

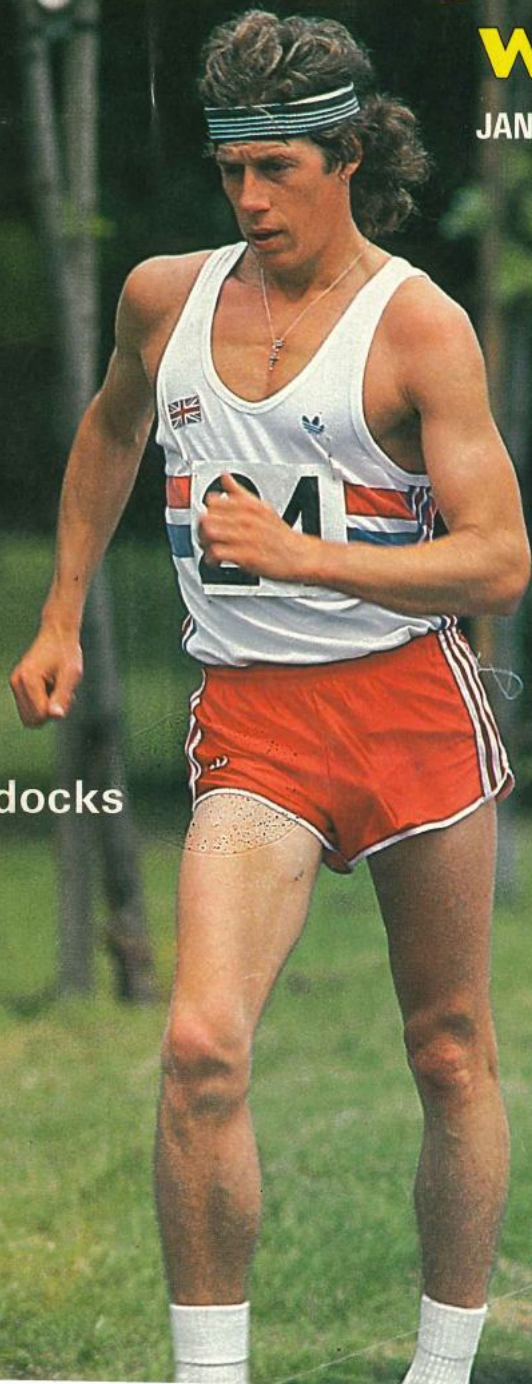
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athletics

weekly

JANUARY 7th 1984 40p

Chris Maddocks





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Vol. 38 No. 1

JANUARY 7th 1984

CONTENTS

* UK Indoor All-Time Lists	4
* Indoor Results From Cosford	10
* Who's Who: Chris Maddocks	12
* 1984 London Marathon (Trackwise)	14
* Howell Report On Sports Sponsorship	16
* Cross-Country League Results	22
* Looking Back To 1959	30
* Letters To The Editor	37
* World Men's Lists 1983 (Part 2) — compiled by Richard Hymans	41
* Six Under 2:10 In Fukuoka — Bill Adcocks reports	52

THE WEEK AHEAD

Saturday, January 7th: Cosford Games (2nd day); Southern Women's Inter-Counties Champs, Aldershot; County CC Champs, various; Scottish N. District League, Elgin; Clyde Valley YA Road Races, Motherwell; Nigel Barge Road Race, Maryhill; Southern Counties Indoor Hurdle Races, Crystal Palace.

Sunday, January 8th: Wessex League, Swindon; Maybole CC Races; Peterhead CC Races; N. Wales Speakeasy '10K', Llandudno; Tiverton Half Marathon; Rossendale Hospital '10', Bacup Leisure Centre; Met. Police Open 11km Walk, Imber Court.

Wednesday, January 11th: Lincs Services League, Binbrook, East Anglian League, Bentwaters; Wilts & Border League, RAF Wroughton.

Friday, January 13th: Philips AAA & WAAA Indoor Champs (1st day), Cosford.

Saturday, January 14th: Philips AAA & WAAA Indoor Champs (2nd day), Cosford; Women's Home Counties CC Champs (Billy Morton Trophy) & Victoria Park Open CC Races, Irvine; Liverpool & Dist. CCA Champs, Croxteth Park; Chiltern League, Bracknell & Banbury; Metropolitan League, Ruislip;

Westward League, Tiverton; Essex League, Colchester; Surrey Women's League, Ewell Court; Sussex League, Haywards Heath; Gloucestershire League, Gloucester; Beryl Davies Memorial CC Meeting, Sidcup; Springburn Cup '5', Bishopbriggs; Colwyn Bay Twin Pier Road Race.

Sunday, January 15th: N. Yorkshire & S. Durham Harrier League, Darlington; Icknield Women's League, Peterborough; Charnwood CC Relays, Loughborough; TSB CC Races, Cambuslang; Spensborough Open CC Meeting, Cleckheaton; Ferriby '10', Hull; Mitcham '25K'; SCAAA Open Meeting, Crystal Palace; Havering Winter Warm-Up Meeting, Hornchurch.

VENUE CHANGE

Today's Southern Women's Inter-Counties Cross Country Meeting has been switched at very short notice to Rushmoor Arena, Aldershot.

COVER PHOTO OF CHRIS MADDOCKS
 BY GRAHAM MAYNARD

UK INDOOR ALL-TIME LISTS

Compiled by Peter Matthews

60 METRES

6.65	Harry King	13.3.1982
6.68	Allan Wells	13.1.1978
6.68	Selwyn Clarke	19.2.1983
6.69	Cameron Sharp	23.1.1982
6.71	Brian Green	10.3.1973
6.74	Errol Rooft	19.2.1983
6.75	Mike McFarlane	18.3.1978
6.76	Steve Green	26.1.1980
6.77	Jim Evans	23.2.1982
6.79	Michael Powell	30.1.1981
Hand timing:		
6.6	Barrie Kelly	27.3.1966
6.6	Brian Green	10.2.1973
6.6	Cameron Sharp	11.1.1980
6.6	Edwin Cutting	6.12.1980

200 METRES

21.52	Earl Tulloch	19.2.1983
21.70	Linford Christie	30.1.1981
21.81	Peter Little	30.1.1981
21.88	Mel Fowell	10.2.1982
21.94	Steven Eden	28.1.1983
21.95	Phil Brown	3.2.1979
21.95	Trevor Hoyte	3.2.1979
21.95	Adeoye Mafe	19.3.1983

Hand timing:

21.8	Peter Little	27.1.1978
21.8	Ainsley Bennett	29.1.1982
21.9	Mike McFarlane	28.1.1978

400 METRES

46.43	Ainsley Bennett	6.3.1983
46.56	Glen Cohen	2.3.1980
47.4	Colin Campbell	9.3.1969
47.6	Richard Green	20.4.1968
47.67	Earl Tulloch	3.2.1979
47.8	Jim Aukett	17.2.1973
47.89	Andrew Kerr	3.2.1979
47.9	Carl Hamilton	24.1.1981
48.11	Paul Dunn	30.1.1982
48.20	Todd Bennett	30.1.1982

800 METRES

1:44.91	Sebastian Coe	12.3.1983
1:46.71	Peter Elliott	12.3.1983
1:47.55	Paul Forbes	19.2.1983
1:48.1	John Davies	27.2.1971
1:48.8	Phil Lewis	27.2.1971
1:49.2	Robert Adams	8.3.1969
1:49.3	Steve Caldwell	23.1.1982
1:49.51	Mike Whittingham	21.2.1981

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1:49.6	Colin Campbell	31.1.1970
1:49.63	John Goodacre	12.2.1977
Oversized track:		
1:48.6	Steve Caldwell	27.2.1982

1500 METRES

3:38.28	Graham Williamson	10.2.1982
3:41.7	Jack Buckner	8.1.1983
3:41.9	Phil Banning	15.2.1975
3:42.5	Walter Wilkinson	1.2.1975
3:42.60	Sebastian Coe	12.2.1983
3:42.8	Ray Smedley	17.2.1973
3:42.8	John Robson	25.2.1979
3:43.0	John Whetton	26.2.1967
3:43.0	Jim Douglas	1.2.1975
3:43.0	Malcolm Edwards	2.3.1980
3:43.07	Colin Reitz	19.2.1983

Mile times:

3:59.5	Robert Maplestone	19.2.1972
4:00.2	Nick Rose	18.2.1978
4:00.30	Alan Salter	13.3.1982

Oversized track:

3:59.58	Colin Hume	5.3.1983
---------	------------	----------

3000 METRES

7:46.7	Nick Rose	25.2.1979
7:46.85	Ricky Wilde	15.3.1970
7:48.1	Graeme Fell	19.2.1982
7:50.0	Ian Stewart	29.1.1972
7:52.95	Ken Newton	30.1.1982
7:53.19	Colin Reitz	29.1.1983
7:53.27	Dick Callan	30.1.1982
7:53.39	Roger Hackney	29.1.1983
7:53.4	David Bedford	29.1.1972
7:53.6	Peter Stewart	14.3.1971

60 METRES HURDLES

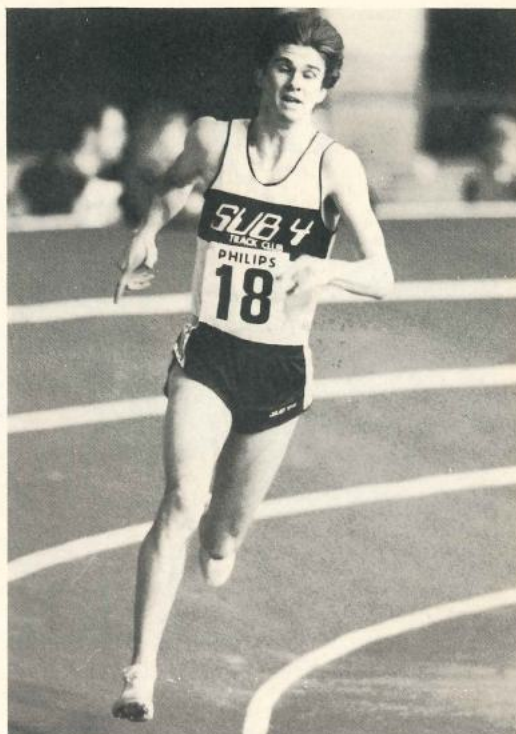
7.69	Mark Holtom	19.2.1983
7.80	Berwyn Price	22.2.1976
7.92	Nigel Walker	5.3.1983
7.94	Wilbert Greaves	13.3.1982
7.99	David Wilson	26.1.1980
8.00	Graham Gower	25.2.1975

Hand timing:

7.7	Alan Pascoe	3.3.1973
7.8	Lawrie Taitt	23.3.1963
7.8	Michael Parker	27.3.1966
7.8	Graham Gower	27.2.1971
7.8	Berwyn Price	4.1.1975
7.8	Kieran Moore	23.2.1982

HIGH JUMP

2.23	David Abrahams	12.3.1982
2.22	Mark Naylor	3.2.1979
2.20	Geoff Parsons	29.1.1983
2.16	Mike Butterfield	23.1.1976
2.16	Claude Moseley	13.4.1980
2.16	David Watson	13.3.1982
2.16	Alex Kruger	13.3.1982
2.15	Andrew McIver	26.1.1980



GRAHAM WILLIAMSON
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2.14	Daley Thompson	20.2.1982
2.11	Ousman Cham	21.3.1980

POLE VAULT

5.50	Brian Hooper	28.2.1981
5.30	Keith Stock	30.1.1981
5.20	Allan Williams	14.2.1979
5.20	Jeff Gutteridge	12.2.1983
5.15	Billy Davey	5.3.1983
5.12	Mike Bull	25.2.1975
5.10	Graham Eggleton	6.2.1983

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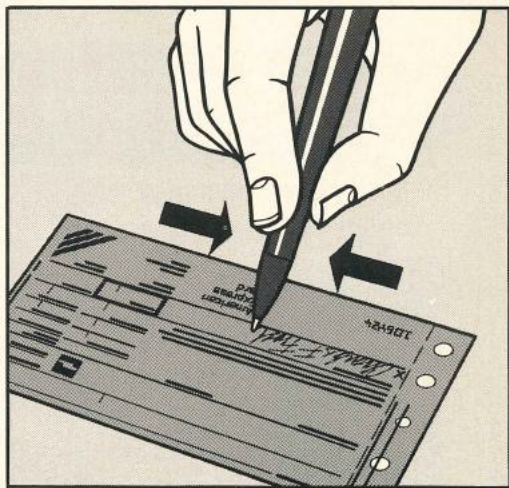
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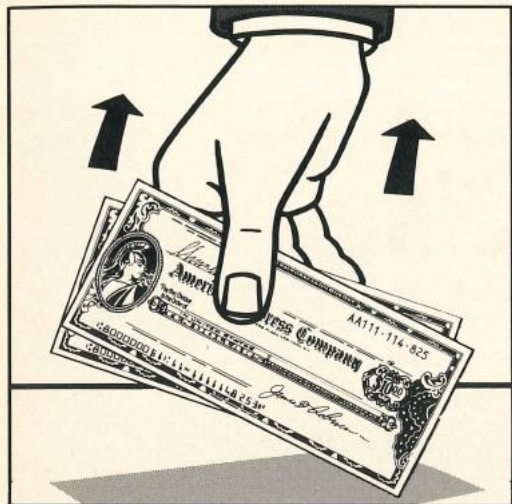
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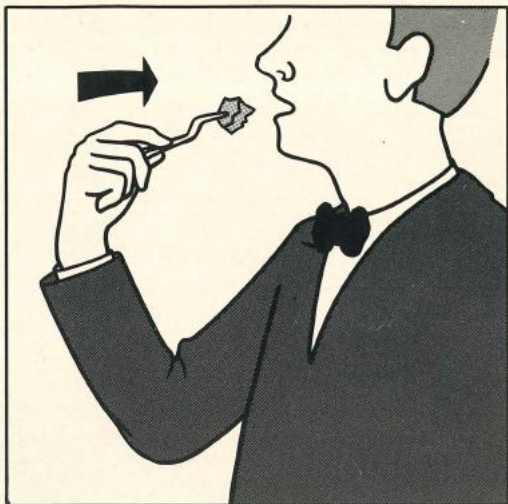
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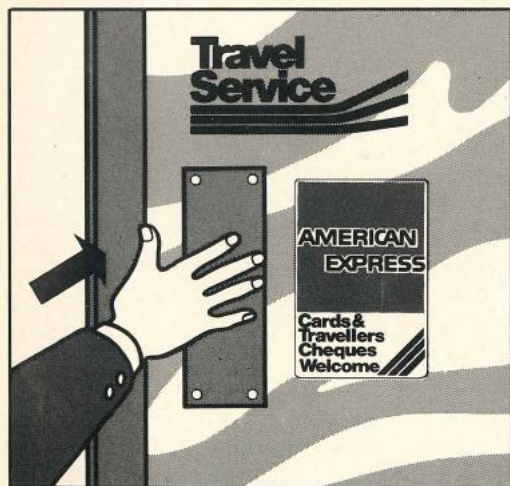
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5.00	Daley Thompson
4.87	Mike Bryant
4.80	David Lease
4.80	Andrew Ashurst

14.6.1981
15.1.1972
19.2.1972
10.12.1983

19.19
18.73
18.72
18.71
18.59
18.46
18.13
17.94

Arthur Rowe
Paul Buxton
Bill Tancred
Robert Dale
Alan Carter
Simon Rodhouse
Jeff Teale
Mike Lindsay

6.4.1962
19.2.1977
26.2.1972
15.1.1977
11.4.1965
20.2.1982
22.3.1969
3.3.1961

LONG JUMP

7.97	Lynn Davies
7.84	Alan Lerwill
7.74	Phil Scott
7.74	Aston Moore
7.73	John Morbey
7.72	Daley Thompson
7.71	Keith Connor
7.69	Roy Mitchell
7.61	Billie Kirkpatrick
7.60	Fred Alsop

12.2.1966
9.3.1974
17.2.1973
10.1.1981
22.2.1964
20.2.1982
20.2.1981
24.1.1976
10.2.1979
10.4.1965

TRIPLE JUMP

17.31	Keith Connor
16.74	Aston Moore
16.29	David Johnson
16.02	John Herbert
15.99	Derek Boosey
15.88	Eric McCalla
15.86	Donovan Perkins
15.85	Frank Attoh
15.85	Chris Colman
15.73	Peter Blackburn

13.3.1981
6.3.1982
1.3.1978
12.3.1983
12.2.1969
27.2.1982
23.1.1981
28.1.1978
2.2.1980
23.2.1974

SHOT

20.98	Geoff Capes
19.82	Mike Winch

16.1.1976
8.12.1973

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7.17
7.19
7.21
7.25
7.34
7.34
7.35
7.36
7.40
7.45
7.45
7.45

Andrea Lynch
Beverley Kinch
Wendy Hoyte
Sonia Lannaman
Sharon Danville
Eleanor Cohen
Heather Oakes
Joan Baptiste
Pippa Baker
Beverley Callender
Lynda Stewart
Lorna Boothe

9.3.1975
6.3.1983
7.3.1982
22.2.1976
9.2.1977
27.1.1979
11.3.1978
27.2.1982
26.1.1980
19.2.1977
27.1.1979
12.2.1983

Hand timing:

7.3
7.3

Pippa Baker
Heather Oakes

12.1.1980
15.2.1981

200 METRES

(* automatic photo-cell time)

23.36*
23.37
23.79
23.91
23.92
24.20
24.36
24.50†
24.69
24.81

Kathy Cook
Joan Baptiste
Ruth Patten
Carmen Smart
Michelle Scutt
Linsey Macdonald
Jane Parry
Sharon Danville
Debbie Bunn
Dawn Flockhart

12.3.1983
5.3.1983
6.3.1982
19.2.1983
13.3.1982
10.2.1982
30.1.1981
1.2.1980
3.2.1979
19.2.1983

Hand timing:

24.0
24.4
24.4

Sharon Danville
Helen Barnett
Verona Elder

28.2.1981
16.2.1980
9.1.1981

†220y time less 0.12 sec

400 METRES

51.80
53.01
53.88
54.05
54.26
54.5
54.8
54.8
54.82
54.9

Verona Elder
Marilyn Neufville
Linda Forsyth
Karen Ford
Ruth Patten
Linsey Macdonald
Rosemary Wright
Elizabeth Eddy
Janine MacGregor
Donna Hartley

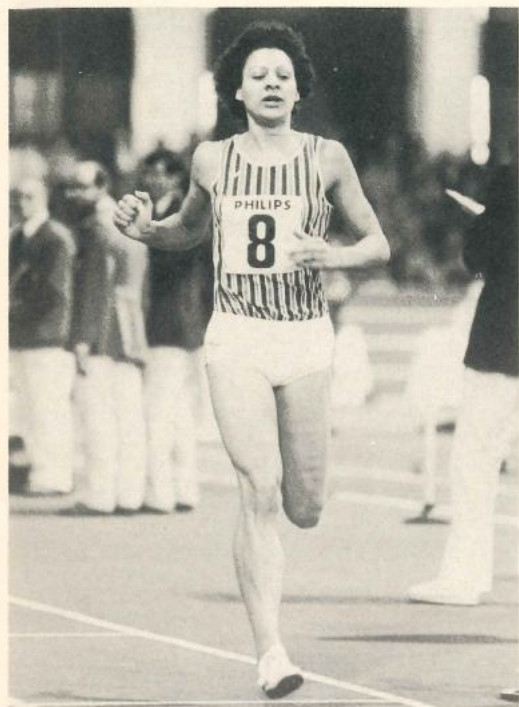
25.2.1979
14.3.1970
30.1.1982
3.2.1979
19.2.1977
29.1.1982
8.3.1969
28.1.1978
12.2.1983
15.2.1975

Oversized track:

54.6

Elizabeth Eddy

17.2.1978

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800 METRES

2:01.12	Jane Finch	13.3.1977
2:01.5	Elizabeth Barnes	2.3.1980
2:02.88	Kirsty McDermott	22.2.1981
2:03.89	Teena Colebrook	5.3.1983
2:04.3	Verona Elder	11.3.1978
2:04.7	Mary Stewart	12.2.1977
2:04.81	Jo White	12.2.1982
2:05.19	Rosemary Wright	10.3.1974
2:05.8	Cherry Hanson	26.1.1980
2:05.9	Lorraine Baker	10.12.1983
2:06.0	Janet Marlow	10.2.1982

1500 METRES

4:08.1	Mary Stewart	19.2.1977
4:13.8	Cherry Hanson	25.2.1979
4:15.73	Jane Finch	29.1.1983
4:16.03	Jo White	16.1.1982
4:16.33	Christine McMeekin	23.2.1983
4:16.6	Monica Joyce (now Irl)	19.2.1982
4:16.7	Alison Wright	24.1.1981
4:17.0	Janet Marlow	6.2.1981
4:17.2	Margaret Beacham	14.3.1971
4:17.6	Gillian Green	24.1.1981

Mile times:

4:30.09	Wendy Sly	28.1.1983
4:31.24	Jo White	5.2.1983

3000 METRES

8:56.4	Paula Fudge	11.2.1981
8:56.7	Wendy Sly	11.2.1981
9:07.6	Mary Stewart	20.3.1976
9:14.0	Julie Asgill	23.2.1983
9:21.03	Sharon Harvey	19.2.1983
9:21.2	Regina Joyce (now Irl)	5.2.1982
9:25.7	Kerry Robinson	13.2.1982
9:27.7	Ann Ford	5.3.1977
9:28.4	Judith Shepherd	11.2.1983
9:30.1	Julie Laughton	8.1.1983

Oversized track:

9:22.1	Ann Ford	27.2.1982
--------	----------	-----------

60 METRES HURDLES

8.19	Lorna Boothe	19.2.1983
8.21	Sharon Danville	13.3.1981
8.23	Judy Vernon	9.3.1974
8.24	Yvette Wray	11.2.1981
8.28	Judy Livermore	20.2.1982
8.31	Shirley Strong	28.2.1979
8.39	Nathalie Byer	29.1.1983
8.41	Blondelle Caines	11.2.1978
8.42	Wendy Jeal	25.2.1978
8.48	Susan Longden	9.2.1977

Hand timing:

8.1	Lorna Boothe	4.2.1978
8.2	Judy Vernon	23.2.1974
8.2	Shirley Strong	10.2.1979
8.3	Elizabeth Sutherland	24.1.1976

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HIGH JUMP

1.94	Diana Elliott	7.3.1982
1.91	Ann-Marie Cording	29.1.1982
1.86	Barbara Lawton	3.2.1973
1.85	Barbara Simmonds	23.2.1983
1.84	Gillian Hitchen	14.2.1979
1.84	Louise Miller	17.12.1980
1.83	Ros Few	25.2.1975
1.83	Brenda Flowers	16.2.1980
1.83	Judy Livermore	13.2.1981
1.81	Louise Manning	19.3.1983

LONG JUMP

6.53	Mary Rand	27.3.1966
6.53	Susan Reeve	26.2.1978
6.51	Ruth Howell	23.2.1974
6.38	Carol Earlington	29.1.1983
6.36	Maureen Chitty	19.2.1972
6.34	Barbara-Anne Barrett	20.2.1971
6.33	Ann Simmonds	14.3.1970
6.33	Barbara Lawton	21.11.1970
6.25	Kelly Wenlock	26.2.1982
6.24	Beverly Kinch	10.2.1982

SHOT

18.81	Venissa Head	9.4.1983
17.58	Judith Oakes	29.1.1983
17.36	Margaret Ritchie	12.3.1983
17.05	Angela Littlewood	2.2.1980
16.40	Mary Peters	28.2.1970
15.80	Janis Kerr	24.1.1976
15.75	Caroline Savory	23.2.1983
15.46	Brenda Bedford	21.2.1976
15.32	Helen Hounsell	13.2.1982

UK INDOOR GUIDE

The UK all-time lists printed above are extracted from a deeper and more detailed compilation by Peter Matthews which appears in the latest (Vol. 21 No. 3) issue of *Track Stats*, a quarterly digest of athletics statistics published by the NUTS. That 40-page issue is devoted entirely to UK indoor athletics and is an essential guide to all who would wish to follow closely the domestic indoor season which gets into high gear this weekend with the Cosford Games.

Apart from the all-time lists (the first of such depth and detail since 1971), which cover every conceivable distance as well as the European Championship events printed here, there are lists of 'records' (World, European, Commonwealth, UK, Cosford, Juniors & Youths); British placings in the first eight at the European Indoor Games/Championships since 1966; First three in all AAA/WAAA Indoor Championships since 1962 (plus pre-war winners); results of indoor international matches; and much else besides.

This invaluable compilation is available, price £1 (inclusive of postage), from Tim Lynch-Staunton, 17 St. Martins Drive, Walton-on-Thames, Surrey (cheques payable to NUTS). Annual subscription rates are £5 for UK, £6 for Europe and £7 for USA and elsewhere.

Five girls qualify for Sweden

FIVE EUROPEAN qualifying standards and two UK Junior 'records' were the best of some excellent performances set at the second Cosford Open Meeting held on December 10th.

In the women's 800m, UK indoor 'record' holder, Jane Finch, led three other athletes — Lorraine Baker, Janet Marlow and Karen Downing — inside the Gothenburg qualifying standard of 2:07.0 with Jane clocking an excellent winning 2:04.9. In an exciting 400m, Yvette Wray also went inside the European standard (55.14) with an indoor best of 55.0 ahead of Jane Finch and Helen Barnett.

European Junior 800m champion, Ikem Billy, had one final opportunity before the end of the 1983 season to eclipse Malcolm Edwards' seven-year-old Junior indoor best of 1:50.8, and, leading from the gun, his 200m splits were 28.4, 27.2, 27.0 and 27.8, to produce a winning time of 1:50.4. Margaret Cheetham, now 15, broke the UK Junior Women's indoor best with an excellent long jump series, winning with 5.97m, and came back at the end of the meeting to win the 60m flat in 7.8.

Alan Lindop

60: (A): 1, R. Wilson (S&SH) 7.0; 2, T. Sinclair (Bir) 7.1; 3, D. Bills (Cov) 7.1; 4, R. Still (Cor) 7.2. (B): 1, M. Wilby (Blay) 7.0; 2, R. Haycock (Liv) 7.1; 3, D. Crosby (Hill) 7.1; 4, L. Sealey (S&SH) 7.2; 5, G. Proctor (Notts) 7.2. (C): 1, J. Hamilton (Glouc) 7.1; 2, J. Morgan (RAF) 7.1; 3, M. Johnson (Leeds) 7.2. (D): J. Mayers (Read) 7.0. **400:** (A): 1, C. Thompson (Sale-J) 49.1; 2, P. Dunn (Liv) 49.6; 3, J. McCabe (B'ht) 49.8. (B): 1, P. Harmsworth (Walton) 50.5; 2, K. Worrall (Roth) 50.5; 3, V. Greilly (Birm. U) 50.6. (C): 1, B. Jennings (Dub) 50.6... 4, C. Campbell (aged 37) 52.6. (D): 1, M. Thomas (Liv-J) 50.0; 2, M. Thomas (Car) 50.7. (E): S. Baggaley (Ell) 50.1. **800:** 1, I. Billy (Wirral/Lough) 1:50.4 (UK Junior indoor best); 2, K. Stokes (BH) 1:55.4; 3, S. Newton (Chelt) 1:56.4; 4, I. Strang (W&B) 1:56.7. **1500:** (A): 1, C. Bradeley (Stoke-J) 3:49.6; 2, N. Harper (W&B) 3:50.3; 3, M. Wilson (N&EB) 3:52.9; 4, R. Woods (Dur. C) 3:53.3; 5, A. Frapwell (Glouc) 3:54.3; 5, N. Vengdasalam (Liv) 3:54.5. (B): 1, W. Vinton (Notts U) 3:55.0; 2, S. Newport (Ton) 3:55.4. **60H:** (A): 1, P. Brice (Shaft-J) 8.2; 2, K. Morgan (RAF) 8.3; 3, M. Hatton (Read) 8.4; 4, M. Briggs (Stoke-J) 8.4; 5, M. Johnson (Leeds) 8.7; 6, G. Muller (Sale) 8.7. (B): 1, G. Flood (Stoke) 8.7; 2, S. Howard (Bir) 8.8; 3, K. Robbins (Bir) 8.8. **HJ:** 1, C. Alcindor (Cor) 2:09; 2eq, R. Robinson (B&A-J) & M. Powell (W&B) 2:06; 4, J. Hill (S&SH-J) 2:06; 5, W. Jewers (B'stoke) 2:03; 6, A. Edgar (Bord) 2:00; 7, A. Ord (Stock) 1.95; 8, R. Hope (Lough) 1.95; 9, N. Tustin (Liv) 1.95. **PV:** 1, G. Eggleton (Har) 4.90; 2, A. Ashurst (Sale-J) 4.80; 3, C. Veitch (Sheff) 3.90; 4, R. Brown (Notts-V) 3.90

(world indoor 0/50 best); 5, A. Cochrane (Bir) 3.75. **LJ:** (A): E. Gilkes (N&B) 6.62. (B): 1, M. LaRose (RAF) 7.22; 2, Sinclair 7.17; 3, H. Grant (Army) 7.05; 4, S. Pegler (Sale) 6.90, 5, G. Robertson (RAF) 6.84; 6, A. Aitken (Ips) 6.84. **SP:** 1, B. Holden (Car) 15.77; 2, C. Jennings (Hull) 14.95; 3, R. Davis (W&B-J) 14.26; 4, P. Thomas (Furn) 14.22; 5, Gilkes 13.86; 6, J. Tym (Sale) 13.71. **35lb Weight:** S. Peacock (E. Hull) 15.90.

(Juniors): **60:** 1, I. Simpson (Leeds) 7.1; 2, A. Rodney (Bel) 7.2; 3, D. Rodgers (Osw) 7.2; 4, M. Wright (Glouc) 7.3. **800:** (A): 1, D. Baptiste (TVH) 1.54.1; 2, D. Heath (Norf) 1:54.7; 3, A. McAuliffe (M&C) 1.56.8. (B): K. Moreby (W&B) 1.57.9. **60H:** 1, D. Nelson (W&B) 8.7; 2, A. Tulloch (W&B) 8.9. **PV:** 1, J. Lewis (Houn) 4.20; 2, I. Lewis (Houn-Y) 4.00. **SP:** 1, R. Dinsdale (Norf) 13.61; 2, C. Turner (Craw-Y) 13.54. (Youths): **60:** 1, D. Subryan (Glouc) 7.1; 2, M. Waldron (Cov) 7.2; 3, R. Johnson (Lake) 7.3; 4, P. Nelson (Sale) 7.5. **400:** 1, Fox (Droit) 52.8. **800:** 1, G. Patterson (Lake) 1:59.9; 2, M. Everitt (Mil. K) 2:01.6. **60H:** (A): P. Ives (Stoke) 8.6. (B): 1, G. Lee (Hales) 8.6; 2, D. Capper (Warr) 8.8. **PV:** 1, I. Lewis 4.00; 2, H. Gooderham (Brack) 3.50. **SP:** 1, Turner 14.88; 2, R. Jones (Works) 14.88.

(Women): **60:** (A): 1, J. Christian (Liv) 7.5; 2, K. Rist (Rad) 7.7; 3, A. Turner (Bir) 7.8; 4, D. Flockhart (ESH) 7.9. (B): 1, D. Taylor (NSP) 7.9; 2, K. Robin-Millerchip (Bir) 8.0; 3, L. Roper

(Hallam) 8.0. **400:** (A): 1, Y. Wray (Stret) 55.0; 2, J. Finch (Cann) 56.1; 3, H. Barnett (Croy) 56.5; 4, K. Baker (Cor) 56.7. (B): 1, T. Colebrook (Cann) 57.6; 2, H. Thorpe (Ash) 57.8. (C): 1, L. Parry (Der) 58.6; 2, S. Guise (Bir) 58.9; 3, M. Crowley (Liv) 58.9; 4, S. Dalgoutte (Mit) 59.9. (D): K. Millington (C'field) 59.9. (E): L. Monk (W&B) 59.6. **800:** (A): 1, Finch 2:04.9; 2, L. Baker (Cov) 2:05.9; 3, J. Marlow (Stret) 2:06.6; 4, K. Downing (W&B) 2:07.0; 5, K. Steer (Exe) 2:13.3; 6, B. Lock (W. Corn) 2:15.1. (B): J. Beasley (BH) 2:11.7. **60H:** (A): 1, Robin-Millerchip 8.6; 2, Parry 8.8; 3, W. Laing (Liv) 8.8; 4, Roper 8.8; 5, H. Platt (Warr) 9.0. (B): A. Girvan (Stret) 8.8. **HJ:** 1, S. McPeake (B&A) 1.78, 2, J. Little (Bord) 1.75; 3, W. Phillips (Houn) 1.75; 4, K. Fletcher (D&S) 1.65. **SP:** 1, T. Salt (Stoke-I) 14.07; 2, J. Williams (Cann) 13.19; 3, S. Bayston (E. Hull) 12.80; 4, V. Kelly (Stoke) 12.36; 5, A. Roworth (Notts) 12.28; 6, M. Laing (Liv) 12.18. (Inters): **60:** 1, D. Slater (Here) 8.0; 2, C. Lewis (Wrex) 8.2. **60H:** 1, L. Turner (Chor) 9.7; 2, K. Thornton (Droit) 9.7. **SP:** 1, Salt 14.20; 2, N. Wilkinson (Hull S) 11.79; 3, L. Stiby (Nene V) 11.70; 4, S. Coyne (Wig) 11.54. (Juniors): **60:** (A): 1, M. Cheetham (Liv) 7.8; 2, M. Simms (Bir) 8.0; 3, S. Douglas (Rad) 8.0; 4, J. Buchanan (Wirr) 8.0; 5, H. Graham (Furn) 8.2; 6, C. Robins (Rad) 8.2. (B): V. Garmston (Nene V) 8.2. (C): A. Stansbie (B&R) 8.2. **LJ:** Cheetham 5.97 (UK Junior indoor best). **SP:** 1, T. Evans (Wen) 10.55; 2, D. Wilson (E. Hull) 9.62.

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Who's Who In British Athletics

CHRIS MADDOCKS

Full name: Christopher Lloyd Maddocks. Born in Tiverton, Devon, 28.3.1957. Height: 1.75m (5'9"). Weight: 67kg (147 lb). Pulse rate at rest: 54. Member of Dawlish & South Devon Race Walking Club and Exeter Harriers (2nd claim). Single, lives at Cove (near Tiverton) and is studying for a BA Combined Honours in Law and Sociology at the University of Exeter. Was coached by Jack Snow (chairman of Tiverton H) from 1978 to 1980. Hobbies and interests outside athletics are socialising with friends, all sports and leisure walking.

Began at cross country. "In 1968, three days after joining Tiverton Harriers, I won a fourth place cross country medal. A fellow athlete and friend said that this was the first of many more, leading to an Olympic medal, and I've dreamt of doing just that since!" Inspired in his early days by Dave Bedford. "I thought then, in the early 70's, had a simple philosophy towards training and racing — run hard and be prepared to bust your guts and you'll generally stuff the opposition. It didn't always work, but it was exciting". Today he admires Steve Barry "for

his courageous front walking ability in this country"; Ed Shillabeer, "a clubmate and veterinary surgeon, for combining his family life and profession with marvellous long-distance walking performances — for example a 126 mile track race in 24 hours and third in the Quadrathon"; and Stuart Maidment (Steyning AC and Yeovil Olympiads), "despite incredible setbacks through illness he competes with distinction and enthusiasm".

Realised he could reach international level "in reality, in 1977. However, from the outset I rather naively thought I would one day become an Olympic athlete; therefore becoming an international was just a stepping-stone. I'm not meaning to sound conceited, it's just that I've always had Olympic aspirations. Between the ages of 10 and 18 I used to do numerous sponsored walks at distances from 20 to 50 miles, believing that it would further my athletic career. When I was 17, I won a local 50 mile sponsored walk in 6hr 30min. I first did 50 miles when I was only 14 but then it took me 8hr 35min to complete — not exactly the ideal preparation for international athletics, but it seemed like good sadistic fun then". His favourite events are 3km on the track and 50km.



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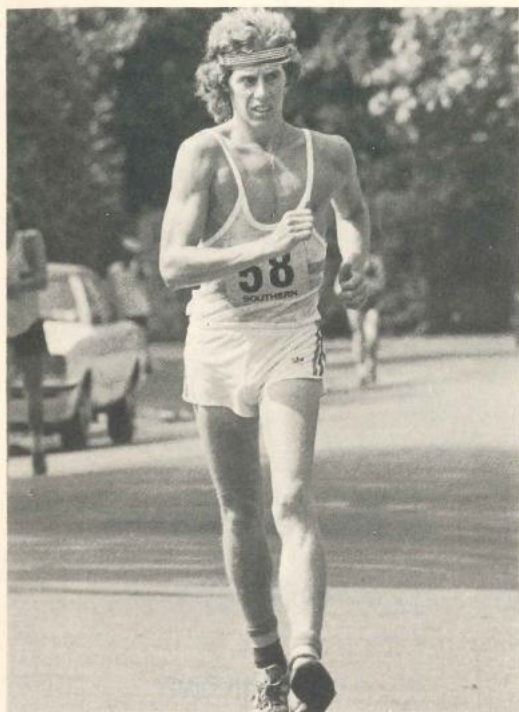
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First 3 teams (3 counters) to finish
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Send S.A.E. to Entries Secretary, Dave & Sue
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Chris Maddocks wins Southern 20km title.

Graham Maynard

Personal bests: mile — 6:11 (1983), 3km (track) — 11:48.9 (1983), 6 miles (road) — 40:02 (1983), 10km (track) — 44:54.0 (1982), 10km (road) — 42:37 (1983), 10 miles (road) — 69:32 (1983), 20km (road) — 89:42 (1983), 50km (road) — 4:02:38 (1983). "Several of my personal bests have been bettered in training. For example, I did an 88:32 20km a few months ago, although I am confident I can do at least 85min in training. I've also done a track 10km at 90% effort recently in 41:49". Career achievements: 1978 — International debut: 5th v FRG 50km. 1979 — 3rd National 50km, 9th Lugano Cup Semi-final 50km. 1980 — 1st Polish 50km Champs, 1st v Fra v Spa v Switz 50km, 2nd Olympic 50km Trials, UK 50km record. 1983 — 1st Inter-Counties 3km, 1st Southern 20km, 7th Lugano Cup Semi-final 50km, 9th Lugano Cup Final 50km, UK 50km record.

Annual progression:

	3km	20km	50km
1976	13:40.2	—	—
1977	13:23.4	97:01	4:44:59
1978	—	96:03	4:21:06
1979	13:14.4	96:29	4:16:03
1980	12:34.7	95:51	4:05:14
1981	13:14.6	95:10	—
1982	12:59.2	90:08	—
1983	11:48.9	89:42	4:02:38

Most pleasing performance was "winning the Plymouth to Dawlish 42 mile road walk in 1978. It was a particularly enjoyable race to win as the event was given regional TV coverage and generated a great deal of public interest and support". Greatest disappointment? "My non-selection for the Moscow Olympics must rank as the worst moment in my athletics career. There are no words to describe the feeling of total dejection that I felt. However, an occasion such as this is best left in the past although I do feel selection for those Games would have made me a far better athlete". His target for 1984 is selection for the Olympics and his all-time goal is to win a major international championship. Intends competing for anything "between seven months and five years". After retirement "I would like to contribute towards a sport from which I have derived much enjoyment and satisfaction".

Most enjoyable part of athletics? "Athletics is a very individualistic activity. The onus is on the individual to perform to the best of his or her abilities. I am also very gregarious and enjoy meeting people from all walks of life, whether they are top class competitors or enthusiastic members of the public. Athletics has allowed this indulgence and provided an opportunity for travel". Dislikes: "I do feel that certain athletic events are particularly neglected by the media".

Advice to a youngster taking up athletics: "First and foremost, find an event that you enjoy. If you are ambitious, it is important that you devote your time and energy and make sacrifices to ensure that your ambitions are realised. It is important that you should not be discouraged by initial setbacks. All top class athletes will have experienced a number of problems in their formative years".

Comment

"A subject about which I hold particularly strong views is the representation of race walkers as sub-standard athletes by a minority of ill-informed people. I would like to take this opportunity to put race walking, as a sporting event, into its true perspective. The sport of race walking is a great athletic event. It requires speed, strength, stamina and a high level of technical discipline. After 10 years of experience I have found that competitors of all standards are athletes who endeavour only to do themselves and their sport credit.

"In recent years much of the publicity given to race walking has tended to highlight the technical difficulties that have arisen as performances have improved. It is obviously unfortunate that some illegal race walking goes unpunished; however, it is hoped that the appropriate authorities will continue to strive for better judging and maintain credibility within the sport.

"I feel that something that is not often appreciated is the athletic prowess of a good standard race walker. A 50km race for example,

completed in four hours, constitutes the marathon stage reached in approximately 3hr 20min. Many good club runners would consider this to be a perfectly good marathon performance.

"Another point of minor irritation has been the comparison made between a sub-four 50km walk and a sub-four minute mile. The quantity and quality of training required by a race walker to produce a performance anywhere near four hours is exceptional. It is not my intention to undermine the effort required to run a sub-four minute mile; however, it is apparent that the four minute mile has ceased to be a barrier in British athletics".

Training

Trains seven days per week in summer and winter with between seven and 11 sessions during the week. Usually trains at 6.30 am. "Up to 10M, plus another session of greater distance if planned and if time permits". Trains "mostly on the roads in Devon and the track at Exeter or Plymouth if accessible at that particular time". Importance of coaching? "For the relatively short period I had a personal coach it seemed beneficial to have someone with whom you could plan/discuss training and objectives". Most enjoys time trials up to 30km. "I don't particularly enjoy the long sessions of over three hours although if done well they can be equally satisfying".

Typical week's training in winter (beginning Jan. 17th 1983): Monday — (am) 10km; (pm) 19km. Tuesday — (am) 10km; (pm) 19km. Wednesday — (am) 10km; (pm) 25km. Thursday — (am) 10km; (pm) 19km. Friday — (pm) 25km. Saturday — (am) 19km. Sunday — (am) 36km. "Daily mobility exercises, including repetitions of press-ups, 4x90, and sit-ups, 2x80. Generally the above sessions have been over relatively hilly country-road terrain".

Typical week's training in summer (beginning August 1st 1983): Monday — (am) 10km; (pm) 25km. Tuesday — (pm) 16km. Wednesday — (am) 16km; (pm) 5x3km. Thursday — (am) 10km; (pm) 25km. Friday — (am) 10km; (pm) 16km. Saturday — (am) 10km. Sunday — Open 7M at Brintspuddle, Dorset. 1st 48:45 (45 sec off Steve Barry's course record). Above sessions all on road. Exercises as in winter.

Likes to compete on average once every three weeks.

It was **Blackheath**, not Cambridge H, who won the O/50 team event in the Kent Vets CC Champs on November 27th ('AW', Dec. 17th, pg. 18).

Avon AAA's track and field secretary, Cy Knibb, has moved to 'Bannisters', Paul's Causeway, Congresbury, Avon, BS19 5DH (Tel: 0934 838035).

1984 London Marathon will be world's biggest

A TOTAL of 16,609 runners throughout the UK received an early Christmas present when, in mid-December, they were notified they had been accepted for the 1984 London Marathon. Conversely, some 50,000 British applicants have been unlucky.

"This year's selection system has operated extremely smoothly", declared race director Chris Brasher, "thanks to the combined efforts of Zettlers and Olivetti, whose computers have done most of the work. Alas, we were only able to accept 26% of those who applied from the UK and we are very conscious of the fact that, if you apply this proportion to a football match with 22 players, then you have to tell them that only six of them can play and that the other 16 will have to find another pitch on another date in a different city! It's the largest number of entries we've ever received and the largest number that we've ever been able to accept, which means it will be the largest marathon held anywhere in the world".

Trackwise

If, as is extremely unlikely, every accepted entrant turned out on the day, the 1984 London Marathon on May 13th — sponsored by Mars to the tune of £150,000 — would involve 20,000 runners. In addition to the 16,609 successful UK applicants, 2500 places have been set aside for overseas competitors (applications already far exceed this number), and the remainder will be top athletes competing for the AAA and WCCA Championships. There is still time for those eligible to enter: the deadline is January 31st, but athletes must have run the distance on an officially certified course in under 2:35 (men) or under 3 hours (women) by December 31st 1983.

* Steve Cram picked up another honour when he was voted by the viewers BBC's Sports Personality of the Year for 1983. Jayne Torvill and Christopher Dean came second in the poll and last year's winner, Daley Thompson (currently training in California), was third. The BBC's international award went to Carl Lewis.

* Among next summer's international fixtures is a men's match in Brussels on July 1st in which an England under-23 side faces the full Belgian and Yugoslav teams.

* When Sy Mah (57) from Ohio clocked 3:59 in the New York Marathon he was completing his 33rd marathon of the year, the 303rd of his career.

Mel Watman

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HOWELL REPORT ON SPORTS SPONSORSHIP

THE MOST publicised aspect of "The Howell Report", which was recently published, related to the recommendation that "Her Majesty's Government should refer to the Office of Fair Trading, for full examination, the relationship between the International Management Group and important sporting events in the UK to establish whether any monopoly situation exists". IMG, founded by Mark McCormack, is the most prominent of the international sports agencies and among its many activities it represents a number of celebrated athletes.

The report of the CCPR's Committee of Enquiry into Sports Sponsorship, chaired by Denis Howell, MP, comes to the conclusion that "it seems to us most undesirable that an organisation should be able to represent a governing body, sponsors, a significant number of top players, negotiate television, cable and satellite contracts and sell merchandising rights. The situation is pregnant with conflict of interests and cannot carry public confidence. We did not have the authority to investigate this complex situation, nor did we have the power to send for people and players. Nevertheless, we believe that the public interest and the interest of sport require that such enquiries should be undertaken".

However, in a letter to the Committee, Ian Todd, Senior Vice-President of IMG and the company's principle British representative, protested that the Committee had not produced a shred of evidence to support suggestions of a conflict of interests. "We object in the strongest terms to these observations as being totally unjustified", wrote Mr. Todd.

Another major sports promotion agency is the West Nally Group. Explaining his company's involvement in the 1981 World Athletics Championships, Patrick Nally told the Committee: "We have learned that it is wiser for us to act as the exclusive consultant to a sports federation, leaving the federation in the position of ultimate authority and control. West Nally only works for federations — not for individual athletes or players. Sports promotion agencies representing sports stars could not do the same kind of job as us, because the interests of individuals will sooner or later differ with the interests of the sports federations. Both are legitimate functions, but they must be handled by different companies".

The report (obtainable from the CCPR, Francis House, Francis Street, London, SW1P 1DE, price £25) provides a wide ranging view of its subject and among 73 conclusions and recommendations are the following:

STOURPORT ATHLETIC CLUB

9th Annual

"SAFARI" CROSS COUNTRY MEETING

(UNDER A.A.A. & W.C.C.A. LAWS)

West Midland Safari Park, Bewdley, Worcs

SUNDAY 26th FEBRUARY 1984 at 1.00 p.m.

FIRST CLASS COURSE

CAR AND COACH PARKING

TIMETABLE

1.00 p.m.	Young Girls U/11	1½ miles	2.15 p.m.	Boys	2½ miles
1.15 p.m.	Young Colts U/11	1½ miles	2.30 p.m.	Inter Ladies	2½ miles
1.30 p.m.	Girls U/13	1½ miles	2.50 p.m.	Youths	4 miles
1.45 p.m.	Colts U/13	1½ miles	3.20 p.m.	Senior Ladies/Vet Ladies	3½ miles
2.00 p.m.	Junior Ladies U/15	2½ miles	3.55 p.m.	Senior Men/Vets	6½ miles

(All Ages at 1st September 1983)

TROPHIES/PRIZES: — First Three Individuals and First Three Teams (3 to score), In all events except vets (first 3 individuals in vet men and vet women)

ENTRY FEES: — Senior Men, Senior Ladies and Vets — 50p, All others 40p, Unattached 50p extra, no team fee. Except for Seniors, please give date of birth.

ENTRIES (MUST ENCLOSE S.A.E.) TO: — Alan Moreton, 59 Windermere Way, Stourport-on-Severn, Worcs, Tel: — Stourport (02993) 4493.

ENTRIES CLOSE MONDAY 20th FEBRUARY 1984

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* The sponsorship of sport provides a service to the whole of sport and to the community which sport serves; in this respect therefore it also serves the public interest.

* The Sports Council should be responsible for establishing and supervising the principles and practice of sports sponsorship; for the application of proper ethical standards; and for the protection of sportspeople from improper exploitation. The Sports Council should report annually and publicly upon its stewardship in these areas.

* Governing bodies must at all times accept responsibility for the application, provision, practice and control of sponsorship within their own sports. They should establish machinery which ensures that these matters are dealt with efficiently and effectively, if necessary by obtaining appropriate professional advice. Above all governing bodies need to protect the integrity of their sports.

* The sponsorship of sport is fully accepted by the British public, provided there is no attempt by sponsors to influence unduly the essential nature or the government of sport. Public attitudes also reflect a desire that sponsorship income should, in part, be used to improve facilities and ensure that clubs make a contribution to the life of the community in which they are situated.

* Trust funds, such as those recently approved by the IAAF, are new in sport and proper rules, taking into account the legitimate rights of the individuals concerned, need to be drawn up by governing bodies or others as a matter of urgency.

* Our examination of the fund raising efforts of the Sports Aid Foundation in its first seven years leads us to conclude that the response from industry, commerce and the public has been disappointing and that the Foundation has not reached the level of success which had been anticipated. The SAF should improve significantly its marketing and public relations approach.

* Each governing body of sport should establish a "sponsorship committee" to obtain and regulate sponsorship for the benefit of its sport and, where appropriate, to assist in finding sponsorship for its competitors of outstanding potential. Such committees should include competitor representatives.

* The Sports Council should examine the whole spectrum of academic and career preparation as it relates to sports participation and ways whereby provision of bursaries, apprenticeships and job-training might be linked with sponsorship opportunities.

* Governing bodies should guard against an over-reliance upon sponsorship income and should maintain as wide a portfolio of sponsorship as is practical in order to minimise the dangers when sponsors end their involvement. They also should endeavour to avoid an over-dependence upon any one product.

* Governing bodies should maintain a sympathetic and realistic attitude towards the financial interests of their leading competitors yet also take account of the fundamental interests of sport as a whole.

* HM Government should ensure that British sports bodies are not treated unfairly in comparison with the tax arrangements for sport in other European countries since it places British sport at a serious disadvantage. HM Government should seek immediate harmonisation of all tax arrangements as they apply to sport throughout the EEC, and that Parliament should acknowledge the immense social contribution made through sport by ensuring that such arrangements are established upon the most advantageous schemes currently operating for the benefit of sport.

* The International Olympic Committee should continue to involve all its National Olympic Committees as well as the International Sports Federations of the Olympic sports in a fundamental dialogue about the future direction of the Olympic Games. This should include consideration of the eligibility of competitors and the effects of ever-growing commercialism — through sponsorship, television fees and so on — upon the whole structure of Olympic sport.

Figures published in the report show that athletics is one of the most highly sponsored sports in Britain. Estimated figures for 1982 place athletics (£1,194,300) seventh behind motor sports, soccer, horse racing, cricket, golf and tennis. It was also the seventh most televised sport, in terms of screen time in 1982, behind cricket, horse racing, soccer, snooker, tennis and golf.

Among the athletes quoted in the report . . . **Judy Livermore:** "I would like to be able to train all day, every day, for my performances improve according to the amount of training I do. But people in my situation cannot afford to do this".

Dave Moorcroft: "We need someone to seek out sponsorship for individuals, someone to do it on our behalf". **Steve Ovett:** "In an ideal world individuals should obtain their own sponsorships, but this is not practical for, says, a young, shy girl. We need an overall scheme to help sportspeople find sponsorship". **Verona Elder:** "Although the Sports Aid Foundation has to be seen to be supporting the stars, these people should only receive a nominal amount. It is the group below the top, the middle bracket, who should receive more money".

Members of the Committee included Marea Hartman, hon. secretary of the WAAA and hon. treasurer of the BAAB; John Wheatley, director general of the Sports Council; freelance sports journalist and British Olympic press attache Pat Besford; and John Young (AAA 100y champion in 1956), Director of Policy and Planning for the Stock Exchange.

M.W.

THE LONDON RUNNER'S 'MARATHON' SALE.

Our Covent Garden Shop will be open over the New Year holiday on
Sunday 1st and Monday 2nd January 11.00 am to 5.00 pm.

1000 Pairs Plus of Quality brand running shoes — all to be discontinued by the London Runner — have been brought to our Long Acre, Covent Garden Shop. From December 28th we will be offering substantial discount's in running shoes plus between 20-50% discount on clothing and equipment. It's the runner's Sale of the Year.

Shoes	Normal Price	Sale Price	
Karhu			
Stardust	£41.95	£29.95	Most sizes*
Navy Star	£32.95	£24.95	Most sizes*
Helsinki	£32.95	£24.95	Most sizes*
Puma			
SAAS I	£25.50	£15.95	Most sizes*
Brooks			
Super Villanova	£25.95	£17.95	All sizes*
Supreme	£34.95	£19.95	All sizes*
Etonic			
Transam	£24.95	£19.95	All sizes*
Streetfighter	£29.95	£19.95	Most sizes*
Alpha I (Mens)	£55.95	£39.95	Most sizes*
Alpha I (Ladies)	£55.95	£39.95	Most sizes*
Adidas			
Adistar Runner	£35.95	£21.95	5-6, 8-12½*
Adistar Sprint	£50.99	£20.95	4-6, 8-8½ & 12*
Adistar Wedge	£47.50	£29.95	4-6, 7½ & 12½*
Zenith	£29.95	£19.95	6, 8½ & 12*
New Balance			
730	£39.95	£24.95	4 & 13*
660	£35.95	£19.95	6½, 12½ & 13*
620	£33.95	£14.95	12½-13*
Nike			
Universe (Old)	£35.95	£19.95	6-7*
Centurion	£49.95	£29.95	7-15*
Orienteer	£18.99	£12.95	6-8½ & 12*
LDV	£24.95	£14.95	3-7*
Reebok			
Shadow III	£18.99	£12.95	Most sizes*
Saucony			
Freedom Trainer	£57.95	£39.95	8½-10*
Hornet	£33.95	£19.95	8, 8½, 10½, 11, 11½*
Clothing			
Sub-4			
Vest & Shorts	£10.95	£6.95	
Long Sleeve			
Training Tops	£13.95	£7.95	
T-Shirt	£5.95	£3.95	

* Available at Covent Garden only.

	Normal Price	Sale Price
Frank Shorter		
Vest & Shorts	£11.95	£5.95
T/Shirts	£7.95	£3.95
Training Suits	£59.95	£29.95

Viga		
Vest & Shorts	£6.50	£2.95
Pioneer Track Tops	£12.95	£4.95
Ladies Towelling		
Jog Suits	£19.95	£9.95

Nike		
Expresso III Vests	£7.50	£2.95
Surge Vests	£9.95	£4.95
T/Shirts	£7.95	£3.95

Le Coq Sportif		
Sweat Tops	£13.95	£6.95
Fox Vests	£8.99	£4.95

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51 New Street, Birmingham 021 643 0409
Mon-Sat 9am-7pm

YORKSHIRE BANK CC RELAYS**At Meanwood Park, Leeds, December 3rd**

1, Edinburgh Univ. (D. McMillan 13:41, A. Currie 14:01, S. MacMorran 14:24, D. Miller 14:22, C. McIntyre 13:47, C. Henderson 13:21) 1:23:36;

2, Durham Univ. (P. Vershueren 13:44, R. Jones 14:28, S. Jones 13:57, I. Archibald 14:04, T. Nash 14:17, J. Solly 13:15) 1:23:45;

3, Birmingham Univ. (A. Grimes 14:32, S. Bradstock 14:30, A. Saker 14:10, M. Hirsch 13:23, M. Ridgway 13:33, L. Marsh 13:48) 1:23:56;

4, Leeds Univ. Past (M. Critchley 14:12, A. Evans 13:37, G. Heathers 14:02, C. Lancaster 14:40, D. Orme 14:24, K. Ellis 14:04) 1:24:59; 5, Exeter Univ. (B. O'Donnell 14:21, J. Wheeler 13:59, P. Wyman 14:45, T. Davis 14:14, P. Parry 14:11, N. Tennant 13:39) 1:25:09; 6, Nottingham Univ. (A. Turner 13:31, D. Ramsden 14:08, A. Adams 14:16, W. Vinton 14:07, P. Brooksby 14:44, P. Mayo 14:30) 1:25:16; 7, Lancaster Univ. Past 1:26:09; 8, Leeds Univ. 1:26:31; 9, Leeds Poly. 1:27:42; 10, Sheffield Univ. 1:27:49; 11, Ron Hill Sports 1:28:11; 12, Manchester Univ. 1:28:29; 13, Birmingham Univ. 'B' 1:28:49; 14, Liverpool Poly. 1:28:50; 15, Sheffield 1:30:08; 16, Newcastle Univ. 1:30:09; 17, York Univ. 1:30:31; 18, Leeds Univ. 'B' 1:30:45; 19, Edinburgh Univ. 'B' 1:30:53; 20, Bradford GS 1:31:10. **Fastest:** Solly 13:15; Henderson 13:21; Hirsch 13:23; N. Peach (RHS) 13:27; Turner 13:31; C. Dagnall (Liv. P) 13:32. **(Women):** 1, Liverpool Poly. (G. Rothwell 14:17, A. Brooks 15:10, R. Powell 13:53) 43:20; 2, Sheffield Univ. (W. Lightfoot 14:08, K. Whittle 14:50, D. Everington 14:35) 43:33; 3, Crewe & AC (K. Barringham 13:27, J. Harding 16:39, D. Hillen 14:06) 44:12; 4, Sheffield Univ. 'B' 44:23; 5, Yorkshire Bank 44:40; 6, Leicester Univ. 45:57. **Fastest:** W. Lodge (Birm. U) 13:03; B. Everley (Leic. U) 13:19; Barringham 13:29; S. Arthurton (YB) 13:34.

WANTED: ONE THOUSAND RUNNERS FOR CANCER RESEARCH

THE CANCER Research Campaign has set itself the ambitious target of fielding 1000 runners in the 1984 London Marathon.

This magnificent fund-raising effort is being organised by the Campaign's young CRAC committee in London. Event organiser, Helena Walters, is appealing to all those who will be taking part to run for the Cancer Research Campaign. She says that "All the time, commitment and training that goes into marathon preparation, could benefit the vital work being undertaken by this hard working charity".

The active support that the Campaign has received over the last two years from runners all over the country gives them grounds to be optimistic that they will be able to achieve their target. The Campaign gives as much back-up as possible, providing sponsorship forms, literature and running vests.

If you are thinking about running in the 1984 London Marathon, why not use the opportunity to raise much needed funds for this charity. For the pledge of your support the Campaign will send you a marathon package and provide any help you need. Please contact Helena Walters, 23 Carlton Close, Edgware, Middlesex, or your local committee of the Cancer Research Campaign whose address you will find in the Yellow Pages.

When the Cancer Research Campaign was founded in 1923, a diagnosis of cancer meant premature death. Today, 60 years later, this is no longer true. Over 60,000 people are cured each year in the United Kingdom, thanks in no small measure to the part played by the Campaign, the leading supporter of cancer research in this country. More than £17 million is spent annually on over 600 research projects in some 100 centres.

Much has been achieved, but much remains to be done.

AND ANOTHER THOUSAND FOR MUSCULAR DYSTROPHY

SIMILARLY, Harry Carpenter's 'Mirrorthon' Team is looking for people to run on behalf of the Muscular Dystrophy Group of Great Britain and Northern Ireland.

Runners who join the team will receive a tee-shirt and running vest, and will be invited to join Harry afterwards at the Recovery Reception in the Royal Festival Hall, where the *Daily Mirror* will be acting as hosts, providing "a welcome haven, with refreshments, for our runners".

Anybody interested should write to Harry Carpenter, MDG, Freepost, London, SW4 0BR.

NOTTS ATHLETIC CLUB**WINTER****TRACK & FIELD MEETINGS**

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

Harvey Hadden Stadium, Wigman Road, Bilborough, Nottingham

(Tartan track — 6 mm max spikes)

SUN., 22nd JAN., 1984, 10.30 a.m.**80m, 150m, 600m.** All ages Male/Female.**3000m.** Junior/Senior Men.**300m.** Youths, Jun/Sen Men, Inter/Sen Ladies.**Shot, Discus.** Boys, Youths, Jun/Sen Men.

Jun Ladies, Inter/Sen Ladies.

Long Jump. Colts, Boys, Youths, Jun/Sen Men.**High Jump.** Girls U/13, Jun. Ladies, Int/Sen Ladies.**Entry Fees:** 30p per event. (50p on the day). S.A.E. for confirmation.

Entries (by 14th January) to: Terry Bentley, 23 Charlecote Drive, Wollaton, Nottingham. (Tel: 0602 — 283230) Ages as at 31.8.84. Please state d.o.b. (Seniors excepted).

NO PRIZES — NO FINALS**Next meetings:** Feb 19th; March 18th; May 7th

We have been informed by meeting organiser, Tom Burke, that this winter's Galtee Grange International Cross Country Meeting in Fermoy, Co-Cork, has been cancelled due to "internal troubles".

Scottish Results

— from Colin Shields

Bellahouston Open CC Meeting, at Bellahouston Park, Glasgow (November 19th). 1, P. Carton (Shett) 32:20; 2, A. Daly (Bella) 32:30; 3, A. Girling (Glas. U) 32:33; 4, A. McAngus (Bella) 32:35; 5, J. Pentecost (FVH) 32:45; 6, G. Getty (Bella) 32:52; 7, A. Coyne (Bella) 32:59; 8, L. Stewart (SV-V) 33:08; 9, H. Cox (Bella) 33:43; 10, M. Taggart (Shett) 33:47; 11, J. McNeil (Law) 34:09; 12, F. Clement (Bella) 34:26; 13, C. Joss (Bella) 34:31; 14, W. Mitchell (Cam) 34:33; 15, H. Gorman (S'burn) 34:37; 16, A. Bain (Cam) 34:45; 17, D. Watt (E. Kil) 34:50; 18, D. McCabe (SV) 34:53; 19, R. Johnstone (VP) 34:54; 20, G. Colvin (E. Kil) 35:00. Teams: 1, Bellahouston 12; 2, Bellahouston 'B' 28; 3, Shettleston 36. **(Vets):** 1, Stewart; 2, J. Bremner (Kilb) 36:50; 3, G. Spence (SV) 37:29. **(Youths):** 1, R. Skilling (Glas. U) 22:12; 2, T. Hearle (Kilb) 22:54; 3, G. Brown (EAC) 23:16; 4, D. Donnett (S'burn) 23:26; 5, P. Mayles (Kilb) 23:35; 6, A. Swann (Shett) 23:51; 7, N. Baillie (S'house) 24:00; 8, G. Mather (S'house) 24:02. Teams: 1, Kilbarchan 20; 2, Edinburgh AC 32; 3, Stonehouse 40. **(Snr. Boys):** 1, A. Russell (Law) 15:50; 2, A. Ramage (Law) 16:23; 3, A. Walsh (Kilb) 16:44; 4, R. Mooney (G. G'park) 16:53; 5, A. Johnstone (G. G'park) 16:59; 6, N. Cassidy (Kilb) 17:05. Teams: 1, Law 16; 2, Kilbarchan 28. **(Jnr. Boys):** 1, G. Stewart (Dumb) 12:16; 2, A. Lochran (G. G'park) 12:22; 3, R. Blair (BP) 12:23; 4, F. McGowan (VP) 12:29. Teams: 1, Victoria Park 15; 2, Shettleston 35. **(Colts):** 1, G. Walters (VP) 5:13; 2, G. Finnegan (Colz) 5:19; 3, P. Carty (Law) 5:23. Team: Colzum.

Schools AA Road Relay Champs, at Grangemouth (November 19th). **(Boys O/15):** 1, Inveralmond CHS, Livingston (B. Paterson 8:51, G. Small 9:01, P. Hyman 8:45, S. Campbell 8:38) 35:15; 2, St. Aloysius Col., Glasgow 35:29; 3, Drummond HS 36:46; 4, Monifieth HS 36:58; 5, Elgin Acad. 37:36; 6, Bishopbriggs HS 37:56. Fastest: M. Hughes (St. A) 8:23; Campbell 8:38; Hyman 8:45. **(U/15):** 1, Boclair Acad. (C. Samson 9:28, R. Lynch 9:14, I. MacDonald 9:34, G. Higgins 9:14) 37:30; 2, Mackie Acad. 38:38; 3, Bishopbriggs HS 39:26; 4, Dalziel HS 39:28; 5, Sanquhar Acad. 39:43. Fastest: B. Cameron (Mack) 9:07; Lynch & Higgins 9:14. **(Girls O/15):** 1, Turnbull HS (E. Reilly 7:27, M. Tierney 7:42,

S. Trotter 7:30, L. Tierney 7:29) 30:08; 2, Dunblane HS 32:16; 3, St. Leonards 32:30; 4, Balwearie HS 33:40; 5, Castlehead HS 33:43; 6, Bishopbriggs HS 33:52. Fastest: M. Sprang (B'briggs) 7:06; C. McMillan (Castle) 7:23; Reilly 7:27. **(U/15):** 1, Turnbull HS (M. McDonald 7:32; C. Gemmell 7:37, G. Neville 7:40, L. Rankin 7:06) 29:57; 2, St. Maurice's HS 31:05; 3, Castlehead HS 31:20; 4, Dunblane HS 31:39; 5, Queen Anne HS 31:52. Fastest: Rankin 7:06; C. Lunney (Castle) 7:27; McDonald 7:32.

Ayrshire County CC Champs, at Dalry (November 26th). 1, G. Grant (Kilm) 27:32; 2, D. Auchie (Dal) 28:22; 3, I. Auchie (Dal) 29:03; 4, J. Stevenson (Irv) 29:11; 5, R. Welsh (Kilm) 29:29; 6, R. Dalziel (Kilm) 29:46. Teams: 1, Kilmarnock 21; 2, Irvine 29. **(Vets):** 1, R. McKay (Ayr S) 32:37; 2, R. Tripp (Irv) 33:52; 3, F. Catens (Irv) 33:59. **(Youths):** 1, J. Graham (Ayr S); 2, R. Carolan (Irv); 3, W. Robb (Ayr S). Team: Ayr Seaforth. **(Snr. Boys):** 1, B. Tyrie (Ayr S); 2, M. Cowan (Dal); 3, J. Goldie (Ayr). Team: Ayr Seaforth. **(Jnr. Boys):** 1, I. Connell (Kilm); 2, S. McLean (Kilm); 3, J. Dupay (Ayr S). Team: Ayr Seaforth. **(Colts):** 1, I. Craig (Ayr S); 2, K. Stevenson (Irv); 3, G. Parker (Irv). Team: Ayr Seaforth.

Renfrewshire County CC Champs, at Bellahouston Park (November 26th). 1, A. Daly (Bella) 32:31; 2, G. Getty (Bella) 32:33; 3, A. McAngus (Bella) 32:37; 4, A. Puckrin (Kilb) 32:42; 5, R. Quinn (Kilb) 32:48; 6, D. McFadyen (G. W'park) 33:02; 7, P. Conaghan (SV) 33:14; 8, J. Duffy (G. W'park) 33:14; 9, H. Cox (Bella) 33:38; 10, G. Fairley (Kilb) 33:41; 11, R. Hodelet (G. G'park-V) 33:53; 12, C. Joss (Bella) 34:33; 13, J. Reynolds (Pent) 34:33; 14, R. Hyett (SV) 35:04; 15, C. Doyle (G. W'park) 35:09. Teams: 1, Bellahouston 46; 2, Greenock Wellpark 106; Kilbarchan 118; 4, Greenock Glenpark 140. **(Youths):** 1, T. Hearle (Kilb) 23:19; 2, S. Conaghan (SV) 23:44; 3, P. Mayles (Kilb) 23:45; 4, B. Hawkins (Kilb) 24:00; 5, P. McDonald (Kilb) 24:27; 6, J. Snodgrass (Kilb) 24:35. Teams: 1, Kilbarchan 8; 2, Greenock Wellpark 28. **(Snr. Boys):** 1, A. Walsh (Kilb) 16:28; 2, R. Mooney (G. G'park) 16:32; 3, A. Johnstone (G. G'park) 16:35; 4, N. Cassidy (Kilb) 16:45; 5, C. Elliott (Kilb) 16:49. Teams: 1, Kilbarchan 10; 2, Bellahouston 25. **(Jnr. Boys):** 1, B. Kirkwood (Kilb) 11:56; 2, K. McLean (G. G'park) 12:05; 3, A. Lochran (G. G'park) 12:08; 4, S. Douglas (Kilb) 12:23. Teams: 1, Kilbarchan 10; 2, Greenock Glenpark 11.

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Cross Country Leagues

WILTS & BORDER LEAGUE

At RAF Lyneham, November 9th

1, S. Jones (St. A) 29:53; 2, D. Frith (Bz. N) 30:07; 3, M. Kendall (Lyne) 30:20; 4, S. Anning (A&SP) 30:52; 5, D. Michael (Bz. N) 30:53; 6, A. Marshall (RMSC) 31:00; 7, D. Cowie (Od) 31:15; 8, D. Jenkins (AAC Chap) 31:17; 9, A. Jones (47 AD) 31:19; 10, B. Mitchell (Od) 31:29. **Teams:** 1, RAF Lyneham 757; 2, AAC Chapstow 743; 3, RAF Odiham 727. **(Vets):** 1, H. Killeen (Od) 34:52; 2, C. Day (HMS Her) 35:06. **(Women):** 1, D. Pettingel (HMS Her) 30:35; 2, A. Watson (HMS Her) 31:07; 3, H. Colmer (JL) 31:29. **Team:** HMS Heron, Ilchester.

SOUTH YORKSHIRE LEAGUE

At Hatfield, November 13th

1, P. Shaw (Sheff) 33:26; 2, P. Palmer (Leeds-Gst) 33:34; 3, D. Weigel (Ask) 33:38; 4, R. Hollingsworth (Hallam) 33:38; 5, P. Neal (Roth) 34:02; 6, F. Hogg (C'field) 34:06; 7, P. Mirlees (Sheff. U-Gst) 34:08; 8, P. Venables (Roth) 34:18; 9, D. Lee (Stain) 34:21; 10, R. Aconley (Stain-V) 34:47; 11, S. Platts (C'field) 34:50; 12, R. Self (Roth) 34:51; 13, M. Greaves (Hallam) 35:04; 14, M. Farrow (Hat) 35:11; 15, G. Alderman (Donc) 35:14. **Teams:** 1, Rotherham 236; 2, Hallamshire 169; 3, Chesterfield 160. **(Vets):** 1, Aconley; 2, M. Rawson (Hallam) 37:04; 3, R. Rhodes (Roth) 37:15. **(Youths):** 1, M. Wilson (Hallam) 19:49; 2, I. Kennedy (Roth) 20:12; 3, S. Timmins (Barns) 20:28; 4, N. McRobb (Roth) 20:30; 5, S. Moore (Womb) 20:39; 6, D. Price (Barn) 20:47; 7, A. Haley (Stain) 20:57; 8, J. Ryan (Roth) 21:09. **Teams:** 1, Rotherham 80; 2, Barnsley 72. **(Boys):** 1, S. Atkinson (Roth) 14:27; 2, M. Betts (Barns) 14:29; 3, M. Fysh (Hallam) 14:30; 4, R. Baxter (Barns) 14:41. **Teams:** 1, Hallamshire 79; 2, Rotherham 69. **(Colts):** 1, J. Brown (Hallam) 15:12; 2, M. Bashforth (Barns) 15:20; 3, M. Winfield (Barns) 15:48. **Team:** Barnsley. **(U/11):** A. Severn (Stain) 4:36. **Team:** Hallamshire. **(Women):** 1, J. Carrier (Roth) 23:06; 2, P. Greasby (Rock) 23:22; 3, P. Wilson (Roth) 23:32; 4, T. Kirkland (C'field) 23:34; 5, S. Brown (Sheff) 23:44; 6, C. Riley (Hallam) 23:46. **Teams:** 1, Rotherham 54; 2, Chesterfield 42. **(Inters):** 1, R. Woodward (Roth) 16:32; 2, S. Howe (Donc) 16:40; 3, J. Vezmar (Roth) 16:42; 4, D. Hartley (Womb) 17:06. **Teams:** 1, Rotherham 26; 2, Wombwell 11. **(Juniors):** 1, A. Cooke (Rock) 11:09; 2, C. Sykes (Roth) 11:20; 3, L. Peake (Rock) 11:34. **Team:** Rotherham. **(Girls):** 1, B. Hirst (Womb) 11:30; 2, L. Nicholson (Donc) 11:34; 3, J. Heathcote (Hallam) 11:54. **Team:** Hallamshire. **(U/11):** C. Maycock (Rock) 4:57. **Team:** Hallamshire.

At Wombwell, December 4th

1, M. Chorlton (Stain) 33:32; 2, C. Thackery (Hallam) 33:59; 3, Weigel 35:21; 4, Hogg 36:18; 5, Venables 36:24; 6, Lee 36:27; 7, Neal 36:32; 8, S. Atkin (Rock) 36:45; 9, J. Hinchey (Barns) 36:50; 10, P. Keen (Hallam) 36:56; 11, Platts 37:01; 12, Farrow 37:01; 13, S. Manterfield (Hallam) 37:11; 14, Self 37:15; 15, J. Cook (Stain) 37:18. **Teams:** 1, Rotherham 218; 2, Hallamshire 190; 3, Stainforth 176. **(Vets):** 1, M. Hague (Roth) 38:46; 2, Rawson 39:28; 3, Rhodes 40:05. **(Youths):** 1, Wilson 20:55; 2, D. Furniss (Hallam) 21:10; 3, Kennedy 21:17; 4, S. Spicer (Hallam) 21:35; 5, Timmins 21:40; 6, Price 22:01; 7, McRobb 22:06; 8, B. Ashmore (Hallam) 22:22. **Teams:** 1, Hallamshire 85; 2, Rotherham 67; 3, Barnsley 62. **(Boys):** 1, Betts 13:35; 2, Fysh 13:36; 3, — 13:47; 3, N. Mannion (Womb) 13:58. **Teams:** 1, Hallamshire 87; 2, Rotherham 72. **(Colts):** 1, Brown 14:09; 2, Bashforth 14:12; 3, J. Blackwell (Hallam) 14:56. **Team:** Hallamshire. **(U/11):** Severn 6:09. **Team:** Hallamshire. **(Women):** 1, Greasby 24:28; 2, M. Oddie (C'field) 24:35; 3, Riley 24:45; 4, Kirkland 25:38; 5, J. Wakeman (Barns) 25:57; 6, R. Smedley (Hallam) 26:13. **Teams:** 1, Hallamshire 27; 2, Chesterfield 20. **(Inters):** 1, Woodward 15:21; 2, Vezmar 15:23; 3, Hartley 15:56; 4, S. Moore (Womb) 16:22. **Teams:** 1, Wombwell 15; 2, Rotherham 10. **(Juniors):** 1, Cooke 13:05; 2, Sykes 13:21; 3, R. Smith (Hallam) 13:25. **Team:** Hallamshire. **(Girls):** 1, Heathcote 13:25; 2, Nicholson 13:34; 3, C. Fothergill (Hallam) 13:45. **Team:** Hallamshire. **(U/11):** Mayock 6:48. **Team:** Hallamshire.

AVALON LEAGUE

At Weymouth, November 20th

1, M. Gallop (Yeo) 25:31; 2, M. Wassell (Yate) 25:31; 3, D. Wills (Wey) 25:46; 4, J. Bolton (Wey) 25:53; 5, B. Valentine (B&P) 26:09; 6, A. Rossiter (B&P) 26:12; 7, A. Hayter (Yeo) 26:29; 8, S. Williams (Wells-V) 26:30; 9, J. McMahon (Yeo) 26:50; 10, S. Marsh (Wells) 27:14; 11, W. Beardsmore (Frome) 27:17; 12, R. Evans (Wells) 27:20. **Teams:** 1, Yeovil Olym. 34; 2, Wells 43; 3, Bath & P 44; 4, Weymouth 60. **(Vets):** 1, Williams; 2, G. Old (Weston) 27:49; 3, D. Symonds (Wey) 29:01; 4, T. Northwood (Trow) 29:10. **(Youths):** 1, J. Skeets (Yeo) 18:20; 2, S. Scadding (Wey) 18:27; 3, S. Old (Weston) 18:35; 4, N. Hood (Weston) 19:09; 5, D. Hugo (Dor) 19:22; 6, J. Wilcos (Cle) 19:26. **Teams:** 1, Dorchester 41; 2, Weymouth 44. **(Boys):** 1, D. Duke (Yeo) 13:40; 2, D. Caddy (Dor) 14:31; 3, M. Buffrey (Yeo) 14:32; 4, S. Hill (Trow) 14:33. **Teams:** 1, Trowbridge 31; 2, Yeovil Olym. 43. **(Colts):** 1, G. Old (Weston) 10:34; 2, S. Jones (Yate) 10:45; 3, H. Trotman (Dor) 10:49; 4, G. Thomson (Dor) 10:49. **Teams:** 1, Dorchester 38; 2, Yate 42. **(Women):** 1, A. Edwards (Wells) 20:21; 2, K. Sweetman (Trow) 21:10; 3, A. Willis (Trow) 21:45; 4, R. Green (Yate) 22:53; 5, C.

Shaw (Yeo) 22:19; 6, S. Gallop (Yeo) 22:50.
Teams: 1, Trowbridge 14; 2, Yate 25. (**Juniors:**) 1, D. Ellison (Wey) 10:53; 2, K. Ayton (B&P) 11:00; 3, K. Pillinger (Cle) 11:17; 4, S. Stainer (Dor) 11:20. **Teams:** 1, Dorchester 22; 2, Yeovil Olym. 32. (**Girls:**) 1, H. Copeman (Dor) 9:29; 2, S. Davidson (Trow) 9:30; 3, N. Bartlam (Dor) 9:30.
Team: Dorchester.

W. MIDLANDS SERVICES LEAGUE

At Leamington, November 23rd

1, M. Flint (Cos) 31:18; 2, D. Cotton (WMP) 32:17; 3, M. Robinson (Cos) 32:29; 4, D. Wild (W. Mer. P) 32:35; 5, C. Speers (Cos) 32:44; 6, R. Linbert (Donn) 32:47; 7, V. New (Donn) 33:07; 8, J. Starrett (Donn) 33:25; 9, R. Curtis (Staffs) 33:34; 10, P. Bennett (JL) 33:52. **Teams:** 1, COD Donnington 1115; 2, W. Midlands Pol. 1089; 3, RAF Cosford 1041.

LONDON SERVICES LEAGUE

At RAF Halton, November 23rd

1, P. Jenkins (Halt) 31:17; 2, A. O'Hara (Henl) 33:13; 3, O'Rourke (Halt) 33:34; 4, R. Carey (PCD) 33:45; 5, P. Lovatt (N'wood) 33:52; 6, Whelpdale (RAOC) 33:56; 7, Ruttler (GG) 34:13; 8, Gilroy (W. Dray) 34:42. **Teams:** 1, RAF Halton 569; 2, RAF Henlow 563; 3, PCD RE 538. (**Women:**) 1, D. Franklin (N'wood) 21:28; 2, Murray (Halt) 22:56; 3, A. Wood (Bens) 23:46.
Team: RAF Halton.

At RAF Northolt, November 30th

1, Jenkins 33:05; 2, K. Gray (N'wood) 33:15; 3, O'Hara 33:38; 4, E. Galloway (Halt) 33:46; 5, Carey 34:46; 6, S. Appleton (Stan. P) 34:49; 7, C. Hurden (Halt) 35:06; 8, A. Burgham (Halt) 35:07. **Teams:** 1, RAF Halton 584; 2, RAF Henlow 566; 3, PCD RE 555. (**Women:**) 1, Franklin 28:37; 2, Wood 29:22; 3, C. Walker (Henl) 30:39. **Team:** RAF Henlow.

BIRMINGHAM & DISTRICT INVITATION LEAGUE

November 26th

Division One, at Gloucester

1, R. Partridge (Birchfield).....25:59
 2, R. Westwood (Tipton).....26:00
 3, A. Holden (Tipton).....26:10
 4, D. Pemberton (Bir) 26:21; 5, C. Bradeley (Stoke) 26:33; 6, S. Emson (Bir) 26:37; 7, A. Hartveld (Stoke) 26:43; 8, D. Cowles (Glouc) 26:45; 9, P. Fowler (Staffs M) 26:46; 10, J. Wheway (Tip) 26:54; 11, M. Ridgway (Birm. U) 26:56; 12, S. Marzillius (Bir) 26:58; 13, M. Sprason (Bir) 27:03; 14, L. Marsh (Birm. U) 27:06; 15, S. Fowler (Staffs M) 27:11; 16, P. Banks (Cov) 27:13; 17, A. Fowler (Staffs M) 27:14; 18, A. Jackson (S&SH) 27:18; 19, M. Hirsch (Birm. U) 27:24; 20, G. Harvey (Staffs M) 27:29; 21, R. Maule (Cov) 27:30; 22, R. Cytla (Tip) 27:32; 23, A. Adams (Staffs M) 27:34; 24, C. Chandler (Birm. U) 27:35; 25, P. Carpenter (Tip) 27:39; 26, T. Cooke (Spark) 27:40; 27, D.

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7. Flex-Notches for more efficient toe-off.
8. Deep-toe box for essential comfort; with suede Toe-Guard for longer wear.
9. 'Hexa-Go', vibram outsole giving superb cushioning, traction and durability.
10. Newly developed 'Running-Shoe' Last for comfort, protection and efficiency.
11. Removable self-moulding insole for personalised fit.



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Ramsden (Cov) 27:42; 28, G. Neeley (Glouc) 27:43; 29, J. Mitchell (Glouc) 27:45; 30, R. Tilling (Bir) 27:47; 31, A. Grime (Birm. U) 27:48; 32, R. O'Hara (Spark) 27:52; 33, P. Huddy (Glouc) 27:55; 34, B. Tilley (Bir) 28:02; 35, A. Saker (Birm. U) 28:06; 36, A. Symonds (Bir) 28:08; 37, N. Thomas (Glouc) 28:10; 38, M. Lyne (S&SH) 28:13; 39, — (W&B) 28:16; 40, M. Bardsley (Bir) 28:18; 41, D. Dix (Cov) 28:19; 42, D. Salisbury (Bir) 28:21; 43, J. King (S&SH) 28:27; 44, D. Fownes (Tip) 28:28; 45, M. Hirst (Stoke) 28:30; 46, I. Wilkinson (Cov) 28:31; 47, M. Edwards (Spark) 28:32; 48, R. Carp (Stoke) 28:33; 49, A. Harding (Spark) 28:36; 50, D. Ashe (Staffs M) 28:38;

51, D. Smith (S&SH) 28:39; 52, S. Wankling (Cov) 28:40; 53, D. Viggers (Stoke) 28:41; 54, P. Evans (Tip) 28:44; 55, M. Rogers (Stoke) 28:46; 56, D. Batstone (Cov) 28:48; 57, R. Baldwin (Glouc) 28:50; 58, M. Slevin (Cov) 28:52; 59, K. Atkins (Tip) 28:56; 60, G. Leyshon (Glouc) 28:57.
Teams: 1, Birchfield 66; 2, Tipton 106; 3, Birmingham Univ. 134; 4, Staffs Moorlands 134; 5, Gloucester 192; 6, Coventry 203; 7, City of Stoke 213; 8, Solihull & SH 301; 9, Sparkhill 306.
(Young Athletes): 1, G. Cartwright (Tip) 11:16; 2, D. Hill (Tip) 11:42; 3, D. Heath (Stoke) 11:44; 4, C. Whittaker (Tip) 11:48; 5, J. Penman (Glouc) 11:57; 6, G. Heath (Stoke) 11:59; 7, C. Wallis (Stoke) 12:01; 8, D. Flavell (Tip) 12:04; 9, F. Barnes (Tip) 12:07; 10, N. Herbert (Glouc) 12:09.
Teams: 1, Tipton 7; 2, City of Stoke 16; 3, Gloucester 27.

Division Two, at Leamington

1, K. Baker (Cannock Chase).....33:35
 2, T. Power (Shrewsbury).....33:37
 3, A. Passey (Bromsgrove & R).....33:55
 4, S. Willmott (Cann) 34:16; 5, M. Downes (Cann) 34:16; 6, I. Atkins (Worc) 34:33; 7, N. Piotrowski (Warl) 34:49; 8, D. Peacock (Cann) 34:57; 9, W. Nock (Hales) 35:03; 10, D. Catlow (Chelt) 35:04; 11, E. Twohig (Leam) 35:08; 12, T. Bedell (Tel) 35:09; 13, D. Bennett (Stour) 35:14; 14, P. Wright (Stour) 35:18; 15, S. Brown (Chelt) 35:20; 16, R. White (Hales) 35:21; 17, P. Trott (Cann) 35:23; 18, P. Muddeman (Leam) 35:29; 19, A. Banham (Hales) 35:31; 20, K. McFarlane (Cann) 33:35; 21, N. Troy (Warl) 35:37; 22, A. Nock (Hales) 35:39; 23, C. Spencer (B&R) 35:42; 24, A. Pickles (Chelt) 35:48; 25, K. Willis (Chelt) 35:52; 26, H. Lambert (Stour) 35:53; 27, K. McLaren (Leam) 35:54; 28, M. Ridout (Worc) 35:58; 29, P. Ryder (Newc) 35:59; 30, D. Jones (Worc) 36:00; 31, A. St. Leger (B&R) 36:02; 32, B. Holt (Warl) 36:03; 33, M. Jacobs (Rug) 36:04; 34, W. Bedell (Tel) 36:05; 35, J. Carswell (Chelt) 36:06; 36, D. Tyler (B&R) 36:08; 37, G. Trainor (Cann) 36:14; 38, C. Cartland (B&R) 36:18; 39, S. Clews (B&R) 36:25; 40, H. Piotrowski (Warl) 36:29.
Teams: 1, Cannock Chase 55; 2, Cheltenham 153; 3, Halesowen 158; 4, Bromsgrove & R 170; 5, Warley 210; 6, Leamington 224; 7, Stourport 250; 8, Worcester 251.
(Young Athletes): 1, R. Plant (Newc) 18:04; 2, A. Allport (Shrew) 18:13; 3, D. Colin (B&R)

READING A.C.

"MIDWINTER MADNESS"

OPEN MEETING

SUNDAY, 29th JANUARY, 1984

1.30 p.m.—4.30 p.m.

EVENTS:

60m, 150m, 300m, 600m,

High Jump, Long Jump,

Javelin, Shot Putt.

All Age Groups

Fees: 40p per event.

Entries: Pat Gilbert, 14 Briar Lea Road, Mortimer, Reading, Berkshire.

(State d.o.b. and Personal Best)

Closing date: Mon. 23rd January

WOKING A.C.

SUN., 26th FEBRUARY, 1984

at 2.30 p.m.

WOKING '10'

(Under AAA & WAAA Laws)

Sponsored by:

WOKING NEWS & MAIL
Limited to 1000

Prizes: Men's Individual and Team.

Ladies Individual and Team.

Vets & Lady Vets.

Entry Fee: £1.50. No Team Fee.

Plus 50p unattached.

Closing date: 31st January, 1984

Entries (+ 2 s.a.e. for details and results).

To: Race Organiser, 96 Devonshire Avenue, Sheerwater, Woking, Surrey. (Cheques & P.O. made payable to Woking A.C.)

18:13; 4, A. Plant (Newc) 18:13; 5, A. Reece (Hales) 18:28; 6, D. Jennings (Tel) 18:31; 7, I. Mole (B&R) 18:33; 8, P. Clark (Hales) 18:49; 9, J. Rushton (Newc) 18:53; 10, W. Tonkinson (Worc) 19:01. **Teams:** 1, Newcastle 14; 2, Halesowen 24; 3, Bromsgrove & R 24.

Division Three, at Coventry

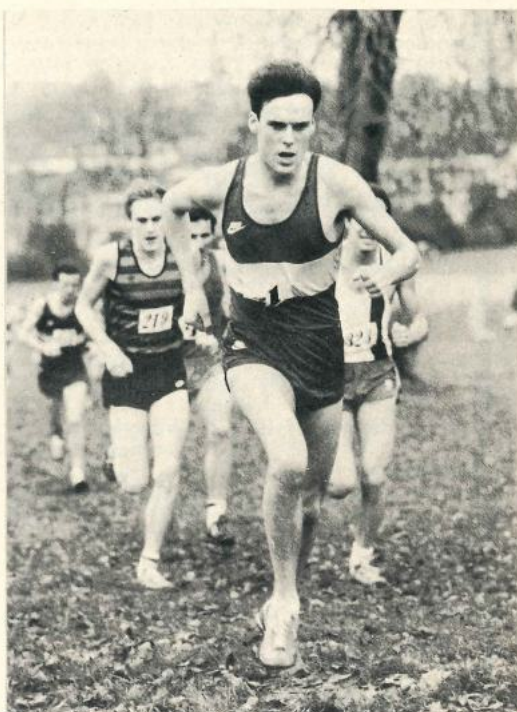
1, R. Bradley (Wenlock OS).....33:19
2, C. Udall (Burton).....33:50
3, M. Necak (Nuneaton).....34:12
4, D. Leese (Mich) 34:24; 5, I. Hancox (Row) 34:27; 6, D. Cooper (Mich) 34:43; 7, P. Powell (W. Brom) 34:50; 8, D. Wilde (Wen) 34:54; 9, D. Griffin (Staff) 34:59; 10, G. Patton (Mass. F) 35:03; 11, D. Bintley (Lough) 35:06; 12, A. Ward (Mass. F) 35:08; 13, D. Jones (W. Brom) 35:11; 14, J. Peavoy (Mass. F) 35:16; 15, A. Baker (D&S) 35:20; 16, P. Parker (RSC) 35:21; 17, N. Wilson (Nun) 35:22; 18, M. Bradley (Nun) 35:32; 19, G. Cutting (Mass. F) 35:48; 20, L. Matthews (Tam) 35:49; 21, L. McKae (Staff) 35:49; 22, M. Hall (Mass. F) 35:54; 23, R. Daley (Mich) 35:58; 24, J. Graves (Tam) 36:01; 25, T. Meecham (Mass. F) 36:03; 26, R. Panter (Nun) 36:03; 27, R. Udall (Burt) 36:10; 28, S. Chaney (Mass. F) 36:13; 29, M. Fullilove (Tam) 36:18; 30, M. Judge (Mass. F) 36:19. **Teams:** 1, Massey Ferguson 102; 2, Nuneaton 149; 3, Michelin 182; 4, Rowheath 239; 5, Wenlock OS 246; 6, Dudley & S 255. **(Young Athletes):** 1, M. Wortley (Burt) 13:22; 2, B. Bariah (Nun) 13:37; 3, A. Richards (Nun) 13:54; 4, G. Cooper (D&S) 14:05; 5, I. Smith (Wen) 14:13; 6, M. Parkin (Nun) 14:18; 7, S. Wilkes (Row) 14:28; 8, D. Gauder (Wen) 14:32; 9, A. Jones (RSC) 14:41; 10, M. Sherriff (Burt) 14:46. **Teams:** 1, Nuneaton 11; 2, Burton 24; 3, Wenlock OS 31.

SURREY LEAGUE

November 26th

Division One, at Brockwell Park

1, G. Staines (Belgrave).....25:32
2, J. Hood (Aldershot F&D).....25:34
3, D. Hayes (Herne Hill).....25:36
4, D. Glassborow (HHH) 25:37; 5, P. Richley (Bel) 25:40; 6, J. Gladwin (Bel) 25:41; 7, S. Paton (Bel) 25:42; 8, A. Evans (SLH) 25:42; 9, M. White (AF&D) 25:44; 10, M. Bliss (HHH) 25:51; 11, T. Turner (AF&D) 25:55; 12, S. Barnshaw (AF&D) 25:57; 13, D. Higgins (SLH) 26:00; 14, R. Gevers (SLH) 26:04; 15, M. Slowikowski (HW) 26:11; 16, B. Brown (HHH) 26:17; 17, W. Upcott (SLH) 26:18; 18, R. Weedon (AF&D) 26:21; 19, M. Hayes (Bel) 26:23; 20, K. Hutchin (Met. P) 26:27; 21, M. Woods (AF&D) 26:28; 22, I. Logan (AF&D) 26:29; 23, M. Sinclair (Bel) 26:31; 24, G. Jerwood (HHH) 26:31; 25, G. Russell (E&E) 26:35; 26, T. Anderson (Met. P) 26:37; 27, A. Harran (HHH) 26:38; 28, R. Yeomans (AF&D) 26:39; 29, A. Iszatt (SLH) 26:40; 30, M. Kendall (AF&D) 26:42. **Teams:** 1, Aldershot F&D 189; 2, Belgrave 222; 3, Herne Hill 234; 4, S. London 315; 5, Met. Police 475; 6, Epsom & E 480.



Gary Staines leading in Brockwell Park.

Fred Popplewell

(Youths/Boys): 1, C. Payne (AF&D) 15:11; 2, A. Bate (HHH) 15:12; 3, G. Metlock (AF&D) 15:22; 4, M. Horwood (AF&D) 15:36; 5, R. Collinson (E&E) 15:42; 6, J. Rabbetts (E&E) 16:05; 7, M. Rendell (AF&D) 16:16; 8, J. Booth (HW) 16:23; 9, G. Atkinson (HHH) 16:24; 10, G. McGurran (Bel) 16:26. **Teams:** 1, Aldershot F&D 26; 2, Herne Hill 54; 3, Epsom & E 73. **(Colts):** 1, R. James (E&E) 17:20; 2, K. McDermott (E&E) 17:34; 3, I. West (HW) 18:05. **Team:** Belgrave.

Division Two, at Lloyd Park

1, K. Davies (Omega).....26:34
2, N. Adams (Omega).....26:37
3, S. Crossman (Woking).....27:26
4, T. Crossman (Wok) 27:38; 5, M. Page (Om) 27:50; 6, J. Lee (Croy) 27:58; 7, D. Wright (Rane) 28:06; 8, I. Wright (Croy) 28:13; 9, M. Coram (Th. H&H) 28:22; 10, M. Walmsley (Croy) 28:25; 11, P. Lindsell (G&G) 28:32; 12, C. Beauvais (Om) 28:36; 13, R. Benn (Croy) 28:38; 14, G. Bishop (Croy) 28:39; 15, A. Pinfield (Mit) 28:44; 16, A. Gibbons (Th. H&H) 28:47; 17, D. Daniels (Rane) 28:51; 18, J. Mallett (Wok) 28:56; 19, A. Dolton (Croy) 28:58; 20, M. Riley (Rane) 28:59. **Teams:** 1, Croydon 192; 2, Omega 226; 3, Ranelagh 310; 4, Woking 337; 5, Thames H&H 374. **(Youths/Boys):** 1, J. O'Shea (Wok) 14:16; 2, S. Maynard (Mit) 14:25; 3, D. Fitzpatrick (Mit)

14:47; 4, G. Collins (Wok) 14:57; 5, N. Fairbrother (Mit) 14:59; 6, J. Barry (Mit) 14:59; 7, I. Roe (Wok) 15:07; 8, M. Smithers (Wok) 15:10. **Teams:** 1, Mitcham 25; 2, Woking 32; 3, Croydon 72. **(Colts):** 1, E. Downing (G&G) 15:47; 2, D. Lubliner (Rane) 16:09; 3, D. Jones (Croy) 16:33. **Team:** Guildford & G.

Division Three, at Frimley

1, R. McDonald (S&C) 26:43; 2, R. Vassall (Wav) 26:48; 3, A. Byrne (S&C) 26:54; 4, M. Connelly (Elm) 27:01; 5, N. Quinton (Coll) 27:14; 6, C. France (Walton) 27:30; 7, P. Clark (Wav) 27:57; 8, A. Dippie (Elm) 28:10; 9, M. Riddle (S&C) 28:19; 10, J. Quinton (Coll) 28:21; 11, D. Thomas (Elm) 28:22; 12, E. Blackmore (S&C) 28:26; 13, D. Willis (Elm) 28:38; 14, S. Everett (Wav) 29:02; 15, R. Madgwick (Hasl) 29:08. **Teams:** 1, Elmbridge 172; 2, Waverley 259; 3, Sutton & C 351; 4, Camberley 427. **(Youths/Boys):** 1, N. Watkins (C'ley) 11:36; 2, M. Forrester (S&C) 11:46; 3, S. Denham (C'ley) 11:59; 4, P. Rowe (Walton) 12:03; 5, P. Gates (Hasl) 12:11; 6, J. Mears (C'ley) 12:15. **Teams:** 1, Camberley 30; 2, Sutton & C 59. **(Colts):** 1, P. Bidmead (C'ley) 13:18; 2, R. Cronk 13:43; 3, N. Povey (C'ley) 13:53. **Team:** Camberley.

NORTH MIDLANDS LEAGUE

At Nottingham, November 26th

1, R. Milne (Notts).....30:21
2, J. Clark (Grimsby).....30:30
3, A. Shepherd (Derby).....30:38
4, L. Pearson (Der) 30:39; 5, I. Hart (Newk) 30:42; 6, A. Cropper (S. in A) 30:44; 7, M. Exton (Holb) 30:51; 8, C. Toplass (Der) 30:56; 9, A. Robertson (S. in A) 31:03; 10, P. Davies (Der) 31:10; 11, A. Domleo (Der) 31:15; 12, P. Mayo (Notts U) 31:17; 13, R. Brewitt (Holb) 31:20; 14, M. Dugdale (Notts) 31:24; 15, O. Willoughby (Lin. C&C) 31:34; 16, B. Brennan (Leic. U) 31:35; 17, S. Meynell (Der) 31:37; 18, C. Lucas (S. in A) 31:39; 19, L. Travers (Der) 31:40; 20, K. Moss (Notts) 31:41. **Teams:** 1, Derby 36; 2, Sutton in Ashfield 91; 3, Notts 91; 4, Grimsby 151. **(Youths):** 1, P. Tipler (Leic) 18:25; 2, A. Thompson (BH) 18:33; 3, R. Goodwin (Der) 18:41; 4, S. Clark (Lin. W) 18:46; 5, C. Jones (Notts) 18:47; 6, M. Croft (Notts) 18:58; 7, V.

Ward (Holb) 19:10; 8, M. Larkworthy (Charn) 19:15. **Teams:** 1, Leicester 21; 2, Notts 26; 3, Holbeach 38. **(Boys):** 1, R. Gault (Newk) 10:34; 2, J. Bates (Lin. W) 10:45; 3, P. Dodsley (BH) 10:47; 4, S. Wright (Der) 10:50; 5, S. Hartshorn (Leic) 10:55; 6, A. York (Leic) 10:56. **Teams:** 1, Notts 31; 2, Leicester 32. **(Colts):** 1, N. Allen (Leic) 8:14; 2, D. Barber (Der) 8:21; 3, M. Rudkin (Charn) 8:29. **Team:** Leicester. **(Women):** 1, B. Everley (Leic. U) 20:18; 2, W. Wright (Der) 20:44; 3, E. Adams (S. in A) 20:50; 4, K. Smith (Grim) 20:56; 5, A. Shepherd (Newk) 21:16; 6, R. Hill (Leic. U) 21:22; 7, R. Butler (S. in A) 21:39; 8, J. Fish (Der) 21:50. **Teams:** 1, Leicester Univ. 16; 2, Derby 20; 3, Grimsby 31. **(Juniors):** 1, S. Davenport (Lin. W) 8:52; 2, S. Borrett (Der) 9:00; 3, J. Kind (S. in A) 9:04; 4, R. Horn (Newk) 9:05; 5, S. Cooke (S. in A) 9:08. **Teams:** 1, Lincoln W 18; 2, Derby 22.

SURREY WOMEN'S LEAGUE

At Ottershaw, November 26th

1, N. Menendez (Croy-I) 14:41; 2, C. Letchford (SLH-I) 14:45; 3, E. Clarke (HW-I) 14:54; 4, A. Bott (Wok) 14:57; 5, M. Auerback (Rane) 14:59; 6, L. Lamont (E&E) 15:10; 7, J. Burchett (Croy) 15:15; 8, K. Ellis (Croy) 15:22; 9, D. Phillips (Down) 15:24; 10, H. Baker (Mit) 15:25. **Teams:** 1, Croydon 34; 2, Woking 57; 3, Epsom & E 70. **(Juniors):** 1, J. Cullen (E&E) 9:41; 2, A. Guthrie (C'ley) 9:58; 3, R. Fairchild (Croy) 10:02; 4, D. Scanlon (Down) 10:04; 5, J. Wood (R&R) 10:07; 6, J. Bristow (Walton) 10:08; 7, M. Evans (Down) 10:16; 8, K. Ruston (Sy. B) 10:18. **Teams:** 1, Epsom & E 40; 2, Downland 57; 3, Croydon 68. **(Girls):** 1, K. Sutton (Croy) 9:46; 2, C. Bleasdale (G&G) 10:10; 3, M. Rose (G&G) 10:11; 4, C. Aikin-Sneath (C'ley) 10:11. **Teams:** 1, Camberley 34; 2, Guildford & G 45.

At Ewell Court, December 3rd

1, S. Foster (Wok) 12:29; 2, Menendez 12:32; 3, Auerback 12:36; 4, Lamont 12:38; 5, Letchford 12:40; 6, Ellis 12:40; 7, Bott 12:41; 8, Clarke 12:50; 9, Burchett 12:58; 10, J. Bubu (HHH) 13:00. **Teams:** 1, Woking 33; 2, Croydon 33; 3, Epsom & E 51. **(Juniors):** 1, S. Baines (Wav) 11:21; 2, Ruston 11:24; 3, Fairchild 11:27; 4, Bristow 11:31; 5, K. Spackman (HW) 11:38; 6, L. Spring (E&E) 11:45; 7, J. Roan (E&E) 11:51; 8, T. Raynsford (Wok) 12:00. **Teams:** 1, Epsom & E 37; 2, Croydon 62. **(Girls):** 1, Sutton 10:03; 2, Bleasdale 10:28; 3, D. Macari (R&R) 10:31; 4, Rose 10:32. **Teams:** 1, Croydon 39; 2, Camberley 50.

Stockport H & AC wish to announce that following a committee meeting on November 14th, 1983, Mr. Walter Hesketh is no longer a member of the club.

The new secretary of Frodsham H is A. Bunner, 3 Borrowdale Close, Frodsham, Cheshire.

MILTON KEYNES A.C. 7th ANNUAL 6x2½ MILE ROAD RELAY (including the Bucks Championships)

(Under AAA Laws)

DATE Saturday 4th, February 1984

COURSE 6x2½ miles on entirely traffic-free course using the City redways.

VENUE Stantonbury Campus, start 2.30 pm.

PRIZES At least first three teams plus fastest lap and first 'B' team. The 'Marconi' trophy to overall winner.

ENTRIES £3.50 for first team and £1.75 for others.

TO - Mrs L. Bennett, 39 Perran Avenue, Fishermead, Milton Keynes, MK6 2DE. (SAE for further details).

CLOSING DATE 28th JANUARY

RACE ORGANISERS.

Help us in the race to beat cancer: many road and cross-country runners will run for a worthwhile cause as well as enjoyment.

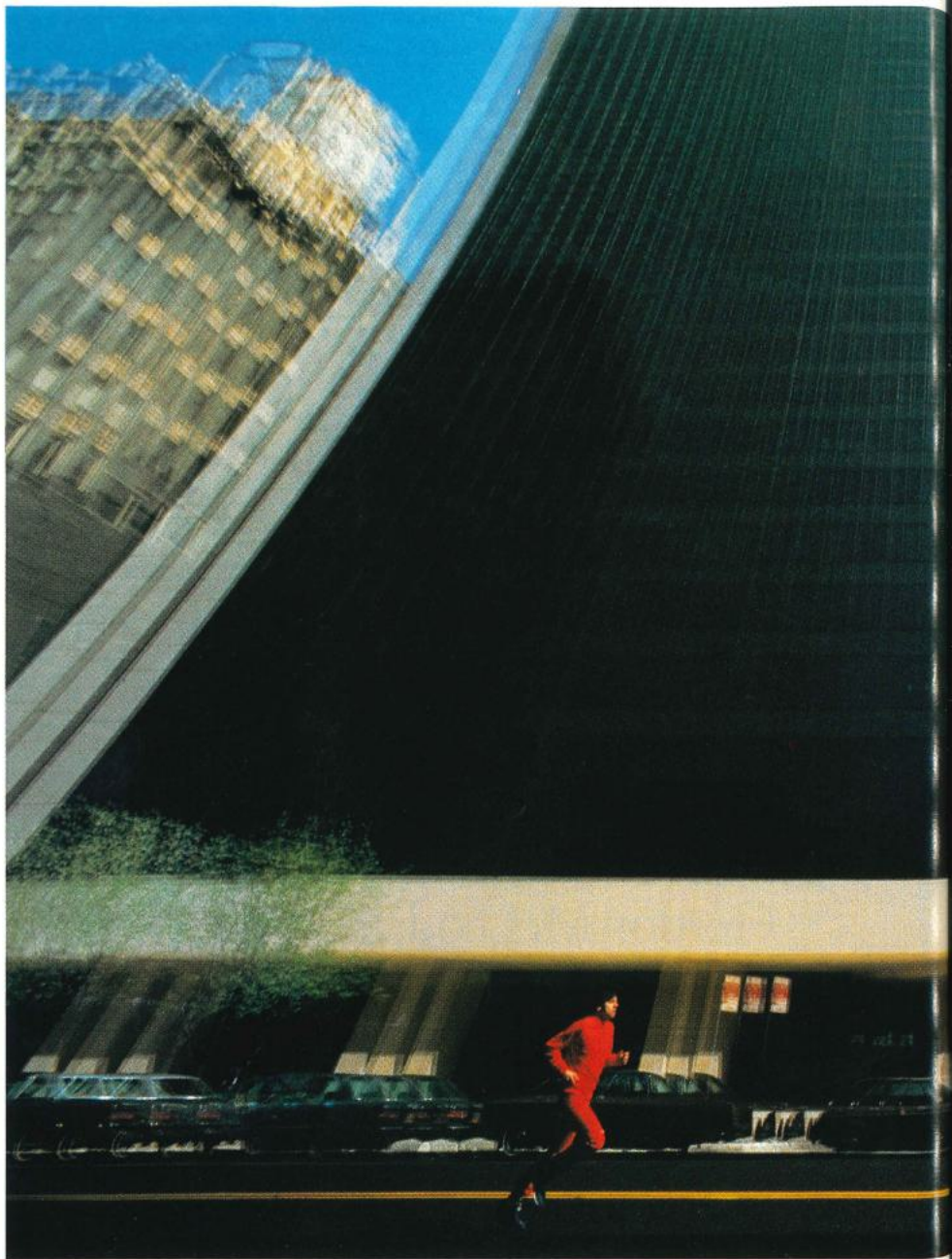
Enable us to reach them by enclosing one of our leaflets with your normal correspondence.

If you would like to know more please contact:

Gordon McLeod, Appeals Director,
Imperial Cancer Research Fund,
Lincolns Inn Fields, London
WC2A 3PX. Telephone: 01-242 0200.

IMPERIAL CANCER RESEARCH FUND.

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THE ODYSSEY. MOTIO



CONTROL AT ITS BEST.



Nostalgia Dept: FLASHBACK TO 1959

AS USUAL at this time of the year, we turn back the clock to discover what was going on in athletics a quarter of a century ago. The year under review is 1959 and the items which follow are extracted from 'Athletics Weekly', which in those days ran to 20 pages and cost ninepence (less

than 4p). Mind you, based on the adverts that year, one could buy an Hungarian tracksuit for 37/11 (£1.90), a pair of Puma cross country shoes for 45/- (£2.25) and book a 14-day trip to the Rome Olympics of 1960 for £42!

HISTORIC ENCOUNTER

History was made at Salisbury, Rhodesia, when a coloured man (Yotham Muleya) raced against a white man (Gordon Pirie) in official competition. The result was equally significant. Muleya, a 19-year-old apprentice motor mechanic, beat Britain's greatest long distance track runner by some 200 yards on a poor track in a 14:48.3 3 miles — and was cheered to the echo by a 4000 crowd.

January 17th issue

SOMETHING TO BRAGG ABOUT

Cornelius Warmerdam's celebrated 'world indoor record' pole vault of 15'8½" (4.79) has been beaten at last — a month before its 16th birthday. As anticipated, Warmerdam's successor as king of the indoor vaulters is Don Bragg who, in Philadelphia, cleared 15'9½" (4.81) first time. This truly shattering feat not only topped the indoor record but was superior also to the official outdoor record of 15'8¼" (4.78) by Bob Gutowski.

— March 7th

NEW EVENTS VOTED IN

It was decided at the AGM of the Women's AAA that two new championships will be held next year — 150 yards for Juniors and 220 yards for Intermediates.

— March 7th

WHATEVER BECAME OF THE WINNER?

(Women's National, at Perry Barr). What should have been an excellent race with the largest post-war number of starters was marred by the atrocious weather. Despite the conditions, made heavy by the rain, we saw some excellent running. A great battle between Madeline Ibbotson, Joyce Byatt and Roma Ashby found Byatt judging her race beautifully. 1, J. Byatt 19:30; 2, M. Ibbotson 19:33; 3, P. Benn 19:55; 4, R. Ashby 19:55; 5, J. Briggs 20:03; 6, D. Leather 20:10. Team: London Olympiades.

— March 14th

Joyce Byatt later married Bryan Smith and, 25 years later, is poised for selection for the 1984 Olympic marathon.

NORTH DOMINATE 'NATIONAL'

Entries for the National cross country at Peterborough were again a record [617 started in the Senior race] and it makes one wonder where it will stop! Nearly every year numbers go up and up, but it must be said that everything went off very well and we had some grand racing, with the North coming into their own. Not only did the North take all three team titles, they also took two of the individual titles. Fred Norris showed the rest of the Senior field a clean pair of heels... his win was a most popular one, for he is a great favourite in all areas. 1, F. Norris 46:57; 2, F. Sando 47:20; 3, M. Maynard 47:29; 4, J. Anderson 47:39; 5, S. Eldon 48:14; 6, M. Bullivant 48:18. Team: Sheffield United. (Jnrs) 1, S. James 32:24; 2, M. Herriott 32:37; 3, R. Grove 32:39. Team: Middlesbrough & Cleveland. (Yths) 1, K. Smith 16:42; 2, J. May 16:44; 3, R. Rowland 16:50. Team: Saltwell.

— 'Jimmy' Green, March 14th

HIGHEST JUMPS SO FAR

Five world indoor bests were broken and one equalled at what was generally acclaimed to be the greatest ever US indoor championship meet, held in New York's Madison Square Garden. Most significant of the records was the 7'1¼" (2.16) high jump by John Thomas. This leap topped his own indoor best of seven feet and, more important, was fractionally higher than Yuriy Styepanov's official outdoor record. Thomas straddled over on his third attempt.

— March 21st

NORRIS LEADS ENGLAND TO TITLE

England's victory in the International Cross Country Championship in Lisbon was so clear cut that it would appear we are now right on top again where distance running is concerned. It was good to see that great hearted little runner Fred Norris really coming into his own and repeating his fine National performance, with Frank Sando confirming his form in that race too. 1, F. Norris (Eng) 42:45; 2, F. Sando (E) 42:53; 3, S. Beddial (Fra) 43:02; 4, B. Heatley (E) 43:11; 5, S. Eldon (E) 43:11; 6, A. Mimoun (F) 43:16. Teams: 1, England 40; 2, France 72; 3, Belgium 110.

— 'Jimmy' Green, March 28th



Fred Norris (Bolton United) leading from Basil Heatley (Coventry Godiva) and Derek Ibbotson (South London) in the AAA 10 miles championship at Hurlingham.

Gerry Cranham

CLOSE TO ZATOPEK'S WORLD RECORD

Fred Norris ran his greatest ever race to retain his AAA 10 miles track title at Hurlingham. His final time of 48:32.4 clipped more than a quarter of a minute off his old standard and was only 20.4 sec outside Emil Zatopek's world record. It was the second fastest time ever recorded. Not to be overlooked was the brilliant run in second place by Basil Heatley. His time of 48:58.4 lifts him to third on the world all-time list. It is rather staggering to reflect that Fred's 10,000m clocking of 29:58.0 was faster than Zatopek's 1948 Olympic record!

— Mel Watman, April 11th

WORLD CLASS WALKING

Ken Matthews passed his latest test with flying colours. With the AAA 7 miles and the national 10 miles victories over Stan Vickers, Matthews had yet to prove himself against strong opposition over a longer distance. This 20km success at Regents Park in 90:08 — almsot 2 min in front of Vickers — was not just a very good win, it was a superlative performance in world-class time; easily the fastest done by a UK athlete anywhere. At last we have a tall man with a good stride.

— A. D. McSweeney, April 18th

Five years later, in Tokyo, Ken won the Olympic 20km title.

WE'RE STILL WAITING

The international field in distance running is steadily growing, and although for one reason or another in the past few years we have fallen short of really dramatic success, Britain nevertheless provides a steady and formidable challenge to our foreign rivals. I hope we shall keep it that way, and that we may find in the next twelve months

another Jim Peters — someone who will at last win for us the Olympic marathon.

— Sam Ferris, April 18th

LONG SHOT

The first individual men's world record of the



DALLAS LONG

outdoor season was achieved at the Santa Barbara Relays by that incredible young shot-putter Dallas Long. The blond giant propelled the 16lb weight 63' 2" (19.25) to equal Parry O'Brien's best on record. At 18 years and 9 months Long is one of the youngest ever athletes to set a world record. Dallas Long is undoubtedly the greatest shot-putting prospect ever discovered. At the age of 18, he has at least a decade in which to continue improving his technique and increasing his strength. He has already beaten 65ft (19.81) in training — so even 70ft (21.33) may be within his range in years to come.

— Mel Watman, April 25th

O'Brien recaptured the world record later in the season with 19.30, but Long went on officially to break the record six times in the next few years, ending up with 20.68 in 1964 — the year he won the Olympic title.

REGISTRATION PUT OFF ... FOR 24 YEARS

The question of registration of athletes, which came up for discussion at last weekend's AAA General Committee meeting, was put back for further discussion at the next meeting. Though this is, without doubt, a new source of revenue, it could cause so much trouble, particularly for meeting organisers, that it is largely a question of whether it is worth bothering about. One thing is certain: if registration *did* come, a much firmer

line would have to be taken with athletes and their entries.

— 'Jimmy' Green, May 2nd

The AAA finally introduced a registration scheme in the autumn of 1983.

OLYMPIC STANDARDS BROUGHT IN

The Council of the IAAF, in implementing the instructions of the Congress in 1958 to limit the number of competitors in the athletic events at the Olympic Games, have fixed qualifying standards for all events, with the exception of the marathon and walks. The standards are: 100 — 10.4, 200 — 21.3, 400 — 47.3, 800 — 1:49.2, 1500 — 3:45, 5000 — 14:10, 10,000 — 29:40, 3000SC — 8:55, 110H — 14.4, 400H — 52.2, HJ — 2.05, PV — 4.40, LJ — 7.50, TJ — 15.60, SP — 17.00, DT — 53.00, HT — 62.00, JT — 76.50, Dec — 67.50; women 100 — 11.8, 200 — 24.3, 800 — 2:12, 80H — 11.2, HJ — 1.67, LJ — 5.90, SP — 14.60, DT — 48.00, JT — 49.00.

— May 23rd

An indication of the dramatic improvement in standards over the past 25 years can be gauged from the corresponding qualifying marks for the 1984 Olympics: 10.2, 20.7, 46.2, 1:47, 3:39, 13:35, 28:25, 8:30, 13.8, 50.4, 2.22, 5.35, 7.80, 16.45, 19.40, 61.00, 71.00, 82.00, 77.00; 11.3, 23.4, 2:02, 1.86, 6.45, 16.80, 57.00, 56.00.



BARTON & DISTRICT A.C. CROSS-COUNTRY MEETING

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

Sponsored by: NATIONAL WESTMINSTER
BANK PLC BARTON BRANCH
Baysgarth Park, Barton on Humber
SUN., 26th FEBRUARY, 1984

First Race 11.30 a.m.

Boys U/11	1¼M.	Girls U/11	1¼M.
Colts	2M.	Girls 11-13	1¼M.
Boys	2¼M.	Jnr Ladies	2M.
Youths	3¼M.	Int/Snr Ladies	2¼M.
Snr/Jnr. Men	6M.	(All distances approx)	

Prizes: Snr/Jnr Men, Int/Snr Ladies. First 3 Individuals (£25, £15, £10, value). 1st Vet in each race (£15.00 value). Trophies/Medals: For all other age groups, first 3 individuals and first three teams in each race.

Entries to: K. R. Clark, "Westwinds", 70 Brigg Road, Barton on Humber, South Humberside. Tel: (0652) 32271.

Fees: 40p under 17, 60p over 17. No Team Fees.

Closing date: SAT., 11th FEBRUARY

MITCHAM ATHLETIC CLUB

Present the

T.S.B. Bank

"PRESTIGE" LADIES CROSS COUNTRY RACES

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

**On SATURDAY,
JANUARY 28th, 1984,
First Race 1.45 p.m.**

**Meeting Sponsored by
Trustee Savings Bank — South East**

All four age groups plus 11 and under, (must not be over 11 on day of race). Race over short course.

Awards: Trustee Savings Bank Team Awards: Plaques for 1st Teams, medals second and third. Teams — 4 to score. Girls & Juniors, 3 to score. Inters & Seniors Individual winners — watches presented by Avia International. Prizes seconds and thirds. Prize for 1st Vet. Stevens Cup for aggregate club winners. Certificates for all in 11 and under event.

Entries: 40p per individual to: J. Frederici, 129 Dorset Road, London S.W.10. (Tel: 01-542 3654) by 23rd January, 1984. (With S.A.E. please).

WHAT A DIFFERENCE TOO!

Details just to hand show that the price of tickets for the athletics at the Rome Olympics will be £25/18/0 (£25.90), £15/11/0 (£15.55) and £10/7/0 (£10.35) for 1st, 2nd and 3rd class series tickets for eight afternoon sessions.

— June 6th
Expect to pay around £700 for a series of good tickets in Los Angeles — that is if you can get hold of them in the first place.

PRINCE IGOR ON HIS WAY

Igor Ter-Ovanesyan (20) presented the first serious European challenge to Jesse Owens' long jump record when he cleared 26' 3/4" (8.01), a European record. He seems destined to become one of the truly great athletes of our time. Ter-Ovanesyan, whose father once held the USSR discus record of 42.60, is a natural all-rounder with 10.5 100m, 2.00 high jump, 4.20 pole vault and 7184 decathlon to his credit.

— Mel Watman, June 6th
Igor did go on to become one of the all-time greats of long jumping, setting world records of 8.31 in 1962 and 8.35 in 1967 (he shared the record with Ralph Boston until Bob Beamon's 8.90), and winning European titles in 1962 and 1969 to add to the one he had gained in 1958.



SUE PLATT

Ed Lacey

SUE PLATT BREAKS BARRIER

Two English native records were beaten at the WAAA Championships at Mottspur Park. Carol Quinton (22) clocked 11.1 for 80m hurdles and 18-year-old Susan Platt became the first UK girl to beat 160 ft when she threw the javelin 160' 10 1/2" (49.04). 100y: D. Hyman 10.8; 220y: Hyman 24.5 (24.2 sf) . . . 3, Maeve Kyle 25.3 (24.9 sf); 440y: M. Pickerell 55.9; 880y: J. Jordan 2:09.5 . . . 6, Joyce Byatt (later Smith) 2:14.9; mile: J. Briggs 5:02.2; 80mH: M. Bignal 11.3 (11.2sf), C. Quinton 11.3 (11.1 ht & sf); HJ: N. Zwier (Neth) 1.65, Bignal 1.62; LJ: Bignal 6.04; SP/DT: S. Allday 13.80/45.22; JT: S. Platt 49.04 . . . 4, Margaret Callender (later Whitbread) 41.48; 1 1/2M Walk: B. Franklin 12:56.4.

— July 11th

WHEN OLD BILL WAS YOUNG

Suffolk Youths Championships:— 100y/220y: 1, Andy Norman 11.1/24.4; SP/DT/JT: 1, Bill Tancred 14.04/44.52/50.20.

— July 11th

We know that Bill Tancred developed into a British record holder for the discus . . . but whatever happened to A. Norman?

SPERRYN THE MILER

AAA v University of London:— Mile: 2, Peter Sperryn 4:10.9 [now Dr. Sperryn, author of the recently published "Sport & Medicine"].

— July 11th

AH, THOSE WERE THE DAYS!

England beat East Germany 108-104 in a men's match at the White City, London. English winners — 100: P. Radford 10.5; 200: D. Segal 21.6; 400: J. Wrighton 47.8; 800: B. Hewson 1:48.8; 5000: S. Eldon 14:06.4; 110H: V. Matthews 14.6; 400H: T. Farrell 52.1; SP: A. Rowe 17.94; HT: M. Ellis 61.90; Relays: England 40.7/3:12.7.

— July 11th

BRUCE TULLOH BREAKS THROUGH

After the AAA Championships there was a flood of criticism in the national press about our present standards. According to many pundits we have no 'prospects' at all for the future. Though far from complacent, I disagree entirely. We may not appear to have many with chances of reaching the first six in the next Olympics, and we are extremely poor in most field events apart from one or two isolated instances, but surely our junior talent, taken all round, is better than ever before. Outstanding athlete of the meeting was undoubtedly Bruce Tulloh bare footed Portsmouth AC and Southampton University runner, who has shown great promise in the last few years but whose chief exploits to date have been in UAU circles and without any indication of such an outstanding performance as he achieved

in the 3 miles at this meeting — a performance which surprised Bruce as much as it did those who witnessed it.

Winners — 100y: P. Radford 9.7; 220y: D. Jones 12.7; 440y: J. Wrighton 47.5; 880y: B. Hewson 1:52.0 (52.6 2nd 440); mile: K. Wood 4:08.1; 3M: B. Tulloh 13:31.2; 6M: S. Eldon 28:12.4; 3000SC: M. Herriott 8:52.8; 120yH: V. Matthews 14.5; 440yH: C. Goudge 52.7; HJ: C. Fairbrother 2.00; PV: A. Ditta (Pak) 4.11 (2, R. Porter 3.96); LJ: D. Whyte 7.24; TJ: J. Whall 15.00 (English native rec); SP: A. Rowe 17.95; DT: M. Lindsay 53.52; HT: M. Ellis 61.28; JT: C. Smith 69.90.

— 'Jimmy' Green, July 18th & 25th

STARS OF THE FUTURE

Results of the English Schools Championships, at Northwich, included — (Snr Boys) 220y: 1, Adrian Metcalfe 22.5 [*Olympic 4x400 silver medallist 1964 and TV commentator*]; 880y: 1, John Whetton 1:55.6 [*European 1500 champion 1969 and recent convert to marathon racing*]; mile: 4, Tim Johnston 4:25.4 [*set world 30km record in 1965 and current super-vet*]; 200yH: 2, Peter Warden 23.4 [*Commonwealth 440yH bronze medallist 1966 and present National Coach*]; TJ: 6, John Cooper 12.84 [*Olympic 400H & 4x400 silver medallist 1964*]; JT: 2, John McSorley [*Commonwealth silver medallist 1970 and now UK Vets record holder*]; (Inters) 880y: 3, Chris Carter 2:00.5 [*4th 1966 European 800 & father of present junior star Richard Carter*]; 110yH: 1, Stuart Storey 14.3 [*now TV commentator*]; (Jnrs) 440y: 5, Walter Wilkinson 55.0 [*ran a 3:56.6 mile in 1971*]; (Snr Girls) 100y: 1, Ann Packer 11.4 [*Olympic 800 champion 1964*]; (Jnrs) 150y: 1, Janet Simpson 17.2 [*European 4x400 gold medallist and world record holder 1969*].

— August 1st

AAA MARATHON A HOT RACE

Winner of the title, in very hot weather, was Chris Fleming-Smith in 2:30:11, over 3½ minutes ahead of runner-up Colin Kemball. From an entry of 78, 58 started and 30 finished — 25 of them inside 3 hours.

— August 8th

MARY ENTERS WORLD TOP TEN

Mary Bignal, in eclipsing her own UK best performance (4466) in the WAAA Pentathlon Championship, established herself among the greatest top ten of all-time. Apart from the shot, in which she showed great improvement with 709 pts, her highest total came in the first event — 1002 pts. 1, M. Bignal [*later Rand-Toomey*] 4679 (6.06m, 24.5, 11.3 80H, 9.95, 1.65)... 4, Maevie Kyle 4008; 6, Rosemary Charters [*later Payne*] 3832; 7, Mary Peters 3761 [*13 years away from Olympic gold*].

— Andrew Huxtable, August 15th

LAUER'S SENSATIONAL RECORD

The annual American invasion of Europe has once more led to a host of fine performances by both American and European athletes. By far the best mark recorded was Martin Lauer's seemingly impossible (until one saw him in action at the White City!) time of 13.2 for 110m hurdles at Zurich. Conditions were good — fast track, warm weather and a legal following wind of 1.9m/sec. The 22-year-old German seized the opportunity to slice a fifth of a second off the official world record held by America's Jack Davis and Milt Campbell. Lauer made doubly sure of a permanent niche in track and field history by following up with a world record for 200m hurdles around a turn of 22.5. A tremendously gifted athlete, he trains only two or three hours a week. In other events he has run 100m in 10.4, 200m in 21.2, 400m in 47.7 (in a decathlon, too!) covered 400m hurdles in 51.2 and scored 7201 pts, a former German record.

— Mel Watman, August 22nd

STOP THE BICKERING

It is a pity our team for the matches with the USSR and Finland should leave this country to the accompaniment of so much bickering. It is bad for the sport and does no-one any good in the end. It is also unfortunate that the International Athletes' Club, which seemed such a good idea when founded, should give the impression of being a rather belligerent body only too ready to stimulate the popular press to adverse criticism of our governing bodies. Let us stop this squabbling, and get down to doing something about two far more important things — producing better athletes, and better presentation of important meetings.

— 'Jimmy' Green, September 5th

MARY A HIT IN MOSCOW

Mary Bignal started her fine string of performances which were to bring her the special award at the end of the USSR v Britain match and a departure from the Lenin Stadium which she will never forget — an accolade of cheering and chanting from the younger Russian element — by winning the long jump with a fine leap of 20'2" (6.14). Next day, in a desperate finish to the 80m hurdles with Irina Press, she just threw herself at the tape to gain first place in a photo finish and achieve a new personal best of 11.0. Mary went straight from the hurdles to the high jump to take third place but did not really do herself justice.

— September 12th

JOHN HOLT PIPPED FOR GOLD

After two years of virtual stagnation since his brilliant 1957 season as Junior, John Holt at last showed his true worth. His daring bid for victory in the World Student Games 800m in Turin failed only by inches. Holt dashed into the lead 150y



INTERNATIONAL ATHLETICS 1984



Crystal Palace National Sports Centre

Norwood, London, SE19 2BB. Tel: 01-778 0131

C	U-BIX COPIERS A.A.A.	{	Saturday, 23rd June, 1984	1.00 pm
D	CHAMPIONSHIPS	{	Sunday, 24th June, 1984	2.00 pm
E	S.C.A.A.A./PEUGEOT-TALBOT GAMES		Friday, 13th July, 1984	7.30 pm
F	NIKE CLASSIC		Saturday, 18th August, 1984	7.30 pm
G	INTERNATIONAL ATHLETES' CLUB/BOTTLERS OF COCA-COLA INTERNATIONAL FLOODLIT MEETING		Friday, 7th September, 1984	7.30 pm

All seats bookable in advance. I REQUIRE/DO NOT REQUIRE* lower price ticket if original is not available (*Delete that which is not applicable)

N.B. Child under 16 years.

C		D		E		F		G		Description	Blocks	For Official Use
Adult	Child	Adult	Child	Adult	Child	Adult	Child	Adult	Child			
										Tickets £2.00; Children £1.00 (unreserved)	All seats	
										Tickets £6.00 No ½ Price Children (numbered and reserved)	9-11	
										Tickets £5.00 No ½ Price Children (numbered and reserved)	5-7	
										Tickets £4.00; Children £2.00 (numbered and reserved)	12-14	
										Tickets £4.00; Children £2.00 (numbered and reserved)	22-30	
										Tickets £3.00; Children £1.50 (numbered and reserved)	1-4	
										Tickets £3.00; Children £1.50 (numbered and reserved)	15-20	

Season Ticket for above Events (AAA Champs.
Saturday — Included Free of Charge)

I enclose a cheque to the amount of £.....

Please enclose a S.A.E. All remittances made payable to The Sports Council. Although applications are now being accepted, tickets will not be issued until after 1st January, 1984.

Number

Tickets £24.00 No ½ Price Children (numbered and reserved)

9-11 only

Name _____

Address _____

Sign _____ Tel _____

from home. He was three yards ahead at the beginning of the long final straight but slowly but surely Heydecke (Germany) made up the deficit and in the last couple of strides pushed ahead. Both men were given 1:50.5, easily a personal best for Holt.

— Mel Watman, September 19th
John Holt, who went on to clock 1:49.2 in Sweden a few days later, is the General Secretary of the IAAF and currently a sub-3 hour marathoner.

'ONLY' 30,000 AT WHITE CITY

On a fine evening at White City before the largest crowd of the season — difficult to believe to be only 30,000 — London beat Stockholm 97-69. Dan Waern's 3:59.7 mile was the highlight, and there was some great walking by Ken Matthews. Not now recognised for record purposes, his 5 miles in 34:26.6 is nevertheless a world best performance.

— October 10th

THE PRESS GANG

Irina Press (USSR) joined her more generously built sister Tamara, the 56' 7" (17.25) shot putter, as one of the select band of world record holders. She added eight points to Galina Bystrova's best pentathlon score with a total of 4880 pts. It is the first time in athletics history that two sisters have held world records simultaneously.

— October 24th



Dan Waern (Swe) beats Siegfried Herrmann (GDR) in a 3:59.7 mile at the White City.

Gerry Cranham

RUTLAND ATHLETIC CLUB

In conjunction with

RUTLAND LIONS CLUB

Present the Third

RUTLAND WATER MINI MARATHON

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

A 17 mile route along quiet country roads around picturesque Rutland Water

SUNDAY, 15th APRIL, 1984 at 11 a.m.

Start and Finish in Oakham

Awards: Men: First 15, first 6 locals, first 3 Vets O/40, O/50. First 3 Teams, first local team (3 to score).

Ladies: First 3, first local, first Vet O/35, O/45.

Commemorative medal to all finishers.

Entry Fee: £2.50 (£3.00 for unattached unregistered athletes)

ALL PROCEEDS TO LOCAL CHARITIES

LIMITED ENTRY. IDEAL BUILD UP FOR THE LONDON MARATHON

For entry forms and further details send a large s.a.e. to: Mr. J. Tyley, 6 Shannon Way, Oakham, Leicestershire.

No entries accepted after 6th March

RECORD SETTERS — 1959 STYLE

World

100y: (equal) 9.3 Bill Woodhouse (US), Ray Norton (US), Roscoe Cook (US). **100m:** (equal) 10.1 Norton. **200m:** (equal) 20.6 Norton (twice). **1000m:** 2:18.0 & 2:17.8 Dan Waern (Swe). **110mH:** 13.2 Martin Lauer (Ger). **200mH:** 22.7 (equal) & 22.6 Charles Tidwell (US), 22.5 Lauer. **TJ:** 16.70 Olyeg Fyedosyev (USSR). **SP:** 19.25 (equal) & 19.26 Dallas Long (US), 19.26 & 19.30 Parry O'Brien (US). **DT:** 59.90 Edmund Piatkowski (Pol). **JT:** 86.04 Al Cantello (US). **Dec:** 8357 (7957 on present tables) Vasily Kuznetsov (USSR). **4x110y:** 39.6 Univ. of Texas (US). **20kmW:** (track) 1:26:13.2 Vladimir Golubnichiy (USSR). **50kmW:** (track) 4:11:18.6 Mikhail Lavrov (USSR).

(Women): **400m:** 53.4 Maria Itkina (USSR). **440y:** 55.6 (equal) Betty Cuthbert (Aus) & Marise Chamberlain (NZ), 54.3 Cuthbert, 53.7 Itkina. **80mH:** 10.6 Gisela Birkemeyer (E. Ger). **HJ:** 1.84 Iolanda Balas (Rom). **SP:** 17.25 Tamara Press (USSR). **Pent:** (old tables) 4880 Irina Press (USSR).

British

100y: 9.5 & 9.4 Peter Radford. **100m:** (equal) 10.3 Radford. **10M:** 48:32.4 Fred Norris. **120yH:** (equal) 14.3 Peter Hildreth. **HJ:** 2.03, 2.04 & 2.05 Crawford Fairbrother. **PV:** (equal) 4.30 Geoff Elliott (twice). **SP:** 18.59 Arthur Rowe (European rec). **HT:** 64.96 Mike Ellis. **20kmW:** (track) 1:30:08 Ken Matthews. **50kmW:** (track) 4:12:19 Don Thompson. **(Women):** **400m:** 55.1 & 54.0 Molly Hiscox. **880y:** 2:08.2 & 2:08.1 Joy Jordan. **LJ:** 6.20 Mary Bignal. **SP:** 14.72 & 14.96 Sue Allday. **JT:** 49.04 & 49.64 Sue Platt. **Pent:** (old tables) 4679 Mary Bignal.

PALATIAL HOME FOR ATHLETICS

It is good news that the LCC are going ahead with the National Youth & Sports Centre at Crystal Palace, the CCPR being willing to undertake the running and maintenance of the Centre, subject to certain financial provisos. The arena, accommodating 12,000 spectators and catering for all track & field events, is designed to Olympic specifications and will have a seven lane track (nine lanes in the straight).

— 'Jimmy' Green, December 19th

The Crystal Palace athletics track opened in 1964, an all-weather surface was laid in 1968 and the stadium succeeded White City as the 'home' of British athletics in 1971.

Letters

STIMULATING MARATHON CONFERENCE

Dear Sir,

I was privileged on November 27th to participate in the second Sun Life Marathon Conference at Bath University. Compared to last year numbers were relatively small — about 100 — but Conference Director and Avon AAA coach, Cy Knibb, is to be congratulated for providing a stimulating programme. Illuminating on the training methods of Ron Hill and Joyce Smith and providing a strong scientific base through Dr. Clyde Williams, Physiologist at Loughborough University, it gave much food for thought for the participants, most of whom were novice marathoners.

The morning session examined Joyce and Bryan Smith's attitudes to running in the role of athlete and coach, by means of an interview with them by Gordon Adams, BAAB National Coach, and Bruce Tulloh gave his ideas on how a beginner to marathon running should structure his or her training. What came through in both those sessions was the participants' enthusiasm for running and, in particular, Joyce Smith's amazingly lengthy career at the top of the athletics tree at a large number of different distances. It was nice to hear Bruce Tulloh advocating walking as part of the preparation for a three-month build up for someone just wishing to complete a marathon.

Lunchtime took the form of either lunch (for a minority) or a burn up round the roads of Bath and was followed by a fascinating talk on the physiology of the marathon runner by Dr. Clyde Williams aided and abetted by National Marathon Coach, Alan Storey. Basically it seems that one's ability to run a fast marathon depends on one's VO₂ maximum which is determined genetically and although one can improve the percentage of VO₂ maximum utilised, in no way can the VO₂ maximum itself be altered. One runner may be running five-minute miles and another seven and both may be performing to the best of their respective abilities. So don't give up your job and devote yourself to full-time running — you might be wasting your time.

Ron Hill spoke after Dr. Williams: his depth of experience (103,040½ miles as at November 26th) meant that the audience listened intently to what he had to say. This covered (amongst other topics) training (a mixture of relatively easy long distance work and shorter, faster harder sessions), the carbohydrate loading diet (use with caution and never stop intake of carbohydrate completely) and selection for British marathon teams at major Games (currently mysterious and antiquated — there must be dialogue between athletes and

coaches on the one hand and the selectors on the other).

The final session was on open forum, with all the invited speakers answering questions from the audience on topics such as the use of rest days, the value of cycling and swimming, the AAA registration scheme (Andy Etchells gave a very lucid account of the present situation) and peaking for the marathon.

In all it was a very worthwhile day. There is obviously a demand for this kind of conference and it is to be hoped that Cy Knibb and his helpers and sponsors will be able to mount a similar event next year.

T. L. Jones,
Bristol

ONLY ONE INDISPUTABLE TEST

Dear Sir,

With reference to the rather personal letters mainly directed at Arthur McKenzie, ALL of which seem to have missed the point. Of course any scheme has its shortcomings, but in our sport there is only one indisputable test — is the scheme producing significantly better athletes? It is easy to provide statistics as to the number of coaches/teachers emerging from a scheme (at this level I think we are in a quality not a quantity game), one can hold thousands of clinics, training days, lectures, seminars, call them what you will. But if, at the end of the day, good-class athletes do not emerge then it is impossible to claim success.

I think Arthur originally questioned the effectiveness of the North-East coaching structure in producing anything other than elite distance runners. I can personally remember going to the NE in the late 1960s and coaching internationals in the pole vault, long jump, discus, hammer and steeplechase as well as top-class juniors in the shot, javelin and high jump. This was all before the days of Gateshead stadium, and the other superb facilities now serving the area. Where are they now?

In posing this question I am NOT offering any personal criticisms. There are many factors that control the output of athletes. I believe that the sophisticated areas close to Crystal Palace, Cosford, Meadowbank etc will always continue to produce the greater proportion of our teams. But this does not exclude other areas from making their contributions.

My own experience supports the fact that there are potential international class athletes in every area in the world, in ALL events with the exception of the heavy throws (here one requires an agile giant and they are not always to be found). What is required is total commitment on the part of the athletes, officials, coaches, parents and all who contribute to the success pattern. All of the talking, writing, filming, make such a marginal contribution that in the first case they can be ignored.

In such a situation I am encouraged to recall the words of one of my early mentors in the sport. "He who can does. He who can't frequently talks and writes about it".

So, let's forget the numbers game, the personal letter attacks, and evaluate our various schemes (not just the one of coaching) and if a change is necessary to improve the sport let us all pull together to improve on the already very high standards we enjoy in most aspects of the sport. Let us see if some of the fantastic success of our men middle distance runners cannot be transferred to our women; the success of our women javelin throwers to our men; to return our basic level of throwing events to what it was during the early seventies and then build on this foundation.

Wilf Paish,
Leeds

WOMEN'S HURDLES AGREEMENT

Dear Sir,

I am not quite happy with the wording of the latter part of the publication concerning the Junior and Intermediate Girls hurdles event made by Ken Oakley, Hon. Secretary of the WAAA Development and Advisory Panel of which I am a member. Although I have great esteem for Ken, I do not feel he has given a correct explanation of why the Panel decided to propose to the WAAA a return to the old distances for the Juniors and Intermediates, and to which I gave my vote for the benefit of the ESAA.

The agreement reached at the meeting of the Panel in September was that the WAAA revert to the previous distances *subject* to Juniors (over 13 and under 15) being allowed if they wish to compete against Intermediates over 80 metres, and Intermediates could compete in races if arranged for them over 100 metres with 76cm height of hurdles. There was no question of a *limited number* of these races for Intermediates, and there was not a 'could be' as worded but it was agreed there would be an additional event at the present distance and height of hurdles for Intermediates at the WAAA Championships.

Of course each athlete must only be allowed to compete at one distance at any one meeting, and I sincerely hope the agreement, which I consider to be a 'package deal', will assist the smaller girls to enjoy the hurdles event, and the many physically mature and talented girls to become high standard hurdlers with international potential.

Under the circumstances I hope the rules as stated by Mr. Oakley, but more clarified, will be available in time for competition at the commencement of the 1984 track season and so link up with the return to the old distances for Junior and Intermediate hurdlers which come into effect from March 3rd, 1984. Finally many of the young athletes, 24 Juniors and 18 Intermediates, who have entered my monthly hurdle racing

TRAINING DIARIES

"Bruce Tulloh's Running Diary & Log 1984"; obtainable from Bruce Tulloh, FREEPOST, 82 Castle Street, Cambridge, CB3 7BR, price £4.40 (cheques payable to Bruce Tulloh).

This enterprising publication is useful on several counts. Primarily it's a runner's log, with ample space for details of each run and sections

LETTERS Continued

session at Crystal Palace do not wish to change back and consider it to be a very retrograde step.

George Stratford,
BAAB Senior Coach,
Bickley, Kent

Dear Sir,

Congratulations to the WAAA on deciding to revert to their previous distances for young hurdlers. This puts the emphasis where it should be — on future talent in large numbers; better than the dangerous principle of backing precocity.

It may take a season or two to repair the damage, but perhaps we may now see girls learning the essentials of hurdling, i.e. actually **sprinting** over hurdles. Now the emphasis is back where it belongs in athletics — on speed, and not on 1-2-3 over.

J.B. Howcroft,
Manchester

set aside for weekly, monthly and annual mileage and a racing summary. Additionally there is a monthly calendar of events complete with names and addresses for enquiries, a wide ranging series of articles and photos, and a quotation for the week ... ranging from "Jogging is very beneficial — it makes the ground feel needed" (Snoopy) and "The nearest I get to a carbohydrate diet is crumpet; get as much as you can, I say" (Jimmy Savile), to "Nothing worthwhile is ever achieved easily" (John Ridgeway) and "They make a noise like a dog and run about through the city" (Psalm 59).

"The Runner's Log 1984", compiled & edited by Noel Carroll; available from the publishers, Canavaun Books, 108 Sundrive Road, Dublin 12, Ireland, price £3.00 (UK customers) or IR £3.50 (Rep. of Ireland).

This spiral-bound book contains a week per page runners' diary, a number of brief articles, profiles of Eamonn Coghlan, Jerry Kiernan, John Treacy and Waldemar Cierpinski, and a list of Irish track and field records. Would you believe that the long jump record of 7.61m — what was then a world best by Peter O'Connor — has survived for 82 years!

M.W.

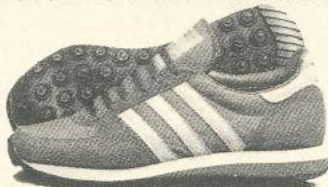
Two corrections to the results of the IGAL World Best Vets 25km Road Race at Perpignan on October 16th ('AW', Dec. 10th): 60, B. Ward; (3A/60-64): 5, W. Jenkins 1:42:00.

adidas

SPECIAL OFFER

ZENITH Navy/sand nylon uppers. Outstanding trainer/racer (250 grms) with dual density midsole and pressure studs to increase cushioning. Superb quality throughout. A leading specialist has said "Adidas have excelled with this shoe ... cushioning second to none".

Size 4-5 1/2 (£25.45) **£15.99**. 6-12 (£29.99) **£17.99**.



Or 2 pairs, any combination, sz 3 1/2-5 1/2 **£29.99** 6-12 **£33.99**

TRACK 1 Road running shorts, fully lined. White, black, navy, sky, red. 26/28, 30/32, 34/36, 38/40. (£4.99) **£3.50** or 2 for £6.

For shoes state size and enclose foot outline, for clothing state size and second colour choice.

RUNNERCARE



Orders received by 11 a.m. either written or telephoned using credit card will be despatched the same day.



ADISTAR RUNNER Sky/lemon nylon uppers with superlight frelen wedge. Sliplasted for comfort/flexibility, hard wearing carbon rubber outsole. At 160 grms it is a premier racing shoe ideal for road/track or race walking.

Size 5-5 1/2 (£29.50) **£15.99**. 6-12 1/2 (no 11 1/2) (£33.99) **£17.99**.



334 Holderness Road, Hull
Tel (0482) 27483/226638
after 6pm (0482) 647108

3RD ANNUAL CONISTON "14"

(Under AAA-WCCA Laws)

ON SATURDAY, APRIL 14th, 1984

AT 11 a.m.

We are limiting our Entry to 1200 — on a first come basis.

Entry Fee £2.50

Last date for Entry March 26th.

All proceeds to Charity — Main Charity N.S.P.C.C.

Most scenic and beautiful run around the Shores of Coniston Water — 3 Feeding Stations. Changing facilities with showers at John Ruskin School from where the Race starts.

PRIZES IN BURLINGTON SLATE: £1000

£100 — £50 — £30 — £20 Men. £100 — £50 — £30 — £20 Women

Plus Veterans Over 40-50-60 Men and Over 35-45 Women.

Teams Race 8 to Run — 6 to count.

Slate Medallions to all Finishers

Plus Prizes for Coniston/Torver Runners

ENTRY FORM (Block Letters)

SURNAME

FORENAME

ADDRESS

.....

CLUB SEX: M/F

AGE ON 14.4.84 DATE OF BIRTH

Cheques to be made out to "CONISTON 14 RUN" Free Programme with Map of Course will be sent if S.A.E. enclosed.

Send Entries to F L Reeves, Piper Croft, Haws Bank, Coniston, Cumbria.

SIGNED DATE

WORLD LIST 1983 (PART 2)

Compiled by Richard Hyman

This year the information shown is 1983 best mark, name, country, year of birth, personal or pre-1983 best. Note: A — altitude, w — wind assisted, i — indoors.

3000 METRES STEEPLCHASE

8:12.37	Henry Marsh (USA-54) (8:15.68)
8:12.62	Boguslaw Maminski (Pol-55) (8:16.66)
8:15.06	Patriz Ilg (FRG-57) (8:16.92)
8:15.16	Graeme Fell (UK-59) (8:19:72)
8:15.59	Joseph Mahmoud (Fra-55) (8:20:54)
8:16.59	Francesco Sanchez (Spa-58) (8:17:93)
8:17.42	George Kip Rono (Ken-58) (8:12.0)
8:17.75	Colin Reitz (UK-60) (8:18.80)
8:18.22	Richard Tuwei (Ken-54) (8:23.48)
8:19.37	Roger Hackney (UK-57) (8:21.41)
8:19.40	Tommy Ekblom (Fin-59) (8:20.20)
8:19.60	Domingo Ramon (Spa-58) (8:15.74)
8:19.64	Rainer Schwarz (FRG-59) (8:25.51)
8:20.02	Julius Korir (Ken-60) (8:23.94)
8:20.10	Krzysztof Wesolowski (Pol-56) (8:19.5)
8:20.28	Hagen Melzer (GDR-59) (8:21.27)
8:20.7	Juan Torres (Spa-57) (8:24.08)
8:21.08	Norbert Brotmann (GDR-61) (8:28.06)
8:21.17	Mariano Scartezzini (Ita-54) (8:12.5)
8:21.72	Nollie Meintjies (SA-57) (8:30.8)
8:21.73	William Van Dijck (Bel-61) (8:36.4)
8:22.13	Brian Diemer (USA-61) (8:37.96)
8:22.54	Kelly Jensen (USA-54) (8:30.48)
8:23.11	Peter Daenens (Bel-60) (8:26.40)
8:23.24	Hans Koeleman (Neth-57) (8:21.72)
8:23.28	Peter Renner (NZ-59) (8:28.4)
8:23.66	Ricky Pittman (USA-61) (8:25.49)
8:24.01	Filippos Filippou (Gre-56) (8:30.12)
8:24.32	Dave Daniels (USA-58) (8:29.24)
8:25.05	Kregg Einspahr (USA-60) (8:30.31)

110 METRES HURDLES

13.11	Greg Foster (USA-58) (13.03)
13.17	Sam Turner (USA-57) (13.31)
13.32	Tonie Campbell (USA-60) (13.44)
13.44	Arto Bryggare (Fin-58) (13.56)
13.44	Roger Kingdom (USA-62) (14.07)
13.46	Andrey Prokofyev (USSR-59) (13.46)
13.47A	Willie Gault (USA-60) (13.26)
13.48	Thomas Munkelt (GDR-52) (13.37)
13.49	Gyorgy Bakos (Hun-60) (13.77)
13.50	Andreas Oshkenat (GDR-62) (13.83)
13.51	Alejandro Casanas (Cub-54) (13.21)
13.53	Mark McKoy (Can-61) (13.37)
13.54	Larry Cowling (USA-60) (13.39)
13.56	Cletus Clark (USA-62) (13.68)
13.57	Al Lane (USA-62) (13.75)
13.58	Milan Stewart (USA-60) (13.46)
13.59	Venzislav Radev (Bul-61) (13.80)
13.60	Rod Milburn (USA-50) (13.24)
13.60	Andreas Schliske (GDR-57) (13.65)
13.60	Jacek Rutkowski (Pol-60) (13.69)
13.61A	Jack Pierce (USA-62) (13.77)
13.62	Javier Moracho (Spa-57) (13.52)
13.63	Reggie Towns (USA-61) (13.82)
13.64	Gene Norman (USA-61) (13.74)
13.64	Carlos Sala (Spa-60) (13.84)
13.65	John Johnson (USA-60) (13.77)
13.65	Ion Oltean (Rom-58) (13.80)
13.65	Romuald Giegel (Pol-57) (13.57)
13.68	Tony Dees (USA-63) (13.98)
13.68	Bela Bodo (Hun-59) (13.97)



Despite smashing into this barrier, Greg Foster (right) went on to capture the world 110m hurdles title in Helsinki from Arto Bryggare 13.42 to 13.46.

The Second Annual British

POWERJOG

Racing Championships

1983/84

Under the auspices of the British Powerjog Association

Now 10 Regional heats — 8 teams in each — winner to qualify for Final
Races: 3 × 1 mile relay on 2 machines.

★ THE SPORT OF THE GREAT INDOORS ★

AWARDS: Trophies to winning team and fastest miler of each heat.
 Tracksuits to sub-4 minute milers
 Tracksuit badges: first class — sub 4:10; second class — sub 4:30;
 third class — sub 5 minutes.

★ Enter your nearest heat now — limited number

★ ENTRIES FREE ★

OFFICIAL RANKING LIST

TEAMS

1.	12.06	EDINBURGH A.C.	Meadowbank	1/12/83
2.	12.07	DUMBARTON SELECT	Meadowbank	1/12/83
3.	12.39	NEWCASTLE A.C.	Stoke	16/11/83
4.	12.44	SHETTLESTON	Coatbridge	29/11/83
5.	12.48	CITY OF STOKE A.C.	Stoke	16/11/83

INDIVIDUAL

1.	4.30	MALCOLM SMITH	Notts. A.C. Nottm.	26/10/83
2.	4.04	IAN MILLS	Notts. A.C. Nottm.	26/10/83
3.	4.06	PAUL RYDER	Newcastle A.C. Stoke	16/11/83
4.	4.09	STEVE BRATT	England Select Coatbridge	30/11/83
5.	4.10	MARK HALL	Dumbarton Sel. M'bank	1/12/83

Please cut along above line (or write on separate sheet) and send s.a.e. to: — The Secretary, British Powerjog Association, 1 The Mynd, Mansfield Woodhouse, Notts.

Name(s)

Address

.....

Tel. No.

Team

Heat



COATBRIDGE
Nov. 29

Winners:
SHETTLESTON
12.44

MEADOWBANK
Dec. 1

Winners:
EDINBURGH AC
12.06

NEWCASTLE
Jan. 11

Winners:
NEWCASTLE AC
12.39

MANCHESTER
April 18

SHEFFIELD
April 4

Winners:
NOTTS. AC
13.10

STOKE-ON-TRENT
Nov. 16

Winners:
HALESOWEN
12.55

NOTTINGHAM
Oct. 26

BIRMINGHAM
Nov. 3

CARDIFF
Feb. 15

FINAL-LONDON
May 12

LONDON HEAT
Jan. 28

★ NEXT HEAT ★
ARENA CLUB
Great Russell St.
Nr. Tottenham Ct. Rd.
Saturday — 2 p.m.

* PLEASE NOTE CHANGES TO
PREVIOUS PROGRAMME

ATHLETIC EVENTS

With over 23,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £3.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £23, ½ page £40, page £75. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

Maidenhead Athletic Club present THE MAIDENHEAD CENTENARY 10 MILE ROAD RACE

Good Friday 20th April 1984 at 3 pm

Prizes: First 10 Inds., First 3 teams of 4, 1st Vet. M40 and M45, 1st Lady, plus consolation prizes dependent on sponsorship.

Fees: £1.00 individuals; no team fee. Limited entry: First 500 received. Entries to R. F. Garner, 42 Stamford Road, Maidenhead, Berkshire, S16 4RT by 11th April 1984. SAE for details or results (State which).

ALDERSHOT, FARNHAM & DISTRICT A.C.

Y.A. CROSS COUNTRY RELAYS

(Under ECCU & AAA Rules)

SUNDAY, 29th JANUARY, 1984

First Race 1.00 p.m.

Races for teams of four
Mini Colts, Colts, Boys & Youths

Entry Fee: £2.00 per team.

Entries with s.a.e. for details and directions

To: Mike Neighbour, 6 Edney Close, Church Crookham, Aldershot, Hants GU13 0BS.

Closing date: 14th January, 1984

LUTON UNITED A.C.

WINTER GRADED OPEN MEETING

SUNDAY, 22nd JANUARY, 1984

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

First event 11.00 a.m.

60m, 150m, 600m

(All age groups)

300m

(All age groups except J.L.)

Entries to: John Howard, 19 Staveley Road, Luton, Beds., a.s.a.p. stating age group and best performance.

Cheques/P.O.'s payable to Luton United A.C.

Entries: 40p per event or 75p on the day.

13.68 Jorg Naumann (GDR-63) (13.71)
Wind assisted:
13.42 Gault
13.44 Cowling
13.44 Pierce
13.46 Rod Wilson (USA-61)

400 METRES HURDLES

47.02 Ed Moses (USA-55) (47.13)
47.78 Andre Phillips (USA-59) (48.10)
48.05 Dave Patrick (USA-60) (48.44A)
48.42 David Lee (USA-59) (48.44)
48.49 Harald Schmid (FRG-57) (47.48)
48.78 Aleksandr Kharlov (USSR-58) (49.40)
48.87 Larry Cowling (USA-60) (48.46A)
48.88 Sven Nylander (Swe-62) (49.64)
48.99 Aleksandr Yatsevich (USSR-56) (48.60)
49.03 Jon Thomas (USA-63) (51.48)
49.03 Amadou Dia Ba (Sen-58) (49.55)
49.07 Aleksandr Vasilyev (USSR-61) (49.64)
49.17 Ryszard Szparak (Pol-51) (49.41)
49.20 Vasilij Arkhipenko (USSR-57) (48.34)
49.21 James King (USA-49) (49.00)
49.23 Volker Beck (GDR-57) (48.58)
49.24 Toma Tomov (Bul-58) (49.74)
49.26A Hennie Kotze (SA-60) (50.44A)
49.32A Hannes Pienaar (SA-60) (50.37A)
49.33 Dmitriy Shkarupin (USSR-57) (49.38)
49.35 Bernie Holloway (USA-61) (49.10)
49.35 Sergey Melnikov (USSR-60) (50.63)
49.43 Ahmed Hamada (Bahr-61) (50.02)
49.46 Greg Rolle (Bah-59) (49.55)
49.51 Daniel Ogidi (Nig-63) (51.38)
49.53 Tagir Zemskov (USSR-62) (50.13)
49.53 Franz Meier (Swi-56) (49.84)
49.55 Len Robinson (USA-62) (51.20)
49.58 Bart Williams (USA-56) (48.81)
49.59 Karl Smith (Jam-59) (49.17)
49.59 Carlos Azulay (Spa-58) (50.49)

HIGH JUMP

2.38 Zhu Jian Hua (Chi-63) (2.33)
2.35 Valeriy Sereda (USSR-59) (2.30)
2.34 Paul Frommeyer (FRG-57) (2.28)
2.34 Carlo Thranhardt (FRG-57) (2.31)
2.34 Eddy Annis (Bel-58) (2.25)
2.33 Igor Paklin (USSR-63) (2.24)
2.33 Patrik Sjöberg (Swe-65) (2.26)
2.33 Tyke Peacock (USA-61) (2.30)
2.32 Juan Centelles (Cub-61) (2.28)
2.32 Dietmar Mogenburg (FRG-61) (2.35)
2.32 Gennadiy Avdeyenko (USSR-63) (2.22)
2.32 Franck Verzy (Fra-61) (2.30)
2.31i Jerome Carter (USA-63) (2.11)
2.31i Gerd Nagel (FRG-57) (2.31)
2.30i Gennadiy Beklov (USSR-56) (2.32)
2.30i Nick Saunders (Ber-63) (2.22)
2.30 Jim Howard (USA-69) (2.26)
2.30 Ricky Thompson (USA-59) (2.24)
2.30 Aleksey Demyanuk (USSR-58) (2.33)
2.30 Janusz Trzepizur (Pol-59) (2.32)
2.30 James Barrineau (USA-55) (2.26)

2.30	Sorin Matei (Rom-63) (2.28)
2.30	Brent Harken (USA-61) (2.29)
2.30	Roland Dalhauser (Swi-58) (2.32)
2.30	Milt Ottey (Can-59) (2.32)
2.29	Dwight Stones (USA-53) (2.32)
2.29	Sergey Malchenko (USSR-63) (2.11)
2.29	Leo Williams (USA-60) (2.29)
2.29	Yuriy Sergiyenko (USSR-65) (2.20)
2.285i	Brian Stanton (USA-61) (2.265)
2.285i	Brian Tietjens (USA-62) (2.25)
2.285	Dothel Edwards (USA-66) (2.14)

POLE VAULT

5.83	Thierry Vigneron (Fra-60) (5.80)
5.82	Pierre Quinon (Fra-62) (5.70)
5.80i	Billy Olson (USA-58) (5.74)
5.76	Jeff Buckingham (USA-60) (5.45)
5.75	Brad Pursley (USA-60) (5.62)
5.74i	Aleksandr Obizhayev (USSR-59) (5.65)
5.74	Pavel Bogatyryov (USSR-61) (5.55)
5.73i	Vladimir Polyakov (USSR-60) (5.81)
5.71i	Dan Ripley (USA-53) (5.72)
5.71	Aleksandr Chernyayev (USSR-60) (5.70)
5.71	Felix Bohni (Swi-58) (5.55)
5.71	Aleksandr Parnov (USSR-60) (5.55)
5.70	Konstantin Volkov (USSR-60) (5.75)
5.70	Nikolay Selivanov (USSR-58) (5.65)
5.70	Sergey Bubka (USSR-63) (5.55)
5.70	Patrick Abada (Fra-54) (5.65)
5.70	Tadeusz Slusarski (Pol-50) (5.65)
5.70	Larry Jessee (USA-52) (5.71)
5.66	Jurgen Winkler (FRG-59) (5.60)
5.65i	Sergey Kulibaba (USSR-59) (5.70)
5.65	Ivo Yanchev (Bul-60) (5.61)
5.65	Atanas Tarev (Bul-58) (5.70)
5.64	Aleksandr Krupskiy (USSR-60) (5.70)
5.62i	Gunther Lohre (FRG-53) (5.65)
5.62i	Joe Dial (USA-62) (5.60)
5.62	Earl Bell (USA-55) (5.67)
5.62	Wladyslaw Kozakiewicz (Pol-53) (5.78)
5.62	Frantisek Jansa (Cze-62) (5.55)
5.61	Doug Lytle (USA-62) (5.52)
5.61	Miro Zalar (Swe-57) (5.55)

LONG JUMP

8.79	Carl Lewis (USA-61) (8.76)
8.39	Jason Grimes (USA-59) (8.19)
8.33	Sergey Rodin (USSR-63) (8.03)
8.28	Aleksandr Beskrovniy (USSR-60) (7.95)
8.28	Mike Conley (USA-62) (8.19A)
8.24	Laszlo Szalma (Hun-57) (8.20)
8.23	Larry Myricks (USA-56) (8.56)

8.21	Yusuf Alli (Nig-60) (8.15A)
8.19	Mike McRae (USA-55) (8.04)
8.18Ai	George Gaffney (USA-60) (7.81)
8.18	Ralph Spry (USA-60) (8.10A)
8.17	Vadim Kobylanskiy (USSR-61)
8.16	Atanas Atanasov (Bul-61) (8.11)
8.16	Yuriy Samarin (USSR-60) (8.16)
8.13	Vesco Bradley (USA-53) (8.00)
8.13	Viktor Savinykh (USSR-52) (7.84)
8.12	Gary Honey (Aus-59) (8.13)
8.11	Nenad Stekic (Yug-51) (8.45)
8.10	Konstantin Semykin (USSR-60) (7.93)
8.09i	Reggie Kelly (USA-62) (7.03)
8.09	Zdzislaw Hoffman (Pol-59) (7.57)
8.09	Marco Piochi (Ita-57) (7.98)
8.09	Oganes Stepanyan (USSR-56) (7.88)
8.09	Giovanni Evangelisti (Ita-61) (8.10)
8.07i	Vladimir Shabanov (USSR) (7.75)
8.07	Juris Tone (USSR-61) (7.78)
8.07A	Skeeter Jackson (USA-61) (7.72)
8.07	Gyula Palocz (Hun-62)
8.07	Liu Yu Huang (Chi-59) (8.14)
8.06	Mike Powell (USA) (7.88)
8.06	Randy Williams (USA-53) (8.34)
8.06	Antonio Corgos (Spa-60) (8.23)
Wind assisted:	
8.64A	Myricks
8.41A	Grimes
8.38	Conley
8.36	Spry

TRIPLE JUMP

17.55	Vasiliy Grishchenkov (USSR-58) (17.26)
17.53	Aleksandr Beskrovniy (USSR-60) (17.37)
17.42	Zdzislaw Hoffman (Pol-59) (16.58)
17.40	Lazaro Betancourt (Cub-63) (16.64)
17.35	Ken Lorraway (Aus-56) (17.46)
17.33	Peter Bouschen (FRG-60) (16.97)
17.30	Vyacheslav Bordukov (USSR-59) (17.16)
17.27	Shamil Abbyasov (USSR-57) (17.30)
17.27	Grogory Yemets (USSR-57) (16.68)
17.27	Oleg Protsenko (USSR-63) (16.68)
17.26	Keith Connor (UK-57) (17.57A)
17.26	Willie Banks (USA-56) (17.56)
17.26	Ajayi Agbebaku (Nig-55) (17.00)
17.23i	Mike Conley (USA-62) (17.01)
17.23	Gennadiy Valyukevich (USSR-58) (17.42)
17.21	Aleksandr Pokusayev (USSR-60) (16.90)

Nicholas**Staminade**puts back what the sweat takes out
THE LEMON/LIME FLAVOURED ENERGY DRINK

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17.21	Vlastimil Marinec (Cze-57) (16.60)
17.20	Vladimir Brigadnii (USSR-55) (17.10)
17.13	Bela Bakosi (Hun-57) (17.20)
17.12i	Nikolay Musienko (USSR-59) (17.16)
17.12	Al Joyner (USA-61) (16.78)
17.11	Mike Marlow (USA-56) (17.17)
17.10i	Jaak Uudmae (USSR-54) (17.35)
17.10	Vitaliy Chernikov (USSR-59) (16.98)
17.09	Dan Simion (Rom-58) (16.50)
17.07	Viktor Panich (USSR-60) (16.30)
17.06	Jan Cado (Cze-63) (16.31)
17.05i	Aleksandr Yakovlev (USSR-57) (16.97)
17.05	John Herbert (UK-62) (16.91)
17.05	Jorge Reyna (Cub-63) (16.78)

Wind assisted:

17.50	Betancourt
17.48	Connor
17.37	Conley
17.32	Banks

SHOT

22.22	Udo Beyer (GDR-55) (22.15)
21.94	Dave Laut (USA-56) (22.02)
21.68	Edward Sarul (Pol-58) (20.64)
21.61	Kevin Akins (USA-60) (21.38)
21.43	Mike Lehmann (USA-60) (21.10)
21.41	Remigius Machura (Cze-60) (21.74)
21.40	Janis Bojars (USSR-56) (21.31)
21.36	Ulf Timmermann (GDR-62) (20.22)
21.22	Brian Oldfield (USA-45) (22.86)
21.20	Josef Kubes (Cze-57) (20.32)
21.17	Sergey Kaznauskas (USSR-61) (18.52)
21.07	Mike Carter (USA-60) (21.25)
21.05	Dean Crouser (USA-60) (21.07)
20.97	Sergey Gavrushin (USSR-59) (21.03)
20.97	Peter Block (GDR-55) (21.04)
20.90	Yevgeniy Mironov (USSR-49) (21.53)
20.88	Sergey Smirnov (USSR-60) (20.42)
20.84	Jesse Stuart (USA-51) (20.73)
20.81	Bishop Dolegiewicz (Can-53) (20.85)
20.20	John Brenner (USA-61) (19.71)
20.77	Vladimir Kiselyov (USSR-57) (21.35)
20.77	Ivan Ivancic (Yug-37) (20.44)
20.76i	Valeriy Voykin (USSR-45) (20.78)
20.68	Janusz Gassowski (Pol-58) (20.22)
20.65	Nikolay Valakhanovich (USSR-57) (19.29)
20.62	Aleksandr Baryshnikov (USSR-48) (22.00)
20.61	Bruno Pauletto (Can-54) (20.48)
20.61	Vladimir Milic (Yug-55) (21.19)
20.58i	Sergey Donskikh (USSR-56) (20.03)
20.57	Donatas Stukonis (USSR-57) (20.82)

DISCUS

71.86	Yuriy Dumchev (USSR-58) (69.16)
71.32	Ben Plucknett (USA-54) (72.34)
71.18	Art Burns (USA-54) (69.96)
71.06	Luis Delis (Cub-57) (70.58)
70.72	Imrich Bugar (Cze-55) (68.60)
70.36	Mac Wilkins (USA-50) (70.98)
70.00	Juan Martinez (Cub-58) (66.46)

68.30	John Powell (USA-47) (69.98)
68.12	Iosif Nagy (Rom-46) (67.12)
67.26	Geza Valent (Cze-53) (67.56)
67.08	Ricky Bruch (Swe-46) (68.40)
66.78	Knut Hjeltnes (Nor-51) (69.50)
66.74	Jurgen Schult (GDR-60) (63.18)
66.70	Vladimir Zinchenko (USSR-59) (66.14)
66.64	Romas Ubartas (USSR-60) (65.62)
66.32	Oystein Bjorbaek (Nor-53) (61.92)
66.24	Wolfgang Warnemunde (GDR-53) (67.56)
65.88	Dean Crouser (USA-60) (63.62)
65.88	Hilmar Hossfeld (GDR-54) (67.54)
65.60	Vestein Hafsteinsson (Ice-60) (59.48)
65.54	Art Swarts (USA-45) (69.40)
65.44	Ari Huuonen (Fin-56) (64.26)
65.42	Georgiy Kolnootchenko (USSR-59) (69.44)
65.40	Alwin Wagner (FRG-50) (67.10)
65.06*	Dariusz Juzyszyn (Pol-57) (63.88)
64.84	Vitaliy Pishchalnikov (USSR-58) (62.10)
64.80	Dmitriy Kovtsun (USSR-55) (67.84)
64.76	Rolf Danneberg (FRG-59) (63.74)
64.56	Mario Bucci (Ita-60) (62.60)
64.54	Sergey Lukashok (USSR-58) (64.22)

* disqualified for drug abuse; best throw before disqualification was 64.56

HAMMER

84.14	Sergey Litvinov (USSR-58) (83.98)
82.92	Igor Nikulin (USSR-60) (83.54)
81.18	Yuriy Tarasyuk (USSR-57) (80.72)
81.18	Grigoriy Shevtsov (USSR-58) (79.06)
81.02	Juha Tiainen (Fin-55) (78.34)
80.94	Yuriy Sedykh (USSR-55) (81.80)
80.26	Karl-Hans Riehm (FRG-51) (80.80)
80.18	Zdzislaw Kwasny (Pol-60) (72.82)
80.04	Klaus Ploghaus (FRG-56) (80.56)
80.00	Anatoliy Chyuzhas (USSR-56) (75.68)
79.56	Anatoliy Yefimov (USSR-56) (76.68)
79.18	Juri Tamm (USSR-57) (80.46)
79.02	Ralf Haber (GDR-62) (76.42)
78.68	Harri Huhtala (Fin-52) (77.02)
78.40	Mariusz Tomaszewski (Pol-56) (77.14)
78.28	Viktor Bobryshev (USSR)
78.22	Roland Steuk (GDR-59) (78.72)
78.14	Gunther Rodehau (GDR-59) (74.42)
78.00	Sergey Dorozhon (USSR-64) (76.24)
77.98	Emmanuil Dyulgherov (Bul-55) (77.40)
77.88	Christoph Sahner (FRG-63) (75.24)
77.80	Boris Zaychuk (USSR-47) (80.48)
77.78	Giampaolo Orlando (Ita-45) (77.92)
77.76	Pavel Repin (USSR-54) (77.84)
77.56	Yuriy Pastukhov (USSR-61) (74.94)
77.50	Benjaminas Viluckis (USSR-61) (74.94)
77.38	Anatoliy Prokopenko (USSR-54) (76.12)
77.36	Igor Kucherenko (USSR-62) (75.50)
77.30	Frantisek Vrbka (Cze-58) (73.02)
77.16	Gennadiy Volik (USSR-62) (68.40)



MANX ATHLETIC CLUB
are pleased to announce the



1984 22nd EASTER ATHLETIC FESTIVAL

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

This year's events will be:

GOOD FRIDAY IN DOUGLAS

Senior Men's (incl. Juniors) Road Race (7.15 p.m.)

Youths (15-16) Road Race (6.30 p.m.)

Ladies (15 & over) Road Race

(EVENING)

approx. 5 miles

approx. 3 miles

approx. 5 miles

EASTER SATURDAY IN PEEL

Men's Hill Race

(first race at 2.15 p.m.)

Ladies (15 & Over) Hill Race

Youths (15 & 16) Hill Race

Junior Ladies (13-14) Hill Race

Boys (13-14) Hill Race

Girls (11-12) Hill Race

Colts (11-12) Hill Race

(AFTERNOON)

approx. 5 miles

approx. 3 miles

approx. 3 miles

approx. 2 miles

approx. 2 miles

approx. 1 1/2 miles

approx. 1 1/2 miles

EASTER SUNDAY IN DOUGLAS

Men's Road Relay

(first race at 10.30 a.m.)

Ladies Road Race

Boys Road Race

Colts Road Race

Girls Road Race

Junior Ladies Road Race

(MORNING)

approx. 4 x 3 miles

approx. 3 miles

approx. 3 miles

approx. 2 miles

approx. 2 miles

approx. 2 miles

(All ages as at 1.9.83)

Prizes: 1st 20 Men, first 10 Ladies on each day. First 3 Youths, Boys and other classes. Overall team prizes for leading Club & Student teams over the 3 races. Team Prizes for Ladies, Youths, Boys, Men, Junior Ladies (all according to entry). Spot Prizes. Prizes for first Veteran O/40, O/45, & O/50 in Senior Men's Races.

Entry Fees for Weekend: Senior Inc. Junior Men £4.00. Ladies £2.50. All others £2.00.

ALL ENTRIES TO BE IN BY 9th MARCH, 1984

NO LATE ENTRIES CAN BE ACCEPTED

(Due to computerisation — Teams must be declared with entry inc. Running Order for Relay) Prize Presentation & Beer Drinking Competitions, (Separate for Men & Ladies), on Sunday evening. Price included in entry fees.

Entry Fees & Enquiries:

Manx A.C. Festival Secretary,
W. A. Capelen,
Wiljay Tennis Road,
DOUGLAS,
Isle of Man.

S.A.E. NOT NECESSARY —
All entries acknowledged.

Special 'package deals' from just £44.50 (including sea travel/3 nights DBB/coach to and from Peel/free Casino and Disco admission/15% VAT).

Details from: Mrs Jane Quayle,
Group & Conference Travel,
New Court, Central Promenade,
Douglas Isle of Man.
Tel. 0624 27711.

JAVELIN

99.72	Tom Petranoff (USA-58) (88.40)
96.72	Detlef Michel (GDR-55) (94.52)
94.20	Heino Puuste (USSR-55) (90.72)
91.88	Dainis Kula (USSR-59) (92.06)
91.44	Klaus Tafelmeier (FRG-58) (89.78)
91.24	Koos van der Merwe (SA-56) (88.62)
91.14	Kenth Eldebrink (Swe-55) (90.00)
90.90	Pentti Sinersaari (Fin-56) (93.84)
90.66	Einar Viljalmsson (Ice-61) (81.22)
90.58	Mike O'Rourke (NZ-55) (89.58)
90.36	Mike Barnett (USA-61) (80.86)
90.30	Per-Erling Olsen (Nor-58) (88.02)
89.72	Jorma Markus (Fin-52) (90.18)
89.12	Agostino Ghesini (Ita-58) (82.52)
89.02	Vasiliy Yershov (USSR-49) (89.00)
88.50	Rod Ęwaliko (USA-54) (88.70)
87.90	Ramon Gonzalez (Cub-65)
87.86	Raimo Manninen (Fin-55) (87.58)
87.80	Arto Harkonen (Fin-59) (91.04)
87.54	Dariusz Adamus (Pol-57) (87.24)
87.40	Stanislaw Gorak (Pol-59) (84.08)
87.28	Aimo Aho (Fin-51) (89.42)
87.28	Esa Utriainen (Fin-53) (90.94)
87.20	Janis Zirnis (USSR-47) (89.48)
87.18	Masami Yoshida (Jap-58) (82.96)
87.04	Kari Ihalainen (Fin-54) (85.82)
86.78	Herman Potgieter (SA-53) (88.62)
86.40	Viktor Yevsyukov (USSR-56) (87.50)
86.28	Gerald Weiss (GDR-60) (89.56)
86.16	Bob Roggy (USA-56) (95.80)

**TOM PETRANOFF**

John Burles

HALIFAX HARRIERS CENTENARY

1884 to 1984

PROGRAMME OF EVENTS

We are proud to give preliminary details of events which will be staged throughout next year and trust that Athletes and Fell Runners will give us support.

Commemorative Medals & Certificates will be given to finishers in all races.

SUNDAY, 8th APRIL

MONDAY, 7th MAY (May Day)

SATURDAY, 7th JULY

SUNDAY, 19th AUGUST

FRIDAY, 19th OCTOBER

SUNDAY, 9th DECEMBER

HALF MARATHON

BEACON HILL FELL RACE

1 ½ Miles from the historic Piece Hall

MYTHOLMROYD FELL RACE

TRACK & FIELD EVENT

SPENBOROUGH

GRAND REUNION DINNER

50 MILE CALDERDALE WAY

(6 × 2 Men × 10 Mile Relay)

Please watch press for further details of these events.

Unsanctioned meeting:
92.26 Mainninen

DECATHLON

(* hand timed score less 100 pts)

8779	Jürgen Hingsen (FRG-58) (8723)
8718	Siegfried Wentz (FRG-60) (8313)
8666	Daley Thompson (UK-58) (8743)
8528	Grigoriy Degtyarov (USSR-58) (8247)
8501	Uwe Freimuth (GDR-61) (8213)
8457	Guido Kratschmer (FRG-53) (8649)
8418	Konstantin Akhupkin (USSR-56) (8458)
8412	Aleksandr Nevskiy (USSR-58) (8170)
8369	Andreas Rizzi (FRG-59) (8207)
8337	Stefan Niklaus (Swi-58) (8176)
8335	Torsten Voss (GDR-63) (8387)
8320	Viktor Gruzhenkin (USSR-51) (8254)
8265	Jörg-Peter Schaperkötter (GDR-58) (8109)
8260	Aleksandr Apaychev (USSR-61) (8111)
8250	Mark Anderson (USA-58) (8171)
8234	Igor Sobolevskiy (USSR-62) (7886)
8231	Steffen Grummt (GDR-59) (8274)
8216	Jens Schulze (FRG-56) (8077)
8210	Sergey Pugach (USSR-59) (8158*)
8208*	Igor Kolovanov (USSR-58) (7968*)
8205w	Dave Steen (Can-59) (8004)
8199	Dariusz Ludwig (Pol-55) (8222)
8106w	Herbert Peter (FRG-57) (8078)
8104	Ronald Wiese (GDR-58) (8087)
8104	Nikolay Poptsov (USSR-57) (8062)
8071*	Mikhail Romanyuk (USSR-62) (7918)
8056	Thomas Rizzi (FRG-59) (7703*)
8053	Yevgeniy Ovsyannikov (USSR-63) (7698)
8033	Harri Sundell (Fin-53) (7743)
8016	Aleksandr Areshin (USSR-61) (7842)

4 × 100 METRES

37.86	USA	38.75	Jamaica
38.30	GDR	38.82	Hungary
38.37	Italy	38.88	UK
38.41	USSR	38.98	France
38.55	Cuba	39.08	Brazil
38.56	FRG	39.17	Bulgaria
38.69	Canada	39.40	Trinidad
38.72	Poland	39.44	Nigeria

4 × 400 METRES

2:59.91	USA	3:03.25	Italy
3:00.79	USSR	3:03.36	S. Africa
3:01.83	FRG	3:04.32	Sweden
3:02.28	UK	3:04.38	France
3:02.62	GDR	3:04.73	Poland
3:02.79	Brazil	3:04.95	Hungary
3:03.15	Cuba	3:04.98	Switzerland
3:03.25	Czechoslovakia	3:05.08	Kenya

**WORLD WOMEN'S LISTS
IN NEXT WEEK'S ISSUE**

Marathon Preparation: Cliff & Rob Have It Taped

WORLD MARATHON champion Rob de Castella and coach/author Cliff Temple have combined forces to present the first audio-cassette on how to prepare for the marathon: *A Step By Step Guide To Marathon Running*. The 46 minute cassette, producing by TMI/Leisure Scene (UK) Ltd and sponsored by Rank Xerox (UK) Ltd, is available from record shops, sports shops and leading stores price £4.99.

Describing the cassette as "a talking book about how to train for the marathon", aimed principally at novice and debutant marathoners, Cliff Temple discusses many aspects of preparation with Rob de Castella chipping in with comments based upon his own experience as the world's foremost marathon racer. Training, style, shoes and equipment, diet, injuries, and race day are among the topics covered.

As Cliff Temple says: "With so many people preparing for the marathon in isolation during this running boom, usually without a coach or advisor, the audio-tape can provide an encouraging human voice to assist training and provide motivation at the press of a button".

The cassette comes with a 24-week training schedule sheet designed to prepare the beginner for the marathon. Caution is the watchword, with just a three-minute jog designated for day one of week one. All sessions are expressed in terms of minutes of comfortable running, culminating in a 150-minute run at the start of week 22.

"In mass races like the London Marathon and the New York City Marathon", says Cliff Temple on the tape, "there may be 18,000 runners and only one winner, but there aren't 17,999 losers because simply **completing** a marathon provides its own form of satisfaction — perhaps because no one else can do it for you". This informative, amusing and motivating tape will help you on your way to that goal.

M.W.

* Rob de Castella lowered his personal best for 10,000m to 28:02.73 in placing second to Gabriel Kamau of Kenya (27:59.14) in Melbourne on December 15th. His next marathon will be the Olympic event in Los Angeles in August.

Newcastle AC qualified for the final of the British Powerjog Racing Championships by winning the Staffordshire heat in 12:39. The team was Paul Ryder, Kevin Bagnall and Steve Bratt, with Ryder clocking the fastest individual mile time of 4:06.

The Pearl Assurance Half Marathon Series



In association with the athletic Governing Bodies



A brand new series of six regional half marathons in the United Kingdom culminating in the first AAA open half marathon championship final.

First open Welsh half marathon championships

BARRY, NR. CARDIFF

SUNDAY 8th APRIL 1984 AT 11.00 AM

- * Open to all male and female runners (over 17 yrs. on date of race).
- * Subventions available for top individuals and clubs.
- * Spot prizes * Ideal for the family * Precisely measured course.

BARRY 8th APRIL 1984

send entries to:-

WAAA Pearl Assurance Half Marathon 54 Charles Street, Cardiff, S. Glam.

Cheques only made payable to:-

Barry Half Marathon and crossed and sent to the above address.

Entries close Tuesday 13th March 1984

OCCUPATION CODE LIST

(If your occupation is not shown — enter 50 and write occupation underneath the box)

01 Accountant	14 Electrician	27 Local Government	40 Scientist
02 Administrator	15 Engineer	28 Marketing	41 Secretary
03 Agriculture	16 Estate Agent	29 Mechanic	42 Social Worker
04 Architect	17 Farmer	30 Military Service	43 Stockbroker
05 Artist	18 Fireman	31 Physician	44 Student
06 Banker	19 Haulage	32 Police	45 Taxi Driver
07 Building Trade	20 Health Service	33 Politician	46 Teacher/
08 Business Owner	21 Hotel Industry	34 Postal Services	Lecturer
09 Catering	22 Housewife	35 Public Relations	47 TV & Radio
10 Civil Servant	23 Insurance	36 Public Transport	48 Writer
11 Clerical	24 Investment Broker	37 Publishing	49 Unemployed
12 Computers	25 Journalist	38 Retail Trade	50 Other (print
13 Construction	26 Legal Profession	39 Retired	in on Form)

Welsh AAA Pearl Assurance

54 Charles Street, CARDIFF, S. Glam.

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SURNAME/FAMILY NAME (BLOCK CAPITALS PLEASE)

FIRST NAME (in full)

OTHER INITIAL

ADDRESS

ADDRESS

TOWN

COUNTY

POSTCODE

DAYTIME TELEPHONE

HOME TELEPHONE

DATE OF BIRTH

SEX

AGE ON DATE OF RACE

WELSH CHAMPIONSHIPS

1st CLAIM CLUB NAME

M/F

BUSINESS HOUSE

BEST HALF MARATHON TIME

DATE OF BEST TIME

ANTICIPATED TIME

OCCUPATION CODE (see list)

AAA Registration Number

PEARL EMPLOYEE

S M L

MARK Y FOR YES

T-SHIRT SIZE
PLEASE TICK

1) I understand that the National Athletes Body and any person or body involved in the organisation of the event will not be held liable for any injury, loss or illness however occasioned, resulting from the event.

2) I will not participate unless I am fit to run a Half Marathon.

3) Clothing and Footwear: In all events competitors must wear at least a vest and shorts which are clean and so designed as not to be objectionable.

When entering in any Team or Relay competition competitors shall wear the registered colours of the Club or Team in whose name they are entered unless the Referee has given permission for a change to be made.

Clubs are permitted to have two sets of colours registered at any one time. The Referee shall have discretion in deciding which colours competitors shall wear in any given Team Race or Relay Race.

In National Championships athletes must wear their Club, National, or area vest.

A competitor is not allowed to display on his person any advertising material other than the accepted name of his affiliated club nor to take onto any arena or course any form of advertising material. This rule should apply to all clothing which is visible.

This rule does not apply to manufacturer's normal labels or trade marks but the height of the characters or symbols should not exceed 20mm.

4) I hereby declare that I am an amateur according to the laws of the AMATEUR ATHLETIC ASSOCIATION and the WCCRA and I have not made use of any doping substance and that I will not do so in order to improve my athletic performance in the event for which I am entering.

I certify that the above particulars are correct.

Date

Signature of Entrant

ENTRY FEE

For Club and AAA Registered Athletes £3.00

For Unattached and Non-AAA Registered Athletes £3.50

LOCHABER A.A.C.
LOCHABER PEOPLES MARATHON

(Under S.A.A.A. Laws)

SUN., 29th APRIL, 1984, 12 noon

Entry Fee: £5.00. S.A.A.A. Entry Forms only.

From: E. Campbell, Kisimul, Alma Road, Fort William, Inverness-shire.

Dave Woodbridge & Midge Abraham Trophy

CROSS COUNTRY MEETING

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

SUNDAY, 12th FEBRUARY, 1984

Keep Hill, High Wycombe, Bucks.

1.30 p.m. Start: Colts, Boys, Girls, Jun. Ladies, Youths, Int. Ladies.

3.15 p.m. Jun/Sen Men, Vets, Sen. Ladies.

Medals for the first three places and first team in each age group — 3 to score.

Entry Fees: 50p per individual, no team fee.

Entries to: Mrs. K. Rowe, 14 The Lawns, Tylers Green, Penn, Bucks. No late entries or entries on the day, including Wycombe athletics.

(D.o.B. must be included). S.A.E. for details.

Closing date: 4th February, 1984

REDHILL & REIGATE A.C.

WINTER MEETING

Crystal Palace

SAT., 18th FEBRUARY, 1984

Start 12.00 prompt

100/200m	B. Y. JM. SM. JL. IL. SL.	
400m	Y. SM. JM. IL. SL.	800m B. Y.
1 Mile	JM. SM. IL. SL.	
L.J.	JL. IL. SL. JM. SM.	
H.J.	JL. IL. SL. JM. SM.	
Shot	(Weather perm. enter on day)	

Entry Fee: 50p per event. **Close 7th Feb.**

To: Mr. E. Brown, 41 Mead Way, Coulsdon, Surrey. CR3 1PP. Name, address, d.o.b., club to be stated.

MITCHAM A.C.

**YOUNG ATHLETES
CROSS COUNTRY MEETING**

(Under A.A.A. Laws)

For the Terry Knight Memorial Trophy

25th FEBRUARY, 1984

Mitcham Common, Mitcham, Surrey

1.00 p.m.	U/11 Boys	1 ½ Miles
1.30 p.m.	Colts	2 ½ Miles
2.15 p.m.	Boys	2 ½ Miles
2.45 p.m.	Youths	4 ½ Miles

Prizes: First 3 Ind. First 3 A Teams, first B Team (4 to score in all age groups). Certificates to all competitors.

Entries: 30p per individual.

Entries to: M. J. Yorke, 73 St. George's Road,

Mitcham, Surrey (with s.a.e.).

Entries close 13th February, 1984

Six Men Under 2:10 In Fukuoka Marathon

Bill Adcocks reporting

THE 18th running of the Fukuoka Marathon on December 4th brought about the expected class race — six men breaking 2:10 — but the depth of performance was primarily provided by the Japanese runners with only four of the 26 foreign athletes in the field finishing in the first ten.

Race day saw a bright sky giving a maximum temperature of 14°C, humidity of 52% and a NW wind gusting up to 3m/sec. The temperature was a little above the usual at this time of year and the wind was expected to be troublesome on the return journey on this out and back course.

Britain was represented by Gerry Helme, the official invitee, and also by Paul Eales and Fraser Clyne. Each was looking forward to the opportunity of running a fast time, but our record of recent years was not improved. This was also the case for most of the non-Japanese competitors, who were torn apart by the fierce pace set by the leading group.

At 5km (15:15) all the leading contenders were in the group of 40-plus with Juma Ikangaa of Tanzania, the Commonwealth silver medallist, leading in the manner which many have come to expect. Alberto Salazar, having recently run a 62 minute half marathon, was right on his shoulder. The American had announced that he would go with any pace, no matter how fast, and was confident of coming home first.

The race evolved in the only way possible at the kind of pace being churned out. By 10km (30:37) the group had started to string out and for many the pace was already beginning to tell. By 13km Gerry Helme was becoming detached from the leading group and it was obviously not going to be his day. At best it would be a fight for survival. He continued to plug away and reached halfway in 1:06:12 whereas Waldemar Cierpinski, looking good, led narrowly in 1:04:54 with no fewer than 19 others given the same time. They included Salazar, Ikangaa, David Edge, Michael Heilman, Paul Ballinger, Tommy Persson, Jorg Peter, Xu Liang and the main Japanese contenders.

The 5km from 15 to 20km was into the wind and proved to be the slowest split of the race for the leaders (15:37), but the following 5km was the fastest (15:10) and the race was truly on. With the group down to ten by 25km (1:16:40), Salazar looked calm and collected. Ikangaa had been at the front for virtually every step of the way but the Japanese were covering every move. Cierpinski was now beginning to struggle, and



Toshihiko Seko an exultant winner over Juma Ikangaa.

The Yomiuri Shimbun

Helme was slowing all the time. A combination of blisters and resulting cramps saw Gerry call it a day at 30km, which he reached in 1:43:06 as against the leaders' 1:31:53. Disaster had struck him for the second successive marathon and he now goes into a testing period of reassessment to regain his standing.

By 30km the leading group of Ikangaa, Salazar, Kunimitsu Itoh, Toshihiko Seko, Hideki Kita and the Soh twins were about 100m up on Peter with Edge, Heilman and Cierpinski another 80m back. Ikangaa was continuing to push the pace, with Seko looking very composed. The group of seven passed 35km (1:47:11) locked in titanic battle and tension was mounting. Kita was the first to fall back.

It was only in the last 2km that the six-strong group was finally broken up. With Ikangaa pushing all the time, Salazar had to let go. The Soh brothers hung on a little longer, as did Itoh. Coming onto the track with 500m to go, Seko shadowed Ikangaa until the last 100m and then sprinted away for a three second winning margin in 2:08:52. With six runners on the track at the same time the quality of the result was assured and once again the organisers and hosts were justifiably elated at the home country's win.

As the race was the Japanese trial for Los Angeles, Seko and the Soh brothers will be duly

selected and they will have the time to prepare that will surely be the envy of most of their rivals around the world. Cierpinski, the Olympic champion in 1976 and 1980, needs to run sub-2:12 for selection and lost an opportunity in Fukuoka — but who would question his ability to come up with what will be required? Salazar, fifth in 2:09:21, was unhappy with his performance. "I kept my eye on Seko during the race because he is really a tough runner", he said. "I cannot understand why I couldn't win it, and I will restart my training".

The race proved that Seko has completely recovered from the leg cramp which caused him to drop out halfway through a 20km road race in Tokyo on November 13th. He said he would not have run at Fukuoka had the race not been the Olympic qualifying trial.

1, Toshihiko Seko (Jap) 2:08:52 (5km splits of 15:18, 15:19, 15:16, 15:37, 15:10, 15:15, 15:17, 15:18, 6:22 final 2195m); 2, Juma Ikangaa (Tan) 2:08:55 (15:15, 15:22, 15:16, 15:37, 15:10, 15:13, 15:18, 15:19, 6:25); 3, Shigeru Soh (Jap) 2:09:11 (15:18, 15:19, 15:16, 15:37, 15:10, 15:14, 15:18, 15:23, 6:36); 4, Takeshi Soh (Jap) 2:09:17 (15:18, 15:19, 15:18, 15:35, 15:10, 15:15, 15:17, 15:19, 6:46); 5, Alberto Salazar (USA) 2:09:21 (15:17, 15:20, 15:16, 15:37, 15:10, 15:14, 15:17, 15:20, 6:50); 6, Kunimitsu Itoh (Jap) 2:09:35; 7, Hideki Kita (Jap) 2:10:30; 8, David Edge (Can) 2:11:48 (8:01 final 2195m); 9, Michael Heilman (GDR) 2:11:49; 10, Taisuke Kodama (Jap) 2:12:51; 11, Hiroshi Sunaga (Jap) 2:13:31; 12, Paul Ballinger (NZ) 2:13:42; 13, Kaneo Hikima (Jap) 2:14:00; 14, Takeyuki Nakayama (Jap) 2:14:15; 15, Waldemar Cierpinski (GDR) 2:15:13 (9:08 final 2195m); 16, Masaaki Chiba (Jap) 2:15:27; 17, Yutaka Taketomi (Jap) 2:15:36; 18, Cor Vriend (Neth) 2:16:08; 19, Kazuyoshi Kudo (Jap) 2:16:14; 20, Tommy Persson (Swe) 2:16:46; 21, Jorg Peter (GDR) 2:16:59 . . . 27, Xu Liang (Chi) 2:18:22; 31, FRASER CLYNE 2:19:18 (1:07:16 at halfway); 33, John Stanley (Aus) 2:19:34; 42, Garrick Hand (Aus) 2:21:26; 49, John Bolger (Can) 2:22:33; 62, PAUL EALES 2:24:11 (1:07:16 at halfway). Non-finishers included GERRY HELME & Ed Mendoza (USA).

UNIVERSITY OF WARWICK

2nd Annual

6 MILE

OPEN ROAD RACE

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

SUNDAY, 26th FEBRUARY, 11.00 a.m.

Course record: P. Baker (Birchfield) 29:17

Prizes: 1st 3 men, 1st vet, 1st lady.

Entries: 50p (unattached £1.00) To: A. R. Bolton, University of Warwick, Coventry, CV4 7AL, by 17th February. S.A.E. for confirmation/directions.

SASAKI WINS TOKYO MARATHON

Nanae Sasaki of Japan outduelled Regina Joyce of Ireland to win the Tokyo International Women's Marathon on November 20th in 2:37:09. Sasaki (27) thus became the first Japanese to win the race and snapped the four-year reign for foreigners since the first championship was held in 1979.

A total of 67 runners, including 12 invited runners from 7 foreign countries, took part in the race held under cloudy skies. Akemi Masuda, one of the favourites, withdrew due to leg trouble. Britain's Gillian Burley took the early lead, until 17km. After the turning point Joyce led the front pack composed of Sasaki, Hiroko Shimada and

Raisa Smekhnova of USSR. Sasaki pulled away after 41km and won by 35 seconds.

1, Nanae Sasaki (Jap) 2:37:09; 2, Regina Joyce (Irl) 2:37:44; 3, Mitsue Tanaka (Jap) 2:38:46; 4, Christa Vahlensiek (FRG) 2:39:27; 5, Eriko Asai (Jap) 2:39:47; 6, Raisa Smekhnova (USSR) 2:40:05; 7, Miekko Tajima (Jap) 2:40:59; 8, Anna Klishevikh (USSR) 2:41:16; 9, Hiroko Shimada (Jap) 2:41:34; 10, Jane Buch (USA) 2:42:11; 11, GILLIAN BURLEY (UK) 2:43:06; 12, Jane Wipf (USA) 2:43:08.

29.11. Tokyo. 10,000: Masanari Shintaku 27:44.5, Yutaka Kanai 28:14.5, Takao Nakamura 28:17.8.

Atsushi Hoshino

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(13 miles 192½ yards)

In conjunction with Spenborough & District Athletic Club

10.30 a.m. Sunday 6th May 1984

From Princess Mary Playing Fields, Cleckheaton

Under A.A.A. and W.C.C.A. Rules

Prizes for: **First five unattached runners**
First ten men **First male veteran over 40/over 45/over 50**
First five women **First female veteran over 35/over 40/over 45**

Medals plus Certificates to all finishers.

Entrant must be over 17 years of age on day of race.

Entry Fee: £2.00 for Club Runners; £2.50 if unattached.

Cheques or Postal Orders to be made payable to:
SPENBOROUGH AND DISTRICT ATHLETIC CLUB

Please send a 10" x 8" S.A.E. for return of your Number and instructions. Closing date for entries 28th April 1984.

Entries to: Mr. B. Dranfield, 81 Wakefield Road, Clifton, Brighouse, W. Yorkshire.

PLUS

Fun Run Race!

(approx 3¼ miles)

Open to Boys and Girls in the age groups 12, 13, 14, 15 and 16 years of age on the day of the race.

Race starts 10.15 am on Sunday 6th May 1984 from Princess Mary Playing Fields.

Prizes for 1st boy or girl of each age group plus SPOT PRIZES.

Certificates to all finishers.

Entry Fee: Please send two second class stamps plus 10" x 8" stamped addressed envelope for return of your numbers and instructions.

Closing date for entries, 28th April 1984.

TOTAL PRIZES FOR BOTH RACES WORTH OVER £3000

Please fill in all sections in capitals.

Surname _____ First Name _____ Age _____

Address _____

Male/Female _____

Signature _____

Please tick box: ½ Marathon ☐ Fun Run ☐ Name of Club (if applicable) _____

I hereby declare that I am an amateur and that I am medically fit to run, and I understand that I enter at my own risk, to myself and my belongings.

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