. 26.

Dorset

At Weymouth, January 4th

1, J. Boyes (Bournemouth).....35:47
2, B. Jones (Bournemouth).....35:54
3, P. Russell (Bournemouth).....36:49
4, B. Shrosbree (Poole) 37:02; 5, T. Clark (Poole) 37:02; 6, P. Needs (B'mth) 37:55; 7, T. Cutler (Poole R) 38:03; 8, T. Smith (B'mth) 38:23; 9, M. Thomas (Poole R) 38:24; 10, R. Morgan (B'mth) 38:31. **Vets** — 1, J. Bolton (Wey) 40:00; 2, S. Crawshay (Poole) 40:43; 3, G. Scott (Poole R) 41:48; 4, J. Brumfield (Wey) 42:11; 5, R. Brown (Poole) 44:56. **Juniors** — 1, R. Read (Wey) 27:35; 2, G. Dale (Wey) 28:12; 3, G. Shaw (Yeo) 28:35. **Youths** — 1, R. Skinner (B'mth) 22:58; 2, T. Rouse (Dor) 22:59; 3, S. Dunning (Wey) 23:18. **Boys** — 1, N. Chadwick (B'mth) 20:28; 2, A. Wedlake (B'mth) 20:49; 3, C. Thompson (Dor) 21:19; 4, S. Saunders (B'mth) 21:23; 5, R. McDonald (B'mth) 21:54. **Colts** — 1, D. Rigler (BMS) 12:52; 2, T. Bartlam (BMS) 13:02; 3, G. Jones (B'mth) 13:34; 4, A. Ferdinando (Yeo) 14:01; 5, M. Boardman 14:24.

Dyfed

At Pembrey, December 22nd

1, R. Hickman (Llanelli).....32:58
2, B. Griffiths (RAF Brawdy).....34:38
3, K. Davies (Llanelli-V).....35:01
4, J. Price (L'lli-J) 35:06; 5, A. Morgan (Carm) 35:18; 6, P. Small (L'lli-J) 36:04 . . . 9, C. Williams (Carm-J) 37:40; 11, G. Cutler (L'lli-J) 37:59; 13, H. Davies (Carm-V) 38:17; 16, P. Sadler (L'lli-V) 38:56. **Vets O/50** — D. Venables 42:11. **O/60** — G. Williams (L'lli-O/65) 45:45.

Middlesex

At Ruislip Lido, January 4th

1, P. O'Brien (Old Gaytonians).....33:38
2, J. Goater (Shaftesbury).....33:50
3, M. O'Reilly (Shaftesbury).....33:51
4, M. Philpott (Hill) 34:12; 5, K. Mills (Shaft) 34:26; 6, N.



Middlesex Junior champion Karl Palmer.
Photo: Peter Tempest

Ovington (TVH) 34:32; 7, E. Southam (High) 34:43; 8, J. Kilsby (Har) 35:02; 9, P. Spowage (High) 35:03; 10, H. McInnes (Old G) 35:15; 11, R. Heath (Old G) 35:16; 12, M. Archer (Hill) 35:16; 13, C. Barley (N. Lon) 35:18; 14, D. Hoinville (High) 35:25; 15, O. Arif (N. Lon) 35:26; 16, J. Leversedge (Har) 35:29; 17, J. Barnard (Rane) 35:31; 18, A. Anderson (Har) 35:33; 19, L. Benjamin (Hill) 35:36; 20, P. Gayter (TVH) 35:43; 21, N. Trainer (N. Lon) 35:45; 22, I. Beales (Har) 35:47; 23, B. Walters (TVH) 35:48; 24, J. Odlin (N. Lon) 35:52; 25, R. Watts (High) 35:55; 26, D. Baptiste (TVH) 35:56; 27, M. Lepps (Old G) 35:57; 28, C. Hall (Har) 35:58; 29, S. Goodwin (N. Lon) 35:59; 30, P. Fagan (Lon. I-V) 36:02; 31, A. Deighton (Old G) 36:03; 32, M. Passfield (Hill) 36:07; 33, G. Lavers (Hill) 36:08; 34, M. Chapman (High) 36:14; 35, S. Larder (TVH) 36:25; 36, A. Davies (N. Lon) 36:33; 37, A. Arnell (E&S) 36:39; 38, M. Arnell (E&S) 36:40; 39, S. Kerr (Enf) 36:44; 40, R. Howells (E&S) 36:49. *Teams:* 1, Haringey 104; 2, Old Gaytonians 124; 3, Highgate 131; 4, N. London 138; 5, Thames Valley 160; 6, Hillingdon 203; 7, Ealing & S 316; 8, Shaftesbury 349. **Vets** — 1, Fagan; 2, R. Mayo-Bignell (Shaft) 37:37; 3, W. O'Connor (QPH) 38:38; 4, W. Davies

HERCULES WIMBLEDON A.C.

Young Athletes OPEN MEETING

Crystal Palace NSC

SUNDAY, APRIL 13th, 1986

(First event 11 am)

(Under AAA/WAAA rules)

Events

Girls U/11: 100, 80;
U/13: 100, 200, 800, LJ.
Jun (U/15): 100, 200, 800, 1500, HJ, LJ, SP, DT, JT;
Inters (U/17): 100, 200, 800, 1500, HJ, SP, DT, JT.
Boys U/11: 100, 150; **U/13:** 100, 200, 150, LJ, SP;
U/15: 100, 200, 800, 1500, HJ, PV, LJ, SP, JT;
Youth (U/17): 100, 200, 800, 1500, HJ, PV, SP, DT, JT.

Ages as at September 1st, 1986

★ Medals to three best performers in each event.
★ Special certificates to top eight in each event.

The organisers reserve the right to refuse entries if numbers exceed a manageable amount. **Early entries advised.**

Fee: £1 per entry. **By MARCH 11th.**
To: Peter Mulholland, 24 Chesterfield Grove, East Dulwich, London SE22 8RW.

ENTRY FORM

Name _____

Address _____

_____

Club _____

Date of Birth _____

Phone No. _____

★ Girls U/11, U/13, U/15, U/17;
Boys U/11, U/13, U/15, U/17

★ Delete age groups which **do not** apply.

Age as at 1.9.86.

I wish to enter the following events:

Event	Best Perf	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____

Some information must be given regarding best performances for events entered.

DON'T FORGET SAE FOR TIMETABLE: min. 7 × 5.
Entries close March 11th.

Fee: £1 each entry to: Peter Mulholland, 24 Chesterfield Grove, East Dulwich, London SE22 8RW.

MOLD SAINT DAVID'S DAY
½
MARATHON

Gwyl dewi'r Wyddgrug

SATURDAY 1st MARCH, 1986

at 11.00 a.m.

Start and finish at MOLD CAMPUS
and run under AAA Laws

Open to ind (Club or unatt) & teams (of 4)

PRIZES

Ladies: Goods value approx. £80
(3 prizes and veterans)

Men: Goods value approx. £115
(6 prizes and veterans)

Team: Shield & Trophy to retain for one year

Timed certificate to each runner who finishes

Promoted in association with Mold Runners Club & Deeside A.C.

Race Coordinator: E. A. Parry.

CHANGING, ACCOMMODATION,
REFRESHMENTS, FREE PARKING

Entry Fee: £3.00 (Club); £3.50 (unattached).

Entry Forms: SEND S.A.E. to:
John Jones, 37 Hafod Park, Molt, Clwyd CH7 1QN.

Closing date: 24th February, 1986

HERTFORD & WARE A.C.
CROSS-COUNTRY RACES

(Under ECCU & WCCA Laws)

SUNDAY, 23rd MARCH, 1986

at 12.30 p.m.

Sele School, Welwyn Road, Hertford.

Events for:	**Young Colts**	**U/11**
	Colts	**U/13**
	Boys	**U/15**
	Youths	**U/17**
	Minor Girls	**U/11**
	Girls	**U/13**
	Junior Women	**U/15**
	Inter Women	**U/17**

(Ages as at 1st September 1985)

Awards: Medals to first 3 individuals and first 3 teams (Any number run, 3 to score) in each race.

Entry Fee: 50p per runner (No team fee).

Entries (With d.o.b.) to: Mrs Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ. Please enclose S.A.E. for ack/travel details.

Entries close Monday 10th March

OXFORD UNIVERSITY A.C.
OPEN MEETING

SATURDAY,
8th MARCH, 1986

Iffley Road, Oxford

(Under AAA & WAAA Rules)

1.00 pm **800m** (JL/IL/SL/Y/JM/SM).
1.30 pm **Javelin** (IL/SL).
1.45 pm **100m** (F/M) all ages.
2.30 pm **3000m** (B/Y/JM/SM).
3.15 pm **200m** (F/M) all ages.
Javelin (JM/SM).
3.30 pm **Long Jump** (F all ages).
4.00 pm **400m** (IL/SL/Y/JM/SM).
4.30 pm **1500m** (IL/SL/B/Y/JM/SM).

Entry fee: 60p **before 7th March,**
90p on day.

Entries to: D. Heard, Magdalen College Oxford. Cheques to OUAC.

Please state name, address, tel. number, date of birth and club.

SURREY BEAGLES A.C.
OPEN MEETING

(Under AAA & WAAA Laws)

At Crystal Palace

SUNDAY, 6th APRIL, 1986

at 12 Noon

100m C, B, Y, JM, SM, G, JL, IL, SL.
200m C, B, Y, JM, SM, G, JL, IL, SL.
400m IL, SL.
800m C, B, Y, JM, SM, G, JL, IL, SL.
1 Mile SL.
3000m SM.
HJ JM, SM, IL, SL.
LJ JM, SM, JL, IL, SL.
Discus JM, SM, IL, SL.

Entries: 60p per event by **22 March, 1986**

To: A. Alden, 4 Barnfield Close, Coulsdon, Surrey CR3 1QR with name, address, club and d.o.b. (SAE for timetable and confirmation of entry).

(Hill) 39:08; 5, M. Barratt (E&S) 39:20. **Juniors** — 1, K. Palmer (High) 21:47; 2, S. Burton (N. Lon) 21:53; 3, A. Jackson (Hill) 22:12; 4, M. Olden (TVH) 23:11; 5, B. Pfeiffer (TVH) 23:16; 6, W. Lowther (Old G) 23:21; 7, S. Snow (High) 23:24; 8, K. Gilzean (N. Lon) 23:34; 9, V. Scamell (Rane) 23:49; 10, P. James (N. Lon) 24:03; 11, M. Stredwick (Shaft) 24:04; 12, P. Powell (E&S) 24:11. *Teams:* 1, Thames Valley 37; 2, Highgate 39; 3, N. London 51; 4, Hillingdon 74. **Youths** — 1, N. Flint (Old G) 20:38; 2, S. Wirth (Shaft) 21:23; 3, D. Baker (Old G) 21:25; 4, P. Hodgson (Hill) 21:28; 5, A. Briggs (Har) 21:30; 6, J. Krahn (Har) 21:31; 7, S. Ross (E&S) 21:47; 8, B. Robbins (TVH) 21:50; 9, R. Squire (Old G) 21:55; 10, S. Sondhu (Houn) 22:03. *Teams:* 1, Old Gaytonians 35; 2, Shaftesbury 49; 3, Haringey 65. **Boys** — 1, W. Dart (Shaft) 13:17; 2, B. Pochee (High) 13:41; 3, P. Whelan (Houn) 13:42; 4, S. Thorn (Har) 13:45; 5, P. Nicol (Har) 13:52; 6, A. Wray (Old G) 13:54; 7, P. Martin (Hill) 13:56; 8, R. Smith (Har) 14:06. *Teams:* 1, Haringey 38; 2, Old Gaytonians 42; 3, Shaftesbury 56. **Colts** — 1, B. Hanlock (Old G) 12:51; 2, D. Fraser (Houn) 12:56; 3, P. Ryan (Shaft) 12:58; 4, D. Waldman (Har) 13:04; 5, A. Keane (TVH) 13:09; 6, B. Stephenson (E&S) 13:10; 7, P. Coleman (E&S) 13:16; 8, A. Clifton (TVH) 13:21. *Teams:* 1, Old Gaytonians 39; 2, Shaftesbury 41; 3, Haringey 58.

Mid Glamorgan

1, G. Newhams (Bridgend).....35:36
2, G. Morgan (Haringey).....36:05
3, S. Price (Rhymney Valley).....36:38
4, G. Brewster (Bridge) 36:40; 5, M. Williams (Bedd) 37:39; 6, R. George (Rhym) 37:58. *Teams:* 1, Bridgend 27; 2, Rhymney Valley 28. **Vets** — 1, A. Jeffreys (Swan) 38:20; 2, B. Gough (Rhym) 40:27; 3, P. Widdrington (Bridge) 41:14; 4, R. Nicholson (Bridge) 41:56. *Team:* Bridgend. **Juniors** — 1, M. Lewis (Rhym) 28:35; 2, M. Granden (Bridge) 29:17; 3, C. Renfree (Bedd) 30:12. *Team:* Bridgend. **Youths** — 1, A. Jones (A'dare) 24:08; 2, N. Evans (Bridge) 24:22; 3, G. Davies (Rhon) 24:24; 4, M. Thomas (Bedd) 24:40; 5, C. Osborne (Fern) 24:44. *Teams:* 1, Aberdare Valley; 2, Beddau. **Boys** — 1, P. Lewis (Bridge) 17:16; 2, A. Wilton (Rhon) 17:20; 3, J. Hope (Bedd) 17:46; 4, J. Evans (Bedd) 18:06; 5, L. Evans (Rhon) 18:09. *Teams:* 1, Beddau; 2, Rhondda. **Colts** — 1, J. Edwards (Bedd) 13:28; 2, R. Gardner (A'dare) 13:35; 3, S. Blow (Bedd) 13:39; 4, S. George (A'dare) 14:03; 5, M. Thomas (Card. N) 14:19. *Teams:* 1, Aberdare Valley; 2, Rhymney Valley. **U/11** — 1, A. Jones (Bridge) 8:56; 2, R. Moore (A'dare) 8:57; 3, K. Jones (Rhon) 9:19. *Team:* Aberdare Valley. **U/10** — S. Evans (Bedd) 5:13. *Team:* Aberdare Valley.

Norfolk

At Univ. of East Anglia, January 4th

1, J. Harold (Norfolk Olympiads).....32:33
2, D. Heath (Norfolk Olympiads).....33:03
3, R. Sibson (Norfolk Gazelles).....33:14
4, D. Bravinger (Norf. G) 33:35; 5, M. Lake (Charn) 33:42; 6, G. Davison (Norf. G) 34:03; 7, P. Gore (Norf) 34:14; 8, D. Mytton (Norf) 34:33; 9, S. Malone (Norf) 34:34; 10, K. Meardon (Thet) 34:38. *Teams:* 1, Norfolk Olym. 18; Norfolk G 37. **Vets** — 1, R. Mawer (Norf) 35:11; 2, S. Colledge (Norf) 35:21; 3, G. Bowman (Diss) 36:27; 4, J. Wright (Duke) 36:56. **Juniors** — 1, J. Piper (Norf) 24:33; 2, M. Ash (Norf) 26:04; 3, S. Ash (Norf) 27:15. *Team:* Norfolk Olym. **Youths** — 1, D. Mead (Thet) 16:05; 2, J. Rix (Norf) 16:27; 3, J. Ashford (Norf) 17:22; 4, S. Walford (Norf) 17:35; 5, P. Marsh (Norf) 17:39; 6, T. Chandler (KE) 17:52. *Team:* Norfolk Olym. **Boys** — 1, D. Gregory (Norf) 13:52; 2, N. Allison (Norf) 14:08; 3, D. Walpole (Thet) 14:49; 4, A. Hill (W. Norf) 15:17; 5, P. Knights (Cost) 15:29. *Team:* Norfolk Olym. **Colts** — 1, B. Dack (Norf) 10:15; 2, R. Mace (Norf) 10:22; 3, R. Smith (Gt. Y) 10:23; 4, N. Metcalf (MC) 10:45; 5, K. Warren (Thet) 10:52. *Team:* Norfolk Olym. **U/11** — 1, M. Baker (Norf) 8:16; 2, S. McGibbon (Norf) 8:18. *Team:* St. James Sch.

Nottinghamshire

At Wollaton Park, January 4th

1, T. Leader (Notts).....35:48
2, M. Hill (Notts).....37:03
3, R. Milne (Notts-V).....37:16
4, A. Cropper (S. in A) 37:24; 5, I. Hart (Notts) 37:35; 6, P. Taylor (S. in A) 37:44; 7, G. Dugdale (Notts) 38:07; 8, F. Pidgeon (Notts) 38:29. *Team:* Notts. **Juniors** — 1, R. Harley (Notts) 32:44; 2, P. Brompton (Newk) 32:47; 3, M. Yates (Notts) 32:51. *Team:* Notts. **Youths** — 1, M. Garrett (S. in A) 22:08; 2, I. Muxlow (Notts) 23:22; 3, I. Kirwan (Notts) 23:24. *Team:* Notts. **Boys** — 1, T. Broadley (Notts) 16:56; 2, P. Allison (BHM) 17:09; 3, N. Diver (BHM) 17:13. *Team:* Berry Hill Mansfield. **Colts** — 1, J. Cawthorne (BHM) 10:52; 2, V. Bamber (Newk) 11:06; 3, R. Thomas 11:29. *Team:* Berry Hill Mansfield.

Somerset

At Burnham-on-Sea, January 5th

1, D. McGrath (Westbury).....38:41
2, C. Thomas (Wells).....39:22
3, P. Thomas (Yeovil Olympiads).....39:57
4, A. Hayter (Yeo) 40:04; 5, A. Williams (Wells-V) 40:09; 6, M. Mills (Wells-V) 40:26; 7, M. Smalley (Yeo) 40:43; 8, S. Marsh (Wells) 40:47; 9, R. Evans (Wells) 41:07; 10, J. McMahon (Yeo) 41:12; 11, M. Cave (Wells) 41:20; 12, P. Killey (Wells) 41:39. *Teams:* 1, Wells 17; 2, Yeovil Olym. 20; 3, Wells 'B' 51; 4, Frome 69. **Juniors** — 1, R. Butterfield (Frome) 30:46; 2, R. Ball (Yeo. C) 31:28; 3, D. Hugo (Yeo. C) 32:50; 4, J. Horsington (Yeo. C) 32:54. *Team:* Yeovil Col. **Youths** — 1, D. Duke (Yeo) 20:24; 2, G. Butler (Frome) 20:56; 3, G. Alford (West) 21:34; 4, M. Miles (Frome) 21:38; 5, S. Chipping (Mine) 22:04; 6, D. Russell (Wells) 22:22. **Boys** — 1, R. Hamilton-Jones (Mill. S) 16:36; 2, R. Waters (Yeo) 16:43; 3, J. Harvey (Wells) 16:44; 4, P. Simon (Yeo. T) 16:47; 5, D. Morris (Wells) 17:10; 6, K. Pattemore (Yeo. T) 17:21. *Team:* 1, Yeovil Town 10; 2, Frome 34. **Colts** — 1, A. Duke (Yeo) 9:52; 2, O. Norman (Mine) 9:57; 3, A. Marriott (Yeo. T) 10:14; 4, L. Simon (Yeo. T) 10:25; 5, T. Davis (Frome) 10:37; 6, J. Breakspear (Frome) 10:42. *Teams:* 1, Yeovil Town 18; 2, Frome 32.

WOMEN'S COUNTY CROSS COUNTRY CHAMPIONSHIPS

Merseyside

At Clarke Gardens, January 5th

1, S. Crehan (Sutton (St. Helens))....21:28
2, A. Williams (Sale)....22:07
3, J. Holmes (Liverpool)....22:14
4, A. Lyons (Liv) 22:37; 5, S. Beckley (Warr) 22:41; 6, B. Woods (Liv. P) 22:57. *Teams:* 1, Liverpool 28; 2, Wirral 62. **Inters** — 1, J. Birkett (Liv) 17:30; 2, C. Murphy (Liv) 17:39; 3, A. Radcliffe (Liv) 17:47; 4, F. Lewis (Pilk) 18:11; 5, A. O'Malley (S. Liv) 18:32; 6, G. Murphy (S. Liv) 18:48. *Teams:* 1, Liverpool 13; 2, Sutton (St. H) 66. **Juniors** — 1, S. Davies (Sutt) 13:23; 2, E. Hamill (Liv) 13:48; 3, K. Fairfield (Liv) 14:03; 4, J. Forrester (Wirr) 14:10; 5, K. Newton (Liv) 14:13; 6 A. James (Liv) 14:17; 7, C. Donovan (Liv) 14:18; 8, D. Derbyshire (St. H) 14:21. *Teams:* 1, Liverpool 16; 2, Sutton (St. H) 44; 3, Wirral 67. **Girls** — 1, J. Colleran (Liv) 14:11; 2, G. Basnett (Wirr) 14:20; 3, S. Brannan (Liv) 14:22; 4, J. Clague (Liv) 14:29; 5, Z. Williams (Liv. P) 14:46; 6, L. Bluett (Sutt) 14:53; 7, S. Cliff (Sutt) 15:00; 8, L. Rietdyk (Liv) 15:09. *Teams:* 1, Liverpool 16; 2, Sutton (St. H) 55.

Mid Glamorgan

1, F. Nixon (Rhon) 21:00; 2, H. Donahue (A'dare) 22:18. **Vets** — 1, S. Moore (Les C) 24:52; 2, M. Parsons (Bedd) 26:46. **Inters** — 1, L. Hopkins (A'dare) 13:09; 2, S. Hawkswell (Bridge) 13:18; 3, H. Meads (Car) 13:37; 4, L. Perk (Bridge) 14:12; 5, K. Richards (A'dare) 14:14. **Juniors** — 1, D. Morgan (Bedd) 12:12; 2, A. Cooper (Bedd) 12:28; 3, S. Jennings (Bridge) 12:34; 4, K. Parry (Car) 12:38. *Team:* Bridgend. **Girls** — 1, L. Roberts (A'dare) 8:32; 2, C. Barnett (Rhym) 8:40; 3, J. Kilmister (Bridge) 8:57; 4, D. Sage (Bridge) 9:03. *Teams:* 1, Aberdare Valley; 2, Bridgend. **U/11** — C. James (Car) 5:32. *Team:* Aberdare Valley.

Norfolk

At Univ. of East Anglia, January 4th

1, H. Hargreaves (Norfolk Olympiads)....14:41
2, C. Lavers (Norfolk Olympiads)....14:57
3, A. Chilvers (West Norfolk-V)....16:26
4, J. Roberts (Norf) 16:46; 5, K. Kemp (Fake) 16:51. *Team:* Norfolk Olym. **Vets** — 1, Chilvers; 2, C. Tennyson (Gt. Y) 17:30; 3, B. Hutcheon (Norf) 17:34. **Inters** — 1, K. Armstrong (W. Norf) 16:10; 2, L. Hutcheon (Norf) 16:25; 3, A. James (Norf) 16:33; 4, S. Hewitt (Gt. Y) 16:55; 5, R. Cottey (Norf) 17:10. **Juniors** — 1, C. Butler (TH) 9:52; 2, E. Warren (Thet) 10:05; 3, C. Lancaster (Norf) 10:21; 4, K. Henderson (Norf) 10:24; 5, V. Tennyson (Gt. Y) 10:28. *Team:* Norfolk Olym. **Girls** — 1, V. Hardy (Norf) 8:35; 2, B. Wheeler (TSA) 8:46; 3, R. Spears (TSA) 8:48; 4, A. Targress (Thet) 8:54; 5, H. Middleton (THS) 8:56. *Team:* Thorpe St. Andrews. **U/11** — V. Allwork (Thet) 6:40. *Team:* Norfolk Olym.

Northamptonshire

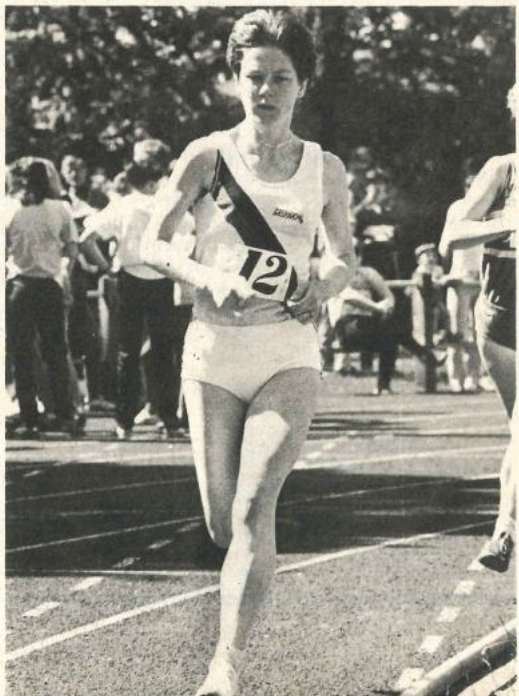
At Ise Valley Park, January 5th

1, S. King (Northampton Phoenix)....18:06
2, G. Burley (London Olympiades)....18:46
3, A. Parry (Lancaster University)....18:50
4, C. Stewart 20:08; 5, L. Sullivan (North) 20:18; 6, C. Grammer (North) 20:28. *Team:* Northampton Ph. **Vets** — 1, C. Birch (Rug) 20:12; 2, A. Harper (North) 21:41; 3, E. Nicholls (North) 22:40; 4, M. Freeman (Kett) 23:03; 5, P. Lynch (Kett) 23:09. *Teams:* 1, Northampton Ph. 12; 2, Kettering Town 17. **Inters** — 1, F. Mobbs (Dav) 19:13; 2, J. Oram (Cor) 20:14; 3, L. Chambers (Camp) 20:40; 4, L. Hornby (Dav) 21:24; 5, L. Jaquest (Kett) 21:28; 6, F. Woods (Kett) 21:53. *Teams:* 1, Daventry 14; 2, Corby 20. **Juniors** — 1, E. Mallard (North) 12:12; 2, C. Raven (Dav) 12:25; 3, S. Dunkley (North) 12:32; 4, K. Coles (North) 12:43; 5, L. Batch (Dav) 12:46; 6, N. Cole (North) 12:54. *Teams:* 1, Northampton Ph. 8; 2, Daventry 20. **Girls** — 1, G. Dron (Cor) 12:16; 2, K. McGuire (Dav) 12:46; 3, F. Lewin (Rye) 13:02; 4, E. England (Camp) 13:16; 5, K. Underwood (North) 13:20; 6, H. Sage (Dav) 13:27. *Teams:* 1, Northampton Ph. 20; 2, Daventry 33. **U/11** — S. How (Rye) 9:09. *Team:* Abington Vale MS.

Somerset

At Burnham-on-Sea, January 5th

1, S. Gallop (Yeovil Olympiads)....23:35
2, A. Edwards (Wells)....23:52
3, N. Shaw (Wells)....24:22
4, S. Stockton (Frome) 24:45; 5, S. Cox (Yeo) 24:56; 6,



C. Barrett (Yeo) 25:02 . . . 8, M. Gardiner (Wells-V) 26:03; 9, A. Thomas (Wells-V) 27:25. *Teams:* 1, Yeovil Olym. 12; 2, Wells 12; 3, Frome 31. **Inters** — 1, V. Waters (Yeo) 16:13; 2, B. Singer (Frome) 16:42; 3, H. Rogers (Mine) 17:39. *Team:* Frome. **Juniors** — 1, C. Orman (Mine) 11:11; 2, K. Preller (Yeo) 11:25; 3, K. Miller (Yeo) 11:34; 4, S. Flatters (Yeo. T) 11:44; 5, S. Midgley (Brut) 11:59. *Team:* Yeovil Town. **Girls** — 1, E. Gardiner (Wells) 9:10; 2, L. Harrison (Frome) 9:16; 3, L. Milton (Brut) 9:39; 4, J. Leech (Mine) 9:43; 5, N. Farthing (Yeo) 9:45. *Team:* Minehead.

Staffordshire

At Wolverhampton, January 4th

1, S. Bentley (Wolverhampton & Bilston).....16:25
2, S. Lappage (Tipton).....16:36
3, L. Ingram (Wolverhampton & Bilston).....16:40
4, N. Fletcher (Tip) 16:45; 5, L. Degg (Stoke) 17:01; 6, C. Kilkenny (Stoke) 17:06; 7, D. Fisher (W&B) 17:28; 8, K. Deaville (Stoke) 17:55; 9, L. Collis (Stoke) 17:59; 10, P. Slyde (W&B) 18:02; 11, H. Glover (Cann) 18:03; 12, K. Dawson (Staffs M) 18:03. *Teams:* 1, Wolverhampton & B 11; 2, City of Stoke 19; 3, Tipton 21; 4, Cannock Chase 42. **Inters** — 1, D. Smith (Ald) 17:23; 2, L. Austin (Cann) 17:34; 3, S. Cooksey (Tip) 17:41; 4, D. Morris (Stoke) 17:48; 5, K. Smart (Tip) 17:55; 6, J. Hackney (Newc) 18:10; 7, L. Goldstraw (Stoke) 18:21; 8, L. Webster (Cann) 18:35. *Teams:* 1, Tipton 18; 2, City of Stoke 23; 3, Cannock Chase 27. **Juniors** — 1, K. Moorcroft (Stoke) 9:19; 2, A. Harvey (W&B) 9:23; 3, C. Tivnan (Stoke) 9:24; 4, J. Wood (Cann) 9:30; 5, M. Chatterton (Newc) 9:36; 6, S. Hobbs (Tip) 9:37; 7, J. Heath (Stoke) 9:38; 8, E. Vickery (Cann) 9:39. *Teams:* 1, City of Stoke 11; 2, Cannock Chase 21; 3, Wolverhampton & B 33. **Girls** — 1, C. Holdcroft (Stoke) 9:27; 2, D. Hull (W&B) 9:35; 3, A. Salt (Stoke) 9:40; 4, L. Watson (Cann) 9:46; 5, J. Lanza (Stoke) 9:47; 6, A. Chinn-Shaw (Stoke) 9:48. *Teams:* 1, City of Stoke 9; 2, Cannock Chase 23.

Worcestershire

At Stourbridge, December 14th

1, S. Dixon (Droitwich).....22;14
2, A. Smith (Tipton).....22:20
3, M. Betts (Bromsgrove & Redditch).....22:32
4, B. Smith (B&R) 22:41; 5, K. Young (Worc) 23:34; 6, S. Birch (Worc) 24:05; 7, S. Hawkins (B&R) 24:06; 8, C. Trainer (Stour) 24:12. *Teams:* 1, Bromsgrove & R 14; 2, Worcester 30; 3, Tipton 36. **Inters** — 1, D. Harris (Hales) 18:20; 2, H. Waldron (Bir) 18:39; 3, E. Beacham (B&R) 18:56; 4, J. Batsford (Bir) 19:12; 5, A. Stanton (Warl) 19:26. *Teams:* 1, Birchfield 15; 2, Halesowen 19. **Juniors** — 1, S. Plaister (D&S) 13:04; 2, J. Knight (Bir) 13:20; 3, L. Palphrey (Eves) 13:57; 4, A. Marth (Bir) 14:05; 5, K. Denham (B&R) 14:20. *Teams:* 1, Halesowen 21; 2, Bromsgrove & R 24. **Girls** — 1, P. Denham (B&R) 9:39; 2, J. Deakins (Eves) 9:42; 3, J. Harris (D&S) 9:43; 4, J. Willis (B&R) 9:51; 5, A. Harley (D&S) 9:52. *Teams:* 1, Dudley & S 14; 2, Bromsgrove & R 15.

Merseyside champion Sue Crehan.

Photo: Richard Kemp

NOTTS A.C.

(Under AAA & WAAA Rules)

ROAD RELAYS

SUN., MARCH 16th

Mens 4 × 5000m for TI Cox Trophy —
Fee £6 per team. Additional trophies to first jogging club or club jogging section.
Womens 3 × 5000m — **Fee £4.50 per team.**
3 mile Fun Run with lottery prize draw.
Extensive Prizes. Souvenir every finisher.
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STEVENAGE & NORTH HERTS A.C.

STEVENAGE 10

(Under A.A.A. & W.C.C.A. Rules)

SUNDAY, 6th APRIL, 1986, 11 a.m.

Prizes: Senior Men, Ladies, Veterans, Teams. **Over £500 value.**
Course: Traffic Free, R.R.C. Certified.
Entries to: R. Osbourne, 46 Whitney Drive, Stevenage. (S.A.E. 9'' × 4'') for results.
Fee: — £1.00 (£1.50 Unaffiliated).
Closing Date: 23rd March, 1986

HALLAMSHIRE HARRIERS & AC

WINTER WARM UP

(Under AAA & WAAA Rules)

Dorothy Hyman Stadium — Cudworth

SUNDAY, 16 MARCH, 1986

13.00 hrs

(12.00 Hammer)

TRACK

80m — ALL AGE GROUPS M&F.
150m, 600m } ALL AGE GROUPS M&F except U/11 Boys & Girls.
300m Youths, Jun Men, Sen Men, Inters, Ladies.
3000m Youths, Jun Men, Sen Men, Ladies.

FIELD

LJ — Colts, Boys, Youths, Jun Men, Sen Men.
HJ — U/13 Jun Ladies, Inter Ladies.
SP — Youths, Jun Men, Sen Men.
H — Sen Men.
D&J — Jun, Inter, Ladies.

Fees: 30p per event.

Entries: Alan Hollingsworth, 55 High Storrs Drive, Sheffield S11 7LL.

Entries taken on day but post preferred

IRISH NEWS

Martin Wins Mayfield Fruit International

EAMONN Martin had the best of a prolonged duel with Liverpool-based Irishman John Woods to win the Mayfield Fruit International Cross Country at Fermoy, County Cork, on January 24th, and in doing so added his name to a distinguished list of winners that in recent years has included Mike McLeod and Leon Schots. Strangely, though, it is the list of losers that is more impressive at this meeting, for in the last five editions, runners such as Henry Rono, Mohamed Kedir, Rob de Castella, Craig Virgin, John Treacy and Steve Jones have all met with defeat at this venue.

Report by Jim Dowling

Athletes from 14 countries made up this year's entry, but it was three men from England that dominated the race, as after 2km only Woods, Martin, and his England teammate Peter Tootell had it between them, and, not unexpectedly, Martin's speed carried the day.

In the early break, Robert Costello (Irl), Samson Obwocha (Ken), Woods and Martin were most prominent, with Tony O'Leary (Irl), Adrian Callan (Scot), Eric De Beck (Bel), Marco Milani and Alessio Faustini (both Ita) and Michael Spottel (FRG) all well up. After 1500m of the 10km course, Woods, Martin, Tootell, Obwocha and O'Leary were the leading five, but the latter two could not sustain the effort, and the first three soon opened a gap of some five seconds. By halfway the leading trio were comfortably clear and still together, but by 8km Woods and Martin had a buffer of some 60m on Tootell, behind whom Obwocha had faded to tenth and Neil Cusack had replaced O'Leary as the leading home-based Irishman in eighth place.

Woods did all he could to blunt the edge of Martin's speed, but he was fighting a losing battle. With some 800m to go, Martin sprinted clear into an ever growing lead that he extended to ten seconds by the tape. A tiring Tootell held third ahead of Callan, and, it being a two-to-score contest, clinched the team race for England. Nonetheless, Woods in second staked strong claims to being a top contender for the BLE Senior Championships on February 23rd, where he looks certain to earn a place in the Irish team for the World Championships. Cusack could also be in the reckoning on the strength of his eventual 11th here, but the performances of Deegan, O'Leary, Costello and O'Toole, who took places 13 to 16, and Paul O'Callaghan, who finished outside the top 20, scarcely advertised their prospects for the Irish National or World Championships.

Men's 10km

1, E. Martin (England).....30:51
2, J. Woods (Ireland).....31:01
3, P. Tootell (England).....31:20
4, A. Callan (Scot 'B') 31:22; 5, A. Faustini (Ita) 31:26; 6, C. Haskett (Scot) 31:30; 7, M. Milani (Ita) 31:32; 8, E. De Beck (Bel) 31:38; 9, M. Spottel (FRG) 31:40; 10, S. Obwocha (Ken) 31:41; 11, N. Cusack (Irl 'C') 31:42; 12, E. Stewart (Scot) 31:45; 13, G. Deegan (W'ford) 31:51; 14, A. O'Leary (Irl 'C') 31:52; 15, R. Costello (Irl) 32:01; 16, J. O'Toole (Tulla) 32:07; 17, J. Fallon (Irl 'B') 32:12; 18, E. Van Gemeren (Neth) 31:14; 19, W. Perske (Pol) 32:21; 20, J. Holopainen (Fin) 32:25. *Teams:* 1, England 4; 2, Italy 12; 3, Ireland 17; 4, Scotland 18; 5, Ireland 'C' 25; 6, FRG 35.

Women's 4km

1, V. O'Mahoney (Togher).....13:47
2, I. DeLagrange (Belgium).....13:48
3, E. Palm (Sweden).....13:51
4, A. Keenan (Clon) 13:54; 5, C. Price (Scot) 13:56; 6, M. Donohoe (Clon) 14:02; 7, M. Friel (Crus) 14:26; 8, P. Rother (Scot) 14:30; 9, K. Hourihan (Clon) 14:33; 10, M. McAleenan (Clon) 14:36. *Teams:* 1, Clonliffe 19; 2, St. Finbarr's 50; 3, Leevale 54.

Carrigaline Christmas '10K' (December 26th). 1, L. O'Brien 31:16; 2, G. Wallace 31:19; 3, T. O'Halloran 32:08; 4, S. Harte 32:56; 5, C. Walsh 33:17; 6, P. Kerrigan 33:26. **Vets** — 1, J. O'Leary (O/45) 34:47; 2, J. O'Connell 35:53; 3, J. O'Callaghan (O/45) 36:19. **O/50** — D. Murphy 37:48. **O/55** — B. O'Sullivan 39:14. **Women** — 1, V. O'Mahony 36:54; 2, A. Wagner 41:44; 3, S. Stokes 41:52.

Cork County CC Champs, at Carrignavar (January 1st). 1, A. O'Leary 42:39; 2, L. O'Brien 43:17; 3, M. Casey 43:55; 4, G. Wallace 44:18; 5, B. Meade 44:41; 6, D. McCarthy 45:00. **Juniors** — 1, S. Gibbons 27:06; 2, J. Kearney 27:31; 3, J. Aspel 27:36. **Women** — 1, C. McCarthy 20:44; 2, E. Prunty 21:28; 3, J. Hough 21:42.

Kill '10', in Co. Waterford (January 5th). 1, P. Maher 51:34; 2, J. Fitzgerald 52:05; 3, B. Lacey 52:32; 4, D. McCarthy 52:40; 5, K. Walsh 53:26; 6, C. Kelly 53:36.

Southern Region CC Championships, at Tralee (January 19th). 1, L. O'Brien 42:36; 2, J. Fitzgerald 42:42; 3, T. Moloney 43:18.

Positive Running By 'JJ'

JOHN Joe Doyle led Wexford to the team title as he recorded the most significant victory of his career to date to beat former champion John O'Toole with Brendan Downey third at the Irish Eastern Region CC Championships at Trim on January 19th. If this was a surprise victory, the manner in which it was executed was of the highest order.

Six laps of clinging mud had to be covered in a strong, chilly wind, and Doyle set about proceedings in a very positive fashion indeed. Taking up the lead on the first lap, his long loping stride seemed undisturbed by the difficult underfoot conditions as he opened a gap of some 25m on the pack. O'Toole's forte is his strength, and on a course of this nature he was expected to come through as the race progressed, but on this occasion it was not to happen, as the longer the race progressed the bigger the gap between the leader and himself became. 28 seconds separated Doyle from O'Toole at the finish, with Downey a further 11 seconds behind in third. Doyle's Wexford teammates also performed above expectations, with Matt Flannery having a fine run in sixth spot as Wexford edged out Dublin by two points.

Mary Donohoe returned to her winning ways as she recorded a fine win over Ann Hilliard, with Greta Hickey third in the women's race. With Ann Keenan losing a shoe and contact with the leaders, the race developed into a three way battle between Greta, Ann and Mary after one circuit had been completed. It was down to Ann and Mary as they ran out together on the last lap, but although Ann has been having the better of recent races, this time it was to be the gritty Clonliffe lady who came out on top as she opened up seven seconds on the run to the tape.

Dublin City, at full strength for the first time this year and using the race as a trial for selection for their team for the defence of their European Clubs Championship, won the team title ahead of Clonliffe.

Nick Davis

Men

1, J. J. Doyle.....36:24
2, J. O'Toole.....36:52
3, B. Downey.....37:03
4, J. O'Connell 37:16; 5, T. Payne 37:23; 6, M. Flannery 37:24. **Juniors** — 1, D. Burke 27:39; 2, M. Ryan 27:41; 3, P. McCreevey 27:56; 4, P. Maloney 28:04; 5, S. Judge 28:10.

Women

1, M. Donohoe.....20:06
2, A. Hilliard.....20:13
3, G. Hickey.....20:20
4, D. Nagle 20:34; 5, A. Keenan 20:40; 6, U. Noctor 20:45.

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Adidas Sprint Trackspike. Sizes 3½, 6½, 8, 8½, 9½. Size 3½ Usual price £28 **Sale £15.** 6½-9½ Usual price £30.00 **Sale price £16.50.**

Adidas Long Jump. Sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10½, 11½, 12. Sizes 4-5½ Usual price £38 **Sale £22.** 6-12 Usual price £43.50 **Sale £25.00.**

Adidas High Jump Fosbury Left Ft. Sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 11½, 12. 4-5½ Usual price £34. **Sale price £20.** 6-12 Usual price £39.95 **Sale price £23.50.**

Adidas High Jump Straddle Left Ft. Sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12. Sizes 5-5½ Usual price £34 **Sale price £20.** 6-12 Usual price £39.95 **Sale price £23.50.**

Adidas High Jump Straddle Right Ft. Sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12. Sizes 4-5½ Usual price £34 **Sale £20** 6-12 Usual price £39.95 **Sale price £23.50.**

Adidas High Jump Fosbury Right Ft. Sizes 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 10, 10½ 11½, 12. Size 6-5½ Usual price £34 **Sale £20** 6-12 Usual price £39.95 **Sale price £23.50.**

Adidas Javelin Boots. Sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8½, 9, 9½, 10½, 11½, 12, 12½, 13. Sizes 4-5½ Usual price £49.95 **Sale £33.** 6-13 Usual £57.50 **Sale £39.95.**

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Adidas Road Walking Sizes 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 10, 10½, 11. Sizes 4-5½ Usual price £55 **Sale price £35.** 6-11 Usual price £63.50 **Sale price £42.00.**

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CROSS COUNTRY ROUND-UP

Gloucester AC Christmas Handicap

December 14th

1, D. Dowdle (Gloucester).....35:57
2, D. McNamee (Cheltenham).....36:06
3, S. Brown (Cheltenham).....36:17
4, C. Harvey (Glouc) 36:21; 5, L. Davis (Glouc-V) 36:34; 6, T. Jefferies (Yate-V) 36:48; 7, W. Oliffe (Glouc) 36:50; 8, N. Wagner (Glouc-B) 36:52; 9, M. Robinson (Glouc) 36:53; 10, R. Sparkes (Glouc) 36:54. *Handicap:* Brown.

Gloucester AC Championships

At Black Bridge, December 21st

1, G. Neely.....27:59
2, W. Oliffe.....29:03
3, C. Harvey.....29:20
4, L. Davis (V) 29:37; 5, M. Hill 29:59; 6, J. Mitchell 30:19; 7, D. Spackman (V) 31:04 . . . 9, R. Wakeham (V) 31:56. **Youths** — 1, N. Spurdell 14:54; 2, A. Foster 15:23; 3, D. Tandy 15:43. **Boys** — 1, M. Kelly 8:53; 2, M. Ingram 9:02; 3, N. Wagner 9:52. **Colts** — 1, D. Kelly 7:50; 2, M. Cryer 7:53. **Women** — 1, E. Lee (V) 17:15; 2, D. Dent (V) 18:31. **Girls** — 1, K. Owen 8:17; 2, T. Dent 8:47.

Liverpool & District CCU Champs

At Arrowe Park, January 11th

1, J. Woods (Liverpool).....37:17
2, B. Currie (Liverpool).....38:17
3, C. Dagnall (Liverpool).....38:51
4, P. Morris (Liv) 39:03; 5, D. Wilson (Liv) 39:15; 6, S. Ogden (St. H) 39:19; 7, E. White (Liv) 39:25; 8, B. Donnelly (Wirr) 39:31; 9, D. Lindesay (Wirr) 39:46; 10, F. Davies (Liv) 39:53; 11, K. O'Toole (Liv. P) 40:01; 12, G. Settle (Warr) 40:02; 13, R. Wood (Frod) 40:07; 14, D. Barnes (Wirr) 40:09; 15, S. James (S'port W) 40:11; 16, D. Gaynor (Liv. P) 40:14; 17, I. Corrin (S. Liv) 40:23; 18, W. Lindesay (Wirr) 40:26; 19, M. Corkhill (S. Liv) 40:27; 20, D. Wilkinson (Wirr) 40:29. *Teams:* 1, Liverpool 22; 2, Wirral 96; 3, Liverpool Pem. 175; 4, Sefton 182; 5, S. Liverpool 272. **Juniors** — 1, J. Robinson (Wirr) 27:32; 2, G. Grant (Liv) 27:44; 3, S. Shepley (Wirr) 27:53; 4, D. Reilly (Liv) 28:10; 5, P. McGrath (Seft) 28:21; 6, A. Roberts (Liv. P) 28:25; 7, P. Jones (Liv. P) 28:38; 8, J. Griffiths (St. H) 28:54. *Teams:* 1, Liverpool 26; 2, Wirral 33. **Youths** — 1, C. Teague (Liv) 22:29; 2, R. Jones (Wirr) 22:51; 3, S. Duffy (Liv. P) 23:03; 4, D. Walker (Sutt) 23:24; 5, M. Gibson (Liv. P) 23:42; 6, J. Caldwell (Liv. P) 23:47; 7, R. Bennett (Liv. P) 23:57; 8, S. Kelly (Wirr) 24:01. *Teams:* 1, Liverpool Pem. 21; 2, Wirral 35; 3, Sutton (St. H) 72. **Boys** — 1, M. King (Wirr) 12:18; 2, N. Harvey (Wirr) 12:20; 3, M. Hughes (Wirr) 12:38; 4, G. Morgan (Wirr) 12:42; 5, P. Delaney (Liv. P) 12:52; 6, S. Gargill (Sutt) 12:55. *Teams:* 1, Wirral 10; 2, Liverpool 56. **Colts** — 1, R. Morgan (Wirr) 12:14; 2, J. Holloway (Warr) 12:22; 3, C. May (Liv) 12:25; 4, S. Kefford (Warr) 12:32; 5, J. Atherton (Wirr) 12:37; 6, B. Woodhall (Liv) 12:37. *Teams:* 1, Wirral 23; 2, Warrington 31; 3, Liverpool 42.

Inter-Club 7½M

At Chingford, January 11th

1, A. Iszatt (South London).....45:08
2, L. Marsh (South London).....45:10
3, J. Wallis (Orion).....45:21
4, J. Goldring (Orion) 45:31; 5, R. Marriott (SLH) 45:41; 6, F. Upcott (SLH) 47:10; 7, P. Filler (Orion) 47:52; 8, P. Timblick (SLH) 48:10; 9, A. Evans (SLH) 48:19; 10, T. Horn (SLH) 48:28; 11, K. Haw (SLH) 49:01; 12, B. Atwell (SLH) 49:01; 13, R. Mills (Orion) 49:05; 14, R. Goad (Orion) 49:10; 15, W. Reavell (Orion) 49:15. *Teams:* 1, Orion 546; 2, S. London 596.

Veterans AC Championships

At Wimbledon Common, January 16th

1, L. O'Hara (O/50).....26:16
2, D. West (O/45).....26:46
3, F. Shipman.....26:58
O/55 — C. Walker 29:39. **O/60** — H. Tempan 31:05. **O/65** — D. Eyers 33:25. **Women** — J. Laird 34:51. **O/40** — V. Collison 40:28. **O/55** — B. Norrish 37:21.

Croydon Advertiser Schools Races

January 18th

Snr. Boys — 1, A. Bate 20:28; 2, J. Gevers 20:47; 3, S. Kench 21:23; 4, M. Burrows 21:33; 5, P. Wykes 21:45. *Team:* Skinners. **Inters** — 1, S. Dunne 17:20; 2, M. Lawton 17:37; 3, R. Palmer 17:45; 4, L. Huffey 17:45; 5, A. Jones 18:00. *Team:* Skinners. **Jnrs** — 1, L. Bulson 12:42; 2, M. Purser 12:56; 3, N. Jones 13:02; 4, D. Kavanagh 13:07; 5, N. Arnott 13:09. *Team:* Skinners.
Inter. Girls — 1, N. Dennis 13:49; 2, M. Baker 14:04; 3, E. Buss 15:35. *Team:* Riddlesdown. **Jnrs** — 1, H. Payne 10:20; 2, M. O'Hara 11:06; 3, R. Crane 11:08. *Team:* Lingfield.

Belgrave H 10M Championships

At Wimbledon, January 18th

1, Martin Lake.....59:55
2, M. Bizio.....61:53
3, Mike Lake.....62:08
4, M. Mead 63:04; 5, L. Lyons 63:36. *Handicap:* Martin Lake.

Gloucester AC Open Races

At Black Bridge, January 18th

1, J. Mitchell (Gloucester).....21:01
2, P. Hoddy (Gloucester).....21:06
3, G. Doyley (Swindon).....21:50
4, I. Prentice (Bourt) 21:56; 5, R. Smith (Glouc) 21:57; 6, C. Gaunt (Glouc) 22:00; 7, K. Buckle (Chelt-V) 22:37; 8, D. Dowdle (Glouc) 22:42; 9, R. Wakeham (Glouc-V) 22:44 . . . 11, T. Cook (Stroud-V) 23:06. **Young Athletes** — 1, J. Collins (Glouc) 7:12; 2, T. Wakeham (Glouc) 7:15; 3, C. Lane (Chelt) 7:18 . . . 5, R. Bratty (Glouc-B) 7:58; 8,

D. Marshman (Yate-B) 8:13; 9, E. Vowles (C) 8:19; 10, C. Harris (Glouc-C) 8:20. **Women** — 1, J. Barnes (Chelt) 18:11; 2, C. Harrison (Glouc) 18:44; 3, P. Rust (Glouc) 19:31.

Inter-Club Meeting

At Horsham, January 18th

1, S. Faulkner (Phoenix).....29:22
2, M. Sheridan (GEC Avionics).....29:27
3, J. Roots (GEC Avionics).....29:53
4, G. Ashdown (B&H-V) 30:18; 5, T. Atkin (Hors) 31:03; 6, A. Matson (Craw-V) 31:07; 7, M. Platell (Hors) 31:14; 8, M. Campbell (Worth) 31:15; 9, C. Wray (Hors) 31:24; 10, R. O'Mahony (Lew) 31:51. *Teams:* 1, Horsham BS 54; 2, GEC Avionics 78; 3, Crawley 85. **Women** — 1, C. Weyman (Hors. J) 18:43; 2, C. Coles (Worth) 19:15; 3, M. Whitehead (Hors. J) 19:32.

Eshott Milk Meeting

At Alnwick, January 19th

Men

1, A. Jenkins (Morpeth).....37:24
2, K. Boal (Sunderland).....38:05
3, L. Atkinson (Alnwick).....38:15
4, A. Wears (J&H) 38:34; 5, C. Abbott (N. Ayc) 38:48; 6, P. Johnson (Gos) 39:02; 7, J. Hunt (Crook) 39:09; 8, S. Gaines (Mor) 39:32. *Teams:* 1, Morpeth 19; 2, Jarrow & H 26. **Boys** — 1, I. Goodwin (Mor) 13:49; 2, G. Pattinson (Mor) 14:06; 3, L. Jefferson (Sun) 14:12; 4, B. Eastham (Mor) 14:21; 5, A. Pringle (DHS) 14:22.

Women

1, C. Boxer (Aldershot, Farnham & Dist.).....14:03
2, K. Barnett (Morpeth).....15:36
3, P. McFarland (Claremont-V).....16:06
4, M. Laughlin (US) 16:46; 5, G. Douglas (Heat) 16:59. **Juniors** — C. Shields (Mor) 16:53.

Brooks 'Fun Runs'

At Tweseldown, January 26th

Men

1, D. Larner (3 Para).....30:05
2, C. Byrne (Fleet & Crookham).....30:26
3, M. Lake (Alton Joggers).....30:41
4, D. Ruffle 30:53; 5, D. Lilly (DP) 30:59; 6, J. Tomlinson (C'ley) 31:15; 7, M. Chuter (Bel) 31:26; 8, J. Jinks 31:45. **Youths** — 1, J. Alhassan 15:33; 2, T. Abrahams 16:38. **Boys** — 1, M. Hughes 14:30; 2, N. Leonard 14:49; 3, S. Mitchell 14:59. **Colts** — 1, R. Reading 8:10; 2, D. Cooper 8:14; 3, B. Collins 8:29. **U/11** — D. Reading 8:02.

Women

1, A. Perren.....36:33
2, S. Thomas.....38:00
3, M. Parsons.....38:48
Juniors — 1, D. Vick 15:59; 2, E. Woodhatch 16:47. **Girls** — 1, N. Cockarill 8:12, 2, D. Farrell 8:13; 3, A. Walters 8:20. **U/11** — T. Garrett 8:44.

BOROUGH OF ENFIELD HARRIERS
present

LADIES & YOUNG ATHLETES ROAD RELAYS

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

SUNDAY, MARCH 16th, 1986

Queen Elizabeth Stadium, Enfield

2.30 p.m. **3 × 1½ miles** (Girls).
3 × 1½ miles (Jun Ladies)

3.15 p.m. approx **3 × 1½ miles** (Int/Sen Ladies)
(All ages as at 1st September, 1985)

4.00 p.m. approx. **6 × 2 miles** (2 Colts, 2 Boys, 2 Youths). (N.B. Colts aged 11 and U/13 years — Boys aged 13 and U/15 years — Youths aged 15 and U/17 years as at 1.9.85).

The course will be flat and virtually traffic free — Take-overs will be in the Enfield Playing Fields adjacent to the Stadium. Ample Coach and car parking available. Dressing Rooms and showers at the Stadium. Refreshments available.

Awards: Medals to first three teams in each race plus ind. lap awards to fastest Girl, Junior Lady, Int/Sen. Lady, Colt, Boy and Youth.

Entries: On A.A.A. & W.C.C.A. Team Entry Forms please to Mr. R. Stratton, 263, Larkshall Road, Chingford, London E.4 9HY. (Tel. 01-524-2655) — £2.00 per team (Ladies events) or £4.00 per team (Y.A. event). Cheques/P.O. should be crossed and made payable to Borough of Enfield Harriers. Please enclose S.A.E. for ack. and travel directions etc.

Entries close: Wednesday March 5th

1986 **NALGO NATIONAL CROSS COUNTRY CHAMPIONSHIPS**

(Under AAA and WAAA Laws)

SATURDAY, 15th MARCH

Prizes donated by NIKE

Sponsored by: NALGO INSURANCE ASSOCIATION LIMITED



MUNICIPAL MUTUAL Insurance Limited

GATESHEAD INTERNATIONAL STADIUM RIVERSIDE PARK

1.15 pm

See PUBLIC SERVICE for details or Contact BILL GREEN or DICK LYNCH on 091-4783821

Brighton & Hove A.C.
3rd
Brighton Marina

10KM OPEN ROAD RACE

(Under AAA & WAAA Rules)

Sponsored by BRENT WALKER plc.

SUNDAY, 27th APRIL, 1986

12 Noon Start

Entry Limit: 1000 Closing Date: 15th April

Minimum Prizes: 1st × 10 men/1st × 3 Ladies.
1st × 3 vets 40+/1st vet 50+.
1st × 4 teams (4 to score).

Entries: Send with name, sex, address, club, date of birth, entry fee, etc. to: Brighton Marina 10K, P.O. Box 373, Portslade, Brighton, BN4 2HX. You must include a 10" × 8" S.A.E. to ensure return of numbers and pre-race information.

Entry Fee: £2.00 attached (or AAA scheme no). £2.50 unattached. Cheque/P.O. payable to Brighton & Hove A.C.

WORKSOP HARRIERS A.C. present

THE ARROW

YOUNG ATHLETES INDOOR TROPHY MEETING

(Under AAA's & WAAA's Laws)

SUNDAY, 2nd MARCH, 1986

Start 10.00 a.m.

Bassetlaw Centre, Eastgate, Worksop, Notts.

50mH Colts, Boys, Youths, M. Girls, J. Ladies, Int. Ladies.

50m Sprint U/11 Boys, Colts, Boys, Youths, U/11 Girls, M. Girls, J. Ladies, Int. Ladies.

High Jump Boys, Youths, J. Ladies, Int. Ladies.

Long Jump U/11 Boys, Colts, U/11 Girls, M. Girls.

Triple Jump Boys, Youths.

Shot (16m max) Boys, Colts, Youths, J. Ladies, Int. Ladies.

Awards 1, 2 & 3 according to entries.

Entries 50p per Event. Closing date 20th February, 1986. (Please note no late entries).

Entries with s.a.e. to: Mrs. J. Keogh, 4 New Cottages, Holbeck Woodhouse, Worksop, Notts.
Telephone Enquiries to: Mrs. Jean Keogh Worksop 723113. Mr Dave Jones Worksop 720014.

AGES AS AT 31st AUGUST, 1985

Tartan surface 6mm max. spikes

LOUGHBOROUGH STUDENTS 10KM

SUNDAY, 9th MARCH

3.00 pm Start

(Under AAA's/WCCA's Rules)

Start and Finish on University Track

Fast flat course

Prizes: First 3 women, first 5 men.
First womens team, first 3 mens teams.
First over 40 Male & Female.
Teams — 4 men, 3 women.

Entry Fee: £2.00 **By 3rd March** inc. S.A.E. if acknowledgement required. Cheques payable to L.S.C.C.C. Non affil. £2.50.

Entries to: Debra Casey, c/o Cross Country Club, Loughborough Students Union, University of Technology, Ashby Road, Loughborough, Leics LE11 3TU.

LLANGOLLEN TOWN COUNCIL

CASTELL DINAS BRAN SEVEN MILES ROAD RACE

Make 1986 the year you accept the challenge to run the Castell Dinas Bran Seven Miles Road Race. Make it a day out for the family too. Scenic Route.

SATURDAY 24th, MAY 1986

(Spring Bank Holiday Saturday)

Start — Town Hall, Llangollen

Senior Race 3 pm. Under 16 years 2 pm.

Trophies, Medals and Prizes awarded for Senior Men, Senior Ladies, Veterans, Under 18 years, Under 16 yeas, Under 14 Years, teams etc.

Entry Forms and further details from: The Town Clerk, Llangollen Town Council, Town Hall, Llangollen, Clwyd. Telephone — 0978 861345.

Entry Fee £1. Under 16 years 40p. **Closing date for entries 19th, May 1986.** No entries will be accepted on the day.

Registration: Town Hall Foyer
Changing Rooms: Dinas Bran School.

Run under AAA and WAAA rules.

MEDALS TO ALL FINISHERS

Europe: Women set three world indoor bests

EAST European women athletes have taken top honours during the early part of the European indoor season. In East Berlin, Heike Drechsler (GDR) long jumped 7.25 and 7.29m on January 25th to equal and then break Galina Chistyakova's world best, with Cornelia Oschkenat (GDR) next day clocking 6.73 for 50m hurdles to shave 1/100th off the mark shared by Anneliese Ehrhardt and Zofia Bielczyk. At Volgograd on January 28th, Olga Bondarenko (USSR) — former world record holder for 10,000m — took five whole seconds off Mary Slaney's 3000m figures with a time of 8:42.3. No records yet on the men's side, but near misses were registered by Maris Bruziks (USSR) who triple jumped 17.32m at Vilnius in January, just one centimetre short of Grigoriy Yemets' European standard, and by Stephane Caristan, whose 60m hurdles time of 7.55 in the French Championships at Lievin on January 26th moved him to third on the world all-time list headed by Thomas Munkelt at 7.48.

Leading European Indoor Results

29.12. Dortmund (FRG). 60m: Grutman (Bel) 6.5; women's 60: Fiere-Cooman (Neth) 7.2. **—.1. Vilnius (USSR).** TJ: Bruziks 17.32; women's LJ: Bereshnaya 6.99. **—.1. Florence (Ita).** LJ: Evangelisti 8.11; TJ: Badinelli 16.79; SP: Montelatici 20.51; women's HJ: Simeoni 1.91. **5.1. Dortmund.** 1500: Monkemeyer 3:43.6; women's 800: van Hulst (Neth) 2:04.5. **10.1. Kortessem (Bel).** HJ: Thranhardt (FRG) 2.30, Annijs 2.25. **11.1. Mainz (FRG).** Women's LJ: Hirsch 6.60. **12.1. Dusseldorf (FRG).** Women's 60H; Oker 8.10. **12.1. Dortmund.** Women's 200: Kinzel 23.80; HJ: Bramhoff 1.89. **12.1. Senftenberg (GDR).** Women's 400: (oversize track) Pfaff 52.9. **17.1. Simmerath (FRG).** HJ: Thranhardt 2.34, Mogenburg 2.31, Annijs 2.31 . . . 6, Stones (US) 2.20; women's HJ: Skibicki & Brigitte Holzapfel 1.90. **18.1. Munich (FRG).** 60: Haas 6.68; women's SP: Losch 19.33. **18.1. Sindelfingen (FRG).** Women's 60: Gaugel 7.33 (7.31 ht). **19.1. Berlin (FRG).** Women's LJ: Buballa 6.54. **19.1. Schwedt (GDR).** Women's HJ: Bienias 1.97, Kuhn 1.91, Gunz 1.91. **19.1. Paris (Fra).** Women's 600: Debois 1:28.0; LJ: Fourcade 6.64, Debois 6.50. **21.1. Minsk (USSR).** HJ: Kotovich (1.82m/5'11½" tall) 2.34; women's HJ: Butusova & Brigadnaya 1.92. **22.1. Brussels (Bel).** HJ: Sjoberg (Swe) 2.32, Thranhardt (FRG) & Mogenburg (FRG) 2.30, Annijs 2.28, Zvara (Cze) 2.28, Ottey (Can) 2.24, Nagel (FRG) 2.24, Bensch (FRG) 2.20, Stones (US) & Dalhauser (Swi) 2.20, Wszola (Pol) 2.15.

25/26.1. Lievin. (French Champs) 60: (a) Richard 6.62, Moriniere 6.63, Marie-Rose 6.65; 200: (b) Marie-Rose 21.21, Canti 21.24; 400: (b) Gui 46.96, Zorgui 47.13; 800: (b) Lavie 1:49.64; 1500: (b) Clouvel 3:43.37; 3000: (b) Itsweire 8:02.22; 60H: (b) Caristan 7.55, Aubert 7.82; HJ: (b) Gouzalc'h 2.19; PV: (a) Collet 5.71, Houvion & Leveur 5.40; LJ: (b) Brige 7.77; TJ: (a) Helan 16.44; SP: (b) Journoud 17.17; 5kmW: (a) Fesselier 19:47.65, Neff 19:47.95; women's 60: (b) Bily 7.32, Leroy 7.36; 200: (a) Ficher 23.77, Simon 24.09; 400: (b) Debois 53.42, Lise 53.76; 800: (b) Lebreton 2:06.11; 1500: (b) Petitbois 4:25.55; 60H: (a) Piquereau 8.00, Elloy 8.12, Ewanje-Epee 8.20, Kaftandjian 8.24, Chardonnet 8.26; HJ: (a) Ewanje-Epee 1.92, Beaugendre 1.90; LJ: (b) Fourcade 6.52; SP: (a) Creantor 15.89; 3kmW: (a) Griesbach 14:04.54. **25/26.1. Berlin (GDR)** (oversize track). 50: (a) Bringmann 5.76, Bryzgin (USSR) 5.79, Schulz 5.81 (5.79 ht); 200: (b) Hubler 21.42; 400: (b) Schersing 46.39, Schonlebe 46.62, Moller 47.13; 800: (b) Kaliebe 1:49.2, Mogalle 1:49.3, Hauck 1:49.4; 50H: (b) Pohland 6.60, Rinckleb 6.73; LJ: (a) Beer 8.02, Hirschberg 7.91; TJ: (b) Mai 16.96, Elbe 16.66, Gamlin 16.58; SP: (a) Timmermann 20.52; women's 50: (a) Gladisch 6.13, Gohr 6.16, Koch 6.19, Auerswald 6.26; 200: (b) Emmelmann 23.26, Rieger 23.72, During 23.89; 400: (b) Muller 51.25, Hesselbarth 52.37; 50H; (b) Oschkenat 6.73 **(world best),** Knabe 6.83, Uibel 6.87; HJ: (b) Gunz 1.98, Bienias 1.96, Helm 1.94; LJ: (a) Drechsler 7.29 **(world best);** 7.00, 7.00, —, 7.25, 7.29, —), Radtke 7.00, Geissler 6.82; SP: (b) Krieger 20.00, Hartwig 19.95. **26.1. Macolin (Swi).** SP. Gunthor 21.80. **28.1. Volgograd (USSR).** Women's 3000: Bondarenko 8:42.3 **(world best). 30.1. Sindelfingen.** 60: Desruelles (Bel) 6.64, Haas 6.66; 200: Skamrahl 20.94, Lubke 21.06; 500: Vaihinger 62.12; 1000: Thau 2:21.21, Wulbeck 2:21.44; women's 60: Hirsch 7.28, Pisiewicz (Pol) 7.30, Gaugel 7.32; 200: Thimm 23.14, Gaugel 23.19, Kinzel 23.93; 1000: Walterova (Cze) 2:42.89.

1.2. Lievin. (GDR 71, France 60; France 79, Benelux 53) 60: Bringmann (GDR) 6.65, Desruelles (B) 6.67, Richard 6.71, Marie-Rose 6.72; 200: Quentrec 21.24, Strassburger (GDR) 21.61; 400; Schersing (GDR) 46.77, Moller (GDR) 47.39, Canti 47.62; 800: Tonnelier 1:49.10, Lavie 1:49.89, Wagenknecht (GDR) 1:50.81; 1500: Hauck (GDR) 3:44.50, Dreissigacker (GDR) 3:45.20; 3000: Heine (GDR) 8:02.32, Melzer (GDR) 8:04.60; 60H: Caristan 7.65, Pohland (GDR) 7.76, Aubert 7.87; HJ: Annijs (B) & Sam (GDR) 2.21, Gicquel 2.21, Gouzalc'h 2.21; PV: Collet 5.60, Houvion 5.50, Pietz (GDR) 5.40; LJ: Broothaerts (B) 7.62, Brige 7.62, Beer (GDR) 7.58; TJ: Elbe (GDR) 16.56, Mai (GDR) 16.53, Helan 16.50; SP: Timmermann (GDR) 20.59, Gorner (GDR) 19.23, Viudes 19.11; 5kmW: (non-match) Neff 19:56.90, Guebey 20:03.52, Martens (B) 20:07.12. **Women** — (GDR 70, France 29; France 63½, Benelux 34½) 60: Gohr (GDR) 7.07, Fiere-Cooman (B) 7.14, Gladisch (GDR) 7.16, Bily 7.36; non-scoring: Drechsler (GDR) 7.25; 200: Emmelmann (GDR) 23.04, Rieger (GDR) 23.61, Ficher 23.72, Simon 23.94; 400: Muller (GDR) 51.01, Pfaff (GDR) 52.91, Lise 54.30; 800: Ludwigs (GDR) 2:01.46, Guerrero-Lebreton 2:03.89; 1500: Bibernel (GDR) 4:12.16, Leist (GDR) 4:15.22; 60H; Oschkenat (GDR) 7.80, Elloy 8.04, Knabe (GDR) 8.09, Piquereau 8.13; HJ: Gunz (GDR) 1.97, Bienias (GDR) 1.91, Ewanje-Epee 1.88; LJ: Drechsler (GDR) 7.08, Radtke (GDR) 6.91, Fourcade 6.66, Debois 6.55; SP: Krieger (GDR) 20.36, Neimke (GDR) 18.92.

Spain: Gonzalez for European indoor gold?

WITH Jose Abascal slightly injured, **reports Ignacio Romo,** Jose-Luis Gonzalez is Spain's best prospect to take the European indoor 1500m title on home ground in Madrid. Running at Ovideo on January 18th, 'Pepe' ran brilliantly for a 3:37.7 timing, clocking 69.7 for the last 500m.

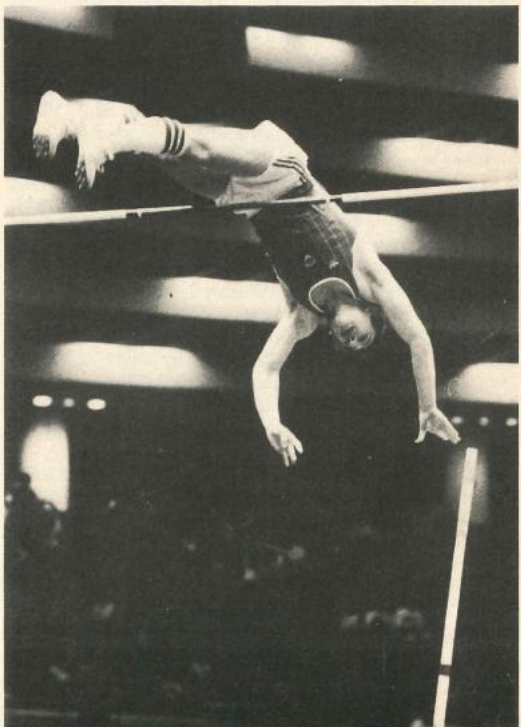
Steve Jones produced a great exhibition of front running when winning the 10.9km cross country event at Elgoibar on January 12th, finishing 25 seconds ahead of his nearest opponent. Jones said afterwards: "I think I can get a good place in the World Cross Country Championships at Neuchatel. I've seen the course and I like it. This year I'll be running two marathons: one at Stuttgart and another one which could be Boston, Chicago or New York. I feel it is possible to run 2:06".

Jane Shields scored a very convincing victory over former world champion Carmen Valero in a 3.6km cross country race in San Sebastian on January 26th, **writes George Dunn.** She led practically from the start to win by over 50m. The men's 10km race was a much closer affair, with Constantino Esparcia winning narrowly from Ethiopia's Wodajo Bulti. Kevin Forster, who was up with the leaders at the start of the second large lap, finished third. Steve Emson gained a few places on the last lap to place 12th but Karl Harrison struggled home 38th, his breathing very bad. Ahead of him came two other British runners in Robert Quinn of Scotland and Mike Bishop of Wales. The going was heavy.

5.1. San Sebastian. 10.5km road: Reis (Por) 31:16, Navarrete (Col) 31:20, MIKE BISHOP (Wal) 31:21, STEVE EMSON (Eng) 31:22, BRIAN RUSHWORTH (Eng) 31:24, DON SPEIGHT (Eng) 31:35 . . . 8, KEN DAVIES (Wal) 31:52; 9, NIGEL ADAMS (Wal) 32:03. Teams: 1, England; 2, Wales; 3, Colombia. **11.1. San Sebastian.** Indoor 3000: Anton 7:59.5, Lopez-Egea 7:59.5; 60H; Moracho 7.81; women's 200; Perez 23.6. **12.1. Elgoibar.** 10.9km CC: STEVE JONES 33:33, Campos (Por) 33:58, Navarrete (Col) 34:00, Polo 34:18 . . . 7, PAUL RODEN 34:31 (led for first 3km); 11, GEOFF WIGHTMAN 35:01. Teams: 1, Spain 15; 2, UK 29; 3, Colombia 43. Women — JANE SHIELDS 14:00, Estevez 14:21. **18.1. Oviedo.** Indoor 400: Alonso 47.6; 1500: Gonzalez 3:37.7, Carreira 3:40.8, Hidalgo 3:41.7; women's 200; Lacambra 24.0; 400: Perez 53.9. **19.1. Segovia.** CC: Esparcia 27:05, Navarrete (Col) 27:07, Adsuara 27:13, Regalo (Por), Lopez-Egea, KEVIN FORSTER . . . 26, COLIN REITZ. **26.1. San Sebastian.** 10km CC: Esparcia 30:29, Bulti (Eth) 30:30, FORSTER 30:37, Matias (Por) 30:44, Levisse (Fra) 30:48, Polo 30:50, Adugna Lenma (Eth) 30:51, Alario 30:53 . . . 12, EMSON 31:00; 22, Navarrete (Col) 31:19; 25, ROBERT QUINN 31:29; 28, MIKE BISHOP 31:34; 30, Kipkemboi (Ken) 31:39; 31, Reis (Por) 31:41; 38, KARL HARRISON 32:00. Women's 3.6km: SHIELDS 12:07, Valero 12:17, Darami (Mor) 12:19.

Other European CC and Road Results

1.12. Rotterdam (Neth). 10M road: JOHN GRAHAM 48:20, v. d. Wansum 48:38; women — van Hulst 55:40. **12.1. Egmond (Neth).** Half Mar: Jorgensen (Den) 1:07:07, Hagelsteens (Bel) 1:07:21, ten Kate 1:08:19, Carlos Lopes (Por) 1:08:30, Vanderherten (Bel) 1:08:51 . . . 10, Nijboer 1:09:13; Vets — Natvig (Nor) 1:11:52, MIKE HURD 1:13:04; women — Beurskens 1:18:16, Ilands (Bel) 1:20:13, Hanssen (Den) 1:20:53. **12.1. Furth (FRG).** 10km CC: Hartmann (Aut) 31:27, JON SOLLY 31:54, Herle 32:02, STEVE HARRIS 32:16, Salzmann 32:21, Daenens (Bel) 32:36 . . . 10, BARRY KNIGHT 32:55; women's 4km: Cunha (Por) 14:19; Riermeier 14:22, Vansteenbroeck (Bel) 14:24, YVONNE MURRAY 14:38. **19.1. Le Mans (Fra).** 11.3km CC: Rousseau (Bel) 34:38, Watrice 34:56, Depauw (Bel) 35:01, Berau 35:04, TONY MILOVSOROV 35:07, Le Stum 35:09, Bounour (Alg) 35:17, Levisse 35:20, Prianon 35:22, STEVE EMSON 35:25. **19.1. Lisbon (Por).** 9.6km CC: CRAIG MOCHRIE 26:34, GARY CROWTHER 26:43, Carvalho 26:49.



Sergey Bubka sets his world pole vault record of 5.87m.

Photo: The Yomiuri Shimbun

USA: Dial is latest pole vault record breaker

WHAT a season it's proving for indoor pole vaulting! Billy Olson (USA) started the ball rolling as early as December 28th when in the Canadian city of Saskatoon he added a centimetre to the world indoor best of 5.85m held by France's Thierry Vigneron. Sergey Bubka (USSR) retaliated with a 5.87 clearance in Osaka on January 15th, but since then it has been an all-American show. Olson, who oddly enough has never gone higher than 5.72 outdoors, reached 5.88 in Los Angeles on January 17th and 5.89 (for his **tenth** indoor record) at altitude in Albuquerque on January 25th . . . but he in turn was surpassed by Joe Dial with a 5.91 clearance at Columbia, Missouri, on February 1st. The world all-time pole vault list now looks this way:

6.00	Sergey Bubka (USSR)	1985
5.91	Thierry Vigneron (Fra)	1984
5.91i	Joe Dial (USA)	1986
5.90	Pierre Quinon (Fra)	1985
5.89i	Billy Olson (USA)	1986
5.85	Konstantin Volkov (USSR)	1984
5.85	Vasiliy Bubka (USSR)	1985
5.82	Mike Tully (USA)	1984
5.82	Aleksandr Krupskiy (USSR)	1984
5.82	Aleksandr Parnov (USSR)	1985

Who **is** Joe Dial? Well, he had two previous claims to fame. Standing 1.76m/5'9" tall and weighing 68kg/150lb he must be among the smallest of all world class vaulters; while, thanks to his father's enthusiasm, Joe began vaulting when just five years of age! His dad, Earl Dial, was himself a 3.76m performer back in 1950 (using a bamboo pole), and he installed a vaulting runway and landing area in the front yard of the family's Oklahoma home. Young Joe took to the event like a duck to water and was always outstanding for his age, clearing 4.47 at 15 and 5.31 (his first American High School record) at 17. The following year (1981) he ranked as the world's second best Junior with a height of 5.52.

Progress slowed down for the next three years (he narrowly failed to make the Olympic team), but in May 1985 he set American records of 5.83 and 5.85, using a 16'6"/190lb (5.03/86kg) pole off a 115ft (35m) approach run. He went on to capture the NCAA and TAC titles last summer, and now Danial Joe Dial ranks as the equal second highest vaulter of all-time. In *Trackwise* recently (January 11th), mention was made that Wladyslaw Kozakiewicz improved every single year from his start in 1964 (vault of 1.80) to 1977 (5.66) . . . 14 seasons on the trot. That extra-

GUINNESS
SPORTS WORLD

5 MILE
CLASSIC

DUBLIN
SUNDAY, MARCH 2nd, 3 p.m.

★ PRIZE FUND £3,000 ★

1st 10 Men
1st 3 Jnr U/19
1st 3 Vets O/40

1st 10 Women
1st 3 Jnr U/19
1st 3 Vets O/35

Special Race T-Shirt
to first 750 entries.

Spend a weekend in Dublin!
You get here, we accommodate you.
Contact Mick Dowling, 58A Terenure Road North, Dublin 6. Phone: 960125.

MICHELIN ATHLETIC CLUB
17th Annual
10 MILE
ROAD RACE
(under AAA & WAAA laws)



Sunday, 1st June 1986
Start 12 noon Michelin Sports Centre,
Rosetree Avenue, Trent Vale, Stoke-on-Trent ST4 6NL
Tel. (0782) 642369
Extensive prize list -
commemorative plate to all finishers.
Entry forms available NOW from above address.
Send S.A.E. immediately - only first 3,000 entries accepted.
CLOSING DATE FRIDAY, 2nd MAY
Assisted by Ron Hill Sports
Dales Sports

BRENT LEISURE SERVICES/SPORTS COUNCIL

Presents their 4th

MINI-MARATHON (10.8) & FUN RUN (3.6 Miles)

(Under AAA/WAAA Laws)

Sponsored by TESCO

On SUNDAY 9th MARCH, 10.00 am

Start and Finish Brent Town Hall

Hugh Jones (54-14 mins) Libby Pfeiffer (66.77 mins)

Entries to: Room 219, Brent House, 349 Wembley High Road, Wembley, Middx, HA9 6VA. **By first post 3rd March.** SAE for sponsor form, route map and number. **Fees: Mini-Marathon** £1. (£1.50 Non Club Members). **Fun Run** 50p (Family 3 or more £1.00) Cheques/P.O. Payable to Brent Sports Council. **Prizes:** All finishers will receive a medal, there will also be spot prizes.

Full Name_____

Address_____

_____ Post Code_____

Tel No._____ Male/Female*

Date of Birth_____ Fee_____

Club _____

I declare that I am an Amateur as defined by AAA/WAAA rules and that I will abide by these rules and that I run at my own risk.

Signed_____ Date_____

RUN IN THE HEART OF BRECKLAND
PROBABLY EAST ANGLIAS BEST

THE BRECKLAND 10 ROAD RACE

AAA Permits Applied for. R.R.C. Standards

Our usual extensive prize list for all categories plus spot prizes.

Good facilities, changing, refreshments post race video, quiet course.

SUNDAY, APRIL 6th at 2.30 p.m.

Youth Centre, Thetford, Norfolk.

Entries: £1.00 club. AAA Reg. or £1.50 U/A. Enclose 9 × 4 S.A.E.

Closing date March 30th

To: Arthur Clarke, 14 Hardy Close, Thetford, Norfolk, IP24 1LF. Cheques P.O.'s to: "Thetford A.C." State age & D.O.B. if Vet or Jun. Please mark envelope "Breckland 10".

This is the First Race in the Eastern 10 Mile League

Organised by Bedford & County A.C.

L.O.A.C.

OPEN CROSS COUNTRY RACES

Sponsor: 'The Lamb and Flag', Rhayader

(Under WAAA, CC & RWA Rules)

DATE: SAT., 8th MARCH, 1986

VENUE: Cranford Park, Cranford, Middlesex.

CHANGING FACILITIES: Cranford Community School, High Street, Cranford.

FEES: £1.00 per entrant for Seniors & Inters. £0.50 per entrant for Juniors; Minors. (Also 50p per entrant for U/11's — entries on Day).

CLOSING DATE: 1st March, 1986

Please give dates of birth of all Minors, Juniors and Inters; entries to Race Secretary, B. Storer, 15 Melrose Close, Greenford, Mddx.

a) U/11 yrs Girls (Entries on Day)	**Start 1.30 p.m.**
b) Min Girls 2,500m (approx.)	**Start 2.00 p.m.**
c) Jun. Girls 2,800m (approx.)	**Start 2.40 p.m.**
d) Inter 3,400m (approx.)	**Start 3.00 p.m.**
e) Seniors 4,000m (approx.)	**Start 3.30 p.m.**

(Note: — First race to Start at 1.30 p.m.)

TEAMS: 3 to score in races b) to e) inclusive — U/11's ind. only. **AWARDS:** Ind. Medals to 1st 3 home in each event b) to e), plus Prize for 1st. Ind. runner, Prizes for U/11's will depend on number of entries. Team prizes to the 1st 3 teams in each age group — i.e. races b) to e). The 'Wally Simmons Trophy' will be awarded to the Club who attain the lowest agg. score from races b) to e). Prizes — to the first three Vets. (O/35 yrs). All prizes to a very high standard.

BOURNEMOUTH PARKS

This Easter, why not enrol on the Bournemouth Young Athletes Course (non-residential), Wednesday to Friday, April 2 to 4, at Avonbourne School.

Outdoor coaching at King's Park Athletic Stadium
Course levels: Junior (10 to 12 years); **Senior** (13 to 18 years).

The Junior course is an introduction to track and field athletics; the Senior course provides for increasingly specialist coaching in chosen event groups:

Sprints, Hurdles, Middle Distance, Jumps and Throws

supplemented by conditioning work, games, films and discussions.

Course fee: £7.00.

For further details and application form, contact: The Recreation Section, Parks and Recreation Dept., Town Hall, Bournemouth. Tel. 22066 Ext 2188.

Closing date for receipt of entries: Monday, March 10th

ordinary sequence will be matched by Joe Dial if he progresses in 1987, for he can already point to 13 seasons of improvement: 1974 — 2.28, 1975 — 2.54, 1976 — 2.77, 1977 — 3.83, 1978 — 4.47, 1979 — 4.93, 1980 — 5.31, 1981 — 5.52, 1982 — 5.60, 1983 — 5.62i, 1984 — 5.66, 1985 — 5.85, 1986 — 5.91i.

Foster ousts 'Skeets'

The Sunkist Meeting in Los Angeles on January 17th has proved to be the oustanding indoor meeting so far this winter, for in addition to Olson's 5.88m vault there were world indoor bests also by Johnny Gray (1:46.8 880yd), Greg Foster (5.88 50yd hurdles) and Charlie Simpkins (17.50m triple jump). Running on a 160yd track, Gray front ran his way past 440yd in 52.1 to clip a tenth off his own record, although it should be noted that his American record of 1:46.1 at 800m *en route* is well outside Seb Coe's world mark of 1:44.91. "The start I had in the 50 yard race was the best I've ever gotten", said Foster — which may, or may not, be an admission that he got away with a 'flyer'. His time of 5.88 took 4/100ths off Renaldo Nehemiah's time. Later, Foster was disqualified for two false starts in the 60yd hurdles. Coming up for his final effort Simpkins was in second place to Mike Conley, 16.96 to 17.22, but with his last jump Simpkins (who leapt 17.86 last summer) landed at 17.50 to add 9cm to Willie Banks' figures.

Coghlan's run ended

The meeting also featured the end of Eamonn Coghlan's indoor mile streak. The Irishman who hadn't lost a mile race on the boards for almost five years, couldn't match the finishing speed (57.9 last quarter) of his compatriot Marcus O'Sullivan, who won 3:58.37 to 3:58.55. The fastest miler of the winter, though, is yet another Irishman — Frank O'Mara, timed at 3:52.30 at Fayetteville on January 25th. On the same track eight days earlier, Gary Taylor went close to the UK indoor mile best of 3:57.88 by Clifton Bradeley with a time of 3:58.26. It was at that meeting that Roddie Haley set new world 500m figures of 61.18, the previous best being 61.24 by Willie Caldwell. Antonio McKay, the Olympic silver medallist, scorched round 440yd in 45.45 — fastest ever indoors — at Johnston City on January 18th, but the time cannot be considered as a world's best since the track measured 268.2m round and 200m is accepted as the largest for 'record' purposes. At an earlier meeting, on a 200m circuit at Gainesville on January 11th, McKay was timed at 45.64 (just outside Todd Bennett's world best of 45.56) for 400m, but was disqualified for a lane infringement.

American Road & Indoor Results

7.12. Orlando. Half Mar: MARTYN BREWER 1:02:19 (47:17 at 10M), Janicki 1:03:15; women — Volk-Kingma 1:13:17, Schilly-Laetsch 1:14:45. **22.12. Los Angeles.** 10M road: Wysocki 47:38, Hill 47:43, Steve Scott 48:05; women — Mosqueda 56:31, Wysocki 57:24. **28.12. Saskatoon (Can).** 60yd: Johnson (Can) 6.11, Sharpe (Can) 6.18; 600m: M. Sanders 1:17.93; PV. Olson 5.86 **(world best),** Lytle 5.60, Buckingham 5.50, Stubblefield 5.50; women's 60yd: Anderson (Can) 6.88; 500m: TEENA COLEBROOK 1:14:17, Collins 1:14.20. **29.12. Saskatoon.** 50m: Johnson (Can) 5.70, Sharpe (Can) 5.79; 500m: Forde (Bar) 62.11; 3000: Padilla 8:12.26, Nelson (Can) 8:12.36; PV: Stubblefield 5.50; women's 50m/300m: Jackson 6.38/37.51; 800: COLEBROOK 2:12.09, Monday 2:12.79. **4.1. Boston.** Women's 3000: Lesley Welch 8:54.8. **11.1. Gainesville.** 300m: Butler 32.91 (US rec); 500: C. Daniel 61.63; women's 300: Cliette 37.97. **11.1. Hannover.** 5000: McCloy (Can) 13:53.1. **11.1. Boston.** 400: Valmon 46.58, Modibedi (SA) 46.71; 5000: Chip Jenkins (son of 1956 Olympic 400 champion Charlie Jenkins) 61.36, Baskin 61.46; 800; O'Sullivan (Irl) 1:49.09, Marshall 1:49.18; 1000: SEAN O'NEILL 2:24.85; LJ: FRED SALLE 7.73 (also 2.09 HJ and 6.49 60yd); 400 relay leg: Jenkins 45.6. **12.1. Boston.** 500m: Modibedi (SA) 62.42; 3000: Maree 7:57.08, O'Reilly (Irl) 7:58.00. **12.1. Hannover.** 35lb Wt: Logan 23.12.

17.1. Los Angeles. 500yd: Redwine 56.74, Egbunike (Nig) 57.57; 880yd: Gray 1:46.8 **(world best;** 1:46.1 at 800m — US rec), Jones 1:49.1, Wilson 1:49.9, ROLAND WEEDON 1:50.0, Konchellah (Ken) 1:51.2; Mile: O'Sullivan (Irl) 3:58.37, Coghlan (Irl) 3:58.55, Harbour 3:59.80, Smith 3:59.83, Fricker 4:04.15, Deleze (Swi) 4:04.51; 2M: Padilla 8:28.59, Eyestone 8:29.74, Nyambui (Tan) 8:36.79, Williams (Can) 8:36.81, JACK BUCKNER 8:39.01, Wessinghage (FRG) 8:39.87; 50ydH; Foster 5.58 **(world best),** McKoy (Can) 5.96, Stewart 6.01, Campbell 6.11; 60ydH; Stewart 7.09, Campbell 7.13, Phillips 7.16, McKoy 7.37 . . . Foster disq; HJ: Howard 2.31, Stanton 2.28, Lewis 2.28, Ottey (Can) 2.28; PV: Olson 5.88 **(world best),** Kozakiewicz (ex-Pol) 5.60, Kenworthy 5.50, Fraley 5.35, Bell 5.35 . . . Dial, Hintnaus (Bra), Quinon (Fra) & Sivillon (Fra) no ht; TJ: Simpkins 17.50 **(world best)** Conley 17.22, Cannon 16.04; 35lb Wt: MATT MILEHAM 22.48, Hegarty (Irl) 22.35; "Legends" 60yd: Leon Coleman 6.68, Ken Dennis 6.71, Tommie Smith (42) 6.84; women's 50yd: Marshall 5.83, Fiere-Cooman (Neth) 5.84; 60yd: Fiere-Cooman 6.71; 300yd: Brisco-Hooks 34.21 (24.2 at 220 yd), Griffith 34.70 (24.4), Crooks (Can) 35.20; 880yd: Kratochvilova (Cze) 2:06.08, Gallagher 2:06.97; Mile: Williams (Can) 4:27.77 (4:10.0 at 1500), Warren 4:40.24. **17.1. Fayetteville.** 3000m: Robinzine 33.30; 500m: Haley 61.18 **(world best),** Morris (Jam) 61.35 **(Commonwealth best);** 1000: Consiglio 2:19.64; Mile: GARY TAYLOR 3:58.26; 2M: Donovan (Irl) 8:39.21; TJ: VERNON SAMUELS 16.06; SP: Nilsen (Nor) 19.38. **17.1. Johnson City.** (268.2m track) 3M: Pinard 13:28.90, JIM HAUGHEY 13:30.06; heats — 60yd: McRae 6.09, McNeill 6.14; 300yd: Council 30.28; women's LJ: Bartholomew (Gren) 6.24; heats — 60yd: Torrence 6.70; 600yd: Rattray (Jam) 1:19.05.

18.1. Johnson City. 60yd: King 6.16, Graddy 6.17, Glance 6.24, Butler 6.26, C. Smith 6.26; (B) McRae 6.12, Reed 6.16, G. Moses 6.18; 440yd: McKay 45.45 (fastest ever indoors, but oversize track), McCoy 46.67, W. Smith 46.84; 600yd; C. Daniel 1:08.72, Reynolds 1:08.77; 1000yd: Marshall 2:06.66, Okash (Som) 2:07.07, Williams (SA) 2:07.08 . . . 6, O'NEILL 2:10.63; Mile; Maree 3:53.79, Bile (Som) 3:55.77, K. Cheruiyot (Ken) 3:56.74, Flynn (Irl) 3:59.09; 60ydH: Talley 7.22; PV: Buckingham 5.48 (5.56 in jump-off), Volz 5.48; SP: Akins 20.50, Oldfield (Vet) 20.07, Spiritoso (Can) 19.15; women's 60yd; Cheeseborough 6.69; 600yd; Rattray (Jam) 1:19.11; 1000yd; Richburg 2:25.31 . . . 6, JO WHITE 2:32.24; Mile: 3, LIZ LYNCH 4:50.90; 60ydH: Davis 7.65. **19.1. Houston.** Mar: Cummings 2:11:31, Edge (Can) 2:11:39, Kiernan (Irl) 2:12:44, Andersen (Nor) 2:12:52; women — VERONIQUE MAROT 2:31:33, Larrieu-Smith 2:33:36, Moe (Nor) 2:33:39, Vahlensieck (FRG) 2:35:42. **24.1. Bloomington.** 1000m: MARTIN CLARK 2:25.69; PV: Volz 5.65. **24.1. Portland.** 1000yd: DAVID OTTAWAY 2:16:07; Mile: O'Sullivan (Irl) 4:00.67; 2M: Padilla 8:34.85, Wessinghage (FRG) 8:35.23; HJ: Howard 2.33; PV: Tarpenning 5.50, Kozakiewicz (ex-Pol) 5.40; TJ: Taiwo (Nig) 16.27; SP: Tafralis 20.60, Brenner 20.39, Oldfield 19.91; women's 500yd; Walton-Floyd 64.60; 880yd: Kratochvilova (Cze) 2:04.78, Warren 2:07.11; HJ: Brill (Can) 1.92.

Olson vaults 5.89m

25.1. Fayetteville. 500m: Peltier (Bar) 61.74; Mile: O'Mara (Irl) 3:52.30, Consiglio 3:55.91, Donovan (Irl) 3:56.39; 2M: Falcon 8:35.4, PAUL LARKINS 8:36.3; TJ: FEMI ABEJIDE 15.60. **25.1. Albuquerque.** 60yd: Glance 6.17, DeLoach 6.18, Lawrence (Jam) 6.22; 880yd: Williams (SA) 1:49.56; Mile: Smith 4:01.96; 2M: Padilla 8:47.26, Porter 8:48.28; HJ: Howard 2.35 (US rec), Stanton 2.30; PV: Olson 5.89 **(world best),** Pursley 5.70, Lytle 5.40; women's 60yd: Fiere-Cooman (Neth) 6.57, Williams 6.63, Bailey (Can) 6.70; 440yd: Dixon 53.36, Crooks (Can) 54.60; 60ydH: Y. Johnson 7.61, Hightower 7.65. **25.1. Louisville.** 60m: McDaniel 6.66. **1.2. Columbia.** PV: Dial 5.91 **(world best). 1.2. Miami.** Road mile: Scott 4:01.6, PETER ELLIOTT 4:01.8, ROB HARRISON 4:02.1.

MIDLANDS ATHLETIC COACHING COMMITTEE

CLUB COACHING AWARD

Event Specific Days 1986

Coaches, qualified or unqualified, are invited to attend Event Specific Days for the following events:

Pole Vault — 1st March — Stoke.

Hurdles — 9th March — Cosford.

Throws, Long Jump, High Jump — 9th March — Perry Barr.

Sprints and Endurance events are already full.

Walks — (please apply direct to P. Markham, 7 St. Swithuns Road, Leicester)

10.30, 2nd March — Leicester.

Fee: £3 (Cheques made out to M.A.C.C.).

For application form please send S.A.E. to:-
Les Wall, 19 Longacre, Woodthorpe, Nottingham.
Please state event.

Japan: Ben Johnson anticipates 9.92 100m

SERGEY Bubka of the Soviet Union set an indoor pole vault best of 5.87m and Ben Johnson of Canada set a new world mark of 6.50 in the 60m dash at the 86 Yomiuri International Meet in Osaka on January 15th.

Bubka's mark surpassed by 1cm the previous record of 5.86, set by Billy Olson (USA) the previous month. Bubka, a 22-year-old student from Kiev, said he tried for a new record ten days earlier in the Soviet Union but missed. He expects to leap over 6.10m in the near future.

McTear's mark falls

Johnson's time beat American Houston McTear's eight-year-old world best of 6.54. "My start was perfect, my finish was perfect, but I didn't have the people to push me", Johnson said. He pulled away from the rest of the field at about the halfway mark and held off fellow Canadian Mark McKoy and American Darwin Cook to take the event, which he won last year at the same meet in 6.56.

The 24-year-old Johnson said he thinks 1986 will be his best year yet. "I look forward to a good time in the 100m outdoors, maybe 9.92 or about that. I can guarantee the world record this summer".

Atsushi Hoshino

Osaka results — 60: Johnson (Can) 6.50 **(world best)** (6.61 ht), McKoy (Can) 6.65, Cook (US) 6.67 (6.66 ht), Mukai (Jap) 6.72, Deloach (US) 6.74, Arikawa (Jap) 6.75, Glance (US) 6.76; 400: Egbunike (Nig) 48.73, Nix (US) 48.78; 800: Dragoescu (Rom) 1:51.32, Redwine (US) 1:51.61; 1500: Hillardt (Aus) 3:54.14, McKeon (US) 3:54.52; 60H: McKoy 7.57 **(Commonwealth best),** Clark (US) 7.59, Campbell (US) 7.80; HJ: Howard (US) 2.30, Malchenko (USSR) 2.25; PV: S. Bubka (USSR) 5.87 **(world best;** 5.60 — 1, 5.80 — 1, 5.87 — 2), V. Bubka (USSR) 5.66, Dial (US) 5.50; LJ: Myricks (US) 8.22 (8.16, 8.15, 8.22, —, —, 8.10), Honey (Aus) 7.76, Sasano (Jap) 7.72; TJ: Simpkins (US) 17.10, Joyner (US) 16.91, Ueta (Jap) 16.24; women's 60: Ottey-Page (Jam) 7.24, Cheeseborough (US) 7.42; 400: Matei (née Cojocaru)(Rom) 54.72, Robertson (NZ) 55.32; 800: Melinte (Rom) 2:05.82, Addison (US) 2:06.28; 3000: Puica (Rom) 9:01.84, Plumer (US) 9:02.14; 60H: Nunn (Aus) 8.25, Ying-hua Feng (Chi) 8.37, Gussarova (USSR) 8.49; HJ: Browne (Aus) 1.91, Satoh (Jap) 1.91, Topchina (USSR) 1.88, Huntley (US) 1.80; LJ: Ionescu (Rom) 6.76, Lorraway (Aus) 6.52, Nunn 6.26. **26.1. Osaka.** Women's Mar: Moller (NZ) 2:30:24, Asai (Jap) 2:34:47, Marchisio (Ita) 2:35:41, Crisp (US) 2:36:24, Van Landeghem (Bel) 2:37:27, Scaunich (Ita) 2:38:40 . . . 14, JOYCE SMITH (48) 2:42:36.

UK MISCELLANY

Vauxhall/Copyplus Road Relays

At Luton Hoo, October 6th

1, Luton.....1:44:55
(D. Walsh 20:56, K. Carne 21:13, M. Ison 20:58, P. Sterry 20:59, A. Stedman 20:49)
2, Nene Valley.....1:47:04
(T. Green 21:24, G. Rizzo 21:40, P. Woods 21:45, J. Bowley 21:45, R. Church 20:30)
3, Verlea.....1:47:11
(T. Lorimer 20:30, D. Desborough 20:42, N. Sheath 21:36, C. Rayment 22:20, R. Porter 22:03)
4, Leighton Buzzard 1:48:34; 5, Verlea Vets 1:49:20 (R. Davies 21:39, M. Dixon 21:07, B. Booth 20:59, K. Winter 22:57, J. Steed 22:38); 6, Cambridge & C 1:49:56; 7, Luton 'B' 1:49:59; 8, Stamford & D 1:50:02; 9, Bedford 1:51:23; 10, Vauxhall 1:52:35; 11, Bedford Vets 1:53:00; 12, Harlow 1:53:12. *Fastest:* R. Dennehy (Bed) 19:44; D. Holland (Ver 'C') 19:52; N. Ballard (C&C) 20:26; Church & Lorimer 20:30. **Women** — 1, Stopsley S 1:22:08 (T. Garwood 25:58, P. Parker 28:42, R. Jones 27:28); 2, Bedford 1:25:27; 3, Leighton FR 1:31:50. *Fastest:* Garwood 25:58.

Mansfield Fun Run

At Bull Farm Park, December 1st

1, J. Wilcockson (Mansfield).....20:32
2, S. Carlin (Heanor).....20:41
3, S. Bradshaw (Newark).....21:19
4, A. Rogers (S. in A) 21:29; 5, I. Miller 21:33; 6, T. Ashmore 21:35; 7, J. Mills 21:53; 8, I. Cockayne 21:54. **Women** — A. Rogers (S. in A) 24:17.

Pennine Fell Runners Xmas Handicap

At Hayfield

1, A. Hulme 42:10; 2, M. Weedall 42:33; 3, P. Stott (Gst) 45:06; 4, A. Huddleston 46:27; 5, M. Yates 46:35; 6, A. Nixon 46:41 (winner of handicap). **Women** — S. Exon (Gst) 55:05.

Bourne Valley Boxing Day '8'

At Collingbourne, December 26th

(Road & Cross Country)

1, S. Anderson (Salis) 43:33; 2, J. Jackson (Sarum) 43:57; 3, K. Harle (Kt) 44:07; 4, N. Wilson (Newp) 44:25; 5, H. Richards (BV) 44:29; 6, D. Cartwright (S&E-V) 45:25. *Teams:* 1, Bourne Valley 26; 2, Amesbury 40. **Women** — 1, T. Ball (Wx) 54:34; 2, F. Williams (IBA) 54:55.

Charnwood Hills Race

January 12th

1, M. Sharpe (O&W) 73:53; 2, P. Sander (Bow) 74:51; 3, M. Frost (Rug) 75:58; 4, G. Carter (O&W) 76:47; 5, M. Beck (O&W) 76:59; 6, M. Freer (WE) 77:30; 7, A. Penn (GEC-V O/45) 77:42; 8, K. Bosworth (Der) 78:04. *Teams:* 1, Oadby & W 61; 2, Huncote 99; 3, Bowline 112. **Women** — 1, R. Hill (Leic. U) 94:04; 2, J. Baker (Stil) 94:42; 3, H. Johnson (Harb) 99:10.

ATHLETIC EVENTS

With over 25,000 copies going out weekly and an estimated total readership in excess of 60,000, an advertisement in *Athletics Weekly* will increase YOUR entries. Specially reduced rates for clubs **(prepaid)** including VAT: £4.60 per cm (depth) for each insertion. Minimum size 3cm. Display: ¼ page £34.50, ½ page £63.25, page £115. A remittance to cover all insertions must accompany order. Cheques and postal orders to be crossed and made payable to 'Athletics Weekly'. Copy deadline is 12 days (Monday) before publication date. Four weeks should be allowed between booking space and insertion.

ALTON JOGGERS PRESENT

The 3rd ALTON '10'

(Under AAA & WCCA Laws)

SUNDAY, 6th APRIL, 1986

Fee: £2.00. Non affil. £2.50. **Limited to 1000 runners.** Good prizes. Medals to all finishers.
Entries to: Alton 10, c/o Keepsake Cottage, Brislands Lane, Four Marks, Alton, Hants GU34 5AD. See A.W. P.61, 18th Jan for full details.

GLOUCESTER ATHLETIC CLUB

The 3rd *Carrington Hall*

HALF MARATHON

SUNDAY MARCH 23rd, 1986

(Under AAA and WCCA Rules)(RRC measured course)
Same course as 1985, new start and finish with changing and showers. Extensive prizelist also team competition. Runners of all abilities welcome.
Fee £1.50 club/£2 non club. Cheques payable I. Baud. **Entry/details SAE to:** Inger Baud, 126 Estcourt Road, Gloucester GL1 3LH.

Surrey County A.A.A./W.A.A.A.

Joint Track & Field Champs

(Held under AAA/WAAA Laws)

APRIL 26/27th at Tooting Bec Arena

(All weather) **Entries close 5th April**

Incl OPEN Decathlon (SM), **Pentathlon** (JM), **Heptathlon** (IL & SL), **Walks** (Ladies all ages).

MAY 12/13/15/17th, Motspur Park

Entries close 19th April

Entry Forms from — Ladies — Mrs. G. Cowland, 53 Waterer Gdns., Burgh Heath, Tadworth, Surrey KT20 5PD. (Tel. B.H. 50712). **Men** — Mrs. R. Russell, 1 Rose Cottages, Plaistow St., Lingfield, Surrey RH7 6AU. (Tel. Ling 834648).

FLEET & CROOKHAM A.C.

The Pearl Assurance Fleet Half Marathon

23rd MARCH, 1986

Winner of the NIKE top for 2,000th entry received was Raymond Brouillard from U.S.A.

Entry limit now reached. Entries closed to all but sub 1hr. 11 mins (1.20 Women).
P.O. Box 1, Fleet, Hants GU13 9JU.

THE WEEK AHEAD

Saturday, February 15th: WCC & RRA National CC Champs, Leicester; Halifax & Dist. CCA Champs; Birmingham & Dist. League, Coventry, Halesowen, Nuneaton & Solihull; Kent League, Hayes; Brooks Hampshire League, Bournemouth; Surrey League, Coulsdon, Richmond & Haslemere; Kent YA League, Sevenoaks; Sussex League, Haywards Heath; Chiltern League Mob Match, Luton; Crawford Cup CC Meeting, Belfast; Vets AC 5M CC, Wimbledon; Camperdown Park Road Races, Dundee; Lancaster Univ. 'Earwig 5'; Carnethy Hill Race, Bo'ness; Parbold Hill Race, Wigan (3.00 pm); Oxford Univ. Open Meeting, Iffley Road (1.00 pm).

Sunday, February 16th: Southern Vets CC Champs, Basildon (2.00 pm); Avalon League, Clevedon; N. Yorkshire & S. Durham League, Catterick Camp; West Glamorgan League, Fairwood; Cannock Chase CC Meeting (11.00 am); Lasswade CC Races, Bonnyrigg; Brooks CC Fun Runs, Tweseldown (10.30 am); TSB Wokingham Half Marathon (11.00 am); Hillingdon '5' (3.00 pm); Fulfords '5', Exmouth; Helensburgh '10K'; Mardon Illingworth '10' (10.30 am); Smith-Wooley Fun Run (11.30 am); Speakeasy '10K', Colwyn Bay (12.00 noon); Werneth Low Run Half Marathon, Romily (11.00 am); Muswell Hill Anniversary '5', Highgate; Sri Chinmoy 2M, Battersea Park (9.00 am); Herne Hill Women's Fun Runs, Southwark Park (11.00 am); Altrosport Indoor League, Haringey; Corby Winter Meeting, Rockingham Triangle (11.30 am); Scunthorpe Winter Warm-Up Meeting (10.30 am); Meadowbank Indoor Champs; Heaton Winter Open Meeting, Lightfoot Sports Centre (11.00 am); Puma Welsh Indoor Hurdles Races, Swansea.

Tuesday, February 18th: Chingford League 5km Road Race, Enfield; Scottish Services League, RAF Kinloss.

Wednesday, February 19th: Lincs Services League, RAF Brampton; Fastrax NE Services League, Catterick; London Colleges League, Richmond; Escafeld League, Hull Univ.; Wilts & Border League Road Relays, RAF Abingdon; SE Police League, Horsham; Merseyside Colleges League, Otterspool (3.00 pm); West Midlands Services League; East Anglian League, Wattisham; London Services League, Benson.

Friday, February 21st: Inter-Services CC Champs, RAF Halton.

Saturday, February 22nd: European Indoor Champs (1st day), Madrid; Scottish National CC Champs, Irvine; Welsh Women's CC Champs, Cardiff; Metropolitan League, Sudbury Hill; Mid Lancs League, Lancaster; Essex League, Havering; Mitcham YA Open CC Races, Mitcham Common (1.00 pm); Paul Brown YA CC Trophy Races, Bexley; Exeter YA CC Meeting; Herne Hill '10', Brockwell Park 2.00 pm); Westminster YA 5km Races, Hyde Park; Bathpool '5'; Ballysillan '8', N. Ireland (11.00 am); Arrow Cosford Open Meeting.

Sunday, February 23rd: European Indoor Champs (2nd day), Madrid; Scottish Women's CC Champs, Clydebank; S. Yorkshire CC Champs, Barnsley; West Glamorgan League; Cheshire League, Stockport; Shropshire YA League, Telford; N. East Women's League, Elswick; Hampshire Women's League, Southampton; Fred Slater Memorial CC Races, Peterborough (1.00 pm); Charnwood CC Relays, Loughborough Univ. (1.30 pm); East Grinstead Meridian CC Meeting (1.00 pm); Stourport Safari CC Meeting (12.30 pm); Wycombe Ph. Open CC Meeting, Keep Hill (1.45 pm); Bolton YA CC Races, Leverhulme Park; Barton & Dist. CC Meeting (11.30 am).

HILLINGDON 'LADIES 5' ROAD RACE

(Under W.A.A.A. Rules)

SUN., 16th MARCH, 3.00 p.m.

at the Club House, Bury Street, Ruislip

Entries £1.50 each to: Mr. H. V. Lee, 156 Hoylake Crescent, Ichenham, Uxbridge, Mddx UB10 8JJ. Tel: Ruislip 39567. **Entries close Sat., 8th March.**

STAFFORD A.C.

"MILFORD 21"

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

Spon: Bourne Sports, Stoke-on-Trent.

21 miles Cross Country race

on SUNDAY 9th MARCH 1986 at 11.00 a.m.

Men & Women. Teams — £3 (3 to score, any number enter). All enter as ind — £1.50 to M. Whittaker, 33 Compton Road, Stafford ST17 0BS. By 23/2/86. 400 max entry. Affil. clubs only. No fun runners. No officials after 3½ hours. S.A.E. for programme.

HALIFAX HARRIERS

The PUMA

HALIFAX 10K ROAD RACE

SUNDAY, 6th APRIL — 11.00 a.m.

(Under AAA/WAAA Laws)

Medals to all finishers

Good range of individual and team prizes

Closing date for entries 24th March 1986

For entry form send s.a.e. to: Mr. L. Pateman, 'Mawingo', Shibden Hall Road, Hipperholme, Nr. Halifax, W. Yorkshire.

or see next week's Athletics Weekly

Sponsored by PUMA

LINCOLN WELLINGTON A.C.

5th ANNUAL

SPRING GRADED MEETING

(Under AAA & WAAA Laws)

at Yarborough Leisure Centre, Lincoln

SUNDAY, 27th APRIL at 12.00 Noon

Inter/Sen. Ladies: 100m, 200m, 400m, 800m, 1500m, LJ, Jav, Dis.
Junior Ladies (13-14): 100m, 200m, 800m, LJ.
Girls (11-12): 100m, 200m, 800m, LJ.
U/11 Girls: 80m, 600m.
Jun/Senior Men: 100m, 200m, 400m, 800m, 3,000m, HJ, Dis, Jav, LJ.
Youths: 100m, 200m, 800m, 1500m, HJ.
Boys: 100m, 200m, 800m, LJ. **Colts:** 100m, 200m, 800m.
U/11 Boys: 80m, 600m. **Vets:** 3,000m.
Entry: 50p per event. **To:** Mrs. C. Brown, 65 Dore Avenue, North Hykeham, Lincoln. **By 21st April** SAE further details. NO FINALS NO PRIZES.

NOTICE BOARD

Programme Change. There is a slight change in the events in Hercules Wimbledon AC's Young Athletes Open Meeting, which is being held at Crystal Palace NSC on Sunday, April 13th, starting at 11.00 am. The hurdles events which have been staged in previous years have been deleted from the programme and replaced by extra field events: discus competitions for Youths, Boys, Intermediates and Junior Women. Otherwise, events for this year's meeting will be the same as in 1985. Full details of the meeting, including an entry form, appear on page 51 of this issue of 'AW'. Incidentally, photo-finish equipment will be used for track events.

Southern Counties Joint Officials Committee. Practical training days for track and field officials (beginners or first year) will be held as follows: Yeovil — March 16th, Crawley — March 23rd, Enfield — April 6th. Details and applications forms from B. Hart, 134 Forest Glade, London, E4 9RJ (tel: 01-519 8899 (b)).

Scottish Qualification. With reference to the 1985 Commonwealth lists published in our January 25th issue, **Val Walsh** points out that she has a **Scottish** qualification.

The new Secretary of Portsmouth Atalanta AC is Pauline Hawkesworth, 4 Rampart Gardens, Military Road, Hilsea, Portsmouth, Hants, PO3 5LR (tel: 662330).

The new Secretary of International Computers Ltd. AC is A. Adams, 118 Stonebank Road, Kidsgrove, Stoke-on-Trent, Staffs, ST7 4HL (tel: 07816 73111).

Lost Watch. Sonia Cundy, of Hazlerigg — Rutland Hall, Ashby Road, Loughborough University, Loughborough, LE11 3TZ, mislaid a quartz watch with a gold, expanding bracelet in the changing rooms (she thinks) at the British Students CC Championships at Keele on February 1st. Sonia is offering a small reward for the return of the watch.

Marathon Cancelled. We have been informed by the Secretary of Cambridge & Coleridge AC that "Because of the close proximity of the London Marathon, and its policy of almost unlimited entry to Veteran runners", the Cambridge Veteran & Women's Marathon will no longer take place.

30km Track Walk. Brighton & Hove AC are staging a track 30km walk at Withdean Stadium on Sunday, March 2nd at 10.00 am. No fees, no prizes. Interested walkers should ring Alan Buchanan on 0273 508717 for details.

Spikes Found. A pair of spikes in a spike bag were found after the Reigate Priory 'Holly Run' on December 15th. Details from Jo Abell on Redhill 61719.

Shaftesbury H Officers. Membership & General Secretary — Eve Kemp, 65 Ivanhoe Drive, Harrow, Middlesex; CC Sec. — B. Gallagher, 31 Fairview Court, Linksway, Holders Hill Road, London, N.W.4.

The new Hon. Secretary of Midland Veterans AC is E. Nicholls, 131 Watford Road, Kings Norton, Birmingham (tel: 021-459 5265).

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NOTTS ATHLETIC CLUB

WINTER TRACK & FIELD MEETING

(Under AAA & WAAA Laws)
(Ages as at 31.8.86)

Harvey Hadden Stadium, Nott'm
(Tartan Track — 6mm max. spikes)

SUN., 23rd FEBRUARY, 1986
10.30 a.m.

80m, 150m, 800m — all age groups male/female.
5000m — Jnr & Snr Men.
300m — Youths, Jnr & Snr Men, Inter & Snr Ladies.
Shot } Boys, Youths, Jnr/Snr Men.
Javelin } Jnr Ladies, Inter/Snr Ladies.
Long Jump — Girls U/13, Jnr Ladies, Inter/Snr Ladies.
High Jump — Colts, Boys, Youths, Jnr/Snr Men.
Fees: 50p one event, 25p additional events. (60p each event on the day). S.A.E. for conf, State D.O.B.
To: Terry Bentley, 23 Charlecote Drive, Wollaton, Nottingham (Tel: 0602 — 283230). **By 19th Feb 1986.**

NO PRIZES, NO FINALS

Next Meetings: Sunday, 30th March and **Monday, 5th MAY, 1986.**

SUTTON-IN-ASHFIELD HARRIERS & A.C.

SPRING PROMOTIONS 1986
OPEN THROWS TROPHY MEETING

(Under AAA & WAAA Laws)

SUNDAY, APRIL 20th, 1986
Spons. JTC MARINE ENGINEERING

Shot — G/JL/IL/SL/C/B/Y/JM/SM.
Discus — SL/B/JM/SM.
Javelin — JL/IL/SL/Y/SM.
Hammer — JM. **35lb Weight** — SM.
Entries: 60p per event **by 10th April** (£1.00 late).
To: Mrs. S. Chillingworth, 101 Ling Forest Road, Mansfield, Notts.

ALSO FULL DAY COACHING CLINICS

SAT., MARCH 8th — Throws (Wilf Paish).
SAT., APRIL 5th — M.D. (John Anderson).
SAT., APRIL 19th — Sprints (John B. Bailey).
SAT., APRIL 26th — Jumps/Hurdles (Wilf Paish).
All clinics open to coaches and athletes of all ages.
Entries £1.50 per clinic.
Details from above address, or John Ball, Tel: 0623 640805.
Diary Date:
Open Track & Field Meeting, August 17th, 1986.
Details available at a later date.

WORTHING & DISTRICT HARRIERS

OPEN 20 MILE ROAD RACE

(incorporating Sussex 20)

SUNDAY,
9th MARCH, 1986
At 10.00 a.m.

Closing Date: 22nd February
(Please state if Sussex qualification held)

OPEN 10 MILE ROAD RACE

Sponsored by

GATEWAY BUILDING SOCIETY

SUNDAY
23rd MARCH 1986
At 11.00 a.m.

(Teams 3 to score — No extra charge)

Closing Date: 8th March

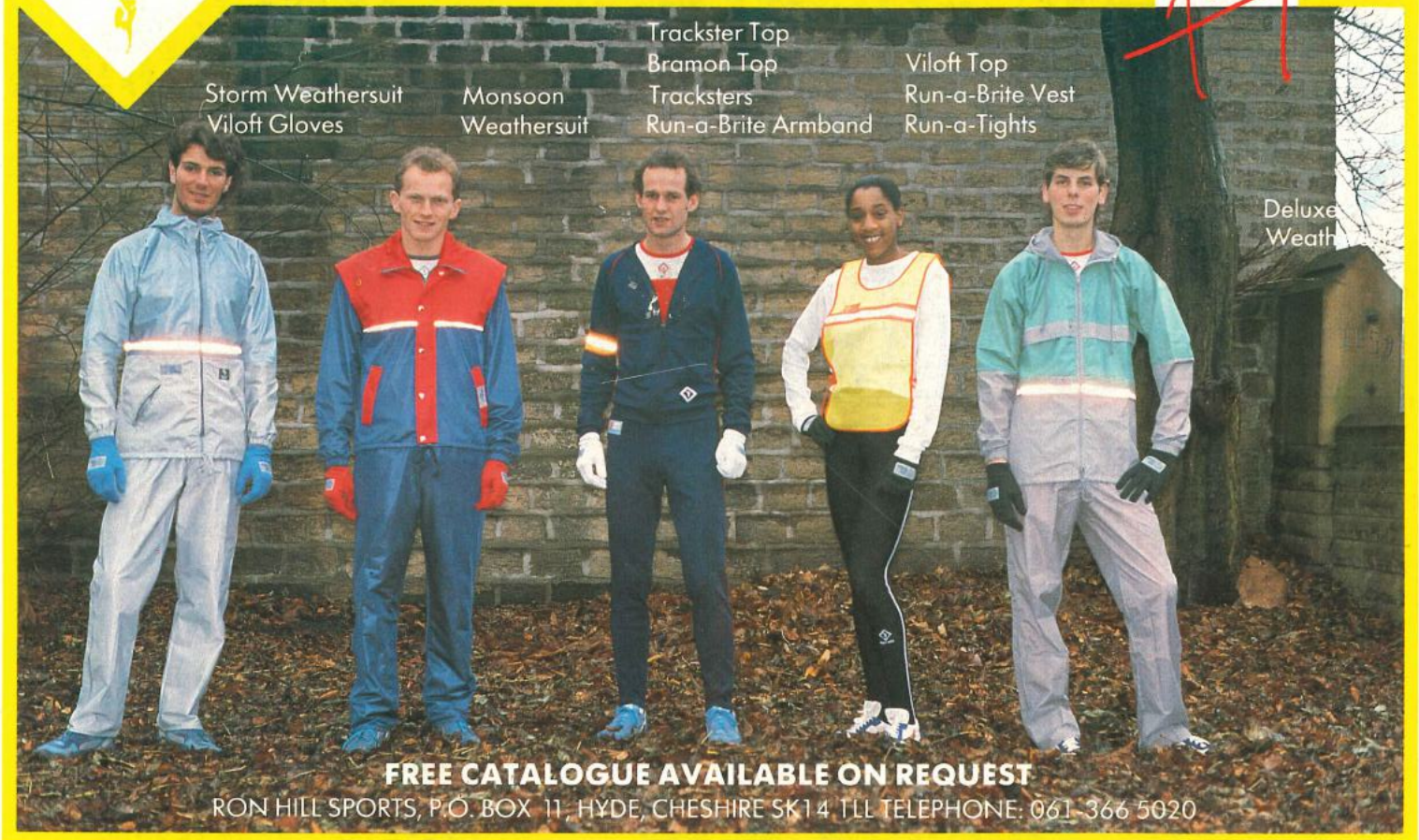
(Both races for men and women and run under AAA & WAAA Rules)

Entries: By letter to Steve Allison, 15 Mansfield Close, Worthing, Sussex, BN11 2QR. Tel: Wor. 205631. With large S.A.E. (For Number Etc.) No formal entry forms.

Fee for each race: £1.50 (50p extra for unattached and non AAA Registered runners); Cheques made payable to 'Worthing Harriers'.

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