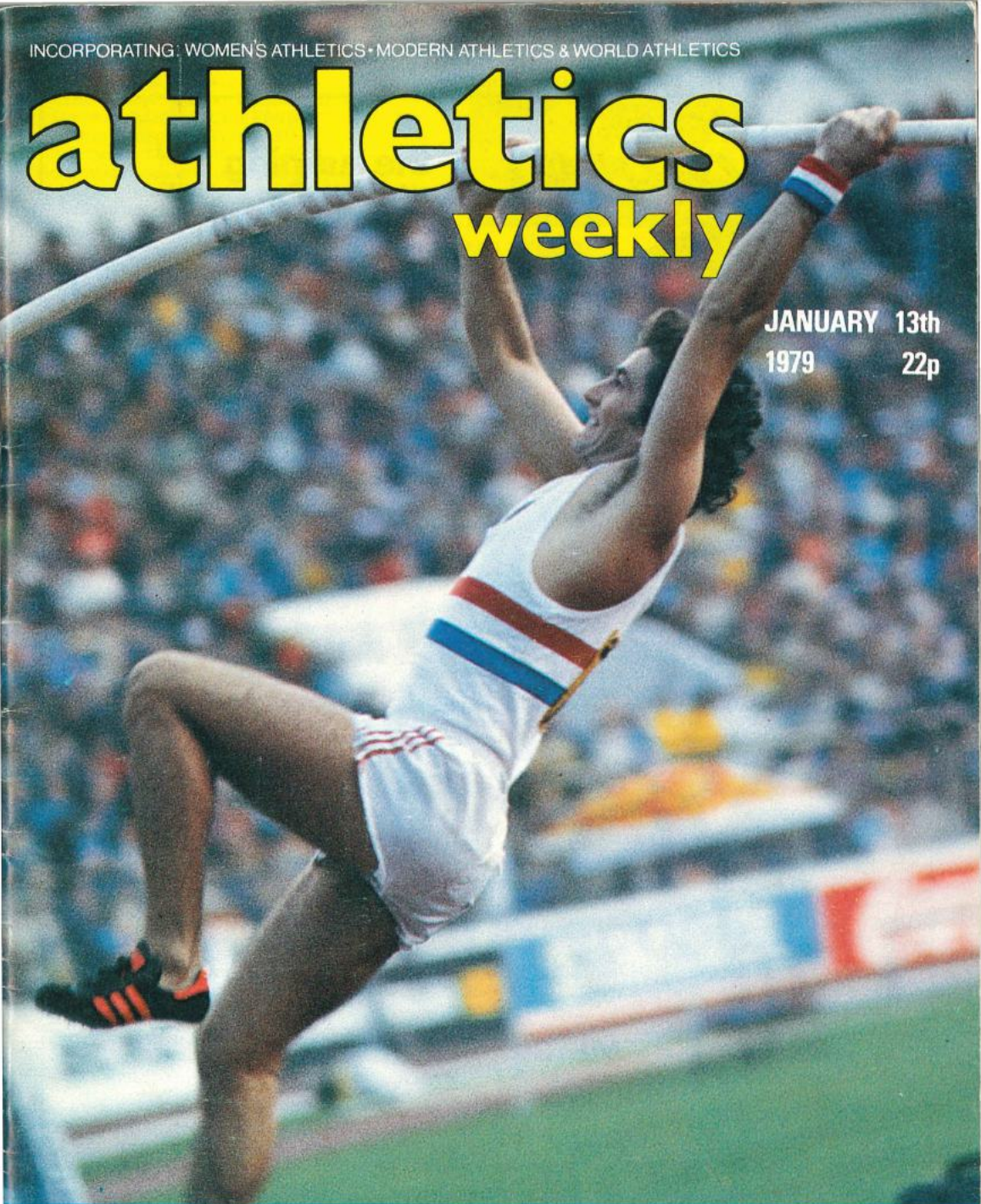


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athletics weekly

JANUARY 13th
1979 22p



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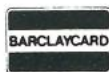
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JANUARY 13th 1979

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THE WEEK AHEAD

Saturday, January 13th: Philips Cosford Games (2nd day), RAF Cosford; Mitcham 25km Road Races; Beryl Davies Trophy CC, Bexley; Bingley H Bob Smith CC Races, Shipley; Essex CC League, Southend; Hampshire CC League, Basingstoke; Westward CC League, Tiverton; Chiltern CC League (Div 1, Maidenhead; Div 2, Leighton Buzzard); Metropolitan CC League Parliament Hill; Inter-University Race, Durham; HHH Women's CC League, Dorking; RAF v Welsh CCA, RAF Innsworth; Cambridge H 10km Walk, Bexley; Bournemouth 10km Walk; British Rail 10km Walk Champs.

Sunday, January 14th: Ferriby '10', Hull; Barry H 'Round the Island' Road Races; Icknield League (Women); Met Police Open 11km Walk, East Molesey.

Wednesday, January 17th: Highgate H Open Meeting, Parliament Hill.

Nene Valley H are holding their inter-club CC match at Bretton Park on January 14th.

COVER PHOTO BY MARK SHEARMAN

This week's colour cover shot depicts UK pole vault record holder Brian Hooper. Brian (25), bronze medallist at the last two Commonwealth Games, has shown the following annual progression: 1966 — 2.13m, 1967 — 2.59, 1968 — 3.24, 1969 — 3.57, 1970 — 4.27, 1971 — 4.81, 1972 — 5.10, 1973 — 5.16, 1974 — 5.20, 1975 — 5.20, 1976 — 5.32, 1977 — 5.40, 1978 — 5.42.

We regret to report the death of Harry Hathway, the celebrated timekeeper, and George Harrup, hon. secretary of Surrey Beagles A.C. Tributes to these great stalwarts of athletics will appear next week.

Skyrac AC officers: club secretary — M. Palmer, 1 Fyfe Crescent, Baildon, Shipley, W. Yorks; men's road & track sec — N. Clayton, 43 Coal Hill Lane, Farsley, Leeds; women's CC & road sec — Miss Shirley Anne Read, 21 Hillway, Tranmere Park, Guiseley, W. Yorks.

Women's Inter-League CC**Bryan Smith reports**

Repeat Wins For Sandra & Kathryn

THE Women's Inter-League cross-country fixture, held on the hilly Ampthill course, Bedford, on December 16th provided some exciting races in cold conditions. For Sandra Arthurton and Kathryn Binns the fixture provided the opportunity to repeat wins they achieved 12 months ago and by coincidence the team races all went exactly the same way as the previous year's races.

The senior race was off to a fast start due mainly to Scotland's Fiona McQueen who led for the first 800m. After the steep hill at Ampthill, Kathryn Binns found herself in the lead followed by Ruth Smeeth, Julie Armstrong and Penny Yule. The Southern team was bunched to the front of the field at the halfway mark and after renegotiating the hill Kathryn had increased her lead over Ruth. With just about 1000m to go Penny Yule had passed Julie Armstrong as had Janet Dawkins, and this order remained the same to the finish. The Southern team with 7 in the first 8 had an easy win. Held in conjunction was the Inter-Area match between the North, Midlands and South, scoring 4-a-side whereas the Inter-League match scores 6-a-side, which was easily won by the latter. The England team to compete in the Home Countries International was selected from this race. With Kathryn Binns declining because of 21st birthday celebrations, Regina Joyce emulates sister Monica's 1977 achievement in gaining selection for England.

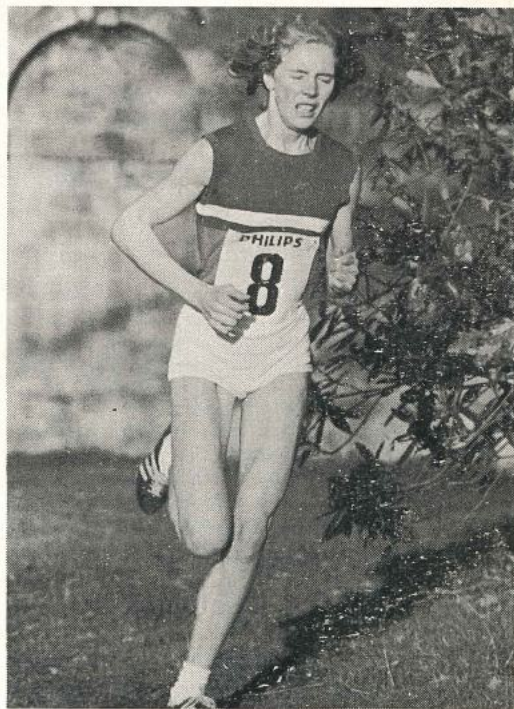
Also running for English selection were the Intermediates and for many spectators this race was a question of who would be second to Sandra Arthurton. Sure enough Sandra won but Linda King, the Southern League champion, gave Sandra probably her hardest cross-country race yet. Sandra was the early leader but going up 'the hill' Linda had her first attempt at going past. Into the woods Sandra got away but at the 1000m to go point Linda was trying hard to close the gap and seemed to be doing so. Chasing this duo at this point were Karen Timson, Wendy Lodge and Julie Clarke — all members of the Southern team. At the finish K. Almond (North) had taken 5th place but otherwise the leading positions were unchanged.

Marion Witts (South) came home strongly to win the Junior race by 6 sec from Tracy Davidson (North) who in turn was 4 sec ahead of Karen Hughes. The Southern team packed well behind Karen, being split by two Gwent runners, C. Williamson and T. Kenwood, in 4th and 7th positions respectively. Mandy Alford was a shadow of her past performances, having been laid low with food poisoning.

The Northern team were well to the fore in the

Girls race but Debbie Campbell and Tracy Glead from the South took the first two individual positions. For Debbie this was a good win, having finished 3rd in the two League competitions she participated in.

- | | |
|--------------------------|--------|
| 1, K. Binns (Southern) | 17:01 |
| 2, R. Smeeth (Southern) | 17:17 |
| 3, P. Yule (Southern) | 17:27 |
| 4, J. Dawkins (South) | 17:35; |
| 5, J. Armstrong (Gst) | 17:48; |
| 6, A. Roberts (South) | 17:54; |
| 7, R. Joyce (South) | 17:56; |
| 8, C. Gould (South) | 17:59; |
| 9, T. Bateman (Mid) | 18:06; |
| 10, B. Schofield (North) | 18:07; |
| 11, J. Clarke (Mid) | 18:08; |
| 12, J. Whiteley (North) | 18:12; |
| 13, K. Robinson (Scot) | 18:20; |
| 14, F. McQueen (Scot) | 18:22; |
| 15, C. Boxer (South) | 18:23; |
| 16, G. Dainty (Mid) | 18:27; |
| 17, B. Madigan (South) | 18:28; |
| 18, J. Smith (South) | 18:29; |
| 19, M. Palmer (Gwent) | 18:39; |
| 20, J. Moody (North) | 18:42; |
| 21, B. Green (South) | 18:45; |
| 22, S. Hassan (Mid) | 18:50; |
| 23, S. Smith | |

**KATHRYN BINNS**

Peter Tempest

(Gwent) 18:58; 24, S. McLaren (Scot) 19:14; 25, C. Petitjean (Mid) 19:18; 26, C. Wood (North) 19:25; 27, J. Furness (North) 19:26; 28, J. Haigh (North) 19:29; 29, A. Notman (Gwent) 19:32; 30, J. Asgill (North) 19:39; 31, C. Readdy (Mid) 19:44; 32, H. Edwards (Mid) 19:45; 33, Y. Rowe (Gwent) 19:46; 34, M. Chambers (North) 19:52; 35, V. Hope (Scot) 20:01; 36, S. Brown (North) 20:14; 37, S. Parker (Mid) 20:15; 38, E. Trotter (Mid) 20:15; 39, C. Deegan (Scot) 20:17; 40, D. Harvey (Scot) 20:20. **Teams (League):** 1, Southern 23; 2, Midland 114; 3, Northern 123; 4, Scottish 163; 5, Gwent 194. **Inter-Area:** 1, South 15; 2, North 34; 3, Midlands 72.

Intermediates

1, S. Arthurton (Northern) 13:49
2, L. King (Southern) 13:52
3, K. Timson (Southern) 14:13
4, W. Lodge (South) 14:26; 5, K. Almond (North) 14:29; 6, J. Clarke (South) 14:33; 7, W. Edwards (Gwent) 14:39; 8, S. Harris (Mid) 14:43; 9, A. Patterson (Mid) 14:48; 10, K. Harvey (South) 14:52; 11, J. McNee (Scot) 14:56; 12, S. Coulson (South) 15:04; 13, K. Whippy (South) 15:07; 14, M. Wiltshire (Gwent) 15:08; 15, L. Driver (North) 15:10; 16, L. Houldsworth (North) 15:14; 17, D. Curtis (Mid) 15:17; 18, N. Salisbury (Mid) 15:18; 19, S. Lonsdale (North) 15:19; 20, B. Breen (Scot) 15:22; 21, T. Neal (South) 15:26; 22, J. Simcock (Mid) 15:27; 23, A. Mozley (North) 15:28; 24, E. Sinclair (Gwent) 15:33; 25, T. Hoyle (South) 15:43; 26, J. Smith (Mid) 15:44; 27, L. Gibson (Gwent) 15:44; 28, G. Irvine (Gwent) 15:48; 29, W. Sharp (Scot) 15:52; 30, G. Hewitt (Gwent) 15:55; 31, J. Moorhead (North) 15:58; 32, T. Gill (Mid) 16:03; 33, J. Vernon (South) 16:07; 34, H. Gibbard (North) 16:10; 35, F. Dale (Scot) 16:11; 36, K. McKellan (Scot) 16:12; 37, P. Clarke (North) 16:14; 38, G. Pullen (Scot) 16:19; 39, R. Powell (Gwent) 16:24; 40, K. Geddes (Scot) 16:29. **Teams:** 1, Southern 37; 2, Northern 79; 3, Midland 100; 4, Gwent 130; 5, Scottish 169.

Juniors

1, M. Witts (Southern) 10:58
2, T. Davidson (Northern) 11:04
3, K. Hughes (Southern) 11:08
4, C. Williams (Gwent) 11:11; 5, C. Fairbrass (South) 11:17; 6, A. Alford (South) 11:23; 7, T. Kenwood (Gwent) 11:26; 8, A. Tindall (South) 11:28; 9, C. Wells (South) 11:29; 10, W. Bonfield (South) 11:30; 11, L. McDougall (Scot) 11:31; 12, S. Walker (Scot) 11:32; 13, W. Jones (Gwent) 11:33; 14, S. Lees (North) 11:34; 15, P. Brannelly (Mid) 11:35; 16, J. Midgley (North) 11:36; 17, M. George (Mid) 11:37; 18, S. Morris (South) 11:38; 19, B. Noble (North) 11:38; 20, D. Burton (North) 11:40; 21, J. Campion (North) 11:41; 22, J. Presley (Gwent) 11:42; 23, J. Cooper (South) 11:43; 24, L. Ealham (South) 11:44; 25, J. Ferguson (North) 11:45; 26, J. Bradley (Mid)

11:46; 27, S. Morris (Scot) 11:46; 28, S. Weaver (Mid) 11:49; 29, D. Middlemore (Scot) 11:50; 30, A. McGeown (Scot) 11:51; 31, J. Rose (South) 11:52; 32, D. Robson (North) 11:57; 33, W. Hirst (North) 12:00; 34, K. Broderick (Scot) 12:01; 35, E. Lea (Mid) 12:02; 36, S. Simcock (Mid) 12:03; 37, C. Neville (Scot) 12:05; 38, E. Lynch (Scot) 12:06; 39, D. White (Gwent) 12:07; 40, K. Greally (Scot) 12:11. **Teams:** 1, Southern 32; 2, Northern 92; 3, Gwent 127; 4, Scottish 179; 5, Midland 157.

Girls

1, D. Campbell (Southern) 10:09
2, T. Gleed (Southern) 10:23
3, A. Crewe (Northern) 10:24
4, T. Jones (Mid) 10:32; 5, B. Ely (North) 10:36; 6, A. Burrowdale (North) 10:38; 7, J. Holland (North) 10:40; 8, H. Sutherland (Scot) 10:41; 9, K. Nurse (Mid) 10:42; 10, A. Ransdale (North) 10:43; 11, J. Thomas (Gwent) 10:44; 12, H. MacDonald (Mid) 10:45; 13, D. Edwards (North) 10:46; 14, D. Amey (South) 10:47; 15, L. Vose (North) 10:47; 16, B. Muckholt (North) 10:49; 17, J. Oliver (South) 10:50; 18, E. Kessebah (North) 10:51; 19, M. McKie (South) 10:51; 20, R. Freeman (Mid) 10:52; 21, C. Lillie (South) 10:53; 22, J. Hickson (South) 10:54; 23, T. Martin (Mid) 10:54; 24, C. Bourke (South) 10:54; 25, K. Hendricks (South) 10:56; 26, D. Thomas (South) 10:57; 27, J. Millerchip (North) 10:58; 28, G. Green (Gwent) 10:59; 29, E. Barrett (Scot) 11:04; 30, A. White (South) 11:05; 31, H. Conti (South) 11:06; 32, H. Graham (North) 11:07; 33, C. Douglas (Gwent) 11:10; 34, K. Wilson (Scot) 11:11; 35, G. Hurd (Scot) 11:12; 36, K. Brotherstone (Scot) 11:13; 37, M. McMillan (Scot) 11:14; 38, C. Candlish (Scot) 11:16; 39, J. Penfold (Mid) 11:16; 40, K. Husband (Scot) 11:17. **Teams:** 1, Northern 44; 2, Southern 74; 3, Midland 107; 4, Scottish 179; 5, Gwent 202.

The 3rd Cleveland Marathon will be held on Sunday, October 14th from Clairville Stadium, Middlesbrough over the usual fast and flat course.

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Great Finish To 1978 By Nat Muir In Spain

NAT MUIR ended 1978 on a winning note when he maintained a fine Scottish tradition by winning the San Sylvestre Road Race in Madrid on New Year's Eve, thus joining Ian Stewart, Jim Dingwall and Allister Hutton — all previous winners. Now firmly established over a 10,000m course between the two major football stadiums, the race has all the necessary ingredients to match its prestigious Brazilian counterpart in Sao Paulo: drama, colour and noise, with perhaps a touch of the suicidal!

The blistering early pace, on a course which is largely downhill, soon stretched the field after a haphazard start in which the gun never went, but rather the whole field took off by general consent! Of the British contingent it was Muir who survived the tempo to settle in second place by halfway as home favourite, Fernando Cerrada, broke the field with a fierce mid-race burst. With one mile of the race remaining, however, Cerrada blew up dramatically and Muir and Aniceto Simoes slipped easily by, to be followed by others. As the leading duo entered the stadium, the Portuguese took the initiative, only for Muir to pick him off calmly with 100m to go, and win comfortably.

Result: 1, N. Muir (Sco) 29:47; 2, Simoes (Por) 29:56; 3, Sena (Por) 30:04; 4, J. Dingwall (Sco); 5, N. Brawn (Eng); 6, Cerrada (Spa); 7, Chettle (Aus); 8, Campos (Spa); 9, Kantanen (Fin); 10, Schiettecatte (Bel); 11, J. Wigley (Eng); 12, Prieto (Spa); 13, C. Stewart (Eng) . . . 18, J. Brown (Sco). Teams: 1, Portugal; 2, Scotland; 3, Spain.

J.W.

* France's Radhouane Bouster scored a surprise victory in the Sao Paulo round-the-houses in 23:51.6, ahead of Schoofs (Bel) 24:11.5 and Tibaduiza (Col) 24:22.1. Brendan Foster placed 4th (22:42) in a 5M road race at Los Altos, Calif, on New Year's Eve. Alberto Salazar won from Craig Virgin, both clocking 22:13. John Walker (NZ) finished 10th.

BASILDON ATHLETIC CLUB CROSS COUNTRY RACES

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

Sunday, 4th February, 1979, at 1.45 pm

Colts, Boys, Youths, Junior/Senior Men
Girls, Junior, Inter/Senior Ladies

Medals for first 3 individuals and teams.

Entry Fee: 25p per Ind. (no team fee) to J. Barnes, 12 Elizabeth Avenue, Rayleigh, Essex, by 26th January.

SIMMONS' SWISS SUCCESS

Result of 9600m road race at Aigle (Swi) on December 17th: 1, A. Simmons (Eng) 27:47.1; 2, P. Standing (Brighton Concord) 27:50.6; 3, K. Penny (B'ton C) 27:55.5; 4, Schiettecatte (Bel) 28:02.6; 5, N. Gates (Eng) 28:25.4; 6, Gren Tuck (Eng) 28:29.6; 7, G. Harvey (B'ton C) 28:32.0; 8, Leibold (Ger) 28:45.9; 9, Berset (Swi) 28:55.8; 10, C. Moxsom (Eng) 28:58.3; 11, J. Espir (Eng) 28:58.6; 12, Ruefenacht (Swi) 28:59.0; 13, L. Presland (Eng) 29:17.0; 14, G. Davis (Wal) 29:29.4 . . . 20, M. Short (Eng) 30:04.4.

MIDLAND ATHLETES HONOURED

Sonia Lannaman and Ian Stewart have been awarded the MBE in the New Year Honours. John Disley, vice-chairman of the Sports Council and Olympic steeplechase bronze medallist in 1952, received the CBE, and *Daily Mirror* athletics writer Frank Taylor (a survivor of the Manchester United air crash in Munich over 20 years ago) the OBE.

MARGARET LOCKLEY NEAR RECORD

Revised times for the New York Marathon on October 22nd have resulted in Margaret Lockley's time in 6th place being amended to a personal best of 2:50.58, just 4 sec outside the UK best. Glynis Penny ran 2:53.35 in her debut (9th), Gill Adams was 19th in 2:57:41 and Lesley Watson 41st in 3:09:03. Leading finishers: Waitz (Nor) 2:32:30, Cooksey (US) 2:41:48, Petersen (US) 2:44:43, Ennis (US) 2:46:38, Mendonca (Bra) 2:48:45, Lockley (UK) 2:50:58, Shafer (US) 2:52:20, Young (US) 2:52:28, Penny (UK) 2:53:35, Butterfield (Ber) 2:53:42.

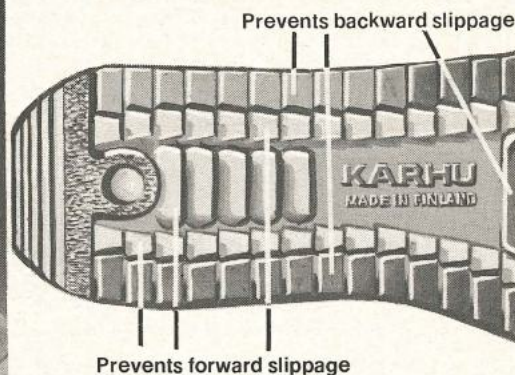
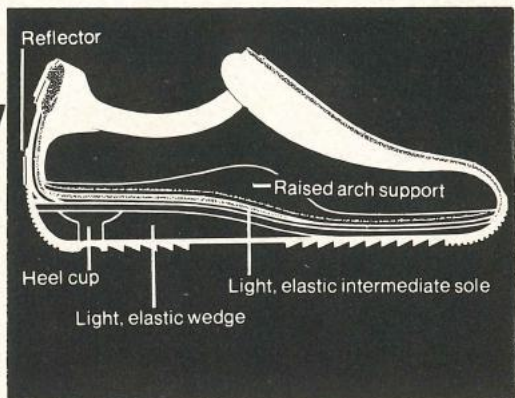
Christa Vahlensieck (Ger), whose world marathon best was improved by Grete Waitz, set a world 25km road best of 1:28:33 at Griesheim on November 22nd.

TRIP TO VIENNA

Should there be sufficient interest, a tour to the European Indoor Championships in Vienna on February 24th/25th will be organised by David Dryer (Sports Travel) Ltd. An air trip, departing on Friday, February 23rd and returning on Monday, the 26th, with three nights bed and breakfast at a Viennese hotel would cost in the region of £150; stadium tickets extra. Anyone interested should contact David Dryer (Sports Travel) Ltd, 202 Oxford Street, London W1N 0BN as soon as possible.

Stevenage & N. Herts AC are holding an inter-club cross-country meeting at Ridlins Wood, Stevenage, on January 21st (men and women, all age groups) and there are still vacancies. Contact Tony Osborne, 50 Cromwell Road, Stevenage, Herts (Tel: 53896).

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Results In Brief

October 7th

Midland Counties CCA Everill Cup Races, at Birmingham. (Fastest) 1, D. Fownes (Tip) 25:41; 2, K. Holmes (Tam) 26:29; 3, R. Calvert (S Hth) 26:30. (Yths) 1, S. Lowe (Tip) 20:21; 2, M. Slevin (Cov) 20:52; 3, S. James (Nun) 21:04. (Boys) 1, P. Basi (War) 13:32; 2, L. Wooldridge (Tip) 13:43; 3, P. Evans (Tip) 13:55. (Colts) 1, J. Onions (Tip) 7:40; 2, L. Huxtable (Tip) 7:43; 3, P. Evans (Tip) 7:45.

October 29th

22km Road Race (St Pol de Leon to Morlaix, France). 1, P. Levisse (Fra) 67:13; 2, N. Gates 67:25; 3, C. Moxsom 67:28; 4, L. Rault (Fra) 67:34; 5, J. Davies 67:37; 6, G. Pringuer 67:53.

November 18th

West Cornwall Road Races. (no times supplied) 4M: 1, J. Lothian (Duchy); 2, A. Rowling (Duchy); 3, G. Stewart (W. Corn). Team: Duchy (Yths 3½M) 1, M. King (W. Corn); 2, F. Field (Tiv); 3, G. Dobson (Duchy). Team: W. Cornwall. (Boys 2½M) 1, J. Richards (Duchy); 2, T. Scott (Duchy); 3, T. Harvey (Tiv). (Colts 1¾M) 1, A. Cocking (Duchy); 2, T. Brice (Ply);

3, L. Knight (Ply). (Women 3M) 1, A. Blake (AFD); 2, B. Locke (W. Corn); 3, E. Tregenza (W. Corn). (Inters 2½M) 1, M. Everard (Duchy); 2, T. Knight (Ply); 3, K. Freeman (AFD). Team: W. Cornwall. (Jnrs 1¾M) 1, Y. Jones (Tiv); 2, C. Bolt (Tiv); 3, H. Hill (Par). (Minors) 1, A. Oliver (Duchy); 2, M. Greet (Duchy); 3, E. Ellis (Duchy).

November 21st

North West Civil Service Sports Council CC Champs, at Preston. 1, T. Moore 19:25; 2, C. Hensell 19:27; 3, C. Robinson 19:28; 4, G. Entwistle 19:38; 5, M. McCausland 19:48; 6, G. Rippon 20:20. Team: HM Stationery Office. (Women) 1, H. Gullup; 2, J. Jordan; 3, A. Lloyd. Team: MOD Liverpool.

November 25th

Brampton to Carlisle '10'. 1, J. Calvert (B'burn) 47:54; 2, S. Cram (J&H) 48:42; 3, P. Whittle (Els) 49:11; 4, A. Catley (Mor) 49:54; 5, H. Jarrett (Kes) 50:02; 6, A. Tate (Tyne) 50:06; 7, D. Wilson (Clay) 50:15; 8, H. Burdett (M&C) 50:17; 9, N. Jobson (Blay) 50:22; 10, C. Stainton (B'pool) 50:31; 11, B. Cordes (Mor) 50:34; 12, J. Verity (Liv) 50:35; 13, G. Potts (M&C) 50:50; 14, M. Pearson (Mand) 50:53. Actual winner, H. Jones (Liv Univ) 46:56, disqualified for entering too late.

Leeds & District CCA November Handicaps, at Harrogate. (Fastest times) 1, R. Harbisher

BRITISH AMATEUR ATHLETIC BOARD DIRECTOR OF COACHING

The B.A.A.B. wishes to appoint a DIRECTOR OF COACHING within the United Kingdom Coaching Scheme.

The successful applicant will probably be between 35 and 50 years of age and will be expected to take up the appointment on 1st April, 1979 or as soon thereafter as possible. The initial period of the contract will be 2 years. The post will be based in London.

The post calls for qualities of drive, initiative and leadership, and involves the leading of a team of professional National Coaches. He or she will be responsible for the technical development of Track and Field Athletics at all levels throughout the U.K. with special significance being placed on the preparation of international teams.

Appropriate professional qualifications and/or a wide experience of Athletics, whilst not essential, are desirable.

Salary offered is in the range of £8,073 — £10,305 per annum plus appropriate London allowance, subsistence and travel allowances. A generous re-location allowance will also be available.

Application forms and further particulars may be obtained from:

Hon. Secretary, U.K. Coaching Committee,
c/o B.A.A.B. Coaching Office, 63 Woodfield Lane, Lower Ashted, Surrey.

CLOSING DATE 26th JANUARY, 1979.

(Long) 30:18; 2, C. Haynes (WY Pol) 31:21; 3, M. Smith (Bing) 31:50; 4, D. Welsh (Harro) 31:54; 5, R. Bradley (Holm) 31:56; 6, J. Craven (Rown) 32:00. Teams: 1, Rowntrees 13; 2, Harrogate 18; 3, Longwood 34. (Boys & Yths; fastest) 1, D. Topham (Long) 9:44; 2, N. Hunter (Rown) 10:17; 3, M. Dexter (Wake) 10:19. Team: Longwood. (Colts; scratch) 1, A. Rodger (Wake) 10:45; 2, M. Foley (Wake) 11:30; 3, D. Good (Harro) 11:43. Team: Longwood.

November 29th

City of London Poly 2½M, at Tower Hill. 1, T. Woods (Rane) 12:38; 2, F. Green (Herc W) 13:03; 3, P. Bryan (Hav) 13:12.

December 2nd

Yorkshire Bank CC Relay For Students, at Leeds. 1, Birmingham Univ 84:47 (R. Osborne 14:03, M. Bateman 14:31, R. Hackney 13:31, A. Howden 14:28, B. Martyniuk 13:43, M. Lawther 14:31); 2, Leeds Univ 86:08; 3, West London IHE 87:59; 4, Leeds Univ 'B' 89:06; 5, Birmingham Univ 'B' 80:57; 6, Durham Univ 91:02; 7, Newcastle Univ 91:14; 8, Nottingham Univ 91:30; 9, Sheffield Univ 91:47; 10, Trent Poly 92:01; 11, Sheffield Poly 92:30; 12, Liverpool Univ 92:34. **Fastest:** (2½M) Hackney 13:31, Martyniuk 13:43, P. McCullagh (Leeds Univ) 14:01, Osborne 14:30, K. Rothwell (Leeds Univ) 14:07, W. Foster (Newc Univ) 14:11, E. Morris (Sheff P) 14:13, A. Evans (Leeds Univ) 14:14. **Schools Relay:** 1, West Park (St Helens) HS 92:27; 2, Bradford GS 94:21. **Fastest:** R. Nerurkar (Bradford GS) 15:03. **Women's Relay:** 1, Birmingham Univ 46:37; 2, Durham Univ 47:05; 3, I. M. Marsh Coll 48:25. **Fastest:** J. Clarke (B'ham Univ) 13:38, S. McDiarmid (Dur Un) 14:45.

BCSA Midlands CC Champs, at Keele Univ. 1, C. Turner (Crewe & A) 31:09; 2, A. Clifton (Made) 31:09; 3, C. Hetherington (C&A) 31:45; 4, G. Russell (C&A) 31:57; 5, R. Batchelor (C&A) 31:59; 6, G. Lewis (Made) 32:05. Teams: 1, Crewe & Alsager 33; 2, Dudley 110. **(Women)** 1, A. Tunncliffe (Made) 12:49; 2, Y. Wray (Made) 13:40; 3, C. Bell (Newman) 13:41. Teams: 1, Madeley 11; 2, Anstey 17; 3, Dudley 34.

Highgate H Schools CC Races, at Parliament Hill. (Snr Boys) 1, J. Storey (Hamp) 14:05; 2, P. Lanfear (Stone) 14:26; 3, P. Gurr (St Mich) 14:44. Teams: 1, Harrow Weald 58; 2, Skinners 71; 3, Haydon 89. (Jnr Boys) 1, I. Menzies (Lang) 11:00; 2, N. Martyn (W. Ellis) 11:14; 3, D. Brockwell (Slough) 11:16; 4, D. Hoinville (W. Ellis) 11:16. Teams: 1, Wm Ellis 79; 2, Skinners 85; 3, St Marys 85.

Portsmouth AC/Trustee Savings Bank CC Races For Schoolboys. (Boys) 1, M. Ball (PGS) 18:01; 2, M. Williams (CAMS) 18:19; 3, M. Rixon (COP) 18:20. Team: COP Boys, (Colts) 1,

S. Newell (Broom) 19:30; 2, G. Hernry (Broom) 19:47; 3, S. Bishop (COP) 19:58. Team: Broomfield.

December 9th

Christie CC Champs, at Leeds. 1, H. Jones (Liv Univ) 31:45; 2, A. Evans (Leeds Univ) 32:45; 3, M. Calvert (Leeds Univ) 32:50; 4, J. Verity (Liv Univ) 33:30. Teams: 1, Leeds Univ 24; 2, Liverpool Univ 31; 3, Manchester Univ 72.

Polytechnic H v TVH Cross-Country, at Richmond Park. 1, D. Patterson (TVH) 34:57; 2, J. Abberton (P) 35:08; 3, J. Sheridan (TVH) 35:34; 4, S. Ray (P) 36:33; 5, P. Fagan (P) 36:53; 6, A. Mineyko (P) 37:00. Teams: (6 a side) Poly 32, TVH 49; (12 a side) TVH 154, Poly 173.

Hammer Competitions, at West London Stadium. (Yths) A. Noakes (WLHS) 57:52. (Boys) 1, T. Kenneally (WLHS) 58:02; 2, G. Deegan (WLHS-age 13) 46:14; 3, C. Bowles (WLHS-age 13) 34:02.

Paul Williams runs 2:57.0 1200m

December 13th

SCAAA Open Meeting, at Crystal Palace. 60m: (i) N. Rickens (AFD) 7.1. 10,000: 1, C. Bunyan (S&E) 30:22.4; 2, T. Hassell (AFD) 30:31.6; 3, E. Emms (Ex B) 30:40.2. SP: M. Winch (B'ht) 18.17. 3000W: 1, C. Lawton (Bel) 13:04.4; 2, B. Armstrong (Ilf) 13:04.8; 3, R. Emsley (Craw) 13:31.4; 4, D. Jones (Wey) 13:31.8; 5, D. Buchanan (B&H) 13:33.0; 6, J. Robinson (Ang) 13:50.6; 7, R. Dorman (Bel) 13:52.8; 8, G. Maynard (Camb H) 13:52.8; 9, K. Baker (Wey) 13:53.4; 10, A. Buchanan (B&H) 13:58.6; 11, S. Marshall (Camb H) 13:59.4. **BMC 1200:** 1, P. Williams (Camb H) 2:57.0; 2, T. Hutchings (Craw) 2:57.6; 3, G. Long (Bog) 3:00.5. **(Jnrs)** 60m: (i) 1, R. Dickens (Shaft) 7.1; 2, L. Christie (L. Irish) 7.2. LJ: L. Shakes (unat) 6.61. **(Yths)** 60m: (i) P. Edwards (HHH) 7.2. PV: A. Pratt (S&C) 3.50. **(Boys)** 1500: 1, A. Wickens (S&C) 4:25.1; 2, E. Mulcair (HHH) 4:28.8; 3, J. Heil (Hast) 4:29.6; 4, J. Lewis (H. Hth) 4:29.9. PV: 1, W. Davey (SAC) 3:60; 2, R. Hooper (Wok) 3.50.

The Watford Young Athletes cross-country races, usually held in January, will not now take place. Watford H. thank all clubs and competitors who have supported the event in the past.

East Kent AC officers: secretary — Mrs J. Bourne, Homelands, Pye Alley Lane, Whitstable, Kent; competition sec — R. F. C. Clark, 66 Bournemouth Drive, Herne Bay, Kent.

FULL NAME: Colin Peter Szwed. **Born:** Hurley (Atherstone), 8.7.1959. **Height:** 1.85/6'1". **Weight:** 67kg/149lb. **Club:** Coventry Godiva H. **Coach:** Michael Jones. Feels that coaching "is essential for me, because I need to be guided and sometimes pushed as I can get lazy. Mick Jones and I have a really good coach/athlete relationship in which we can discuss having sessions and prepare for races together, all of which is an essential part in the development of both the coach and athlete... a mutual understanding and belief in one's coach must exist". **Hobbies and interests outside athletics:** "Photography, listening to records (especially Elton John and The Eagles), watching football". His younger brother, Tony (17) competes in the high jump and 400m — "and any event the club wants him for... I think he will make a good decathlete". **Favourite event is 800m** — "but 400 I enjoy because it is shorter, therefore it seems easier, and I can use it for speed".

Brief details of achievements in major competitions: 1975 — 2nd English Schools 800m, 3rd AAA Youth 800m; 1977 — 1st English Schools 800m, 1st AAA Junior 800m (1:48.7 — CBP), 5th European Junior 800m (1:48.7); 1978 — 5th AAA 800m; Commonwealth Games representative.

Annual progression:

	400	800	1500
1971	65.0	2:24.0	5:05.0
1972	59.0	2:13.2	4:42.0
1973	57.5	2:07.4	4:25.0
1974	54.0	2:01.4	4:14.0
1975	51.3	1:53.0	4:07.6
1976	50.1	1:52.7	4:21.0*
1977	48.2	1:47.7	3:52.0
1978	47.9	1:48.9	—

* mile

Spotlight on Colin Szwed

Started in athletics "at Junior school. I ran sprints, high jump and long jump. When I started Secondary Education I began cross-country with the help of two great teachers — Mr Crowther and Mr Hilton. Without their help I would not have become so dedicated. At that time I was also very good at football and I had to choose between that and athletics, and it was Mr Crowther who gave me the freedom to choose when fixtures clashed — he could have made me play football as it was of greater prestige to the school. I joined Coventry Godiva Harriers at the age of 12, mainly doing cross-country. It was not until I was 14 that I decided to try track running rather than cross-country. I think it's a natural progression, Olympic gold medals are won on the track, and I don't fancy doing the marathon".

Trains six days a week winter and summer, including four track sessions per week in summer and three in winter. Trains at the new Birchfield track and at Warley Stadium, both Tartan tracks; sees coach four or five times per week.

Training cycle: (October-January) — 16 weeks split into 2x8. 1st period: Basic conditioning (mileage, fartlek, weights); 2nd period: also basic conditioning but relating to the event and its needs. (February-mid May) — 2+6-8 week periods: 3rd period: Primary and Secondary Preparation Periods; 4th period (May onwards): Competition.

General description of a week's training in summer: Monday — (track) 3 (4x300m) with jog recovery; Tuesday — 3-4 miles on road/grass; Wednesday — (track) 3 (3x400m); Thursday — 3-4 miles plus light weights; Friday — (track) 2



Colin Szwed (24) narrowly defeats Neil Jackson for the Midland 400 metres title in a personal best of 47.9.

George Herringshaw

(8 × 200m) with 200m jog recovery; Saturday — Rest; Sunday — (track) speedwork — varies 600/500/400/300/200.

General description of a week's training in winter: Monday — (track) 4-6 × 1000m with walk recovery; Tuesday — 4-5 miles plus weights; Wednesday — (track) 2 (5-6 × 400m) with 200m jog; Thursday — 4-5 miles and weights; Friday — (track) 4-6 × 600m; Saturday — Rest; Sunday — long run of 6-8 miles.

The performance that gave him the greatest pleasure was the 1977 Coca-Cola 800m — “because I was ill a week before and to run 1:47.7 with such a build-up was superbly satisfying. Coming fifth in this year’s AAA 800m and being picked for the Commonwealth Games must rank equal”. No one performance has caused great disappointment but “all performances where I can honestly say that I haven’t given 100% disappoint me . . . as long as you give 100% in your performance I cannot see how you can be disappointed”.

Considers his main rivals to be “any person who is there over the last 100m but Garry Cook consider as a good competitor and always gives 100%. We had some close races last year as Juniors and I have a lot of respect for Garry. Dave Warren I have only raced once but you must consider him as a rival if his overall performances warrant it, and they do. Sebastian Coe I have only raced against once, but at the

moment he is in a class of his own — but they cannot stop there for ever”.

Top athletes he admires: "Alberto Juantorena because he never looks as though he is beaten — he has that special quality of competitiveness which was emphasised in the World Cup 800m against Mike Boit. He also emphasises the fact that 800m runners today must also be able to run a fast 400m, as this not only helps in finishing speed in a slow race but also enables you to go through the first 400m faster. Brendan Foster captures all my admiration, with his combination of ability and self-will. Brendan has done more for the promotion of athletics in this country than anyone. The main aspect of athletics is the consideration of oneself; Brendan still has this as he picks many of his races, but manages to combine this with the development of athletics in this country, which he seeks".

Long-term aims: "It is everyone's dream to win an Olympic 'Gold' medal but it is a dream I aim to make come true . . . Improvement is my main objective although this will become secondary if I have to sacrifice my love for athletics to achieve it, but one should generate the other".

Colin is now on a sports scholarship at the University of Utah, Salt Lake City.

Peter Hoffmann informs us that it was J. Learmonth, and not himself who finished 5th for EAC in the GRE Cup Final 400m.

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(CAPITAL LETTERS PLEASE)

ATH

United Kingdom Merit Rankings 1978

Compiled by Peter Matthews

These are Peter Matthews' 11th annual merit rankings: an attempt to rank British athletes on their outdoor records in 1978. Information given is date of birth, their five or six best marks in 1978, and their positions in important events during the season.

Abbreviations include: AAA v LC — AAA v Loughborough; B. Air — British Airways Games; BL1 — British League, Div 1 (BL2 — Div 2 etc); CG — Commonwealth Games; Cup — GRE Cup Final; EC — European Championships; E. Carr — Emsley Carr Mile; E.

Club — European Clubs Cup; Gh G — Gateshead Games; HCJI — Home Countries Junior International; HG — (Edinburgh) Highland Games; IS — Inter Services Champs; J — Lubeck — Junior International at Lubeck; McE — McEwans Games (Gateshead); Meat — British Meat Games; NCAA — (USA) National Collegiate Champs; WG — Wales v Greece.

Amendments or comments to Peter Matthews, 6 Broadfields, Goffs Oak Waltham Cross, Herts EN7 5JU.

100 METRES

1. Allan Wells (3.5.52) 10.07w, 10.15, 10.22w, 10.31, 10.32/10.2w; 2nd v Gre; 1st Scot, 1st Gh G, 1st UK, 2nd CG, 1st HG, 4th Rotary, 6th EC, 1st McE, 1st Cup.

2. Mike McFarlane (2.5.60) 10.29w, 10.32, 10.43, 10.57, 10.57w/10.4; 3rd Philips, 3rd South, 3rd v GDR, 4th AAA, 4th J-Lubeck, 5th CG, 8th Rotary, 1st v Fin (2nd).

3. Steve Green (13.10.55) 10.40w, 10.49, 10.56w, 10.57, 10.57/10.4. 10.5; 4th Philips, 2nd B. Air, 2nd South, 4th v GDR, 3rd UK, 7th HG, 5th Rotary, 2nd v Fin (3rd), 6th Coke, 3rd McE, 4th Tokyo.

4. Drew McMaster (10.5.57) 10.52, 10.55, 10.65, 10.75/10.5, 10.5; 4th B. Air, 1st Scot E, 2nd UK, 7th qf CG, 6th HG.

5eq Les Hoyte (4.2.56) 10.45w, 10.60, 10.69, 10.70w/10.6, 10.7; BL1: 1, 1, — 1; 5th South, 6th AAA, 6th Gh G, 5th UK, 6th qf CG, 8th Coke, 2nd McE.

5eq Daley Thompson (30.7.58) 10.50w, 10.65, 10.68w 10.69, 10.70, 10.72; 4th South, 6th UK, BL2: 2B, 1B, 1B, —.

7eq Brian Green (15.5.41) 10.58w, 10.68, 10.77/10.5, 10.5w, 10.6, 10.6; 1st North, 5th sf AAA, 6th qf CG, 1st HG 'B'.

7eq Cameron Sharp (3.6.58) 10.65, 10.78, 10.81/10.5w, 10.6, 10.6w; 5th v Gre, 2nd Scot, 5th J-Lubeck, 5th qf CG.

7eq Trevor Hoyte (5.1.57) 10.58w, 10.70, 10.73, 10.74, 10.78/10.5, 10.7; 3rd B. Air, 1st BL1 (3), 5th AAA, 5th Gh G, 7th UK, 4th McE.

10. David Roberts (5.6.49) 10.66, 10.69, 10.72, 10.77/10.4w, 10.7; BL1: 3, 2, —, —; 2nd CAU, 6th v Gre, 1st Welsh, 1st WG, 5th ht UK, 6th qf CG.

Allan Wells' glorious season takes him to No. 1, with Mike McFarlane a clear 2nd. Steve Green & McMaster are close in 3rd/4th, with a fair gap to the rest, all of whom traded wins with each other.

200 METRES

1. Allan Wells (3.5.52) 20.12w, 20.61, 20.63, 20.68w/20.5, 20.5; 1st Scot E, 1st UK, 1st CG, 1st HG, 2nd Rotary, 1st McE, 1st Cup.

2. Trevor Hoyte (5.1.57) 20.90w, 21.15, 21.16, 21.23w/21.1w, 21.2; BL1: 8, 2, 2, —; 7th Philips, 2nd B. Air, 2nd South, 7th AAA, 4th Gh H, 5th UK, 7th CG, 3rd HG, 5th Rotary, 5th ht EC, 1st v Fin, 6th Coke, 2nd McE, 3rd Tokyo.

3. Mike McFarlane (2.5.60) 20.97, 21.06, 21.16w, 21.28, 21.31w, 21.35; 1st Philips, 1st South, 3rd v GDR, 4th AAA, 2nd J-Lubeck, 5th CG, 6th HG.

4. David Jenkins (25.5.52) 21.16, 21.36, 21.43, 21.44/21.0, 21.2w; 2nd UK, 5th HG, 7th sf EC.

5. Drew McMaster (10.5.57) 21.43, 21.45w/21.0w, 21.1, 21.2, 21.2; 1st B. Air, 1st Scot, 4th v GDR, 3rd UK, 4th qf CG.

6. Steve Green (13.10.55) 21.05, 21.27, 21.57, 21.73/21.6; 4th UK, 3rd Rotary, 4th Coke.

7. Tim Bonsor (20.12.54) 20.89w, 21.44w, 21.47, 21.48, 21.50/21.4; BL1: 1, 1, —, —; 4th CAU, 4th E. Club, 5th AAA, 5th sf CG.

8. Danny Laing (1.4.49) 21.34w, 21.35, 21.40, 21.43, 21.57w, 21.60; 3rd CAU, 6th South, 4th HG, 7th Rotary, 5th Coke, 5th McE.

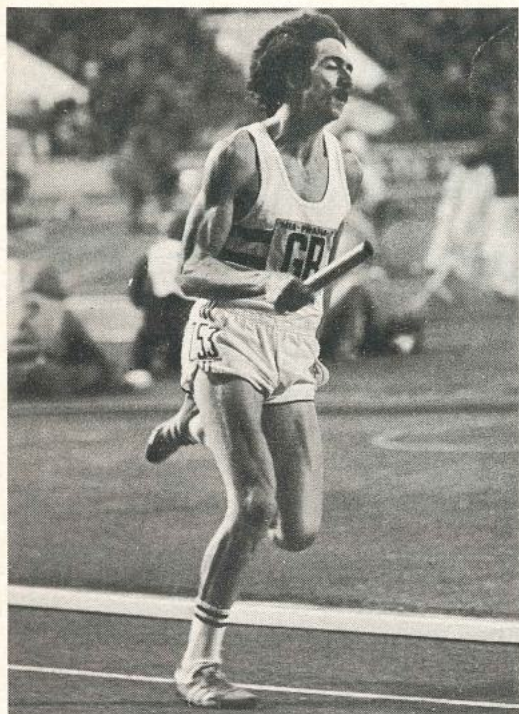
9. Cameron Sharp (3.6.58) 21.52, 21.52, 21.54/21.1w, 21.1w, 21.2; 4th Scot, 6th UK, 5th (g) J-Lubeck, 5th qf CG, 7th HG.

10. David Roberts (5.6.49) 21.36, 21.70, 21.82, 21.82/21.5, 21.7; BL1: 3, 3, —, —; 6th v Gre, 1st CAU, 1st Welsh, 1st WG, 6th ht UK, 6th qf CG.

Behind Allan Wells the 200m sprinters fell into two groups, ranked above as 2nd to 7th, and 8th to 10th.

400 METRES

1. Glen Cohen (22.4.54) 45.49, 46.22, 46.3, 46.45, 46.57, 46.57; 1st IC4A, 6th NCAA, 1st Meat, 2nd Gh G, 3rd UK, 5th CG, 5th sf EC.

**TERRY WHITEHEAD****"Made tremendous progress" during 1978**

Mike Street

2. **David Jenkins (25.5.52)** 45.97, 46.21, 46.33, 46.66, 46.94, 46.99; 2nd v Gre, 3rd Scot, 1st v GDR inv, 2nd AAA, 3rd Gh G, 5th sf CG, 3rd Rotary.
3. **Dick Ashton (9.12.55)** 46.27, 46.32, 46.34, 46.35, 46.41, 46.63; 2nd South, 2nd v GDR inv, 1st UK, 6th CG, 5th Rotary, 6th EC.
4. **Terry Whitehead (10.1.57)** 46.23, 46.52, 46.61, 46.69, 46.69, 47.36; 3rd CAU, 3rd South, 4th v GDR inv, 3rd AAA, 6th sf CG, 5th EC.
5. **Danny Laing (1.4.49)** 46.39, 46.97, 46.99, 47.02, 47.05, 47.15; 1st South, 8th v GDR inv, 7th AAA, 2nd Meat, 4th Gh G, 2nd UK, 1st v Fin, 2nd Tokyo.
- 6eq **Carl Hamilton (20.11.56)** 47.05, 47.20, 47.2, 47.34, 47.54, 47.5; BL1: 1, —, 1, 1; 4th CAU, 1st North, 5th v GDR inv, 5th AAA, 5th Gh G, 4th UK.
- 6eq **Roger Jenkins (30.9.55)** 46.93, 47.21, 47.2, 47.2, 47.2, 47.26; 2nd Philips, 2nd Scot, 6th v GDR inv, 4th AAA, 3rd Meat, 5th UK, 5th qf CG, 6th Rotary, 2nd v Fin.
8. **Jeff Griffiths (20.3.57)** 46.74, 46.91, 47.21, 47.41, 47.76, 47.84; 1st v Gre, 1st CAU, 2nd v GDR, 1st Welsh, 3rd ht AAA, 4th WG, 5th qf CG.
9. **Mike Delaney (22.5.47)** 46.92, 47.08, 47.29,

47.41, 47.56, 47.74; 1st BL1 (2), 6th CAU, 7th v Gre, 7th v GDR inv, 2nd Welsh, 6th AAA, 2nd WG, 1st IS, 7th qf CG.

10. **Alan Bell (10.6.57)** 46.96, 47.35, 47.49, 47.8, 47.92, 47.92; 1st Yorks, 2nd CAU, 1st AAA v LC, 3rd v GDR, 8th AAA, 6th Meat, 6th UK.

After 7 successive years, David Jenkins loses No. 1 ranking to Glen Cohen, 2nd in 1976 and 1977. Dick Ashton and Terry Whitehead made tremendous progress as neither had been ranked before at this event.

800 METRES

1. **Steve Ovett (9.10.55)** 1:44.1, 1:45.4, 1:46.5, 1:47.8, 1:49.0; 2nd EC.
2. **Sebastian Coe (29.9.56)** 1:44.0, 1:44.3, 1:44.8, 1:45.6, 1:45.7; 1st AAA v LC, 1st Gh G, 1st UK, 3rd EC, 1st Coke.
3. **Garry Cook (10.1.58)** 1:45.8, 1:46.0, 1:48.1, 1:49.2, 3rd E. Club, 6th AAA, 6th J-Lubeck, 5th CG, 1st v Fin, 4th Tokyo.
4. **Peter Hoffmann (1.7.56)** 1:46.6, 1:47.6, 1:48.3, 1:49.1, 1:49.2, 1st v Gre, 1st Scot E, 2nd v GDR, 2nd UK, 5th sf CG, 5th ht EC, 9th HG.
5. **David Warren (11.2.56)** 1:48.1, 1:48.6, 1:48.9, 1:49.0; 1st South, 4th v GDR, 2nd AAA, 9th Gh G, 7th sf CG, 2nd Rotary.
6. **Glen Grant (16.7.53)** 1:48.8, 1:49.3, 1:49.3, 1:40.3, 1:49.3, 1st Welsh, 1st WG, 1st IS, 8th CG, 3rd v Fin.
7. **Dane Joseph (20.2.59)** 1:47.7, 1:47.9, 1:49.9, 1:50.2, 1st CAU, 3rd ht AAA, 5th ht UK, 1st Rotary, 3rd Coke, 1st McE.
8. **Paul Forbes (20.11.56)** 1:48.0, 1:49.1, 1:49.6, 1:49.8, 1:50.0; 2nd v Gre, 2nd Scot, 3rd UK, 8th sf CG, 3rd HG, 2nd McE, 1st Cup.
- 9eq **Colin Szwed (7.8.59)** 1:48.9, 1:49.1, 1:49.3, 1:49.4, 1:50.2; 5th CAU, 5th AAA, 7th ht UK, 2nd J-Lubeck, 6th sf CG.
- 9eq **Peter Browne (3.2.49)** 1:48.8, 1:49.1, 1:49.8, 1:49.9, 1:50.8; 6th CAU, 2nd South, 4th UK, 4th Rotary, 5th Coke

1500 METRES/1 MILE (M)

(Aprox equivalents: 3:54.0y = 3:36.8; 3:56.0y = 3:38.6; 3:58.0y = 3:40.5; 4:00.0y = 3:42.3)

1. **Steve Ovett (9.10.55)** 3:35.6, 3:52.8(M), 3:35.8, 3:37.6, 3:55.5(M); 1st v GDR, 1st Rotary, 1st EC, 1st Tokyo. Unbeaten.
2. **Dave Moorcroft (10.4.53)** 3:35.5, 3:36.6, 3:36.7, 3:55.3(M), 3:55.4(M); 1st Gh G, 1st CG, 3rd EC, 1st Coke.
3. **John Robson (31.1.57)** 3:35.6, 3:54.3(M), 3:55.8(M), 3:38.8, 3:39.6; 2nd v Gre, 2nd Philips, 1st Scot, 4th v GDR, 5th Oslo, 1st E. Carr, 1st UK, 3rd CG, 3rd HG, 3rd Rotary, 8th EC, 1st Cup.
4. **Frank Clement (26.4.52)** 3:35.7, 3:54.2(M);



Nat Muir, Britain's fifth ranked 5000m runner, wins the 3000m (7:52.1) ahead of Dennis Coates (5), Dave Black (7) and Norway's Knut Kvalheim (1) at the British Meat Games.

Mike Street

3:56.1(M), 3:40.5, 3:58.4(M); 4th v Gre, 2nd Scot, 4th Oslo, 3rd Gh G, 2nd UK, 4th CG, 2nd HG, 3rd Coke, 3rd McE.

5. Graham Williamson (15.6.60)

3:37.7, 3:55.8(M), 3:56.4(M), 3:39.7, 3:58.3(M); 3rd Scot, 1st Scot Sch, 1st J-Lubeck, 3rd UK, 1st AAA-J, 1st Scot-J, 1st HG, 4th Rotary, 2nd v. WG-J, 1st v Fin, 2nd Coke, 3rd Tokyo.

6. Brendan Foster (12.1.48) 3:57.0(M), 3:57.4(M), 3:47.7; 3rd E. Carr, 2nd Gh G.

7. Glen Grant (16.7.53) 3:38.1, 3:39.9, 3:41.6, 3:42.2, 3:42.2, 3:42.2; 3rd v Gre, 8th Philips, 1st IS, 5th UK, 6th CG.

8. Steve Cram (14.10.60) 3:57.4(M), 3:40.1, 3:42.7, 3:44.8, 3:44.8; 4th E. Carr, 3rd J-Lubeck, 1st E. Sch, 9th ht CG, 1st v WG-J, 4th v Fin.

9. Tim Hutchings (4.12.58) 3:57.8(M), 3:40.6, 4:00.4(M); 3:43.1, 4:02.2(M); 4th Philips, 5th AAA, 5th E. Carr, 2nd City, 10th CG, 7th Rotary, 6th Coke.

10. Nick Rose (30.12.51) 3:58.9(M), 4:00.1(M), 3:43.8, 3:45.2, 3:47.9; 4th UK, 1st City, 4th HG, 5th McE, 1st BL2 (3).

With Britain leading the world in this event, a very high standard indeed at the top.

5000 METRES

1. Brendan Foster (12.1.48) 13:25.4, 13:27.3, 13:31.4; 13:38.3, 13:45.1; 2nd UK, 3rd CG, 5th ht EC.

2. Mike McLeod (25.1.52) 13:25.2, 13:27.8, 13:32.7, 13:33.2, 13:36.7; 6th AAA, 2nd Dublin, 1st UK, 4th CG, 7th ht EC.

3. Nick Rose (30.12.51) 13:25.4, 13:26.6, 13:32.8, 13:35.7, 13:55.2; 1st v GDR, 3rd AAA, 12th CG, 7th EC.

4. Julian Goater (12.1.53) 13:31.8, 13:36.5, 13:44.1, 13:45.8, 13:59.0; 1st South, 2nd v GDR, 1st IS, 7th UK, 4th Coke.

5. Nat Muir (12.3.58) 13:34.9, 13:37.7, 13:47.5, 14:00.5, 14:00.5, 14:00.6; 1st v Gre, 2nd Scot, dnf UK, 6th CG, 11th Coke.

6. Tony Simmons (6.10.48) 13:25.7, 13:35.0, 13:39.8, 13:41.0, 13:57.8; 1st Welsh, 2nd WG, 7th CG, 12th Coke.

NORTH EAST ATHLETICS COACHING COMMITTEE

(on behalf of N.A.C.C.)

AIDED BY SOUTH TYNESIDE M.B.C.

ANNUAL COACHES' CONFERENCE

at

SOUTH SHIELDS CENTRAL LIBRARY

on

SUNDAY, 28th JANUARY, 1979

Commencing at 9.45 a.m.

SPEAKERS

MALCOLM ARNOLD
DR. JOHN HUMPHRIES
CARL JOHNSON
RON MURRAY
GORDON SURTEES

Applications. with S.A.E. and conference fee of £3.00 (includes lunch and refreshments) to:

Carl Johnson, 131 West Dene Drive, NORTH SHIELDS, Tyne and Wear, NE30 2TA.
before Friday, 19th January, 1979.

7eq Malcolm Prince (8.10.56) 13:36.6, 13:39.1, 13:43.3, 13:54.4, 14:15.6; 2nd AAA v LC, 8th AAA, 3rd UK, 10th Warsaw.

7eq Charles Spedding (19.5.52) 13:28.7, 13:37.5, 13:51.8, 13:51.9, 13:52.8; 1st AAA v LC, 12th AAA, 4th UK, 4th Warsaw, 2nd v Fin. 6th Tokyo.

7eq Bernie Ford (3.8.52) 13:32.6, 13:34.9, 13:54.4, 13:58.0, 13:59.4; 3rd AAA v LC, 5th Coke.

10. Keith Penny (29.1.50) 13:37.2, 13:37.8, 13:50.9; 4th South, 5th UK, 6th Coke.

10,000 METRES

1. Brendan Foster (12.1.48) 27:30.3, 27:32.7, 28:13.7; 1st AAA, 1st CG, 4th EC.

2eq Mike McLeod (25.1.52) 28:04.2, 28:34.3, 28:38.0; 2nd AAA, 3rd CG, 14th EC.

2eq David Black (2.10.52) 27:36.3, 28:06.9, 28:34.8, 28:37.9; 3rd AAA, 1st UK, 4th CG, 5th EC.

4eq Bernie Ford (3.8.52) 28:12.4, 28:25.3, 28:40.5; 4th AAA, 3rd UK, 2nd v Fin (3rd)

4eq Tony Simmons (6.10.48) 28:15.0, 28:16.0, 29:01.2; 1st v GDR, 6th CG.

6. Julian Goater (12.1.53) 28:16.7, 29:40.8, 29:53.3; 5th AAA, 1st Cup.

7. Geoff Smith (24.10.53) 28:36.5, 28:37.3, 28:39.2, 29:09.9, 29:40.0; 1st North, 7th AAA, 2nd UK, 3rd v Fin (4th).

8. Allister Hutton (18.7.54) 28:37.1, 28:43.9, 29:07.8, 29:30.7, 29:56.5; 2nd v Gre, 3rd v GDR, 1st Scot W, 8th CG, 2nd Cup.

9. Steve Kenyon (15.9.51) 28:35.1, 29:15.7; dnf North, 1st CAU, 6th AAA.

10. Jim Brown (13.9.52) 28:36.4, 29:33.4; 1st v Gre, 2nd Scot W.

Brendan Foster's 4th successive No. 1 at this event, and 11th in all (2 at 1500, 5 at 5000). Very difficult to rate McLeod v Black, for whereas the latter had a great run in the European, far faster than any of McLeod's races, McLeod was clearly superior in the Commonwealth and AAA.

3000 METRES STEEPLECHASE

1. Dennis Coates (11.2.53) 8:26.0, 8:32.8, 8:34.7, 8:35.4, 8:43.7; 1st Philips, 1st AAA, 1st UK. 6th CG, 10th EC.

2. John Davies (20.11.52) 8:26.6, 8:26.8, 8:37.9, 8:39.5, 8:42.2; 1st v Gre, 2nd Philips, 1st Welsh, 1st WG, 2nd UK, 10th CG, 10th ht EC.

3. Tony Staynings (21.7.53) 8:35.8, 8:38.5, 8:39.9, 8:41.9, 8:43.0; 3rd Philips, 2nd AAA, 4th UK, 7th CG: BL2:—, 1, 1, —.

4. Ian Gilmour (27.1.52) 8:31.1, 8:38.9, 8:40.0, 8:40.1, 8:42.6; 4th Philips, 3rd v Gre, 1st Scot, 5th AAA, 3rd UK, 8th CG, 2nd v Fin, 5th Tokyo, BL1: 1, —, —, 1.

5. John Graham (18.6.56) 8:39.3, 8:40.0, 8:44.1, 8:47.6, 8:52.5; 2nd v Gre, 2nd BL2 (2), 2nd Scot, 5th UK.

6. Mickey Morris (11.2.56) 8:35.8, 8:45.9, 8:47.5, 8:58.3, 8:59.0; 5th ht NCAA, 3rd AAA, 6th UK, 4th v Fin; BL1: —, —, 1, 2.

7. John Wild (13.2.53) 8:42.2, 8:53.6, 8:54.8, 8:55.0, 8:57.9; 7th Philips, 3rd CAU, 4th AAA, 1st IS, 9th CG.

8. Ronald Harris (12.1.53) 8:46.9, 8:48.8, 8:49.5, 8:55.4; 6th Philips, 1st CAU, 6th AAA, 8th UK. BL4: 1, —, —, 1.

9eq Roger Hackney (2.9.57) 8:47.6, 8:53.7, 8:59.4, 8:59.4, 9:06.4; 1st UAU, 3rd Welsh, 7th AAA, 9th UK.

9eq Graeme Fell (19.3.59) 8:48.4, 8:52.9, 8:55.8, 9:00.0, 9:01.2; 2nd South, 9th AAA, 7th UK; BL2: 1, 3, 2, 1.

9eq Graham Tuck (22.10.50) 8:48.1; 8:50.0, 8:54.6, 8:58.2, 8:58.7; 5th Philips, 1st South, 8th AAA, 11th UK.

Three successive years at No. 1 for Dennis Coates.

110 METRES HURDLES

1. Berwyn Price (15.8.51) 13.70w, 13.74, 13.86, 13.93w, 14.00, 14.01; 2nd v Gre, 1st CAU, 1st Welsh, 3rd v GDR, 1st AAA, 1st WG, 1st UK, 1st CG, 2nd Rotary, 3rd HG, 5th sf EC, 2nd Coke; 1st BL1 (1).

FANTASTIC REDUCTIONS

Next week — when the

SWEAT SHOP's

JANUARY SALE

gets under way!

☆ ☆ ☆

(Don't miss your copy of
AW next week for full
details)



Gary Oakes, who turned 20 in September, was ranked second to Alan Pascoe in the 400m hurdles. He placed seventh in the Commonwealth Games.

Mike Street

2. **Mark Holtom (6.2.58)** 14.01, 14.04, 14.10w, 14.12, 14.14/14.0w; 2nd CAU, 2nd v GDR, 1st Mid, 2nd AAA, 3rd J-Lubeck, 2nd UK, 5th ht CG, 3rd Rotary, 8th sf EC, 2nd v Fin, 1st Coke.
3. **David Wilson (7.9.51)** 14.40, 14.43w, 14.57, 14.57/14.4w, 14.5; 3rd v Gre, 1st Scot E, 8th AAA, 3rd UK, 4th HG, 4th Rotary, 4th v Fin, 4th Coke, 1st Cup; 1st BL3 (3).
4. **Ian Ratcliffe (13.2.57)** 14.60, 14.65, 14.68, 14.72w/14.4w, 14.7; 4th E. Club, 3rd AAA, 4th UK; BL1: 3, 3, 1, —.
5. **Mark Hatton (13.2.57)** 14.55/14.4, 14.5, 14.6, 14.6, 14.7; 3rd CAU, 1st Quad-CP.
6. **Neil Gerrard (13.3.53)** 14.75, 14.84, 14.93/14.6, 14.6w 14.7w; 3rd Quad-CP, 3rd South, 5th AAA, 6th Rotary; BL3: 1, 1, 2, 1.
7. **Tony James (22.8.56)** 14.75, 14.92/14.5w, 14.6, 14.7, 14.8; 2nd Quad-CP, 7th AAA, 2nd Cup; BL1: 1B, 1B, 1, —.
8. **Phil Barthropp** 14.71, 14.83, 15.03/14.8, 15.0w, 15.1; 4th Quad-CP, 2nd South, 4th ht AAA, 5th J-Lubeck, 1st AAA-J, 1st HCJI, 5th Rotary, 6th Coke.
9. **Malcolm Kindon (28.3.53)** 15.06/14.7, 14.7, 14.9, 14.9; 4th CAU, 1st North, 3rd ht AAA, 5th ht UK; BL1: 2, 1, —, 3, 2nd Mid v North.
10. **Alan Drayton (29.9.51)** 14.86, 14.95, 15.11/14.5, 14.8, 15.1; BL2: 1, 1, —, 1.

Six successive years at No. 1 for Berwyn Price.

400 METRES HURDLES

1. **Alan Pascoe (11.10.47)** 49.63, 49.8, 50.09, 50.12, 50.39, 50.45; 1st South, 1st v GDR, 1st AAA, 2nd Gh G, 3rd CG, 2nd HG, 1st Rotary, 5th ht EC, 1st v Fin, 1st Coke.
2. **Gary Oakes (12.9.58)** 50.96, 51.08, 51.09,

51.24, 51.24, 51.35; 3rd Philips, 1st CAU, 2nd South, 3rd AAA, 2nd Meat, 3rd J-Lubeck, 2nd UK, 7th CG, 3rd Rotary, 6th ht EC, 2nd v Fin, 4th Coke, 8th Tokyo.

3. **Bill Hartley (27.6.50)** 51.03, 51.21, 51.23, 51.27, 51.27, 51.57; 1st North, 3rd v GDR, 4th AAA, 1st Meat, 4th Gh G, 1st UK, 6th sf CG, 3rd HG, 4th Rotary, 7th ht EC.

4. **Steve James (8.2.54)** 51.21, 51.42, 51.54, 51.80, 51.81, 51.83; 3rd v Gre, 2nd CAU, 1st Welsh, 5th AAA, 1st WG, 3rd UK, 6th sf CG, 1st Cup; BL1: 1, 1B, —, 1.

5. **David West (25.9.53)** 51.38, 51.63, 51.64, 51.7, 52.0, 52.05; 2nd Philips, 4th CAU, 3rd South, 1st AAA v LC, 7th AAA, 4th Meat, 4th UK, 7th Rotary; BL1: 2, —, 1, 2.

6. **Clive Beattie (20.12.57)** 51.45, 51.89, 52.3, 52.3, 52.85, 52.9; 4th Philips, 1st BUSF, 6th UK, 7th sf CG, 5th Rotary.

7. **Mike Whittingham (11.6.54)** 52.02, 52.03, 52.07, 52.08, 52.21, 52.30; 1st UAU, 5th Philips, 3rd CAU, 5th South, 2nd AAA v LC, 6th AAA, 3rd Meat, 5th Gh G, 5th UK, 6th Rotary, 5th HG, 6th Coke.

8. **Roger Jenkins (30.9.55)** 51.88, 52.17, 52.37, 52.8; 4th v Gre, 4th HG, 5th Coke.

9. **Roger Bell (14.9.55)** 51.47, 52.3, 52.38, 52.67, 52.82; 1st Yorks, 6th CAU, 3rd North, 8th AAA, 6th Meat, 6th Gh G, 5th ht UK.

10eq **Harry Robinson (20.1.54)** 52.5, 52.8, 53.0, 53.3, 53.4, 53.4; 7th Philips, 5th CAU, 2nd North, 3rd ht AAA, 5th ht UK; BL1: 3, 1, —, 5.

10eq **Chris Preston (9.1.56)** 52.4, 52.8, 53.1, 53.3, 53.4, 53.4; 6th Philips, 3rd ht E. Club, 5th ht AAA, 6th J-Lubeck, 1st AAA-J, 1st Mid-J; 1st BL 1 (1)B.

Six successive years at No. 1 for Alan Pascoe.

(Continued next week)

Road Race Results

BASINGSTOKE/FAIRWAY FURNISHING ROUND THE HOUSES 6M RACE November 26th

1, I. Ray (Salisbury) 29:23
2, J. Cain (Portsmouth) 29:38
3, M. Malone (Salisbury) 29:48
4, S. Speller (Port) 30:01; 5, M. Connelly (Walt)
30:11; 6, D. Ives (AF&D) 30:16; 7, R. Tyler
(Read) 30:20; 8, J. Spooner (WS&E) 30:21; 9, L.
Wells (Walt) 30:24; 10, E. Bojtler (B'nell) 30:24;
11, R. Corney (Swin) 30:30; 12, G. Bath (Sal)
30:32; 13, J. Jones (WS&E) 30:41; 14, B. Lamkin
(WS&E) 30:47; 15, D. Brown (Bel) 30:50; 16, I.
MacIntosh (Rane) 30:55; 17, B. Kitcher (S&E)
30:57; 18, G. Biscoe (Read) 30:59; 19, S.
Hampson (Read) 31:00; 20, P. Keenan (Over)
31:01; 21, P. Stamp (AF&D) 31:05; 22, M. Smith
(S&E) 31:60; 23, S. College (S&E) 31:09; 24, D.
Latter (B'nell) 31:16; 25, D. Wheeler (Ox C)
31:36; 26, J. Convery (B'nell) 31:41; 27, G.
Anderson (New) 31:48; 28, S. MacGuinness (Sal)
21:51; 29, S. Crawte (AF&D) 31:53; 30, I.
Burgess (S&E) 32:02. **Teams:** 1, Salisbury 16; 2,
Windsor, S&E 35; 3, Reading 42; 4, Walton 44;
5, Aldershot F&D 54; 6, Bracknell 58; 7,
Southampton & E 62; 8, Ranelagh 79; 9, Oxford
City 106. (**Young Athletes 3M:**) 1, P. Lanfear
(Read) 14:36; 2, J. Wildash (Bas) 14:56; 3, M.
Herbert (New) 15:06; 4, S. Hannaford (High)
15:13; 5, K. Middleton (High) 15:17; 6, J. Solly
(New) 15:34; 7, C. Moss (Bas) 15:42; 8, K.
Wright (High) 15:44; 9, P. Gale (Hav) 15:52; 10,
P. Unwin (KE Sch) 15:55. **Teams:** 1, Highgate 17;
2, Basingstoke 22; 3, Havant 33; 4, Newbury 33;
5, Reading 39.

SALISBURY PLAIN '15½' December 3rd

1, I. Ray (Salisbury) 78:26
2, C. Bunyan (Southampton & E) 81:22
3, H. Chadwick (Bournemouth) 82:16
4, B. Plain (Card) 82:56; 5, I. Burgess (S&E)
83:42; 6, A. Keenan (Over) 84:12; 7, R. Morgan
(Bourn) 83:31; 8, F. Gillies (Ban) 84:58; 9, C.
Rutland (Ban) 85:12; 10, B. Smith (Bourn) 85:19;
11, N. Hitson (RNAS Yeo) 86:03; 12, D.
Crawshaw (Bourn) 86:56; 13, A. Reavley (S&E)
87:11; 14, S. McGuinness (Sal) 87:22; 15, D.
O'Daly (Swin) 87:33; 16, D. Brett (S&E) 88:03;
17, G. Bath (Sal) 88:08; 18, G. Butler (Chelm)
88:22; 19, G. Finlayson (Card) 88:39; 20, J. Cock
(E&E-V) 88:54. (**Vets:**) 1, Cock 88:54; 2, B.
Switzer (S&E) 89:27; 3, M. Keogh (Bas) 89:32.
(O/50): D. Funnel (E&E) 94:52. **Teams:** 1,
Bournemouth 20; 2, Southampton & E 20; 3,
Salisbury 32; 4, Banbury 57; 5, Cardiff 62; 6,
RNAS Yeovilton 92; 7, Aldershot, F&D 94; 8,
Overton 109; 9, Epsom & E 124; 10, Ranelagh
131.

WHITBREAD '5' At Portsmouth, December 9th

1, J. Cain (Portsmouth) 25:11
2, S. Speller (Portsmouth) 25:14
3, M. Duff (Windsor, Slough & E) 25:22
4, J. Jones (WS&E) 25:28; 5, M. Benn (W. Gn)
25:39; 6, C. Bunyan (S&E) 25:41; 7, R. Corney
(Swin) 25:48; 8, B. Lampkin (WS&E) 25:48; 9, T.
Kazik (Port) 25:50; 10, M. Paterson (B'ton)
25:52; 11, D. Cox (W. Gn) 25:55; 12, A. Hind
(Port) 26:10; 13, B. Kitcher (S&E) 26:11; 14, J.
Stow (W. Gn) 26:15; 15, R. Robinson (RNAC)
26:16; 16, A. Keenan (And) 26:17; 17, S.
Galloway (Port) 26:19; 18, A. Burgess (S&E)
26:22; 19, C. Reed (W. Gn) 26:26; 20, P.
Whitcomb (B'ton) 26:27; 21, I. Wilson (B'heath)
26:28; 22, J. Clow (Port) 26:31; 23, C. Haines
(B'heath) 26:32; 24, G. Biscoe (Read) 26:33; 25,
R. Heron (B'ton) 26:35; 26, D. Roberts (Cam)
26:35; 27, M. Smith (S&E) 26:39; 28, A. Ashton
(B'ton) 26:46; 29, P. Bidmead (B'ton) 26:48; 30,
M. Athawes (B'heath) 26:51. **Teams:** 1,
Portsmouth 12; 2, Windsor S&E 15; 3,
Woodford Green 30; 4, Southampton & E 36; 5,
Portsmouth 'B' 49; 6, Brighton 53; 7, Blackheath
70; 8, RNAC 74. (**Youths 2½M:**) 1, M. Erskine
(Port) 16:12; 2, I. Hooper (Port) 16:24; 3, R.
Large (Sol) 16:31; 4, G. Orchard (Sol) 16:35; 5, S.
Evison (Hav) 17:01; 6, P. Gale (Hav) 17:01.
Teams: 1, Portsmouth 9; 2, Southampton 12.
(**Vets:**) 1, B. Bartholomew (B'ton) 27:15; 2, G.
North (Port) 27:19; 3, B. Switzer (S&E) 27:53; 4,
C. Plumptre (Port) 27:55. (1B): H. Downer
(S&E) 30:18. (2A): D. Ball (Bigg) 30:54.

TRAINING DIARIES

"A well kept training diary isn't just a book to refer back to with nostalgia in later years. It's a book for an athlete to study when planning future seasons; it's a guide to his contemporary fitness; it can provide clues to competition successes and failures; it's an essential record to show to a coach when asking for advice and it's an extra conscience for the athlete". So writes Harry Wilson in a foreword to "Athletes Training Diary '79", published by Flintbarn Ltd and obtainable from them at PO Box 25, Stevenage, Herts SG2 8BH, price £1.95 including post and packing. There is plenty of space for a daily training record, and there are sections for jotting down one's own fixture list and personal bests. Similar in content is "Joggers Training Diary '79", from the same publishers, also £1.95. In addition to his training details, the jogger can plot graphs of his weight and pulse rate.

Bexley Borough AC officers: secretary — D. Wilkins, 48 The Pantiles, Bexleyheath (Tel: Erith 36502); track sec — Mrs B. Keepax, 50 Benares Road, London SE18.

UK 'Top 50' Amendments

Men

100: Automatic: delete 10.79 Colin Mitchell; amend 10.86w Paul Lavender. Hand timed: 10.5 Michael Powell; 10.6 Monk (+10.2w dt); 10.6 Tim Bonsor, 10.6 Graeme Watson, 10.6 Phil Cooke, 10.6 Philip Brown; 10.6w David Spavins, 10.6w Roger Walters; 10.7 Butler (also 10.4w dt); 10.7 Kevin Atkinson. **200:** Automatic: 21.51w Earl Tulloch. Hand: 21.5w Tulloch; 21.5 Chris Monk (also 21.0w dt); 21.1 Morris, 21.4 Griffiths (legal). **400:** Delete 48.3 Bruce Bailey; add 48.6 Melvin Fowell. **800:** 1:49.9 Patrick McGrath; 1:50.0 Alan Mottershead. **1500:** 3:46.6 John Graham. **1M:** 4:02.2 Sebastian Coe; 4:04.0 Paul Harker; 4:06.3 David Gee. **5000:** 14:02.0 Jim Brown. **10,000:** 29:28.2 Chris Bunyan; 29:31.0 David Long; 29:31.2 John Davies; 29:41.6 Steve Barr. Delete 29:32.0 S. Holland. **2000SC:** 5:44.4 Andrew Sharp. **3000SC:** 9:09.6 Peter Gaden. **110H:** Automatic: 15.51 Pan Zeniou, 15.54w Pat Bredin, 15.68w Brad McStravick, 15.78 John Howell. Hand timed: 14.8 Alan Sumner, 15.2 Megarry Effiong, 15.2w David Jones (15.3). **400H:** Delete 54.78 Stewart McCallum. **HJ:** 2.01 Osman Cham (The Gambia), 2.00 Peter Byford, 2.00 Mark O'Neil, 1.98 Burnette Johnson, 1.97 Graham Rikly, 1.96 Graham Pazdzierski. **PV:** 4.98 Dick Williamson, 4.70i Andrew Jackson (4.65), 4.30 Phil Goulding (not 4.60), 4.40 Tim Anstiss (not 4.51), 4.30 Jean-Christophe Ball, 4.15 Angus McKenzie, 4.11 Andrzej Sosna, 4.10 David Hooper, 4.00 David McComb. **LJ:** 7.75 (legal) Ken Cocks. **TJ:** 15.10 Tim Moore, 15.05 'Jim' Wadda (The Gambia), 14.72 Andrew Lees, 14.67 Trevor Claydon, 14.67 Brian Camp, 14.55 Paul Brown, 14.43 Peter Knowles, 14.41 John Vernon, 14.33 Nigel Coyle, 14.30 M. Clarke. **SP:** 19.17i Mike Winch, 16.83 Simon Rodhouse, 15.41 Mark Aldridge, 14.86i Tony Zaidman, 14.43 Malcolm Fenton (Marks for Canham 15.12, Gardner 14.88, Browne 14.60, Steventon 14.45 — Light Shot), 14.52 Mike Holmes, 14.23 Graham Savory. **DT:** 50.94 Paul Rees, 47.34 Paul Armstrong, 46.76 Tom Lithgo, 44.52 Trevor Walhen, 44.52 Alex Black, 44.46 Daley Thompson, 44.30 Malcolm Fenton, 43.82 Graham Savory. **HT:** 53.94 Paul Rees, 51.44 Robert Weir, 50.06 John Black, 49.12 Keith Robinson, 48.44 Chris Scott, 48.32 Geoffrey Bush. **JT:** 66.98 Jeff Brooks, 64.12 Peter Crosbie, 62.80 Nigel Price, 62.52 Graham Martland, 62.24 Nigel Smith. **Dec:** 6145 Jean-Christophe Ball, 5847 Chris Jousiffe, 5632 Alan Barbone, 5630 Ian Condon.

Women

100: Automatic: 11.83w Shirley Strong, 11.93 Lynda Stewart, 11.50w Margot Wells, 11.53w Eleanor Thomas. Hand: 11.9 Linsey McDonald, Rosalie Wilson, 11.8w Jane Parry (12.0), 11.7w

Michelle Probert. **200:** 24.7 Linda Burnett. **400:** 56.4 Carmen Smart. **800:** 2:06.9 Gillian Dainty, 2:09.0 Pam Reece. **1500:** 4:28.5 Kim Lock, 4:29.4 Kathy Binns, 4:28.3 Christine Brace. Note 1 Mile list: 4.43.5 Jane Colebrook, 4:45.1 Angela Mason, 4:45.5 Carol Gould, 4:45.8 Betty Green, 4:46.0 Sandra Artherton, 4:46.2 Helen Fielon, 4:48.9 Christine Ward, 4:51.5 Kim Lock. **3000:** 9:52.2 Violet Hope. **100H:** 14.6 Lorraine Yell, 14.6w Jane Stewart (14.7) **400H:** 59.2 Jane Colebrook. **HJ:** 1.78i Allison Manley, 1.75 Rosemarie Hudson, 1.76i Claire Summerfield, 1.73i Lorinda Matthews. **LJ:** 5.71 Christina Allen. **SP:** 15.72 Brenda Bedford, 14.23 Janet Beese, 12.49i Judy Livermore, 12.09 Janet Colvill, 12.03i Kathy Warren, 11.71 Sandra Goddard, 11.66 Manndy Laing. **DT:** 40.12 Janis Wilderspin. **JT:** 42.88 Suzanne Hallam. **Pen:** 3575 Sarah Bull.

Peter Matthews

MIDDLESEX WOMEN'S CHAMPIONSHIPS At Ruislip, December 9th

1, L. Harvey (London Olympiades) 16:19
2, C. Ward (London Olympiades) 16:25
3, B. Green (Hounslow) 16:55
4, L. Watson (LOAC) 17:26; 5, D. Wilkins (Wyc) 17:42; 6, I. Wojciechowska (LOC) 18:03; 7, H. Briant (Park) 18:40; 8, K. Rowan (High) 18:47; 9, D. Peske (LOAC) 18:40; 10, C. Rodgers (High) 18:53. Teams: 1, LOAC 13; 2, Barnet 54; 3, Highgate 70; 4, Hillingdon 80. (**Inters:**) 1, G. Kaminski (LOAC) 11:20; 2, T. Glynn (Hill) 11:22; 3, C. Cross (Houn) 11:25; 4, S. Spinks (Wyc) 11:54; 5, K. McMorrow (Har) 12:08; 6, J. Ford (Eal) 12:19; 7, K. Horswood (Park) 12:23; 8, S. Dawkins (Houn) 12:25; 9, D. Newman (Houn) 12:31; 10, L. Kennett (Hill) 12:52. Teams: 1, Hounslow 32; 2, Hillingdon 36. (**Juniors:**) 1, K. Bonney (LOAC) 7:59; 2, L. Smith (Houn) 8:09; 3, A. Trainor (Barn) 8:16; 4, D. Wilkinson (Enf) 8:21; 5, N. Nicholls (Barn) 8:23; 6, C. Maynard (Barn) 8:27; 7, K. Meredith (LOAC) 8:28; 8, S. Burling (Barn) 8:28; 9, D. Noad (Houn) 8:31; 10, S. Marshall (Houn) 8:32. Teams: 1, Barnet 22; 2, Hounslow 33; 3, LOAC 53; 4, Middlesex L 92. (**Girls:**) 1, J. Kitchen (Barn) 8:39; 2, H. Evans (Hill) 8:47; 3, L. Watson (TH) 8:53; 4, K. Walters (Barn) 9:01; 5, A. Callaghan (Enf) 9:02; 6, J. Sexton (Middx) 9:04; 7, C. Martin (Hill) 9:05; 8, J. Barnes (TH) 9:06; 9, E. Chatfield (Houn) 9:06; 10, S. Readdy (Middx) 9:07. Teams: 1, Barnet 40; 2, Hillingdon 42; 3, Middlesex L 46; 4, Tower Hamlets 46.

Hercules Wimbledon AC officers: secretary — Miss J. Holt, 147 Leithwaite Road, London SW11 (Tel: 01-228 3594); CC sec — P. Mulholland, 24 Chesterfield Grove, London SE22 (Tel: 01-693 9706); ladies CC sec — Mrs G. Wells, 122 Worple Road, London SW19 (Tel: 01-946 0924).

UK AGE BESTS (BOYS) —compiled by Dave Cocksedge

100 METRES

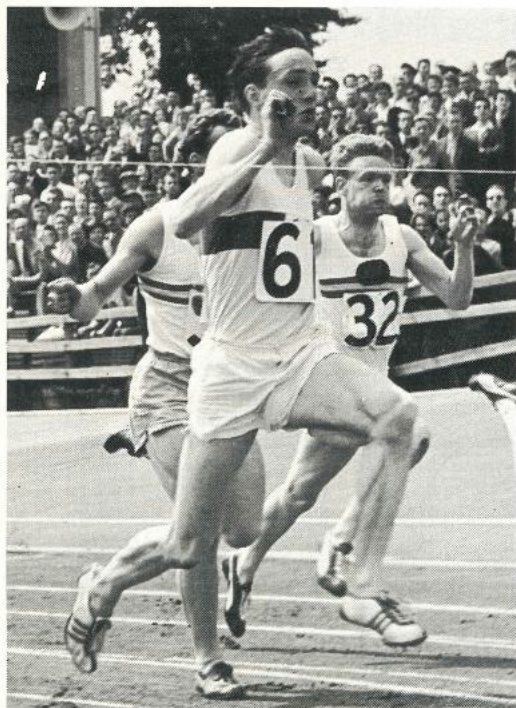
(*fully automatic timing)

13	11.3	Andrew Martin	1978	17	21.1	David Jenkins	1970
14	11.1	Malcolm Fitter	1974	18	20.8	Peter Radford	1958
	11.1	Michael Hitchon	1977		20.97*	Michael McFarlane	1978
	11.1	Malcolm James	1977	19	20.66*	Gregory Colin	1978
15	10.8	David Baptiste	1974				
	10.8	Michael McFarlane	1975				
	10.8	Martin Balson	1976				
16	10.69*	Michael McFarlane	1976				
	10.5	Michael Powell	1978				
17	10.61*	Michael McFarlane	1977				
18	10.29*	Peter Radford	1958				
19	Inferior to age-18 record						

200 METRES

(†220y time less 0.1 sec)

13	23.3	Andrew Martin	1978	13	1:59.4	Stephen Greaves	1971
14	22.7†	Edward Osborn	1959	14	1:56.5	Andrew Barnett	1970
15	22.1†	John Lockwood	1936	15	1:52.1	Peter Elliott	1978
	22.1†	John Harrison	1965	16	1:51.0	Christopher McGeorge	1978
	22.1	Michael McFarlane	1975	17	1:47.3	Steven Ovett	1973
	22.1	Peter Little	1976	18	1:45.8	Steven Ovett	1974
	22.1	Michael Powell	1978	19	Inferior to age-18 record.		
16	21.24*	Peter Little	1977				



PETER RADFORD

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Gerry Cranham

400 METRES

13	53.4	Steven Booth	1973
	53.4	Peter Donner	1977
14	50.3	Malcolm James	1977
15	49.3	Michael Gray	1976
16	47.7	Neil Jackson	1977
17	46.5	David Jenkins	1969
18	46.4	David Jenkins	1971
19	45.45*	David Jenkins	1971

800 METRES

13	1:59.4	Stephen Greaves	1971
14	1:56.5	Andrew Barnett	1970
15	1:52.1	Peter Elliott	1978
16	1:51.0	Christopher McGeorge	1978
17	1:47.3	Steven Ovett	1973
18	1:45.8	Steven Ovett	1974
19	Inferior to age-18 record.		

1500 METRES

12	4:23.9	Mark Slowikowski	1978
13	4:08.2	Andrew Barnett	1969
14	3:59.0	Andrew Barnett	1970

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15	3:55.4	Colin Clarkson
16	3:47.7	Stephen Cram
17	3:40.1	Stephen Cram
18	3:37.7	Graham Williamson
19	Inferior to age-18 record.	

3000 METRES

11	9:41.6	Mark Slowikowski
12	9:12.0	Andrew Barnett
13	Inferior to age-12 record.	
14	8:42.6	Colin Clarkson
15	8:31.8	Colin Clarkson
16	8:13.4	Barrie Moss
17	8:05.8	Kevin Steere
	8:05.8	Stephen Cram
18	8:00.1	Michael Morton
19	7:51.0	David Black

5000 METRES

14	15:15.2	Jeremy Lothian
15	14:54.6	David Beaver
16	14:30.6	Nicholas Lees
17	14:22.0	Stephen Binns
18	13:37.4	David Black
19	13:28.0	David Black

10,000 METRES

15	31:19.8	Laurence Reilly
16	31:08.0	Malcolm Prince
17	29:56.4	Anthony Staynings
18	29:38.6	Raymond Crabb
19	28:24.4	David Bedford

2000 METRES STEEPLECHASE

15	5:59.0	David Glassborow
16	5:48.4	John Wheway
17	5:38.2	John Tierney
18	5:32.6	Colin Reitz
19	Inferior to age-18 record.	

1977
1977
1978
1978

3000 METRES STEEPLECHASE

15	9:43.8	Colin Reitz	1975
16	9:16.6	Colin Reitz	1976
17	9:03.3	Colin Reitz	1977
18	8:51.0	Anthony Staynings	1972
19	8:35.5	Michael Morris	1976

110 METRES HURDLES (3'6")

(y: time for 120 yards hurdles)

16	15.1	Carson Porteous	1977
17	14.6y	Andrew Todd	1966
	14.6	Peter Kelly	1971
18	14.2	Berwyn Price	1970
19	13.9	Alan Pascoe	1967

400 METRES HURDLES

15	57.0	Hugh Evans	1972
16	55.0	Peter Kelly	1970
17	52.70*	Gary Oakes	1976
18	51.30*	Gary Oakes	1977
19	50.96*	Gary Oakes	1978

HIGH JUMP

13	1.88	Ross Hepburn	1975
14	2.04	Ross Hepburn	1976
15	2.05	Ross Hepburn	1977
16	2.10	Claude Moseley	1978
17	2.15	Trevor Llewelyn	1978
18	2.15	Brian Burgess	1976
19	Inferior to age 17/18 record.		

POLE VAULT

13	3.30	David Hooper	1976
14	3.85	Damon Hart	1976
15	4.10	John Ball	1977
16	4.53	Keith Stock	1973
17	4.67	Keith Stock	1974
18	4.96	Jeff Gutteridge	1975
19	5.20	Jeff Gutteridge	1976



The young man running second here to Dick Taylor in the 1969 AAA 10,000m championship at White City is Dave Bedford, who had earlier in the season set a UK record of 28:24.4. Also in the picture (from right): Mike Tagg, Jim Alder, Roger Matthews.

LONG JUMP

14	6.77	Eric Wood	1957	17	48.72	Guy Dirkin	1970
15	6.89	Trevor Sinclair	1977	18	53.62	Peter Tancred	1968
16	7.25	Alan Slack	1976	19	57.56	Peter Tancred	1969
17	7.49	Daley Thompson	1976				
18	7.57	Daley Thompson	1976				
19	7.76	Geoffrey Hignett	1970				

TRIPLE JUMP

12	12.57	Rigsby Agoreyo	1969	16	52.90	Philip Scott	1972
13	12.95	Rigsby Agoreyo	1970	17	56.52	Philip Scott	1973
14	14.09	Michael Powell	1977	18	61.52	Martin Girvan	1978
15	14.51	Peter Dale	1968	19	65.48	Paul Buxton	1976
16	15.30	Eric McCalla	1977				
17	15.65	Megarry Effiong	1977				
18	15.95	Keith Connor	1976				
19	16.33	Keith Connor	1977				

SHOT (16lb)

15	14.32(i)	Anthony Zaidman	197				
16	14.82(i)	Anthony Zaidman	1978				
17	15.92	Geoffrey Capes	1967				
18	16.80	Geoffrey Capes	1968				
19	17.84	Paul Buxton	1976				

DISCUS (2kg)

15	42.64	Guy Dirkin	1968				
16	45.94	Christopher Dinsdale	1978				

DECATHLON

(e: track events timed electrically)

14	4009	Kevin Shearon	1974
15	5487	Ross McKenzie	1977
16	6685	Daley Thompson	1975
17	7684	Daley Thompson	1976
18	8190	Daley Thompson	1977
	8123e	Daley Thompson	1977
19	8238e	Daley Thompson	1978

UK AGE BESTS (GIRLS) — compiled by Tony Miller**100 METRES**

(*fully automatic timing)

11	12.2	Jane Parry	1976	11	2:22.0	Amanda Alford	1976
12	11.92*	Jane Parry	1977	12	2:14.8	Janet Lawrence	1971
13	11.9	Sonia Lannaman	1969	13	2:10.1	Lesley Kiernan	1971
14	11.7	Helen Barnett	1972	14	2:08.8	Alison Clifford	1977
15	Inferior to age-14 record			15	2:07.9	Judith Croasdale	1978
16	11.45*	Sonia Lannaman	1972	16	2:02.0	Josephine White	1977
17	11.4	Sonia Lannaman	1973	17 & 18	Inferior to age-16 record		
18	11.3	Sonia Lannaman	1974	19	2:00.6	Jane Colebrook	1977
	11.3	Heather Hunte	1978				
19	11.36	Della James (Pascoe)	1968				

800 METRES**1500 METRES**

11	4:47.5	Amanda Alford	1976
12	4:40.7	Amanda Alford	1977
13	4:31.5	Amanda Alford	1978
14	4:31.0	Sandra Artherton	1977
15	4:17.1	Sandra Artherton	1978
16	4:15.6	Sandra Artherton	1978
17	4:14.7	Mary Stewart	1974
18	4:13.4	Wendy Smith	1978
19	Inferior to age-18 record		

3000 METRES

14	10:15.0	Bernadette Madigan	1975
15	9:48.0	Bridget Tierney	1977
16	9:38.8	Christine Brace	1976
17	9:15.8	Ruth Smeeth	1978
18 & 19	Inferior to age-17 record		

75 METRES HURDLES

12	11.9	Cheryl Cox	1971
13	11.2	Joy Bowerman	1972
14	11.0	Wendy McDonnell	1974

200 METRES

11	25.4	Jane Parry	1976
12	24.2	Jane Parry	1977
13	24.05*	Jane Parry	1978
14	23.8	Janis Walsh	1974
15	23.42*	Deborah Bunn	1978
16	23.60*	Michelle Probert	1976
17	23.22*	Kathryn Smallwood	1977
18	22.99*	Kathryn Smallwood	1978
19	Inferior to age-18 record		

400 METRES

14	56.2	Angela Piggford	1978
15	55.17*	Karen Williams	1975
16	54.2	Marilyn Neufville	1969
17	52.3	Marilyn Neufville	1970
18	Inferior to age-17 record		
19	51.77	Donna Murray (Hartley)	1974

80 METRES HURDLES

14	11.4	Diane Leek	1978
15	11.3	Susan Scott (Reeve)	1967
16	11.0	Wendy McDonnell	1977
17	10.8	Ann Wilson (Simmonds)	1967
18	10.8	Ann Wilson (Simmonds)	1968

100 METRES HURDLES

15	14.3	Jane Long	1973
16	14.2	Nnenna Njoku	1971
17	13.65*	Wendy McDonnell	1978
18	13.5	Christine Perera (Bell)	1968
19	13.41*	Shirley Strong	1978

200 METRES HURDLES

14	29.3	Diane Leek	1978
15	28.4	Deborah Baker	1978
16	26.86*	Sharon Colyear	1971

400 METRES HURDLES

14	66.5	Frances Weston	1978
15	62.8	Wendy Adams	1978
16	61.33*	Denise Kiernan	1977
17	59.9	Denise Kiernan	1978
18	59.00*	Diane Heath	1975
19	Inferior to age-18 record		

HIGH JUMP

12	1.68	Julie Charlton	1978
13	1.76(i)	Claire Summerfield	1978
14	Inferior to age-13 record		
15	1.77	Anne Gilson	1974
16	1.81	Barbara Simmonds	1978
17	1.82	Diana Elliott	1978
18	1.83	Louise Miller	1978
19	1.85	Gillian Hitchen	1978

LONG JUMP

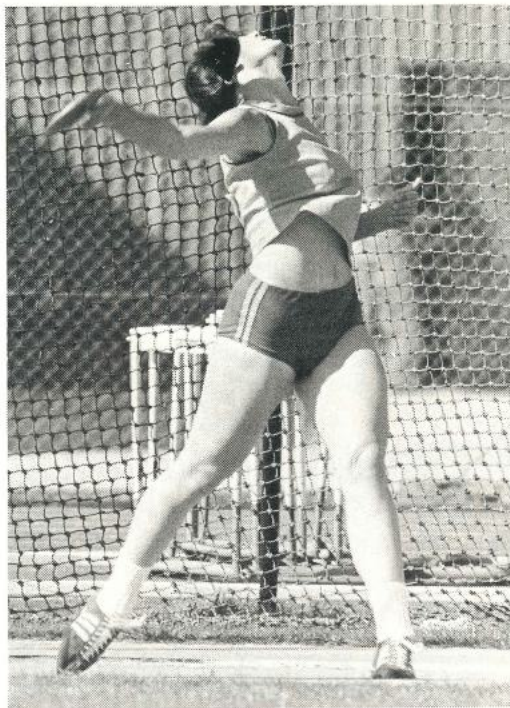
11	5.07	Lynn Martin	1970
12	5.71	Sandy French	1976
13	5.86	Sandy French	1977
14	5.98	Sandy French	1978
15	6.07	Susan Hearnshaw	1976
16	6.25	Susan Hearnshaw	1977
17	6.40	Susan Hearnshaw	1978
18	6.43	Moiria Walls	1970
19	6.43	Myra Nimmo	1973

SHOT (3.25kg)

12	12.20	Susan King	1977
13	12.72	Susan King	1978
14	12.95	Cynthia Gregory	1978

SHOT (4kg)

14	11.78	Valerie Woods	1960
15	12.88	Valerie Woods	1961
16	13.94	Jennifer Bloss	1967
17	14.22	Judith Oakes	1975
18	15.94	Judith Oakes	1976
19	16.74	Judith Oakes	1978

**FIONA CONDON**

Discus best at ages 12, 13, 16, and 17

Mike Street

DISCUS (1kg)

12	33.86	Fiona Condon	1973
13	37.82	Fiona Condon	1974
14	40.92	Sandra McDonald	1978
15	43.24	Janette Picton	1978
16	46.72	Fiona Condon	1977
17	47.64	Fiona Condon	1978
18	48.82	Lesley Mallin	1974
19	49.24	Lesley Mallin	1975

JAVELIN (600gm)

12	33.36	Joanne Harding	1977
13	39.42	Jacqueline Brown	1975
14	44.76	Yvonne Gregory	1975
15	46.20	Sara Fry	1977
16	48.38	Maxine Jervis	1978
17	53.88	Fatima Whitbread	1978
18	55.04	Theresa Sanderson	1974
19	Inferior to age-18 record		

**JUNIOR PENTATHLON
(with 800m)**

12	2841	Christine Sewell-Alger	1977
13	3134	Karen Glen	1977
14	3399	Wendy Laing	1977

INTERMEDIATE PENTATHLON
(with 800m)

14	3419	Sarah Rowe	1978
15	3781	Kim Hagger	1977

SENIOR PENTATHLON
(with 800m)

15	3842	Kim Hagger	1977
16	3907	Kim Hagger	1978
17	4028	Judy Livermore	1978
18	4088	Yvette Wray	1977
19	4292	Yvette Wray	1978

2000 METRES WALK

11	10:41.2	Linda Callow	1973
12	10:31.8	Jill Barrett	1977
13	9:49.0	Karen Eden	1976

14 9:35.0 Karen Eden

1977

2500 METRES WALK

11	13:56.6	Nicole Dunne	1972
12	13:18.0	Alison Warren	1978
13	12:34.0	Jill Barrett	1978
14	12:17.0	Karen Eden	1977
15	11:59.0	Karen Eden	1978

3000 METRES WALK

12	16:16.0	Nicole Dunne	1972
13	15:57.0	Karen Eden	1976
14	15:00.6	Sally Wish	1972
15	14:33.0	Karen Eden	1978

16 & 17	Inferior to age-15 record		
18	14:10.2	Carol Tyson	1976
19	13:40.0	Carol Tyson	1977

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PAIN IN THE KNEE

Over the past three years I have been training over very hilly and rough, uneven terrain, running between 50 and 70 miles a week. In August 1977, towards the end of a 1 3/4 hour run, there was a sharp pain in my right knee and it temporarily 'gave way'. I continued to the end of my run thinking no more of the incident even though there was a 'dull ache' in the knee for a few hours after the run. Two to three weeks after that run my right knee became painful during some runs, and contrary to some injuries, the pain did not subside after a few minutes running.

In November 1977, I visited a doctor who said, "strap it up, and take a week's rest." I ignored this advice! In December 1977, I visited a physio who diagnosed 'tendonitis'. By this time the pain was more acute and was centred in the middle of the knee on the bottom edge. Slight inflammation had appeared.

Even though I felt the injury in August 1977, I continued training every day, and racing, until March 1978 when I decided to stop running altogether to see if the pain would disappear. I saw a different doctor, who prescribed 5 minutes ultra sonic hospital treatment, 3 times a week for a month, but this was not successful. At the same time I visited two more physios who both diagnosed 'tendonitis' in the infra-patella tendon. They both applied ultra sonic and heat treatment to the knee, and I had to apply ice packs for 15 minutes each day. All these methods proved fruitless and X-rays showed no bone damage.

At the end of June 1978, I had 2 hydrocortisone injections given by a 'sports injuries' doctor. The last one did the trick and within a week of receiving the last one the same doctor said I could resume running. So after almost 4 months of total inactivity I began training at the end of July. I am now running every day again, 60 miles per week.

Unfortunately, the pain in the right knee has arrived again, almost in the same proportion as

before I stopped running in March, the difference being the pain is hardly noticeable during the running but is more painful to touch. The injury came upon me gradually this time. After having had 4 months inactivity and experienced all the afore mentioned treatment, I am at a loss as to how to treat the knee this time. Therefore, I would welcome any help, advice or maybe remedy you might give.

R. A. Harrison

Pain in the knee, particularly in the tendon that attaches the knee-cap to the top of the shin bone, is quite a problem in runners, although in fact is more common in high jumpers and in basketball and volleyball players. The colloquial name for the condition is 'Jumper's knee'. In fact it is not one condition but a series, very much like the problems that occur in the Achilles tendon. For various technical reasons it is much more difficult to identify which particular cause of 'Jumper's knee' is present in each individual case so that the treatment becomes also more difficult. Often too, it is associated with chondromalacia because of the inhibition of the normal extensor apparatus function in front of the thigh, so many patients with 'Jumper's knee' have that as well to add to their burdens.

Treatment demands a clear understanding of what is going on, various methods of treatment have been tried, including different forms of insole or padding in the shoe, various forms of physiotherapy, drugs and so on. In the really chronic and resistant case surgical treatment (like surgical treatment of the Achilles tendon) is all that can be done to get the patient back to normal sporting activity and the results are often very good. Hydrocortisone is usually a bit of a disaster in this condition: sometimes, as in Mr. Harrison's case, pain may be relieved for a time but it almost invariably comes back. It looks very much as if Mr. Harrison may well have reached the stage at which an operation is going to be the only way of getting his knee going again.

OSTEOARTHRITIS OF ANKLE?

In January 1970 whilst preparing for the Commonwealth Games, I developed a severe pain in my right ankle plus loss of spring and drive. It was examined and X-rayed in Edinburgh and Osteoarthritis diagnosed. Treatment of deep massage proved unsuccessful and the doctor suggested that I retire as I was "getting on" anyway (24!). I stopped training but continued playing hockey, badminton and squash which were unaffected by the injury.

In the summer of 1976, I started running to lose weight and found myself involved in a comeback, competing through 1977 and early 1978, moderately successful in 100m hurdles, sprints and high jump, long jump, shot and pentathlon with no ill effects and great enjoyment.

In July 1978, I made the mistake of playing indoor hockey followed by Saturday and Sunday meetings on very hard cinder tracks and suddenly the osteoarthritis pain was back as before. It was too painful to train and so I rested it, turning out only to race a selected few vital meetings (as happened in 1970) but have no power to hurdle.

1. Is there any treatment available that might help?

2. Should I rest it or keep it exercised?

I am very reluctant to retire again when just on the brink of a career in veteran athletics!

(Mrs) Sandra J. P. Forrest,
Havering AC

Osteoarthritis of the ankle is uncommon unless the victim has had some fairly severe injury previously, either a fracture or a severe ligament sprain with instability in the joint. From your letter it would appear that this is not the case with you. I think it is much more likely from your description of your problem that you are suffering from inflammation of the tendon sheaths around the tendons of the long stirrup muscles which run behind the ankle bones and are responsible for giving the foot spring. They also help to control the foot when running over rough or uneven ground. Various forms of treatment are available including tablets and injections and possibly the provision of specially designed insoles or orthoses for the shoe. If the condition is very resistant then an operation to decompress (that is to say open the sheaths of the tendons to allow freedom of movement) can be carried out and is almost invariably successful. Continuing exercise while the inflammation lasts will inevitably make things worse so perhaps you would be better off getting something done about it.

CARTILAGE OR LOOSE BODY

I have been an athlete for about 15 years now and, during most of that time, I have had trouble with my left knee. The problem is a cartilage which "pops out", sometimes on the inside, but more often on the outside of my knee.

Whenever the problem has arisen, however, I have been able to run around it, in an endeavour to keep running. The cartilage hasn't caused me too many problems, as I have found out by moving the offending lump around, just where I think it lives.

My running, meanwhile, had developed a limp which I tried to prevent, but too late, as I ended up with a stress fracture in my right shin. I think it has also contributed to a sciatic problem down my left leg (I cannot sit down for long before I have to stretch the back of my leg).

Recently, whilst on holiday in Germany, my knee collapsed underneath me and fixed itself at an obtuse angle, during the morning after a game of tennis. A couple of days later I had the knee straightened out under a general anaesthetic at a

local hospital. The doctor advised me that I would probably need an operation and that I should see a sports specialist when I returned to England.

I have an appointment to see an orthopaedic surgeon but I would like to see someone who specialises in sports injuries. So first, do you think I should try and see a sports specialist and, if so, where do I find such a person?

Rick Morris

Stratford-on-Avon

Mr. Morris' story is not one of cartilage problem, if by cartilage one means the meniscus. It sounds much more likely that he has a loose body. This is sometimes made of bone and sometimes of articular cartilage and is due either to damage within the joint due to injury or from one of the peculiar "osteochondritis disicans" conditions that arise from time to time. Very often a loose body can be felt to pop out and in, in a knee joint and it can, if it gets in the wrong place, cause jamming and locking. The only treatment for a loose body that is causing mechanical problems is to have it removed. Nothing else will do!

EXAMINATION REQUIRED

I am a keen middle distance runner, 23 years old, and have been running for 2 years. My training before injury was 60-65 miles per week, including interval work.

The problem I have is a sharp shooting pain going up and down the front, lower part of the thigh (above the left knee). The pain occurs mainly when running, especially downhill. I carried on running, hoping it would go away, but stopped when a small lump appeared when the leg was in a bent position.

After seeing a doctor and resting for 6 weeks, with no progress, I went to a physiotherapist who said I had a "torn sheath". After giving ultrasonic treatment he advised that I start running again, steadily. This seems to be helping the shooting pains but I still have the hard lump under the skin.

R. Williams

Tiverton.

It is sometimes very easy to recognise what is going on with a patient from his description of his problems by post or over the telephone — and sometimes it isn't. Mr Williams comes in the latter category. This is one of those instances where I think it would be very necessary to carry out a formal examination and probably to ask further questions and get a more detailed history of what's been going on. The only advice that I can give in this case is that Mr Williams should seek the help of an experienced medical practitioner with an interest in sport (and there really are quite a number of them about these days) to get the help that he needs.

World Championships To Start In 1983

AT long last that dream of all athletics fans — World Championships — has received the go-ahead by the IAAF. Draft rules have been approved by the international governing body's Congress, and the Championships will be held in each pre-Olympic year starting from 1983. The choice of venue will be made this year, with a very good chance that the honour of staging this exciting new venture will fall to (West) Germany, who have always been staunch supporters of the project and have excellent facilities available at Dusseldorf, Munich or Stuttgart. It was West Germany, remember, who hosted the first European Indoor Championships (Dortmund, 1966), European Cup Finals (Stuttgart and Kassel, 1965) and World Cup (Dusseldorf, 1977).

Although it is not generally realised, the IAAF has for many years designated the Olympic Games as incorporating its own World Championships, but there has long existed a need also for Championships independent of the Olympics. Now, following the success of the World Cup, the concept is financially viable.

Trackwise

Ideally, the World Championships should be held halfway between each Olympics, giving top athletes their chance for supreme honours every two years, but the IAAF has decided to retain the mid-Olympiad year for the European Championships. The timetable for the next decade is thus expected to take this form:—

- 1979 European & World Cup
- 1980 Olympic Games
- 1981 European & World Cup
- 1982 European Championships
- 1983 World Championships
- 1984 Olympic Games
- 1985 European & World Cup
- 1986 European Championships
- 1987 World Championships
- 1988 Olympic Games

To avoid the untidy situation of having World and Olympic Championships two years running, followed by a gap of three years, I should have thought the following sequence would be more logical:—

- 1979 European & World Cup
- 1980 Olympic Games
- 1981 European Championships
- 1982 World Championships
- 1983 European & World Cup
- 1984 Olympic Games
- 1985 European Championships
- 1986 World Championships
- 1987 European & World Cup
- 1988 Olympic Games

The rules for the IAAF World Championships

provide for a programme spanning seven days (Sunday to Sunday), with one day of rest, comprising all the current Olympic events with the addition of the women's 3000m and 400m hurdles . . . a total of 40 events. Hopefully it's not too late for the women's marathon and 5km or 10km road walk to be added, for these events are developing at a fast rate and deserve every encouragement.

The big question is: who will be eligible to take part? Correctly, I feel, the IAAF is to depart from the Olympic criterion of allowing any country to enter one athlete in each event as of right. The World Championships will be more elitist in that regard, for only athletes of at least a reasonable international standard will be permitted to compete.

There will be two sets of entry standards, to be published in 1982. Every nation affiliated to the IAAF is entitled to enter one competitor who has reached the 'B' entry standard (which will correspond to the 100th best performer in the world for 1981) during the 12 months preceding the closing date for entries; while a second or third competitor can be entered only where all have achieved the 'A' entry standard (a higher standard, to be set by the IAAF one year before the championships). There will be no minimum standards for the marathon, 20km walk and 50km walk (in which each country can enter up to three participants), or the relays (one team from each nation).

As a rough indication of the sort of performances required, and bearing in mind that standards are continually rising, the 100th best performers in 1977 recorded the following marks. In brackets are the 1980 Olympic qualifying standards, applicable only when more than one athlete per event is entered by a country.

(Men) 100 — 10.50 (10.44), 200 — 21.10 (21.04), 400 — 46.79 (46.54), 800 — 1:47.8 (1:47.4), 1500 — 3:41.5 (3:40), 5000 — 13:41.0 (13:35), 10,000 — 28:42.8 (28:30), 3000SC — 8:38.4 (8:35), 110H — 14.18 (14.04), 400H — 51.38 (50.54), HJ — 2.18 (2.18), PV — 5.15 (5.25), LJ — 7.75 (7.80), TJ — 16.12 (16.45), SP — 18.70 (19.40), DT — 59.28 (60.00), HT — 67.56 (70.00), JT — 79.14 (81.00), Dec — 7504 (7550).

(Women) 100 — 11.68 (11.54), 200 — 23.89 (23.64), 400 — 53.79 (52.74), 800 — 2:04.8 (2:02.8), 1500 — 4:18.2 (4:10), 3000 — 9:24.9 (n/a), 100H — 13.94 (13.64), 400H — 61.10 (n/a), HJ — 1.81 (1.86), LJ — 6.26 (6.40), SP — 15.88 (16.60), DT — 53.06 (56.00), JT — 52.50 (55.00), Pen — 3985 (4260).

The 'A' standards are likely to be very high, probably appreciably superior to the 1980 Olympic qualifying marks.

If, let's say, the World Championships were to

be held this year and the 'B' standard for the 10,000m was 28:40 with the 'A' standard fixed at 28:05 (equivalent to around the 25th best performer in the world), then Britain would be eligible to send a full complement of three. In the high jump, however, with the 'B' standard at 2.18m and the 'A' standard at 2.24m, Britain's entitlement would be only one competitor.

Doping allegations

What price have East German athletes had to pay in terms of their own health and self-respect to create the GDR athletics miracle? Mass participation, good facilities, sophisticated training methods, advanced sports medicine, and high incentives in the form of state-accorded privileges have all contributed to the dramatic rise of the GDR (population of less than 20 million) to the status of an athletics super-power alongside the USA and the USSR, each with a population more than ten times greater. However, admiration for the achievements of East German athletes has long been tinged with doubts in the minds of those — like myself — who feel their success is altogether too remarkable, particularly in the case of their women athletes, who almost without exception summit peak form on just the day it is needed most... at a major championship.

The East Germans' strenuous denials that drugs play any part in their methods were seen to be false when shot-putter Ilona Slupianek was caught out in the steroid tests at the 1977 European Cup Final (it's hardly likely that in such a well-ordered society Frau Slupianek would have been taking drugs purely on her own initiative).

A further indication that doping could be an integral part of the training process has come with the recent revelations of sprinter Renate Neufeld (20) who defected from the GDR to West Germany a year ago. According to a statement transmitted by the West German sports news agency, S.I.D., on December 27th, Renate claims she was ordered to take hormone tablets (which, when analysed in West Germany, were identified as anabolic steroids) when she was just turned 18 and being groomed as a potential international.

"We were given two sorts of tablets for two weeks, two or three had to be taken daily. Then we stopped for ten days and after that the cycle began again". The tablets brought on unpleasant side effects: her legs grew in size and the muscles hardened, causing her pain; she developed a light moustache; her voice deepened; and she missed menstrual periods. Renate said she only agreed to take the tablets because of fear of reprisals, but because of the side-effects she refused — in May 1977 — to take any more. Her subsidies as an athlete were withdrawn, and that, she said, was

just a warning. "If I did not basically change my attitude, neither outstanding sports performances nor a very good final educational qualification would be any help". She added that in October 1977 two men in plain clothes arrived at 6 am at her accommodation at the TSC Berlin club and took her away for interrogation. Two months later she and her Bulgarian fiancé, now her husband, managed to flee to the west. Following her defection, Renate's father lost his job as an English teacher at a sports school and remains out of work, while her 16-year-old sister, a talented handball player, had to leave both her school and her club.

The day after the allegations were published, Renate's club in East Berlin issued a denial that any athlete had ever been forced to take drugs, but chose not to comment on the question of whether athletes were given hormone treatment.

Particularly disturbing, if one accepts Renate's account, is the extent to which drugs must be used in the GDR. For, although a promising athlete, Renate was nowhere near the top in her events. During 1977, her bests of 12.29 for 100m and 24.27 for 200m ranked her only 43rd and 28th respectively in the nation that season.

Mel Watman

EXPERIMENTAL INDOOR MEETING

The Southern Regional Council for Sport and Recreation is making a grant to Wycombe Phoenix Harriers towards the costs of their Experimental Indoor Open Meeting to be held at the Wycombe Sports Centre on January 27th (8-10pm). The Hall floor is a rubberised Taraflex surface and athletes will use ordinary rubber soled shoes. Although the Hall is only 35m long, two large store spaces at each end of the Hall are being utilised to provide a racing distance of 40m. High jumpers will have a maximum run up to the bar of 12m, and prospective entrants in the shot are warned that for this first meeting there will be no block board. Hurdlers will get three flights in their 40m race. As a pure experiment there will be 400m races, but athletes are warned that the curve radius will be 10m and the straights only 10m each making fast running very difficult. Entries are open (see advert in 'AW' Jan 6th) and the Club will welcome constructive advice following the meeting.

INCORRECT CAPTION

Apologies for the incorrect cover photo caption which appeared on page 3 of last week's issue. The photo in fact depicted a semi-final of the women's 200m in Prague, with Marlies Gohr on the left and her GDR colleague Monika Hamann on the right.

THE CASE FOR INTERVAL TRAINING

"Above all, let them train on the best lines discoverable. There are good methods of training and there are bad methods."

Alfred Shrubbs, *Running and Cross-Country Running*,
(published 1908)

* * *

The arguments for orthodox interval training rightly used are strong, and all runners should adopt and adapt this exercise. Interval training may have slipped from favour since its rise to fame in the 50's and 60's and there may even be a new generation of athletes that does not know the detail or the value of this kind of running. So, it is worth going over the principle and the practice, and pointing out the advantages and the limitations.

A simple formula — Do Try Interval Running — will serve to pick out the four elements in interval training. A set **distance** is run and repeated; a **time** (and, therefore, pace) is identified by the individual runner; an **interval** for recovery is left after each stretch; and an agreed number of **repetitions** is done. The orthodox, and arguably the best, distance to be repeated at pace is 200 metres; the time taken to run it must vary from person to person and can be usefully established by running at a speed somewhere equal to your racing pace over four laps; the interval will be the time it takes to jog across from the end of the 200 to the start; and the number of repetitions you do will be established by going out on the track and doing them! Leave prediction to the astrologers.

It is fifty years since the Finnish coach, Pekhala, devised "Terrace Training", which implied repeated efforts at speed, a sequence of raising and slackening pace. It is forty years since the German 800m world-record holder, Harbig, instructed by Gerschler, who later controlled Pirie's training, did a recognisable form of interval training and achieved 1:46.6. Then, in the 50's and 60's, Gerschler and Reindell, working with Pirie in the wake of the training and racing exploits of the incomparable Zatopek, gave interval training both its good and its bad name; the training was widely used and widely abused, with men such as Bolotnikov and Tulloh employing it intelligently and profitably, whilst, particularly at club level, what was called interval training spoiled many good athletes and stunted the growth they could have made.

The first rule of practice when using genuine interval running is the first rule of all training: don't use it too often and don't think it will produce all of the goods. The same could be said of steady-pace running, fartlek and hill-running

— by Brian Mitchell

and must be said of sprint training at one end and L.S.D. at the other. Even the established truth of the effectiveness of sustained, good-pace running has been allowed to dominate training and has, I suspect, led to the bramble language and fashion of "periodicity"; something other than steady running has to be done and the idea at present is to do the 'other' afterwards rather than alongside where it properly belongs. I think, use all effective running, composing the parts for the individual runner, and what is good in May is good in December, if the snowman allows.

For example, an interval session for a person who can do 800m in 2 mins would be (if he/she now has some 3-4 months work done); 6-10 x 200 in about 32-33 secs, with about 90 secs interval, carried out once a week, as an essential part of an overall plan. Preferably, this is on a track, but since the exact distance is not theological, running can be anywhere on an acceptable surface. The running should be relaxed, fluent, forceful, and the session carried through without stopping or walking. It can be followed by 20-30 minutes of "easy".

Interval running of this kind is valuable for all runners, and may even contribute to the success of sprinters, since all exercise is good and the sprinter cannot always be sprinting and will need some supportive sessions which are themselves adding to fitness and strength. The reasons for wanting a runner to do interval training are numerous and convincing, despite what Jack Foster said.

Soul destroying?

Jack remarked that interval training is "soul destroying", and one cannot ignore the view of such a superb and exemplary athlete as the New Zealander. But interval training, surely, only becomes soul-destroying if it is done too often and wrongly; as a regular, but not too frequent, session it will be exhilarating and satisfying, as any speedy, deliberate, productive outing will be. So, what is in its favour?

In this type of session, the runner gets the best of two worlds, because he keeps moving throughout and is able regularly to raise the pace above what would be done in a steady run, and thereby also extend the range of body movement with all that implies for muscles and nerves. The session is under as much control as you would want. It is systematic and definite and it is tailored for each individual, so long as he does not allow himself to be overrun by a group of

fellow athletes and forced to go their pace rather than his own. This is important if the particular effect is to be gained. Interval training can also be intelligently progressive month by month, season by season, assessable and adjustable.

The heart is stimulated and worked, the rest interval productive because of this. Not too much fatigue is incurred, therefore a new fast stretch can be repeated without distress. Physiologists have always pointed out that the stroke-volume of the heart is greatly improved if (but only if) the fast stretch is not too fast and the interval not too long. Also, and logically during this fairly hard running, capillaries are opened and breathing is deep, which must be good.

Usefully, pace-judgement can be learned and some speed capacity developed, when the emphasis is quite strong on muscular tension and nerve-impulse. The muscular tension, moreover, is during motion, not achieved as a static exercise with weights. Even where no track is available, experience of pace is usefully absorbed by sustaining effort for thirty seconds or so. Moreover, any running when effort is made, where the mind lashes out a bit, is exhilarating.

There are limitations, of course, on the value of interval training, yet they are limitations, not faults. Ron Clarke pointed out the central limitation, which would operate if too much reliance were placed on interval sessions; effort is not sustained for very long, nerves are not pumelled, muscles are not being made to keep working against the products of oxygen-lack, so the athlete might get used to easing off. It is, therefore, extraordinary to hear of people being wrecked by interval training. I doubt whether you could wreck anybody with proper interval training, except in the sense that it is not hard enough to get maximum results. If the sessions were destructive, they would not be orthodox interval sessions, but rather some of those "look-at-me-I'm-training" dramas for which no medals are given. It is probably true, too, that the general effect of a true interval session upon the body is less than that of continuous, good-pace running. Nevertheless, there is some useful basic stamina to be had.

What can be seen is, that interval training should be part of any overall plan of training. This kind of exercise will give generously if used regularly. As with any type of running-training, don't do it only, or always.

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Highgate Harriers Ladies Section officers: secretary — Mrs C. Jousiffe, 206 Roundhills, Waltham Abbey, Essex (Tel: Lea Valley 710165); fixtures sec — Mrs J. Browne, 60 Kingsfield, Oxhey, Herts (Tel: Watford 27510).

ESSEX WOMEN'S CHAMPIONSHIPS

At Hainault, December 9th

1, D. Kiernan (Havering) 18:50
2, B. Stone (Thurrock) 19:04
3, K. Trunley (Ilford) 19:15
4, K. Goodley (Hav) 20:09; 5, A. Tamplin (Har) 20:18; 6, B. Locke (S'end) 20:28; 7, D. Brooks (Hav) 20:41; 8, J. Maskell (Brain) 20:53; 9, T. Tanton (S'end) 20:58; 13 C. Wilkins (Hav) 21:09.
Teams: 1, Havering 18; 2, Southend 27; 3, Harlow 36; 4, Chelmsford 58. (Inters): 1, K. Timson (Thur) 13:52; 2, C. Jarman (Thur) 14:02; 3, K. Whippy (Thur) 14:33; 4, T. Trunley (Ilf) 14:42; 5, D. Cole (Ilf) 15:01; 6, C. Eyre (Har) 15:15; 7, D. Cater (Ilf) 15:30; 8, L. Smith (Col) 15:38; 9, S. Bentley (Chelm) 15:47; 10, M. Clarke (Thur) 15:59. Teams: 1, Thurrock 6; 2, Ilford 16; 3, Colchester 39; 4, Southend 50. (Juniors): 1, M. Witts (Ex L) 11:34; 2, C. Wells (Hav) 11:53; 3, A. Nagle (Har) 11:54; 4, S. Jefferies (Hav) 11:55; 5, K. Hughes (Thur) 11:58; 6, P. Brooks (Hav) 12:24; 7, M. Lyons (Bas) 12:27; 8, J. Lamb (Chel) 12:29; 9, W. Lamb (Chelm) 12:34; 10, P. Peterson (Hav) 12:44. Teams: 1, Havering 12; 2, Essex Ladies 38; 3, Southend 41; 4, Thurrock 45. (Girls): 1, J. Oliver (Ex L) 10:28; 2, D. Lawless (Hav) 10:45; 3, D. Webb (Hav) 10:58; 4, K. Hurle (Hav) 11:15; 5, S. Palmer (Bas) 11:16; 6, A. Cushen (Thur) 11:19; 7, S. Everest (Bas) 11:23; 8, J. Williams (Ilf) 11:24; 9, J. May (Thur) 11:30; 10, A. Valentine (Bas) 11:31. Teams: 1, Havering 9; 2, Basildon 26; 3, Southend 51; 4, Essex Ladies 54.

BEDFORDSHIRE WOMEN'S CHAMPS

At Leighton Buzzard, December 10th

1, W. Popplewell (B&C) 18:16; 2, A. Graham (B&C) 18:25; 3, C. Neff (B&C) 18:47. (Inters): 1, C. Draper (L Buzz) 16:36; 2, J. Ferguson (B&C) 16:54; 3, S. Culleton (Lut U) 17:04; (Juniors): 1, P. Simmonds (Lut U) 8:29; 2, S. Aldred (B&C) 8:46; 3, J. Tibbens (B&C) 9:00. (Girls): 1, J. Hickson (B&C) 8:47; 2, M. Brown (B&C) 9:09; 3, M. Rolph (Lut U) 9:46. Overall team: Bedford & County AC.

Kent AC officers: general secretary — P. R. Yates, 18 Claremont Crescent, Crayford, Kent (Tel: Crayford 525860); track sec — W. Giddings, 218 Mayplace Road, Barnehurst, Kent (Tel: Crayford 525366).

Secretary of the Hampshire County WAAA is Mrs V. Tubb, 46 Oliver Road, Southsea, Hants (Tel: 25753). The 1979 track & field championships will be held at Military Stadium, Aldershot on May 13th.

MIDLAND CCCA 7 MILES**At Gloucester, December 2nd**

1, R. Weaver (Birchfield) 34:41
 2, G. Harvey (Staffs Moorlands) 34:41
 3, J. Earlstun (Tipton) 35:27
 4, A. Harding (S'hill) 35:35; 5, R. Partridge (Birch) 35:45; 6, P. Baker (S'hill) 36:00; 7, T. Jefferies (W&B) 36:02; 8, J. Thornbury (S'hill) 36:02; 9, M. Ede (B&R) 36:40; 10, R. Gibbard (Charn) 36:07; 11, J. Hipwood (W&B) 36:16; 12, J. Potts (Birch) 36:26; 13, P. Bowler (Staffs M) 36:30; 14, R. Bentley (Tip) 35:33; 15, K. Fahey (Worc) 36:35; 16, M. Rogers (S Hth) 36:38; 17, J. Bigham (Birch) 36:44; 18, C. Perkins (Tip) 36:47; 19, T. Gaize (B&R) 36:53; 20, J. Mitchell (Glos) 36:59; 21, I. Robertson (New) 37:02; 22, P. Flynn (S Hth) 37:05; 23, P. Hoddy (Glos) 37:08; 24, M. Hedges (B&R) 37:10; 25, I. Atkins (Worcs) 37:12. **Teams:** 1, Sparkhill 86; 2, Birchfield 93; 3, Bromsgrove & R 136; 4, Gloucester 161; 5, Worcester 220; 6, Charnwood 250; 7, Small Heath 269; 8, Cheltenham 331; 9, Leamington 336; 10, Halesowen 358. **(Youths):** 1, R. Ellerton (Staffs M) 18:44; 2, S. Chandler (Stoke) 19:18; 3, S. James (Nun) 19:47; 4, G. Corbett (B&R) 19:57; 5, E. Campbell (Glos) 19:59; 6, N. Twiss (Staffs M) 20:03; 7, R. Finney (Stoke) 20:17; 8, M. Hurst (Stoke) 20:25; 9, A. Reynolds (Stoke) 20:29; 10, P. Fowler (Staffs M) 20:33. **Teams:** 1, Stoke 17; 2, Staffs Moorlands 17; 3, Bromsgrove & R 27; 4, Nuneaton 31.

HARRY WHITEHURST MEMORIAL CC**At Sheffield, November 25th**

1, R. Bailey (Sheff) 33:24; 2, A. Clark (Roth) 34:26; 3, J. Davidson (Sheff) 34:37; 4, A. Adams (Staffs Moor) 34:46; 5, M. Plint (Unatt-J) 34:51; 6, N. Sloane (Sheff) 34:59; 7, B. Pickersgill (Holm) 35:07; 8, N. Duggan (Sheff) 35:15; 9, J. Clark (Roth-J) 35:18; 10, J. Montgomery (Cov G) 35:25; 11, J. Boulter (Sheff) 35:25; 12, R. Sinclair (Sheff-J) 35:39; 13, P. Connelly (Sheff) 35:40; 14, J. Stringer (Sheff) 35:55; 15, C. Maddocks (Sheff-J) 35:57; 16, G. Tebbott (Sheff) 36:04; 17, P. Lewis (Dark Pk) 36:09; 18, B. Bowler (Staffs Moor) 36:15; 19, B. Mullarky (Sheff) 36:16; 20, C. Cope (Sheff) 36:24.

ESSEX CC CHAMPIONSHIPS**At Corringham, December 9th**

(Youths): 1, M. Rolfe (Ex B) 29:13; 2, E. Wood (Chelm) 31:05; 3, B. Ponton (Har) 31:23; 4, T. Brand (Ex B) 31:32; 5, G. Thomas (Col) 31:40; 6, A. Gilham (Ilf) 31:41; 7, C. Stringer (Ex B) 31:51; 8, L. David (New) 31:58; 9, E. Allen (Ex B) 23:06; 10, M. Blackburn (Hav) 32:11. **Teams:** 1, Essex Beagles 21; 2, Havering 48; 3, Chelmsford 69; 4, Thurrock 118. **(Boys):** 1, R. Gray (Ex B) 22:35; 2, S. Clark (Ex B) 22:42; 3, S. Hilditch (Thur) 22:48; 4, I. Chalk (Bas) 22:58; 5, S. Crisp (Hav) 23:01; 6, R. Badger (Har) 23:05; 7, S. Durham (S'end) 23:10; 8, K. Berrett (Hav) 23:14; 9, R. Self (Deane Sch) 23:22; 10, P. Barr (Bas) 23:26. **Teams:** 1, Thurrock 50; 2, Basildon 58; 3, Essex Beagles 59; 4, Chelmsford 67. **(Colts):** 1, A. Rosbrook (Bas) 12:43; 2, C. Ilett (S'end) 13:45; 3, P. Yeoman (S'end) 13:46; 4, J. Knight (S'end) 13:59; 5, K. Masterson (Thur) 14:11; 6, L. Bright (Col) 14:14; 7, P. Turner (Hav) 14:20; 8, M. O'Neill (New) 14:29; 9, M. Roffey (Deane Sch) 14:30; 10, D. Smith (W'ford Gn) 14:30. **Teams:** 1, Southend 37; 2, Havering 60; 3, Thurrock 73; 4, Woodford Green 86.

CAMBRIDGESHIRE CHAMPIONSHIPS**At March, December 9th**

(Youths): 1, N. Tennant (C&C) 22:06; 2, M. Silva (Mel) 22:18; 3, M. Field (Mel) 22:29. **Team:** Cambridge & C. **(Boys):** 1, K. Carley (Hunt) 15:47; 2, T. Jarman (Pet) 15:50; 3, C. Burton (Hunt) 16:37. **Teams:** 1, Huntingdon 14; 2, Peterborough 20; 3, C&C 24. **(Colts):** 1, J. Field (Mel) 12:35; 2, M. Letch (Mel) 12:44; 3, D. Medcroft (Pet) 12:46; 4, D. Sewell (Mel) 12:56. **Teams:** 1, Melbourn 7; 2, March 29; 3, Melbourn VC 49; 4, Witchford VC 52.

Secretary and fixtures secretary of Stourport AC is A. Moreton, 59 Windermere Way, Stourport-on-Severn, Worcs (Tel: Stourport 4493).

WOLVERHAMPTON & BILSTON ATHLETIC CLUB**Wolverhampton Stadium, Aldersley, Wolverhampton****SECOND WINTER MEETING****Sunday, 25th February, 1979 Under AAA & WAAA Laws****EVENTS INCLUDE****MEN — Senior — Junior — Youths — Boys — Colts****WOMEN — Senior — Inter — Junior — Minor****60 METRES**

10.45 a.m.

150 METRES

12.15 p.m.

300 METRES

11.30 a.m. (Except Minor Girls)

600 METRES

10.00 a.m.

Long Jump

10.30 a.m.

Shot Putt

10.30 a.m.

ENTRANCE FEE: 25p per event, on AAA/WAAA or Club entry forms to: Mr W. F. Hand, 105 Peacock Avenue, Wednesfield, Wolverhampton. **Closing date 11th February, 1979.** No Acknowledgements. Collect numbers on day. **BRING 4 SAFETY PINS.**

OTHER DATES: 24th MARCH, 23rd APRIL

Walker Back — And How!

OLYMPIC 1500m champion and mile world record holder John Walker has made a stunning comeback to top form after persistent injury to his right calf and earlier threatened to end his career prematurely.

As reported in our issue of December 23rd, Walker's first track time trial occurred on November 13th when he ran 3200m in 9 minutes, and he remarked after that that his first major race would be over 1500m at the Muhammad Ali indoor meet at Long Beach on January 6th. "I don't know that I would win it, but I don't want to be disgraced".

Well, any apprehension on his part was swept away as he stormed to a world indoor record of 3:37.4! "I went to about 40 doctors and was ready to throw them all away", he said. "Then I went to a doctor in Boston and he diagnosed the injury correctly and fixed it with surgery. Many people said I would never run again. I've only been running 50 miles a week. If I can run like this against guys who are doing twice that much running, then I know I'm back".

The New Zealander outkicked Paul Cummings (3:37.6) as both finished inside the world indoor best of 3:37.8 set in 1971 by Germany's Harald Norpoth. Sydney Maree, a black South African studying in the USA, was 3rd in 3:38.2, followed by Ray Flynn (RoI) 3:39.4 and Marty Liquori (3:41.5). Walker, who had finished 10th in a road race in California on New Year's Eve (with Brendan Foster 4th), now looks set to challenge Steve Ovett for world supremacy in the 1500m and they could well clash in the World Cup this summer in Montreal.

Other highlights of the Long Beach meet included a world indoor 500m best of 61.2 by Herman Frazier, and a 3000m victory by Nick Rose (7:58.8) over Dick Buerkle (8:04.8) and Ireland's Ed Leddy (8:07.6).

WELLS DEFEATS OLYMPIC CHAMPIONS

Allan Wells displayed remarkable mid-winter form in defeating Don Quarrie (10.44) and Hasely Crawford (10.60) with a 10.40 100m timing at Newcastle, New South Wales, last weekend. Even better was his winning time in the 200m of 20.63, only 2/100ths outside his UK record. Dave Moorcroft won the 3000 in 8:07.2; Dane Joseph (1:50.7) and John Robson (1:52.0) placed 2nd and 3rd in the 800 won by Dave Norris (NZ) in 1:49.8; while Margot Wells was 2nd in the 100 (11.94) and 3rd in the 200 (24.49), won by Denise Boyd in 11.63/23.14. At Wanganui (NZ) on December 27th, Moorcroft (7:58.5) had beaten Dick Quax (7:59.5) and Switzerland's Markus Ryffel (8:00.0) at 3000.

NICK BRAWN — BY A SECOND

THE 21st Hogs Back 10 miles road race organised by Guildford & Godalming AC and sponsored by Carnation Foods on December 16th attracted a record entry of well over 500, of whom nearly 400 faced the starter.

After the climb to the Hog's Back, Treadwell, Brawn and Lunnon were ahead of Watson, King and P. Russell, but at the turning to the A3 it was Brawn and Lunnon making the pace, with Watson chasing hard, followed by Treadwell who had been dropped slightly. For the last 2 miles it became a two-man struggle, Brawn just getting the verdict with a faster finish — by one second.

1, N. Brawn (Invicta) 49:00
2, R. Lunnon (Aldershot F&D) 49:01
3, B. Watson (Cambridge H) 49:07
4, R. Treadwell (Sy B) 49:20; 5, J. King (—) 49:31; 6, P. Russell (Wey) 49:32; 7, D. Stevens (Hast) 49:41; 8, J. Wigley (Inv) 49:52; 9, M. Brameld (Inv) 49:59; 10, G. Pringuer (Har) 50:05; 11, J. Mouatt (Hill) 50:28; 12, D. Faircloth (Croy) 50:29; 13, T. Jones (Bris) 50:30; 14, M. Russell (Croy) 50:41; 15, J. Kilsby (Har) 51:24; 16, M. McGeough (Barry) 51:27; 17, R. Harrison (Air) 51:29; 18, D. Roberts (Camb) 51:36; 19, G. Meredith (Camb) 51:39; 20, J. Spooner (WSE) 51:44; 21, L. Adams (Hill) 51:48; 22, B. Diss (Hav) 52:19; 23, M. Knapp (Inv) 52:20; 24, J. Lee (Croy) 52:38; 25, M. Heath (Har) 52:44; 26, F. Pidgeon (S'ton) 52:45; 27, M. Lane (N'port) 52:52; 28, P. Gallagher (Craw) 52:53; 29, J. Steed (Ver) 52:56; 30, I. Wilson (B'ith) 53:08; 31, M. McCarthy (Bed) 53:09; 32, A. Wilson (Hast) 53:11; 33, R. McAndrew (Bolt) 53:23; 34, A. Douglas (Craw) 53:26; 35, S. Lambourn (B&H) 53:28; 36, R. Brookes (Hast) 53:31; 37, C. Shield (AFD) 53:40; 38, D. Milner (City Univ) 53:41; 39, R. Tarrant (RNAC) 53:42; 40, J. Stow (W'ford Gn) 53:43. 318 finished.
Teams: 1, Invicta 48; 2, Cambridge H 28; 3, Croydon 34; 4, Haringey 35; 5, Hastings 48; 6, Aldershot, F&D 60; 7, Blackheath 77; 8, Crawley 121; 9, Dartford 122; 10, Royal Naval AC 125; 11, Guildford & G 147; 12, Brighton & H 147; 13, Aldershot 'B' 157; 14, Walton 172; 15, Cambridge 'B' 172. (**Veterans:** 1, J. Steed (Ver) 52:56; 2, R. King (Hast) 54:02; 3, B. Switzer (S&E) 55:03; 4, J. Luxford (HBS) 56:10; 5, A. Kimber (Dart) 56:28; 6, T. Wood (E&E) 56:54; 7, J. Cock (E&E) 57:56; 8, W. Anderson (Met Pol) 58:08; 9, D. Mullen (G&G) 58:10; 10, B. Giddings (Kent) 58:13. (O/50): R. Hale (Kent) 61:16. (**Women:** 1, G. Penny (Camb) 56:54; 2, G. Adams (AF&D) 58:45; 3, J. Oyles (Ox C) 61:58; 4, V. Howe (B'nell-V) 62:43; 5, D. Phillips (Croy) 63:41; 6, L. Watson (LOAC) 64:38; 7, E. Sloan (Hast) 65:50; 8, T. Minting (Croy) 67:01; 9, C. Simpson (Bourn) 68:25; 10, M. Griffith (E&E) 68:25.

League Races

FOSTER RETURNS HOME

Brendan Foster unexpectedly chose his birthplace, Hebburn, as the venue for his first winter appearance in Jarrow & Hebburn AC's North Eastern Harrier League promotion on December 9th . . . and, appropriately, it was the latest star to rise from the small Tyneside town, Steve Cram, who provided the main opposition. As in that epic Emsley Carr Mile last summer, the world age-17 record holder at 1500m and mile — now 18 — dogged Foster over the wet course. But there was to be no desperate sprint in this time as Foster's strength and experience pulled him 29 sec clear.

(5½M Handicap) 1, G. Smith (Sund) 26:59; 2, A. Whitfield (Chester-1-S) 27:23; 3, P. Collins (Sund) 27:45 . . . 11, B. Foster (Gates; scr). Fastest times: Foster 25:40, S. Cram (J&H) 26:09, P. Taylor (Sund) 26:10. Teams: 1, Gateshead 143; 2, Gosforth 156; 3, Jarrow & H 167; 4, Morpeth 172. (Yths) Fastest: C. Taylor (Gos) 17:06, A. Matthewson (Gos) 17:08; P. Dodds (Morp) 17:22. Teams: 1, Gosforth 12; 2, Durham 41. (Boys) Fastest: S. Robson (Morp) 11:03, D. Maguire (S. Sh) 11:10, G. Woods (Morp) 11:17. Teams: 1, Morpeth 17; 2, Blaydon 27; 3, Jarrow 40; 4, S. Shields 49. (Colts) Fastest: S. Sweet (Morp) 11:56, J. Lucas (Walls) 12:42, M. Maylia (Gos) 12:54. Teams: 1, Tynedale 13; 2, Blaydon 33; 3, Chester-le-Street 34; 4, Jarrow 44.

Brian Kirkley

LONDON COLLEGES LEAGUE

At Ruislip, November 29th

1, G. Jackson (RHC) 27:10; 2, J. Huntingford (WMC) 27:18; 3, P. Williams (PNL) 27:21; 4, M. Donnelly (SMC) 27:33; 5, S. Vines (NELP) 27:38; 6, C. Liziere (LSE) 27:48; 7, I. Duncan (UC) 27:56; 8, R. Kennan (B'beck) 27:57; 9, S. Burt (NELP) 28:04; 10, M. Walker (Sy) 28:05; 11, J. Medes (UC) 28:09; 12, A. Charman (PCL) 28:12; 13, G. Jerwood (Brunel) 28:17; 14, J. Bowles (PNL) 28:47; 15, D. Felsenstein (UC) 28:51. Teams: 1, North London Poly 387; 2, Univ Coll 383; 3, LSE 366; 4, Imperial Coll 365; 5, St Bartholomews Hosp 322; 6, Royal Holloway Coll 306. (Div 2): 1, St Mary's Coll 374; 2, NE London Poly 370; 3, Thames Poly 342.

SCOTTISH SERVICES CC LEAGUE

At Glencorse, November 29th

1, Evans (CS) 31:48; 2, Henderson (Loss) 32:38; 3, Kevan (Leuch) 32:40; 4, Hamnett (Buch) 33:17; 5, McCormack (Buch) 33:28; 6, McKechnie (MOD-N) 33:47. Teams: 1, Civil Service 364; 2, MOD (Navy) 353; 3, Neptune 340.

ESSEX CC LEAGUE

At Harlow, December 2nd

1, S. Barr (Ex B) 26:38; 2, M. Fletcher (Chelm) 26:40; 3, P. Betteridge (Hav) 26:42; 4, R. Young (Hav) 27:12; 5, D. Horton (Har) 27:24; 6, N. Tyler (Hav) 27:27; 7, E. Emms (Ex B) 27:36; 8, J. Drake (W Suff) 27:37; 9, L. Gouch (Thur) 27:38; 10, R. Thurston (Hav) 27:39; 11, A. Bridge (Har) 27:45; 12, B. Diss (Hav) 27:47; 13, A. Martin (Bas) 28:04; 14, P. Palmer (Chelm) 28:11; 15, P. Cheattle (Ex B) 28:11; 16, S. Fines (Hav) 28:31; 17, P. Mylrea (Hav) 28:36; 18, S. Payne (Norf) 28:36; 19, A. Bright (Col) 28:42; 20, R. Punn (Chelm) 28:45. Teams: 1, Havering 51; 2, Chelmsford 104; 3, Thurrock 212; 4, Harlow 248; 5, Colchester 262; 6, Essex Beagles 285; 7, Woodford Green 298; 8, W. Suffolk 359; 9, Newham 430; 10, Basildon 445. (Youths): 1, M. Rolfe (Ex B) 18:22; 2, M. Calver (W Suff) 18:58; 3, J. Harrold (Norf O) 19:01; 4, B. Ponton (Har) 19:14; 5, C. Stringer (Ex B) 19:17; 6, D. Woodyaft (Ex B) 19:18; 7, T. Ferguson (Ex B) 19:23; 8, J. Christy (Norf O) 19:26; 9, A. Blackburn (Hav) 19:29; 10, P. Collins (Norf O) 19:33. Teams: 1, Essex Beagles 19; 2, Norfolk O 39; 3, Havering 77; 4, Chelmsford 87; 5, W. Suffolk 65; 6, Newham 103. (Boys): 1, G. Coch (Bas) 14:43; 2, J. Frost (Norf O) 14:48; 3, R. Gray (Ex B) 15:10; 4, S. Durham (S'end) 15:10; 5, S. Clarke (Ex B) 15:12; 6, J. Hicks (Ips) 15:18; 7, S. Freeman (New) 15:25; 8, I. Chalk (Bas) 15:32; 9, R. Simpson (Norf O) 15:34; 10, P. Dradey (Har) 15:43. Teams: 1, Basildon 48; 2, Chelmsford 53; 3, Norfolk O 65; 4, Southend 83; 5, Harlow 94; 6, Newham 117. (Colts): 1, A. Rossbrook (Bas) 10:20; 2, P. Turner (Hav) 10:30; 3, C. Illott (S'end) 10:37; 4, J. Knight (S'end) 10:44; 5, C. Harper (Chelm) 10:45; 6, P. Watson (Har) 10:47; 7, L. Bright (Col) 10:49; 8, P. Yeoman (S'end) 10:50; 9, S. Stopher (Ips) 10:56; 10, M. O'Neil (New) 11:01. Teams: 1, Southend 30; 2, Havering 70; 3, Colchester 73; 4, Basildon 73; 5, Chelmsford 76; 6, Thurrock 93.

Women

1, B. Lock (S'end) 14:47; 2, D. Cole (Ilf) 14:50; 3, I. Peaty (Ips) 14:53; 4, C. Eyre (Har) 14:54; 5, W. Orrowe (Har) 15:17; 6, T. Tanton (S'end) 15:21; 7, L. Smith (Col) 15:28; 8, K. Lloyd (W Suff) 15:42; 9, J. Rice (Chelm) 15:49; 10, S. Bentley (Chelm) 15:54. Teams: 1, Southend 35; 2, Chelmsford 51; 3, Harlow 71; 4, Colchester 79; 5, Basildon 80; 6, Havering 28. (Juniors): 1, W. Lamb (Chelm) 11:09; 2, S. Jeffrey (Hav) 11:13; 3, J. Lamb (Chelm) 11:13; 4, M. Lyons (Bas) 11:16; 5, M. Glading (Ips) 11:28; 6, T. Feeney (Bas) 11:30; 7, J. Robinson (Har) 11:33; 8, C. Hall (S'end) 11:34; 9, J. Speck (S'end) 11:38; 10, R. Newman (S'end) 11:40. Teams: 1, Southend 38; 2, Basildon 45; 3, Havering 47; 4, Chelmsford 51; 5, Harlow 82; 6, Colchester 111. (Girls): 1, S. Fenn (S'end) 9:00; 2, D. Lawless (Hav) 9:03; 3,

D. Webb (Hav) 9:08; 4, S. Cobb (Ips) 9:19; 5, M. Durrant (Norf O) 9:24; 6, S. Palmer (Bas) 9:27; 7, K. Hurler (Hav) 9:32; 8, S. Everest (Bas) 9:32; 9, A. Valentine (Bas) 9:28; 10, L. Harvey (Ex B) 9:42. Teams: 1, Havering 25; 2, Basildon 38; 3, Southend 59; 4, Essex Beagles 106; 5, Harlow 110; 6, Braintree 143.

NORTH WALES CC LEAGUE

At Wrexham, December 2nd

1, A. Blackwell (Wrex) 25:29; 2, G. Nixon (Wrex) 26:28; 3, M. Weston (Wrex) 26:30; 4, J. Mostyn (Shrew) 26:50; 5, I. Snow (N Powys) 26:27; 6, R. Morris (Shrew) 27:17; 7, T. Wilcock (Wrex) 27:18; 8, N. Williams (Wrex) 27:26; 9, J. Jones (Wrex) 27:39; 10, K. Williams (Shrew) 27:50; 11, I. Williams (Wrex) 28:02; 12, E. Williams (Shrew-V) 28:03; 13, R. Billington (Wrex-V) 28:05; 14, J. Wilks (Shrew) 28:06; 15, S. Halliwell (Banc U) 28:07. Teams: 1, Wrexham 30; 2, Shrewsbury 63; 3, Wrexham 'B' 112; 4, North Powys 146.

4th AGGREGATE MEETING

At RAF Odiham, December 6th

1, S. Harrison (4FR RA) 36:18; 2, C. Shields (TB ACC) 36:19; 3, S. Robinson (Merc) 36:19; 4, R. Adam (Hants Fire) 36:20; 5, Morrison (RMA Sand) 36:21; 6, S. Larder (RAF Odiham) 36:22. Teams: 1, RMA Sandhurst 1384; 2, HMS Sultan 1332; 3, HMS Osprey 1325.

LINCS SERVICES CC LEAGUE

At RAF Newton, December 6th

1, eq. G. Rimmer (Cran) & S. Rimmer (Cran) 36:16; 3, Frith (Wadd) 36:32; 4, McCay (Noct) 36:50; 5, Holmes (Scam) 37:17; 6, Chambers (Wadd) 37:49. Teams: 1, Cranwell 370; 2, Waddington 359; 3, Scampton 351.

N. YORKS & S. DURHAM LEAGUE

December 9th

1, S. Markley (M&C) 35:26; 2, G. Potts (M&C) 37:35; 3, C. Vaux (M&C) 38:11; 4, K. Marshall (M&C) 38:34; 5, J. Williams (Mand) 38:48; 6, M. Starford (Mand) 38:53; 7, M. Roberts (Dur) 38:58; 8, M. Pearson (Mand) 39:00; 9, P. Veich (M&C) 30:40; 10, C. Pickett (M&C) 39:06.

SURREY CC LEAGUE

(Division One)

At Epsom Downs, December 9th

1, M. Connelly (Walton) 25:40; 2, R. Harrison (Hercules Wimb) 25:44; 3, Tim Hassall (Aldershot, F&D) 25:52; 4, P. Bennett (AF&D) 26:01; 5, S. Newton (HW) 26:04; 6, G. Ribbons (E&E) 26:11; 7, R. Gevers (SLH) 26:15; 8, R. Allison (HW) 26:18; 9, F. Pidgeon (HW) 26:20; 10, M. Walden (E&E) 26:23; 11, D. Eglen (AF&D) 26:26; 12, J. Roberts (SLH) 26:28; 13, F. Upcott (SLH) 26:30; 14, D.

Latter (Walt) 26:33; 15, C. France (E&E) 26:36; 16, J. Peel (AF&D) 26:38; 17, A. MacBrayne (HHH) 26:41; 18, G. Seward (E&E) 26:54; 19, J. Hood (AF&D) 26:55; 20, G. Nicholson (E&E) 26:56; 21, W. Tarquini (HHH) 26:58; 22, M. Fuller (HW) 26:59; 23, D. Williams (HW) 27:00; 24, T. Eglen (AF&D) 27:07; 25, C. Whitty (AF&D) 27:13; 26, M. Hanahoe (HHH) 27:17; 27, P. Williams (SLH) 27:18; 28, C. Beauvais (Walt) 27:18; 29, M. Barton (AF&D) 27:30; 30, J. Robinson (SLH) 27:23. Teams: 1, Aldershot 197; 2, Hercules 250; 3, Epsom & E 284; 4, SLH 313; 5, HHH 401; 6, Walton 437; 7, Belgrave 603. (Overall): 1, Aldershot 563; 2, Hercules W 669; 3, Epsom & E 1033; 4, Walton 1097; 5, SLH 1169; 6, HHH 1276; 7, Belgrave 1648. (Young Athletes): 1, P. Ledger (AF&D) 13:31; 2, L. Zone (AF&D) 13:33; 3, D. North (Bel) 14:27; 4, R. Pemberton (HHH) 14:38; 5, J. Murray (E&E) 14:46; 6, C. Parrack (E&E) 14:50; 7, M. Simpson (SLH) 14:52; 8, J. Searle (Bel) 14:57; 9, W. Davis (SLH) 14:59; 10, C. Holmes (Bel) 15:00. Teams: 1, Belgrave 46; 2, HHH 74; 3, Epsom & E 76½; 4, SLH 87; 5, Hercules W 97; 6, Aldershot 97½; 7, Walton 152. (Overall): 1, Aldershot 162½; 2, Belgrave 163; 3, Hercules W 249; 4, HHH 288; 5, Epsom & E 298; 6, SLH 308; 7, Walton 421½.

MID-GLAMORGAN CHAMPIONSHIPS

At Bridgend, December 9th

1, A. Jefferies (Swan); 2, B. Griffiths (Caerp); 3, D. Crombie (N'port). Teams: 1, Newport 14; 2, Bridgend 19; 3, Caerphilly 27. (Youths): 1, R. Toms (Card); 2, M. Bryant (Bridg); 3, J. Evans (Rhon). Team: Rhondda. (Boys): 1, R. Breeze (Bryn); 2, J. Grainger (Bryn); 3, J. Pritchard (Bridg). Team: Bryncellynog. (Colts): 1, M. Williams (Haw); 2, D. Grabham (Cyn); 3, L. Williams (Fern). Team: Ferndale Lower. (U/11): 1, S. Partridge (Bridg); 2, J. Webb (Bryn); 3, G. Huntin (Fern). Team: Ferndale Lower. (Women): G. Griffiths (Card). (Inters): B. Thomas (Cardinal). (Juniors): 1, H. Vaughan (Bridg); 2, S. Rees (Bryn); 3, S. Hobbs (Cardinal). Team: Bridgend. (Girls): 1, J. Jones (Bridg); 2, F. Harwood (Bryn); 3, C. Feegan (Bridg). Team: Bridgend. (No times supplied).

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METROPOLITAN CC LEAGUE**At Woodford, December 16th**

1, K. Dumbleton (Verlea) 24:07
 2, A. Catton (Ilford) 24:07
 3, B. Smith (London Irish) 24:33
 4, A. Ross (Ver) 24:43; 5, A. Etchells (Ilf) 25:54;
 6, D. Coates (Ilf) 24:56; 7, C. Thomas (TVH)
 24:57; 8, A. Nichol (Ilf) 24:58; 9, M. Puddifoot
 (TVH) 25:06; 10, J. Brown (Ver) 25:13; 11, J.
 Sheridan (TVH) 25:29; 12, C. Barley (Enf) 25:30;
 13, D. Hardstaff (N Lon) 25:31; 14, P. Browne
 (TVH) 25:32; 15, D. Horton (—) 25:33; 16, D.
 Cox (W. Gn) 25:35; 17, S. Kerr (Enf) 25:39; 18,
 N. Morrison (Ver) 25:40; 19, S. Livingstone (Ver)
 25:41; 20, C. Close (Enf) 25:42; 21, R. Thurston
 (—) 25:43; 22, K. Davies (N Lon) 25:44; 23, B.
 Walters (TVH) 25:55; 24, N. Burvill (W. Gn)
 25:56; 25, J. Knight (N Lon) 25:57; 26, D.
 Patterson (TVH) 25:58; 27, M. Flower (Ver)
 25:59; 28, J. MacKenzie (Ilf) 26:07; 29, J.
 Abberton (Poly) 26:08; 30, A. Charman (Poly)
 26:15. **Teams:** 1, Verlea 2366; 2, Ilford 2098; 3,
 TVH 2074; 4, N. London 1954; 5, Woodford
 Green 1921; 6, Enfield 1669; 7, Highgate 1588; 8,
 Verlea 'B' 1583; 9, Hillingdon 1349; 10,
 Polytechnic 1200. **(Youths/Boys):** 1, N. Trainer
 (N Lon) 12:11; 2, J. Storey (High) 12:44; 3, P.
 Gurr (High) 12:20; 4, A. Gilham (Ilf) 12:41; 5,
 M. Gorman (Hill) 12:57; 6, A. Kindley (Ver)
 13:02; 7, A. Smith (Shaft) 13:07; 8, K. Wright
 (High) 13:09; 9, J. Foley (TVH) 13:16; 10, A.
 Gilling (Hill) 13:19. **Teams:** 1, Highgate 185; 2,
 Hillingdon 181; 3, Shaftesbury 155; 4, Verlea
 143; 5, N. London 115; 6, Ilford 110. **(Colts):** 1,
 E. Kimani (Shaft) 12:53; 2, J. Jell (Shaft) 13:07;
 3, K. Gilzean (N Lon) 13:21; 4, P. Gilling (Hill)
 13:25; 5, S. Barclay (TVH) 13:30; 6, M. Foote
 (TVH) 13:32; 7, L. Emerson (Hill) 13:34; 8, S.
 Leader (Enf) 13:40; 9, C. Creer (Enf) 13:42; 10,
 D. Walker (Shaft) 13:44. **Teams:** 1, Shaftesbury
 192; 2, Enfield 189; 3, Hillingdon 188; 4, N.
 London 180; 5, TVH 158; 6, London Irish 126.

OSTERLEY PARK RELAY**December 6th**

1, Borough Road (S. Lowe 14:20, J. Davies
 13:51, L. Adams 14:52, D. Clarke 13:59) 57:02
 (rec);
 2, Borough Road 'B' (R. Figg 15:01, E. White
 14:27, A. Lunnon 14:51, K. Capper 14:26) 58:45;
 3, Oxford Univ (V. Legrand 14:18, A. Ewers
 15:26, R. Holdsworth 15:23, N. Brawn 13:44)
 58:51;
 4, Loughborough (G. Long 15:14, S. Butler
 15:46, M. Prince 14:16, T. Hutchings 14:00)
 59:16;
 5, Loughborough 'B' 59:59; 6, London Univ
 60:08; 7, Crewe & Alsager 61:20; 8, Trent Poly
 61:39; 9, Loughborough 'C' 61:43; 10,
 Jordanhill C 61:45; 11, Kent Univ 61:48; 12,
 Borough Road 'C' 62:25; 13, Loughborough 'D'
 63:10; 14, Leicester Univ 63:18; 15, Durham
 Univ 63:46; 16, St Mary's C 64:08; 17, Sussex
 Univ 64:11; 18, Trent Poly 'B' 64:25; 19, Bath
 Univ 64:48; 20, Reading Univ 64:50. 52 teams
 closed in. **Fastest:** Brawn 13:44 (rec), Davies
 13:51, Clarke 13:59, Hutchings 14:00, Prince
 14:16, Legrand 14:18. **(Women):** 1,
 Loughborough (S. Hutton 8:43, J. Heywood
 8:42, W. Smith 8:13) 25:38 (rec); 2, LSE 28:07; 3,
 Thames Poly 28:50. **Fastest:** K. Binns (LSE) 8:11
 (rec), Smith 8:13, Heywood 8:42, Hutton 8:43.

CARDIFF RACES POSTPONED

Cardiff AAC wish to apologise for any inconvenience occasioned athletes by the postponement of the Les Croupier Casino Club Cardiff 1900 Road Races. With more than £1000 worth of prizes and the city virtually cut off by the snow and blizzard there was no alternative but to postpone on the Saturday evening, otherwise it would have been a bonanza for local athletes.

Radio and Television co-operated by making announcements of the postponement and placards were set up on the Severn Bridge, but a few athletes did get through.

The races will now be run on May Day Bank Holiday — Monday, May 7th — all entries received hold good. Watch out in 'AW' for advertisements.

**HILLINGDON EXPRESS '5'
ROAD RACE****Sponsored by The Express Dairy Co London Ltd****Team & Individual Open Road Race**
(Under A.A.A. Laws)**17th FEBRUARY, 1979, at 3 p.m.****Venue:** Hillingdon A.C. Club House, Bury Street, Ruislip.**Valuable Prizes:** At least — first six Individuals, first Veteran, first three Teams, first Junior Team, first Vets Team (Teams — six run, four score, Vets all run, six score).**Parking:** Free off-course parking in Reservoir Road, No on-course parking will be allowed.**Entry Fee:** 50p per entry — no Team fee (late entries double fee) to Bob Wolton, 76 Deane Croft Road, Eastcote, Pinner, Middx HA5 1SP. SAE reply or results.**ENTRIES CLOSE 13th FEBRUARY**

Uxbridge & District LAC officers: general secretary — A. Low, 'Trecela', 29 Kings Lane, South Heath, Great Missenden, Bucks (Tel: Gt Missenden 3191); T&F sec — G. Cope, 61 Thornhill Road, Ickenham, Middx (Tel: Ruislip 72385); CC sec — K. Good, 9 Beech Tree Road, Holmer Green, Bucks (Tel: Holmer Green 5529); walking sec — M. Long, 10 The Ridings, Iver, Bucks (Tel: Iver 1467); membership sec — T. E. Fevery, 17 Parkfield Avenue, Hillingdon Heath, Middx (Tel: Uxbridge 34044).

JIRI SKOBLA DEAD



One of the great figures in European shot-putting history, Jiri Skobla of Czechoslovakia, died on November 18th at the age of 48. He had been seriously ill.

Skobla, nicknamed 'The Bear', was the son of the 1932 Olympic heavyweight weight-lifting champion and was a world class performer for several years. He held the European record from 1952 to 1959, was European champion in 1954 and prevented an American clean sweep of the medals at the 1956 Olympics by placing third. The first European to surpass 17m and 18m, he finished up with a personal best of 18.52m in 1963. Later, as a coach, he trained Czech record holder (21.04m) Jaroslav Brabec, and he continued to perform well as a veteran competitor.

The secretary of Rutland AC, which was formed last summer, is J. Tyley, 10 New Street, Oakham, Leics (daytime tel: Uppingham 3489).

* * *

The British Students Sports Federation will hold the first student marathon championships for men and women in conjunction with the Sandbach Marathon on June 17th.

COUNTY CC CHAMPIONSHIPS

January 6th

Beds: A. Simmons 35:08. Team: Bedford.
Berks: R. Lunn 38:40. Team: Bracknell.
Bucks: C. Stebbings 36:28. Team: Milton Keynes.
Cambs: Gren Tuck 34:44. Team: C & C.
Cheshire: D. Brennan 38:58. Team: Manchester.
Derbyshire: N. Lees 33:02. **Essex:** S. Barr 37:21.
 Team: Havering. **Hants:** R. Hackney 36:17.
 Team: AF&D. **Herts:** K. Dumpleton 39:20.
 Team: Verle. **Humber:** P. Moon 39:56.
 Team: Grimsby. **Kent:** N. Brawn 43:32. Team Invicta.
Lancs: A. Holden 32:23. **Lincs:** G. Rimmer. **Middx:** J. Davies 39:01. Team: TVH.
Norfolk: K. Steere 35:50. **Northumberland & Durham** (trial): N. Black 42:45. Team: Morpeth.
Notts: C. Kirkham 36:16. **Oxon:** R. Harris 39:25.
Staffs: R. Westwood 30:00. **Suffolk:** P. Wymark 39:21. Team: Ipswich. **Surrey:** R. Treadwell 36:13. Team: Hercules W. **Sussex:** P. Standing 37:25. Team: Horsham. **Yorks:** M. Prince 36:43.

RESULTS ROUND-UP

9.12. Aldershot. (i) PV: B. Hooper 5.10, T. Anstiss (Yth) 4.30. **16.12. Crystal Palace.** (i) LJ: M. Effiong 7.20. **17.12. Leicester.** 60m: A. Bell 6.9; 300m: C. Adams 35.0. **17.12. Newport-Tredegar '22'.** D. Francis 1:58:48. **23.12. Ilford 10km Walk.** R. Dobson 45:30, C. Lawton 45:46, R. Mills 46:02. **26.12. Chester 'Round the Walls'.** R. Wilde 21:01, A. Blackwell 21:22, L. Reilly 21:43. **Vets:** M. Freary 21:42. **26.12. Metro Radio 6½m Road Race, Gateshead.** M. McLeod 30:01. **30.12. Sparkhill '5'.** R. Smedley 23:16, G. Harvey 23:31. **1.1. Avon Cosmetics/About Anglia TV CC, Corby.** J. Wild 24:37, M. Deegan 24:41. **Women's:** S. Hassan 14:26, T. Bateman 14:36.

A new club, Weston AC, has been formed in Weston-super-Mare, Avon, and there is already a membership of over 100. The secretary is John Green, 105 Corondale Road, Weston-s-Mare, Avon.

CAMBERLEY & DISTRICT A.C. MEN'S ANNUAL TROPHY CROSS COUNTRY RACES

(Under A.A.A. Laws)

SUNDAY, MARCH 4th, 1979, 1.30 pm

Collingwood School, Old Dean, Camberley, Surrey

COLTS	3500 Metres approx.
BOYS	4100 Metres approx.
YOUTHS	5000 Metres approx.
SENIORS	8200 Metres approx.

Trophy and medals for first 3 Teams (3 run, 3 score).
 Medals for first 3 Individuals in each race.

Fees: 60p per team of three or 25p per Ind.

Entries: M. Goodway, "The Crest", 6 Crawley Hill, Camberley, Surrey GU15 2BT. Phone Camberley 24708.
ENTRIES CLOSE 20.2.79

BEND OR LIFT: THAT IS THE QUESTION!

OVER the past five years or so there has not only been a dramatic reduction timewise by the world's leading walkers but a change by many in technique and training. With the Mexicans leading the way there has been more emphasis placed on body, particularly hip, mobility and faster stride cadence.

With the shortening of the stride, especially when men are operating at just over 4 minutes per kilometre pace for 1½ hours, that brings even more problems for judges with the detection of "lifting" becoming even more difficult.

Indeed, as a close observer of major events at both home and in Europe, I feel judges are increasingly noting and taking action on "bent knees" whereas contact infringements are much more likely to go by unpunished. The "straightening of the knee" clause in the present definition was brought in to stop the "creepers" gaining unfair advantage; this it has done and, indeed, there are very few now left in the sport. It was never intended to be a substitute for loss of contact and it must never be allowed to as I am certain everybody involved in the sport would agree.

Some West European nations are already expressing doubts on the currently successful "dancing" style, as they put it, as against the traditional and seemingly fairer angular progression.

Peter Ryan pips Rorrie Lambie in 6 miler at Huntingdon (November 30th). 1, P. Ryan (Ex Pol/Sheff) 45:21; 2, R. Lambie (RAF/Bound) 45:23; 3, K. Batten (RAF/Trow) 47:19. Teams: 1, RAF 25; 2, Anglia Striders 30.

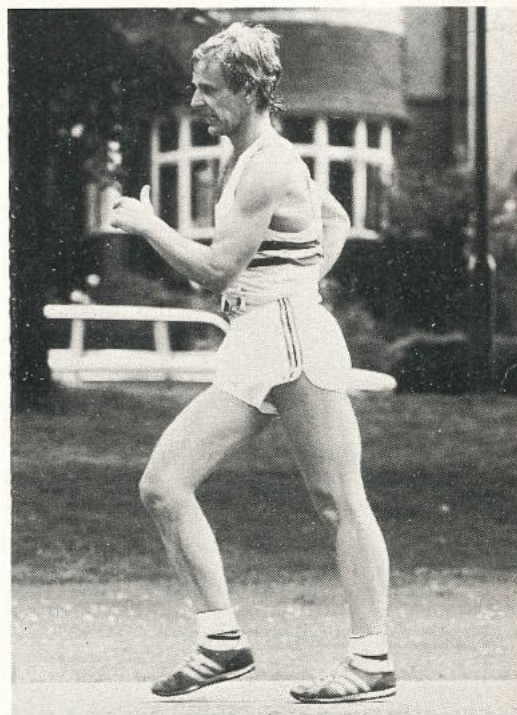
Bob Dobson wins Phil Embleton Memorial 15km at Battersea Park (December 2nd). Forcing the pace on the first of the 5 circuits Bob Dobson soon split the field with only Ian Richards able to join him. After a mid-race battle, Dobson pulled away on the fourth lap only for Richards to come again with a lap to go, but again the Ilford man put the pressure on to open up the winning margin in the final 3km. Solid walking from Adrian James and Mark Wordsworth in very cold conditions. 1, R. Dobson (Ilf) 69:38; 2, I. Richards (Cov) 69:55; 3, A. James (Enf) 72:20; 4, M. Wordsworth (Ton) 73:03; 5, R. Sheppard (Ilf) 74:42; 6, D. Salter (Enf) 74:47; 7, A. Ardley (Ton) 74:56; 8, J. Newnham (Bel) 75:10; 9, E. Holliday (Med) 75:16; 10, E. Holmquist (High) 75:20; 11, S. Wynn (Sy) 76:37; 12, K. Halstead (Cov) 77:35. Teams: 1, Enfield 9; 2, Met WC 30; 3, Belgrave 30.

International Race Walking Conference. Some 15 delegates representing four countries attended the two-day course organised by the Flanders

By Colin Young

Race Walking Committee near Lille in November. Many subjects were discussed, particularly the question of judging and the present definition. Those producing magazines and writing specifically on the sport hope to meet regularly bi-annually, making the Lugano Final a suitable rendezvous. With most European nations having their own race walking magazines it is obvious that there can be considerable exchange of news, views, and ideas at future get-togethers.

Julian Robinson clocks excellent 42:01 in London Postal Region 9km Yacht H'cp at Blackheath Park (November 19th). 1, J. Robinson (Ang) 42:01; 2, G. Maynard (Camb) 44:51; 3, J. Newnham (Bel) 44:54; 4, S. Marshall (Camb) 45:20. Teams: 1, Cambridge 8; 2, Belgrave 21; 3, Vets AC 24. **London Postal**



BOB DOBSON

Mike Street

Region 9km at Blackheath Park (November 29th)
M. Davitt (Camb) 48:56.

Lancashire WC 10km at Wythenshaw Park (November 25th). 1, S. Uttley 49:38; 2, M. Ireland 50:13.

Centurion reaches a century. Celebrating his 100th birthday on December 7th Bill Brown, Centurion No. 12, completed the London-Brighton and back in 1907 in 20:38:01 in third place behind the famous Tom Hammond (18:13:37). Bill, now blind, lives at Westcliff-on-Sea and was visited by the Mayor of Southend on the occasion of his "century".

Roger Mills admired. It is very nice to note that Colin Reitz, our champion junior steeplechaser, particularly admires Roger Mills, stating that the Ilford man has added a new dimension to walking with his exciting Crystal Palace mile races. I know that Roger always endeavours to please and educate the Palace crowds and the sport has gained in popularity accordingly. It is certainly a far cry from the White City days of the early 50's when our leading men were so suspect.

"Flying" Neal Pyke controversy. Following his sensational victories in USSR and West Germany last year, Neal Pyke clocked an unofficial 1:21(!) for a track 20km, having come through 15km in a fantastic 59:46. The race was regarded as unofficial as insufficient graded judges and officials were present. In the AAU 25km Pyke was an easy winner in 1:51:07 from Marcel Jobin (Canada) 1:56:50 and Jim Heiring 1:59:37. On October 18th he covered 8M 1021y in the hour.

Mexicans dominate USA 50km Championship, at Detroit (September 10th). The Mexicans blazed away and passed 7M in 53:12. Vera was dropped after 10M and Colin left Aroche at 15M (1:53:04). Moving away steadily from his countrymen, Domingo Colin won in world class time while Aroche repassed Vera in the last 6km. Young Marco Evoniuk won the USA title. Further back in the field, John Allen (52) was 14th (4:55:12) and bringing up the rear was Adolf Weinacker (6:17:24) who finished last in the 1948 Olympic 50km. 1, D. Colin (Mex) 3:55:52; 2, P. Aroche (Mex) 4:10:06; 3, E. Vera (Mex) 4:12:43; 4, M. Evoniuk 4:24:05; 5, A. Hurt 4:26:47; 6, C. Schueler 4:29:22.

The USA trials for the Lugano Cup will be held on August 11th (20km) and August 25th (50km), the latter at San Francisco. The Pan American trial will be the National 20km in conjunction with the AAU Championships, July 14-17th.

Great Finnish Walking. It was certainly a pity that a high temperature prevented Reima Salonen

from competing at Prague because he was in superb form immediately before and after the European. The results from his countrymen are also improving very rapidly. (20km at Helsinki, August 5th): 1, R. Salonen 84:50.8; 2, M. Katila 89:25.8. (5km Track at Turku, August 23rd): 1, R. Salonen 19:34.8; 2, I. Rintala 20:43.8. (3km at Naantali, September 9th): Salonen 12:11.3.

World's best for Thorill Gylder at Fredrikstad, Norway (August 22nd). Women's 1500: T. Gylder (Nor) 6:59.8.

SPORTS AID FOUNDATION GRANTS

Since October 1st, Sports Aid Foundation has awarded £146,000 in assistance towards the preparation training expenses of Britain's amateur international competitors. And with Sports Aid Foundation's two-year grant scheme now implemented, many of the awards cover the vital training period up until the 1980 Olympics.

The latest recipients include the following athletes: Liz Barnes, Chris Benning, Lorna Boothe, Debbie Bunn, Diana Elliott, Ann Ford, Paula Fudge, Brenda Gibbs, Bev Goddard, Sue Hearnshaw, Ruth Kennedy, Angela Littlewood, Judy Livermore, Carol Pendleton, Sue Reeve, Sue Smith, Fatima Whitbread, Yvette Wray, Richard Ashton, Stephen Binns, Garry Cook, Philip Cooke, David Cotton, Peter De Kremer, Chris Dinsdale, John Doherty, Tony Drinkwater, Martin Girvan, John Hillier, Tim Hutchings, Kevan Lobb, Mike McFarlane, Mike McLeod, Ian Marsh, Aston Moore, Mark Naylor, Gary Oakes, Ian Richards, Brian Roberts, Tony Staynings, Keith Stock, Terry Whitehead and Trevor Wright.

WOMEN'S NATIONAL CROSS-COUNTRY At Runcorn, February 24th

British Rail are prepared to put on a special train for the Women's National from the South provided at least 200 people wish to travel on it. Cost will be £4 return per head (no other reductions available). Any club or individual wishing to travel on this train should write to Mrs M. Smith, 15 Westminster Court, Hollywell Hill, St Albans, AL1 2DU, Herts, by January 26th. Club secretaries must submit names, full remittance and SAE when placing orders for tickets. Cheques should be made payable to Southern Counties Women's CC & RWA. No tickets will be issued unless money accompanies order.

Bury AC (Men's Section) officers: secretary — M. J. Farnworth, 55 Wingate Drive, Whitefield, Manchester (Tel: 061-766 5542); track sec — A. Collier, 253 Chapel Lane, Coppull, Lancs (Tel: Coppull 792149).

ATHLETIC EVENTS

With more than 17,000 copies going out weekly and a total readership approaching 50,000 an advertisement in "Athletics Weekly" can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for first insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date.

British Veterans Athletic Federation Ninth National

CROSS COUNTRY CHAMPIONSHIPS Sunday, 18th February, 1979

Parliament Hill Fields, London
Changing Rooms — The Lido

First Race 1.30 p.m. MEN — Over 50 years (10 Km),
WOMEN — All age groups (5 Km).

Second Race 2.30 p.m. MEN — Over 40 years (10 Km).

Entry Fees: Individuals 50p, Teams £1 to J. Heywood,
14 Darling Road, London SE4 1YQ. SAE for reply.

Entries definitely close Saturday, January 27th.
Promoted by Southern Counties Veterans A.A.A.

CRAWLEY ATHLETIC CLUB

YOUNG ATHLETES CROSS COUNTRY RACES

(Under A.A.A. Laws)

SATURDAY, 24th FEBRUARY, 1979

Young Colts (9 & 10) 1 ½ M Colts (11 & 12) 2 ½ M

Boys (13 & 14) 2 ½ M Youths (15 & 16) 3 ¼ M

Ages on 1.9.78

Prizes: first 6 Inds., first 3 Teams (4 score).

Entries: 25p (no Team fee) plus SAE to R. Purle,
9 Shelley Road, East Grinstead, West Sussex
RH19 1SX.

Date of birth with entries

CLOSING DATE 9th FEBRUARY, 1979

WOKING A.C.

CROSS COUNTRY MEETING

(Under AAA & WAAA Rules)

Chobham Common, Chobham, Surrey

SUNDAY, 18th FEBRUARY, 1979, 12 noon

Colts	1 ½ Miles approx
Boys	2 ½ Miles approx
Youths	3 ¾ Miles approx
Junior/Senior Men	6 Miles approx
Minor Ladies	1 ½ Miles approx
Junior Ladies	1 ½ Miles approx
Inter Ladies	2 ½ Miles approx
Senior Ladies	2 ½ Miles approx

Medals or prizes 1st 3 Ind., and 1st 3 Teams (3 score).
Entry Fee: 20p Ind. no Team fees to Mrs J. Deering,
'Deerleigh', Park Rd., Woking, Surrey, by 27th
January. SAE for directions.

WALKER OF THE YEAR



RAUL GONZALES

Mike Street

Mexico's Raul Gonzales has been voted world walker of the year by the Race Walking Association's panel of experts. Credited with a phenomenal 3:41:20 for 50km, Gonzales also shares the title of world's most stylish walker with New Zealander Graham Seatter, a member of Belgrave Harriers. British walkers of the year are Olly Flynn (Basildon), the Commonwealth champion, and Carol Tyson (Lakeland), the best British junior being Michael Miley (Harborne).

DAVE BEDFORD IS IAC CHAIRMAN

International Athletes Club officers: chairman — Dave Bedford; hon. secretary — Derek Johnson; hon. treasurer — to be elected; committee — Bedford, Johnson, Rosemary Payne, Meg Ritchie, Paul Dickenson, Geoff Capes, Sue Reeve, Mike Turner, Roger Mills.

Would club secretaries etc note that until further notice all correspondence relating to the City of Plymouth AC should be sent to the club chairman, David Matthews, 96 Maker Road, Torpoint, Cornwall.

GWENT CC LEAGUE At Swansea, December 2nd

1, D. Hopkins (Newport) 31:20
 2, M. Lane (Newport) 31:29
 3, A. Cole (Swansea) 31:38
 4, M. Cowman (West) 31:58; 5, J. Kellie (West) 32:37; 6, M. Crowell (Bridg) 32:51; 7, L. Roberts (Card) 32:54; 8, G. Smith (West) 32:55; 9, A. Jeffries (Swan) 32:58; 10, G. Blackburn (West-V) 33:08; 11, P. Watts (West) 33:20; 12, M. McGeoch (Barry) 33:25; 13, A. Griffiths (Bath) 33:38; 14, J. Shields (Bridg) 33:47; 15, S. Seaman (Swan) 33:55. Teams: 1, Westbury 602; 2, Bridgend YMCA 548; 3, Swansea 538; 4, Newport 511; 5, Westbury 'B' 482; 6, Bath & P 462; 7, Aberystwyth 452; 8, Cardiff 425; 9, Neath 358; 19, Dursley 337. (**Juniors**): 1, J. Perkins (West) 23:01; 2, C. Buckley (West) 23:03; 3, H. Parsell (Swan) 23:23; 4, J. Ellis (Aberys) 23:27; 5, K. Gallvan (Swan) 23:30; 6, M. Harris (Bris) 23:31; 7, S. Axon (Swan) 23:37; 8, S. Parker (West) 23:52; 9, P. Williams (Ports Tal) 23:57; 10, R. Nash (West) 24:21. Teams: 1, Westbury 178; 2, Swansea 160; 3, Aberystwyth 125; 4, AAC Chepstow 83; 5, Bristol 61; 6, Port Talbot 37. (**Youths**): 1, S. Blakemore (Card) 18:43; 2, C. McIntyre (West) 18:43; 3, M. Jones (West) 19:12; 4, N. Stops (New) 19:15; 5, P. Miller (Card) 19:21; 6, S. Smith (Bishop) 19:28; 7, P. Rees (Bishop) 19:38; 8, J. Williams (Swan) 19:39; 9, A. Smith (Swan) 19:42; 10, K. Noble (Card) 19:45. Teams: 1, Cardiff 298; 2, Westbury 278; 3, Bishop Gore CS 235; 4, Bristol 181; 5, Torfaen 174; 6, Swansea 159. (**Boys**): 1, K. Miles (West) 12:41; 2, J. Pinney (Torf) 12:43; 3, J. Pendrey (Glos) 13:04; 4, M. Griffiths (Swan) 13:05; 5, S. Rose (B&P) 13:11; 6, J. McKeever (Aberys) 13:18. Teams: 1, Westbury 491; 2, Cardiff 440; 3, Bristol 401; 4, Bryn Celynnog CS 379; 5, Swansea 318; 6, Bishop Gore CS 316. (**Colts**): 1, S. Alford (West) 10:33; 2, N. Commerford (Barry) 10:37; 3, S. Minnall (Bris) 10:38; 4, L. Williams (Fern) 10:47; 5, D. Hockey (West) 10:49; 6, S. Smyth (West) 10:51. Teams: 1, Westbury 316; 2, Bristol 267; 3, Cardiff 249; 4, Ferndale LCS 240; 5, Barry 159; 6, Bryn Celynnog CS 116. (**U/12**): 1, S. Cowley (West) 6:43; 2, S. Godwin (Bris) 6:48; 3, J. Webb (Bryn Cely) 7:09. Teams: 1, Westbury 413; 2, Ferndale LCS 385; 3, Bristol 368. (**U/11**): 1, B. Gilbert (Durs) 5:38; 2, L. Adams (West) 5:43; 3, K. White (Bris) 5:46. Teams: 1, Cardiff 340; 2, Dursley 307; 3, Llantwit-Fardre JS 292.

Women

1, K. Lock (Card) 13:56; 2, M. Palmer (West) 14:00; 3, S. Smith (Bris) 14:23; 4, Y. Rowe (Derby) 14:37; 5, J. Parker (Bris) 14:46; 6, A. Notman (Card) 15:11. Teams: 1, Cardiff 66; 2, Westbury 63; 3, Bristol 50; 4, Swansea 31; 5, Cleddau 27; 6, Carmarthen 27. (**Inters**): 1, A. Edwards (Bris) 10:59; 2, M. Wiltshire (West) 11:08; 3, L. Gibson (Durs) 11:13; 4, B. Thomas (Card) 11:23; 5, C. Nicholas (Cledd) 11:25; 6, G.

Irvine (Carm) 11:26; 7, R. Powell (Talg) 11:29; 8, E. Sinclair (Bris) 11:33; 9, G. Hewitt (Bris) 11:36; 10, A. Blakey (Card) 11:45. Teams: 1, Bristol 149; 2, Cardiff 124; 3, Westbury 66; 4, Carmarthen 64; 5, Newport 60; 6, Swansea 42. (**Juniors**): 1, T. Kenward (Card) 6:52; 2, Y. Jones (Tiv) 6:58; 3, J. Presley (Bris) 7:02; 4, C. Williams (Port Tal) 7:05; 5, K. Roderick (Card) 7:06; 6, D. White (Bris) 7:07; 7, C. Douglas (Bris) 7:08; 8, C. Nuttall (West) 7:11; 9, J. Stokes (West) 7:15; 10, L. Copp (Port Tal) 7:16. Teams: 1, Bristol 333; 2, Cardiff 329; 3, Westbury 285; 4, Bristol 'B' 241; 5, Port Talbot 170; 6, Newport 170. (**Girls**): 1, J. Thomas (Carm) 6:31; 2, C. Douglas (Bris) 6:46; 3, R. Green (Bris) 6:48; 4, A. Presley (Bris) 6:49; 5, H. Gould (Bris) 6:51; 6, N. Bullimore (Torf) 6:55. Teams: 1, Bristol 549; 2, Cardiff 447; 3, Bristol 'B' 403; 4, Bridgend YMCA 393; 5, Torfaen 395; 6, Dursley 382. (**U/11**): 1, V. Alexander (Bris) 5:15; 2, A. Hall (Bris) 6:23; 3, H. Seaton (Bris) 6:25. Teams: 1, Bristol 316; 2, Westbury 278; 3, Cardiff 225.

Mark Hirsch points out that his winning time in the Youths 800m for Southern Counties v Savigny sur Orge was a personal best of 1:55.3.

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RUNNING WILD

THE CIRCLE — **ISSUE No 8** — shot and disc magazine — **SUBSCRIPTION** — £1.10. **Max Jones, 7 Rosedale Avenue, Sandal, Wakefield.**

MANX ATHLETIC CLUB
are pleased to announce the
**MILLENIUM EASTER
ATHLETIC FESTIVAL**

featuring

GOOD FRIDAY "RUNNERS SHOP", MIDDLETON
Senior Men's 5 miles Road Race (including Juniors)
Youth's 4 mile Road Race • Boy's 3 mile Road Race

EASTER SATURDAY "GOLDEN ISLE"

Men's Road Relay Race 4 × 3 miles
Ladies' Road Race 3 miles

EASTER SUNDAY

Men's Hill Race 5 miles • Ladies' Hill Race 3 miles
Youth's Hill Race 3 miles • Boy's Hill Race 2 miles

If there is sufficient demand for races in other age groups, the club will consider adding to the programme.

Overall team prizes for leading Club and Student teams.

Prize to first Vet in each Senior Men's Race.

Entry Fees for Weekend: Senior/Junior Men £1.50, all others £1.00.

All entries to be in by 14th March, 1979.

Prize Presentation and Beer Drinking Competition at Villiers Hotel on Sunday Evening.

Price included in entry fees.

Entry fees & general enquiries:

Easter Festival Secretary,
David Phillips,
Flat 5,
Ellesmere,
89 Woodbourne Road,
DOUGLAS.

Travel & accommodation enquiries:

Sue Lord,
Group & Conference Travel,
Central Buildings,
Central Promenade,
DOUGLAS,
Tel: Douglas (0624) 24537