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weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

JULY 22nd 1978

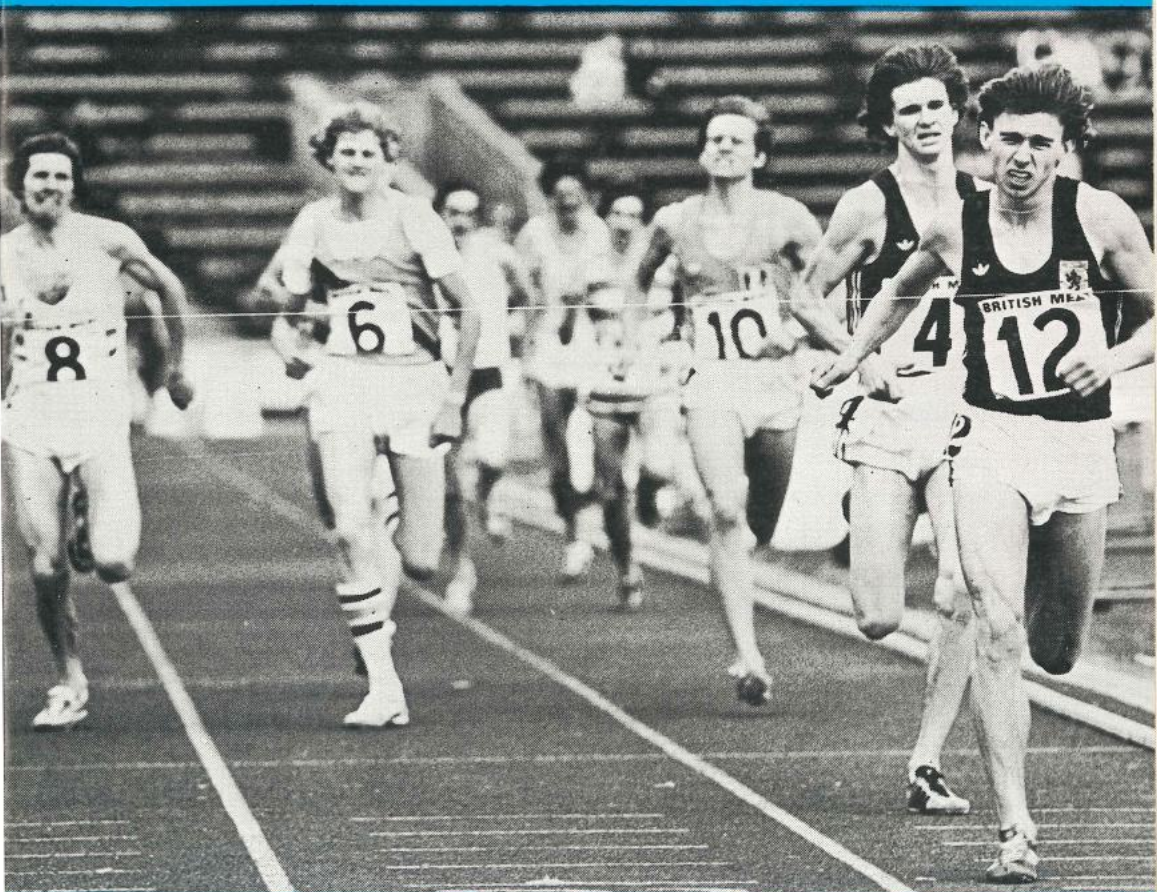
Vol. 32 No. 29

22p

English Schools Championships

* Gateshead Games

* Feature on Karin Rossley



JOHN ROBSON (12)
wins the Emsley Carr
Mile ahead of
GRAHAM
WILLIAMSON (4).



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INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, July 22nd: AAA Under-20 & Youth Championships, Cwmbran (1st day; noon) (637 entries received); Southern Women's Championships, Crystal Palace (1st day); UK Women's League (Div 3); Southern League; Army v Navy U/20 Match, Aldershot; Churchdown '10'; Slieve Donard Fell Race; Southern Inter-Club Walk Championships; Rochdale H Turnslack Fell Race; Seymour Cobley Trophy Meeting, Spalding; Staffs Moorland 4M Road Race.

Sunday, July 23rd: AAA U/20 Champs (2nd day); Southern Women's Champs (2nd day); GRE Gold Cup (men) & Jubilee Cup (women) Semi-Finals at Cophall, Perry Park, Bristol & Edinburgh; Northern Women's Pentathlon, Walks & Relays Champs, Kirkby; POP '20'/20km Road Race, Torbay; Ashby-de-la-Zouch Meeting, Ticknall; Rotherham Open Meeting; Birchfield 'Stagbearers' Relays; Geoff Sly Memorial Road Race.

Wednesday, July 26th: Cophall Graded Meeting.

Friday, July 28th: Leicester to Skegness 100M Walk.

3:55.7 MILE BY OVETT

Result of the Billy Morton Memorial Mile in Dublin on July 11th: 1, S. Overt 3:55.7 (54 sec last lap); 2, S. Scott (US) 3:57.5; 3, N. O'Shaughnessy (RoI) 3:57.8; 4, R. Dixon (NZ) 3:58.1; 5000: 1, E. Coghlan (RoI) 13:25.6; 2, M. McLeod 13:27.8; 3, D. Black 13:34.1.

COLIN REITZ SETS JUNIOR RECORD

The USA (167) beat Germany (152) and the UK (123) in a junior men's match at Lubeck on July 11th; in the junior women's match the result was Germany 100, UK 98, USA 70. British winners were G. Williamson 3:44.9 (1500), T. Hutchings 7:57.7 (3000), G. Morris 45:43.6 (10,000W), H. Hunte 11.60 (100), K. Smallwood 23.30 (200), J. MacGregor 53.59 (400), A. Mason 4:18.0 (1500), W. McDonnell 13.87 (100H) and the girls' relay teams (45.03/3:37.5). Colin Reitz clocked a UK junior record of 5:34.7 when placing 2nd in the 2000m steeplechase.

Cover photo by Mike Street

English Schools Championships**At Chesterfield, July 7th/8th**

Cram Shoulders The Role Of Favourite

IN 3:57.4 seventeen year old Steve Cram re-wrote his life ambitions. That's precisely how long it took him to run the Emsley Carr Mile and finish a fabulous fourth a whisker behind Brendan Foster, at Crystal Palace on July 2nd. Until that moment his ambitions had been to "win the English Schools Junior 1500m and hopefully a Junior International vest". Six days later standing on the start line of the English Schools 1500m Final his heart and mind must have been pulling in opposite directions. He was now a sub 4:00 miler and Commonwealth Games representative — what price an English Schools title? His in-decision could scarcely have helped the opposition who ran the race in stop-start fashion as if waiting for some direction. Only with 200m to go did Gary Nurse attempt to take the race to Cram and his swift injection of pace left Cram with much to do; seeing the title slipping away from his grasp injected a sufficient sense of pride and tenacity into Cram and with 20m remaining he edged past to cross the line a very relieved Champion. Taking things in logical sequence Steve now looks ahead to the Commonwealth Games — "In 1970 Brendan (Foster) went to Edinburgh for the 1500m as a no-hoper and came

home with a bronze medal in his pocket" — with long term aims — "I've got my eyes on Moscow and more realistically in medal terms 1984 and Los Angeles"; and none will be harder fought for than this English Schools title — the first step on the road for this modest Geordie.

The prevalent blustery winds affected all the middle/long distance races but the cinder track appeared to stand up well to the succession of races. Those who could scarcely complain about the strong breeze were the sprinters and long/triple jumpers with some fine performances recorded. Paramount were Ivan Loftman (100m — 10.4), Gus Udo (LJ — 7.58) and Sandy French (third time winner of a long jump title) with a superb 5.99m, with the first two gaining International Junior selection for their efforts. With International Junior teams and International Schools teams being selected, considerable pressure hung on performance, and whilst much was expected of young Steve Cram, other Commonwealth representatives to show good form were Kathy Smallwood (200m) and Northern Ireland's representative Martin Girvan (HT).

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BOYS

In the Senior Boys Age group the sprinters and jumpers took full advantage of the following winds, which at times exceeded 10 metres per second. The 100 metres sprint final looked like it was going to be fast after 10 athletes had clocked 10.7 or better in the second round, with Essex's Ivan Loftman and Berkshire's Harry King equalling the championship best at 10.5. (wind + 4.3mps). It was unfortunate to see George Watts being eliminated in this race, due to the qualifying conditions, with a 10.6 clocking in 3rd place, whilst 10.9. was good enough in another heat. 17 year old Loftman edged in front in the final to beat last years Intermediate winner David Trick with a 10.4 windy mark, against Trick's 10.5.

Alan Lindop Reports

Loftman's performance earned him a last minute place in the Great Britain Junior Team against West Germany & USA three days later. Another athlete to gain selection at the championships for the GB team was Gus Udo, who had four of his series over the previous CBP of 7.35m, with a fine display of jumping. His series being 7.34w, 7.25w, 7.45w, 7.58w (+ 4.0), 7.49w, 7.48w, while Eddy Starrs increased his best to 7.40w, Roy McKenzie's jump of 7.35w only being good enough for 3rd place. Alan Slack jumped 7.19w but had to withdraw from the GB team due to a hamstring injury. In 1977 Dennis Greene's 13.77 in the Intermediate Boys triple jump earned him 2nd place. This year he improved leaps and bounds to set another championship best performance. Lying 4th after 5 rounds with 14.72m, his last round effort went out 15.52m (+ 4.5 plus), to depose Stephen Metcalfe who had led with 15.20w (also 15.7w), while David Corless went over 15 metres for the first time in 3rd place.

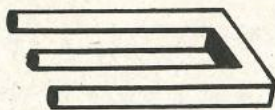
Martin Girvan celebrated his selection for the Northern Ireland Commonwealth Games team with a devastating victory and CBP of 61.70m, all 4 of his legal throws going over the 60 metres barrier. The high jump best was equalled by Leon Shakes (Essex) and Vince Clemmens (Hertfordshire), Shakes winning by virtue of his 1st time clearance compared to Clemmens third. The winds that had helped the sprinters and jumpers, played havoc with the vaulters and javelin throwers. 1977 champion Andy Jackson, failed to register a height in the pole vault, failing 3 times at 4.00m, while in the javelin the winds were so bad that a spectators walkway had to be closed during the competition, for safety, as during warm up the javelins had drifted about 10 metres out of the sector on to the railings. Craig Johnson was the only athlete to go over 60 metres, while Ian Marsh (72.62m this year) was relegated to 3rd spot.

Back on the track, Northern AAA Champion won the one lap event, although Neil Jackson, selected for the International had the fastest qualifying mark of 49.8.

In the Intermediate section Philip Brown (West Midlands) was the best sprinter on show, clocking a wind aided 21.5 (he has a legal 21.5 this year), not only nipping Mike McFarlane's CBP of 21.7, but it was faster than the Senior Boys 200 Metres (21.7). Paul Hanson, like his Senior counterparts, used the winds in the long jump, beat Ian Hardies former best of 7.07m, with a first round leap of 7.22m (+ 3.0mps), with Nicholas Leech going to 14.8w, for a win in the triple jump. The field events produced two other championship bests with Tim Anstiss improving to 4.33m in the pole vault while Tony Zaidman's victory in the shot improved Ian Lindley's 1972 best of 16.79, with his 3 legal putts, his top mark being 17.54m, and his career should be interesting to follow. The closest finish came in the 3000 metres, with the first 3 crossing the line together, in an attempt to gain the two available places for the Schools International, with Christian Bloor from S. Yorkshire being given the verdict over Andrew Bristow, with Jackson being the one to lose out, although all 3 were give the same time, David Black's brother Paul, maintained his undefeated record with a win in the 1500 metres, while Ron Pickering's son took the hammer title with 57.26m.

Three Championship bests went in the Junior Boys events with David Conway (14) raising the long jump mark set back in 1967 from 6.52 to 6.54. The first 4 exceeded the best in the triple jump with Eugene Hechevarria stepping out to 13.92m.

Another excellently run meeting, and it will be interesting to see how many names appear in Senior International over the next few years, that is those who are not already in.



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100: 1, I. Loftman 10.4 (=CBP); 2, D. Trick 10.5; 3, J. Marsden 10.6; 4, H. King 10.7 (10.5 sf); 5, W. Nicholson 10.8 (10.7 sf); 6, G. Thompson 10.8; 7, C. Hammersley 10.9. Elim: G. Watts 10.6; M. Dancer, A. Hughes, S. Clarke, N. Wheatley 10.7; R. Challis, P. Charlton 10.9; C. Appleby, P. Beavers, D. White, R. Craig, H. Thomas, E. Dennis 11.0; J. Grant, D. White, P. Chambers, J. Tougher, Beevers, S. Baggaley 11.1.

200: 1, P. Cooke 21.7; 2, C. Gore 21.7; 3, B. Hughes 21.8; 4, M. Fowell 21.8 (21.7 ht); 5, A. Drinkwater 21.9; 6, J. Thorpe 21.9; 7, W. Yates 22.0; 8, G. Dunlop 23.1 (22.5 ht). Elim: C. Adams 22.5; M. Browne, S. Pearson, N. George 22.6.

400: 1, W. Armstrong 50.3; 2, N. Jackson 50.9 (49.8 sf); 3, C. Jones 51.1; 4, S. Small 51.3 (50.2 sf); 5, S. Houlton 51.8 (50.7 sf); 6, P. Baxter 51.9 (51.1 sf); 7, J. Pocock 53.0. Elim: N. Kitchen 50.7.

800: 1, I. Warsama 1:56.1; 2, D. Eglen 1:57.3; 3, S. Bennet 1:57.5; 4, S. Banasiewicz 1:58.0; 5, S. Vary 1:58.3; 6, H. Wells 1:59.8; 7, I. Hutchinson 2:02.2; 8, D. Howell 2:03.4.

1500: 1, S. Cram 4:03.6; 2, G. Nurse 4:03.9; 3, R. Wood 4:04.8; 4, A. Salter 4:05.1; 5, I. Stewart 4:05.4; 6, S. Flint 4:05.5; 7, J. Kaye 4:08.0; 8, D. Black 4:10.4.

5000: 1, M. Scrutton 14:55.4; 2, D. Ellis 15:03.8; 3, C. Moore 15:07.4; 4, S. Catchpole 15:24.6; 5, M. Plint 15:27.6; 6, M. Harris 15:34.2; 7, P. Heslop 15:39.6; 8, C. Robinson 15:42.2.

2000SC: 1, K. Capper 5:56.0; 2, E. Wedderburn 6:01.2; 3, S. Willmott 6:04.9; 4, S. Connolly 6:08.0; 5, M. Christy 6:09.2; 6, N. Young 6:21.6; 7, D. Thompson 6:21.8; 8, S. Kirk 6:30.0.

110H: 1, N. Alexander 14.5; 2, R. Willard 14.5; 3, H. Bridgeman 14.7; 4, A. Drysdale 14.7

(14.4 ht); 5, A. Finnemore 15.0 (14.8 ht); 6, K. Lobb 15.1; 7, I. Fenn-Tye 15.1 (14.7 sf); 8, A. Moggleston 15.2 (14.8 sf). Elim: J. Hempstock 15.1; A. Lickiss 15.4; K. Rundle, P. Adams 15.5; C. Belfield 15.6; A. Brown 15.7.

400H: 1, M. Garmston 56.4; 2, D. Hall 56.8; 3, M. Underwood 57.1; 4, P. Goacher 57.6; 5, C. Ewart 57.7; 6, S. Jarvis 57.7; 7, R. Jerret 58.0; 8, M. Oakes 61.1.

4x100: 1, S. Yorks 43.8 (43.7 ht); 2, Staffs 44.0; 3, Cumbria 44.0; 4, Humber 44.3; 5, Hereford & W 44.5; 6, Gt Manchester 44.8 (44.2 ht); 7, Somerset 45.0; 8, Middx 45.6 (44.1 ht).

HJ: 1, L. Shakes 2.02; 2, V. Clemmens 2.02; 3, D. Knox 1.97; 4, R. Charles 1.97; 5, C. Heilmann 1.97; 6, D. D'Allara 1.92; 7, T. Llewellyn 1.92; 8eq, M. Jackson & K. Little 1.87. Elim: Williams, C. Moseley, F. Manderson 1.82.

PV: 1, N. Barnes 4.00; 2, R. Betts, P. Nickson, P. Fox 3.50; 5, M. Koska 3.35.

LJ: 1, A. Udo 7.58; 2, E. Starrs 7.40; 3, R. McKenzie 7.35; 4, A. Slack 7.19; 5, C. Rattigan 7.05; 6, T. Sinclair 6.99; 7, S. Keenyside 6.90; 8, N. Russer 6.83; 9, O. Sussex 6.78.

TJ: 1, D. Greene 15.52; 2, S. Metcalfe 15.20; 3, D. Corless 15.08; 4, C. Brown 14.63; 5, P. Welsh 14.49; 6, N. Robertson 14.15; 7, D. Myers 14.12; 8, J. Stevens 13.89; 9, N. Coyle 13.76; 10, J. Carney 13.75.

SP: 1, D. Smedley 15.17; 2, P. Millbourne 14.10; 3, G. Burbridge-James 13.95; 4, P. Davies 13.81; 5, I. Jackson 12.84; 6, J. Allen 12.78.

DT: 1, A. Garforth 47.94; 2, R. Weir 47.64; 3, C. Dinsdale 47.02; 4, P. Bowkett 44.10; 5, N. Woolcott 44.02; 6, I. Coleman 41.76; 7, N. Winchcombe 40.18.

HT: 1, M. Girvan 61.70; 2, K. McNab 51.26; 3, A. Carruthers 47.52; 4, G. Middleton 47.50; 5, D. Hugall 46.00; 6, M. Weiner 45.92; 7, R. Jenkins 45.62; 8, B. Borszcz 44.74.

JT: 1, C. Johnson 60.88; 2, N. Stainton 58.88; 3, I. Marsh 58.74; 4, S. Pearson 58.72; 5, G. O'Reilly 52.76; 6, P. Orpin 52.04; 7, S. Beer 52.04; 8, G. Weedhall 51.88.

ATHLETICS 1978

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Rochester, Kent ME1 1DT

Intermediate Boys

100: 1, P. Moxam 10.8; 2, M. Powell 10.8; 3, J. Blake 10.9 (10.8 ht); 4, C. Pateman 10.9; 5, E. Gilkes 10.9; 6, E. Bertrand 11.0; 7, D. Lewis 11.1; 8, T. Bird 11.3 (11.2 sf). Elim: P. Turnbull 11.0; A. Baptiste, R. Milton 11.1; P. Switzer, T. Pratt, M. Ashworth, M. Romans 11.2.

200: 1, P. Brown 21.5 (CBP); 2, S. Lawrenson 22.0; 3, P. Edwards 22.5; 4, M. Harrison 22.5; 5, R. Bennett 22.6 (22.4w); 6, J. Brissett 22.8 (22.5w); 7, M. Hitchon 22.8; 8, M. Summerfield 23.1 (22.6w ht). Elim: D. Emery 22.5; S. Kenny 22.6; C. Wright, M. Waite, D. Reid 22.7.

400: 1, S. Ahamed 51.0; 2, M. Fabes 51.0; 3, P. Crule 51.6 (50.6 sf); 4, A. Sheriden 52.2 (51.2

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Wells Matches Radford's Vintage Record

ALLAN WELLS shook his head. "I can't believe it", he gasped. "It didn't feel that fast". He had just achieved what could be considered the most notable feat by a male British sprinter since Peter Radford took the bronze medal in the 1960 Olympic 100m: in defeating — and convincingly so — no less a trio than James Gilkes, James Sanford and Don Quarrie the 26-year-old Scot had equalled Radford's UK record of 10.29, the oldest on the books. And, but for raising his arms in triumph before the tape which must have cost him a hundredth or two that venerable record would have been broken. There was, said Wells, a slight crosswind although the wind behind the runners was measured at only 0.5m/sec.

Mel Watman Reports

This tremendous achievement by Wells provided the highlight of a resoundingly successful Philips Gateshead Games on July 9th, blessed with warm sunny weather and a capacity crowd of almost 14,000 — the biggest attendance anywhere in Britain this season. Rather like Donna Hartley's 200m exploit in Birmingham the other week, the record came as a complete surprise to the athlete involved. "I slightly tore my left hamstring on Tuesday", explained Wells, "and I wasn't sure whether I would compete. I've not been training for the last four days". During the race, which he led from the start ("I couldn't see anybody all the way up the track"), Wells felt a twinge in his strapped-up thigh, "but, I thought I'd just keep going". Delighted with his victory over such renowned opposition, he was overjoyed when he heard his time. "I would have been happy with 10.39". His previous best on electrical timing was 10.50, but that was into a 2m/sec wind, and he had shown in his excellent 200m (20.5) against Gilkes and Quarrie in Oslo that he was in excellent form. The 10.29 timing

ranks him 4th in the Commonwealth this year and also puts him right up with the European elite. It was a grand day for Wells, as his wife Margot also ran her fastest ever 100 with 11.68.

The only sad aspect of that memorable 100m race was the non-appearance of Steve Green, who had hoped to show the England selectors that he was deserving of a place in the team. Tragically, his father died a few days earlier. We offer Steve our condolences.

Wells was not the only record-breaker of the afternoon. Grete Waitz bettered her own UK all-comers mile mark with a time of 4:26.9, running in the manner which suits her best . . . from the front. Kathy Weston (USA) led through 440y in 64.8 and 880y in 2:12.0 before dropping out, leaving the Norwegian 15m up on Mary Purcell. Waitz reached the three-quarters in 3:19.0, which gave her an outside chance of threatening Natalia Marasescu's world record of 4:23.8, but without any pressure she took 67.9 for the last lap. Purcell set a fine Irish record of 4:30.5. Another all-comers record fell in the 400m hurdles where the legendary Ed Moses, making his first appearance in Britain, drew admiring gasps from the crowd as he stretched those long legs of his to simply devastating effect. The time of 48.55 was fairly routine by his standards, but the fact that Alan Pascoe, who is not running at all badly, was left almost two seconds behind after holding him reasonably close until halfway is a measure of the American's domination of this event.

Other American victories were gained by Maurice Peoples, who held too many guns for Glen Cohen and David Jenkins in the final straight of the 400; Rory Kotinek, who unsuccessfully attempted an all-comers high jump record of 2.28m; and Dan Ripley, who retired injured after vaulting 5.20m. The transatlantic visitors were turned back, though, in the shot (Geoff Capes v Pete Shmook) and 800, where Sebastian Coe left no doubt as to his return to racing fitness after injury by defeating AAA champion Tom



More speed with the VIGA lead!

McLean in a front-running 1:46.8 with a 52 sec second lap.

The two featured track events, the mile and 3000, produced noteworthy performances. Ian Stewart, who has been keeping a very low profile this track season, was the leader of the 3000 with two laps to go but was sunk without trace after Ray Smedley threw in a penultimate lap of 62 sec. At the bell (6:50.6) it was Smedley, local star Mike McLeod and Rod Dixon up in front, and a 56.6 last lap took the powerful New Zealander to an assured victory over McLeod, whose time of 7:48.2 was a personal best. Smedley, enjoying an unspectacular but solid season, also broke 7:50. The kilometre splits were 2:37.2, 2:39.8 and 2:30.2.

The mile brought together the new UK record holder (at 3:54.2) Frank Clement, AAA 1500m champion Dave Moorcroft (personal best of 3:57.1) and Brendan Foster, hoping to break four minutes on his home track for the first time. Promising young Neil Black cut out a 59.5 first quarter, with Geoff Jirele (USA) opening up a 10m gap on the second lap to reach 880y in 1:58.4 — Foster leading the pursuit just in front of Clement and Moorcroft in 1:59.8. Jirele was still well clear at three-quarters, as Foster (3:01.0), Clement and Moorcroft passed through close together, but was swallowed up by the pack as the last lap got under way. Up front there was a tremendous scrap, with Foster in the lead rounding the final bend, but the man with the special turn of speed in the straight was Moorcroft. He sped to victory in his fastest ever time of 3:56.6 (55.6 last quarter), while for the second weekend running Foster delighted himself by clocking an excellent time for the distance. On this occasion it was 3:57.0, the second fastest of his eight sub-four minute miles — just 1.1 sec outside his personal best dating back to 1972, when of course he was a 1500m specialist. Clement, 3rd in 3:58.7, had no answer this time to the finishing speed of his two rivals.

100: (+0.5m) 1, A. Wells 10.29 (eq UK national record); 2, J. Gilkes (Guy) 10.37; 3, J. Sanford (USA) 10.39; 4, D. Quarrie (Jam) 10.39; 5, T. Hoyte 10.74; 6, L. Hoyte 10.80. **200:** (+0.26m) 1, Gilkes 20.74; 2, Quarrie 20.90; 3, Sanford 20.93; 4, T. Hoyte 21.73; 5, A. Bell 22.01; 6, L. Hoyte 22.02. **400:** 1, M. Peoples (USA) 46.21; 2, G. Cohen 46.57; 3, D. Jenkins 46.94; 4, D. Laing 47.02; 5, C. Hamilton 47.34; 6, R. Graybehl (USA) 48.13; 7, H. Davis 49.81; 8, S. Scutt dnf (inj). **800:** 1, S. Coe 1:46.8; 2, T. McLean (USA) 1:47.1; 3, D. Paige (USA) 1:47.6; 4, M. Cleary (USA) 1:48.4; 5, J. Robson 1:49.2; 6, L. Nicholson 1:49.2; 7, B. Warsama 1:50.2; 8, R. Woods 1:50.9; 9, D. Warren 1:52.0. **Mile:** 1, D. Moorcroft 3:56.6; 2, B. Foster 3:57.0; 3, F. Clement 3:58.7; 4, F. Zimmermann (Ger) 4:00.4; 5, A. Leonard 4:00.9; 6, K. Hall (Aus) 4:01.4; 7, N. Black 4:02.3; 8, A. Amos 4:02.9; 9, G. Jirele

(USA) 4:09.0. **3000:** 1, R. Dixon (NZ) 7:47.2; 2, M. McLeod 7:48.2; 3, R. Smedley 7:49.7; 4, N. Muir 7:53.5; 5, C. Spedding 7:54.2; 6, C. Virgin (USA) 7:54.9; 7, M. Prince 7:55.6; 8, I. Stewart 7:57.8; 9, L. Spence 7:58.6. **5000:** 1, D. Black 13:48.2; 2, D. Coates 13:53.5; 3, S. Kenyon 13:55.1; 4, I. Gilmour 13:57.6; 5, P. Standing 14:04.0; 6, T. Colton 14:07.6; 7, G. Harvey 14:11.1; 8, A. Armitage 14:14.4; 9, K. McDonald (USA) 14:17.2; 10, P. Clarke 14:17.7; 11, I. Elliot 14:21.4; 12, M. Tagg 14:23.0; 13, G. Foster 14:28.9; 14, D. Driver 14:30.1; 15, M. Higginson (USA) 14:35.0; 16, J. Mills 14:37.2. **400H:** 1, E. Moses (USA) 48.55 (**UK all-comers rec**); 2, A. Pascoe 50.45; 3, J. King (USA) 50.99; 4, W. Hartley 51.75; 5, M. Whittingham 52.07; 6, R. Bell 52.67; 7, R. Danville 53.56; 8, A. Tarquini 53.90. **HJ:** 1, R. Kotinek (USA) 2.24; 2, M. Naylor 2.15; 3, B. Burgess 2.15; 4, A. Dainton 2.05; 5, R. DeVrees (Hol) 2.00; 6, R. Hepburn 2.00. **PV:** 1, D. Ripley (USA) 5.20; 2, E. Bell (USA) 5.20; 3, R. Pullard (USA) 5.10; 4, K. Stock 5.00; A. Williams no ht. **SP:** 1, G. Capes 19.97; 2, P. Shmook (USA) 19.74; 3, R. Dale 17.76; 4, I. Lindley 16.39. **Weightmen's 60:** 1, Dale 7.7; 2, Capes 7.8; 3, Shmook 7.8; 4, Lindley 7.9. **(Boys) 1500:** 1, P. Tanner (Blay) 4:16.7; 2, M. Dickinson (Jarrow) 4:17.3; 3, D. Maguire (S. Shields) 4:17.6; 4, J. Howarth (Leigh) 4:22.4; 5, P. Bradley (Gates) 4:25.5; 6, D. Glendenning (Gates) 4:29.7; 7, A. Patterson (Wallsend) 4:30.7; 8, D. Ryder (Morp) 4:32.3.

Women

100: (+0.65m) 1, S. Lannaman 11.48; 2, S. Colyear 11.62; 3, M. Wells 11.68; 4, H. Barnett 11.90; 5, L. Hickey 12.06; 6, D. McElroy (USA) 12.12; 7, W. Barnes 12.31. **200:** (+1.9m) 1, Lannaman 23.37; 2, Colyear 23.58; 3, Wells 24.12; 4, Barnett 24.19; 5, Hickey 25.03; 6, Barnes 25.13; 7, McElroy 25.17. **Mile:** 1, G. Waitz (Nor) 4:26.9 (**UK all-comers rec**); 2, M. Purcell (RoI) 4:30.5 (Irish rec); 3, A. Wright (NZ) 4:40.4; 4, C. Ward 4:48.9; 5, C. Hanson 4:55.6; 6, C. Lightfoot 4:58.9; 7, A. Burke 5:02.9; 8, M. Chambers 5:06.6. **JT:** 1, T. Sanderson 60.64; 2, S. O'Toole 46.62; 3, D. Williams 46.48; 4, J. Williams 45.76. **(Inters) 400:** 1, A. Piggford (Gates) 56.19; 2, C. Collins (NSP) 58.87; 3, D. Hillen (Blay) 58.92; 4, J. Smith (Gos) 60.64; 5, L. Pearson 60.75.

1977 UK RELAY LIST AMENDMENTS

(Senior Men) 4×400: add 3:14.8 Borough Road AC; 4×1500: 17:06.2 Ayrshire AC; 1600 Medley: 3:32.8 Ayrshire AC. **(Juniors) 4×400:** 3:16.0 note Borough Road AC; 4×800: 7:39.8 note Borough Road AC; 1600 Medley: add 3:37.5 Newcastle (Staffs) AC; 4×100: add 43.6 Newcastle (Staffs) AC; 4×400: add 3:23.7 Newcastle (Staffs) AC; 4×200: add 1:39.0 Dartford H. **(Boys) 4×200:** add 1:44.3 Dartford H.

ENGLISH SCHOOLS Cont'd from page 6

sf); 5, M. Penn 52.8 (51.7 sf); 6, Norgate 52.9 (51.5 sf); 7, S. Heard 53.2 (51.6 sf); 8, M. Conisbee 53.5 (51.6 sf). Elim: C. Walker 52.2; D. Cocks 5.2; Medford, M. Grief 52.3.

800: 1, G. McGeorge 1:55.5; 2, P. Elliott 1:57.5; 3, T. Brennan 1:59.7 (1:59.1 sf); 4, M. Prince 2:02.7 (2:00.3 sf); 5, M. Hirsh 2:03.0 (2:00.7 sf); 6, M. Jones 2:03.5 (2:00.4 sf); 7, N. Harver 2:05.4 (1:59.1 sf); 8, K. Bennett 2:07.2 (1:59.6 sf). Elim: S. Butler 2:01.3; S. Tinney 2:02.0; R. Wright 2:02.1; G. Brown 2:02.4.

1500: 1, P. Black 4:05.8; 2, D. Hughes 4:05.9; 3, I. Jones 4:05.9; 4, C. Britten 4:09.5 (4:08.7 ht); 5, I. Miles 4:10.2 (4:09.2 ht); 6, J. Buckner 4:10.7 (4:07.5 ht); 7, P. Lambert 4:12.2 (4:08.3 ht); 8, P. Hicken 4:12.7 (4:09.7 ht).

3000: 1, C. Bloor 8:47.4; 2, A. Bristow 8:47.4; 3, D. Jackson 8:47.4; 4, E. Wood 8:55.4; 5, A. Guilder 8:58.2; 6, M. Weaver 8:58.4; 7, A. Warhurst 9:00.2; 8, D. Topham 9:03.2.

1500SC: 1, D. Lewis 4:23.7; 2, D. Bennett 4:24.8; 3, D. Swain 4:27.5; 4, A. Mathewson 4:30.7; 5, K. Heather 4:32.0; 6, D. Llewellyn 4:34.4; 7, W. George 4:35.0 (4:31.2 ht); 8, P. Davies 4:38.0 (4:30.6 ht). Elim: M. Jones 4:35.2.

100H: 1, A. Ash 13.5; 2, W. Barker 13.5; 3, P. Johnson 13.6 (13.3w sf); 4, S. Hieke 13.8; 5, A. Leonice 14.0 (13.9w sf); 6, B. Dennis 14.0 (13.9w sf); 7, C. Marshall 14.1 (13.8w sf); 8, P. Allen 14.2 (13.5w sf). Elim: D. Wilkinson 13.9; M. Johnson, R. Penketh, C. Webster 14.1.

400H: 1, K. Lidlow 57.6; 2, A. Dammant 57.9; 3, B. Rodger 59.6; 4, A. Desmond 60.0; 5, J. Gillespie 60.2; 6, A. Gunther 60.9; 7, R. Grew 62.0 (61.3 ht); 8, R. Powell 79.1 (59.5 ht).

HJ: 1, P. Byrne 1.92 (1.95) (CBP); 2, A. Bedford 1.92; 3 eq, R. Atun & M. O'Neill 1.92; 5, B. Jewers 1.87; 6, T. Whittle 1.87; 7, C. Lumb 1.82. Elim: A. Oversby 1.87; O. Cham 1.87; N. Lloyd, J. Stamford, J. Dillon, M. Charlton, E. Moore, M. Rose, N. Halliwen 1.82.

PV: 1, T. Anstiss 4.33 (= CBP); 2, D. Hooper 4.00; 3, I. McIsaac 3.80; 4, S. Atkins 3.70; 5, N. Curry 3.60; 6, T. Wall 3.60; 7, D. Arnold 3.50.

LJ: 1, P. Hanson 7.22 (= CBP); 2, R. Dennis 7.06; 3, G. Pullen 6.94 (6.65); 4, P. Brown 6.90; 5, N. Foster 6.79 (6.41); 6, S. Dalsam 6.77; 7, R. Miller 6.73 (6.76); 8, L. White 6.62.

TJ: 1, N. Leech 14.84 (CBP); 2, I. Anderson 14.40; 3, A. Bloomfield 14.25; 4, C. Dickinson 14.18; 5, G. Simpson 14.14; 6, C. Western 14.11; 7, W. Walker 14.10; 8, M. Makin 13.95.

SP: 1, A. Zaidman 17.54 (CBP); 2, G. Brocklebank 14.92; 3, E. Phillips 14.44; 5, S. Webber 14.36; 6, M. Hamilton 14.30; 7, C. Seire 14.00; 8, S. Rodyffe 13.81.

DT: 1, F. O'Donnell 44.42; 2, R. Ellis 43.46; 3, P. Todd 43.08; 4, D. Mackae 41.24 (42.80); 5, A. Emerson 40.62 (40.68); 6, M. Lindon 40.44. Elim: N. Tomkin 43.84; F. Bacon 42.38; C. D'Arcy 41.42; A. Storer 40.76; G. Flanagan 40.54.

HT: 1, S. Pickering 57.26; 2, C. Varley 57.04; 3, A. James 56.98; 4, D. Smith 55.60; 5, S. Rogerson 53.60; 6, G. Curtis 52.50; 7, D. Roberts 50.80; 8, M. Raidman 50.04.

JT: 1, C. Mackenzie 58.96; 2, M. Humphries 58.30 (58.84); 3, C. Glossop 54.84 (56.32); 4, M. Williams 54.46 (56.64); 5, M. Parry 53.88; 6, I. Taylor 51.66 (52.88); 7, D. Mail 50.94 (53.20). Elim: A. Childs 51.42.

4x100: 1, West Midlands 43.9 (43.6 ht); 2, London 44.5; 3, S. Yorks 44.8; 4, Berkshire 45.0; 5, Merseyside 45.0; 6, Essex 45.2; 7, Lancs 45.6; 8, Herts 45.6.

Junior Boys

100: 1, I. George 11.3; 2, I. Richardson 11.3; 3, S. Swaffile 11.3; 4, A. Jobson 11.4; 5, P. Hargreaves 11.4; 6, L. Cafferty 11.5; 7, D. Giles 11.5 (11.4w ht); 8, K. Braithwaite 11.6 (11.5w ht). Elim: G. Squires 11.5; M. Thumbs 11.6; R. Service 11.6.

200: 1, A. Martin 23.1; 2, J. McKee 23.5; 3, G. Williams 23.6; 4, D. Robinson 23.7; 5, E. Pyle 23.7; 6, M. Blaygrove 23.7; 7, T. Dixon 23.9; 8, J. Kay 24.1 (23.6w ht). Elim: J. Chisese 23.9; C. Patterson 24.0; G. Hagan 24.3; J. Nichols 24.3; C. Howard 24.3; S. Crocker 24.3; P. Colwell 24.3.

400: 1, A. Leonard 54.0 (52.4 sf); 2, J. Weston 55.2 (53.8 sf); 3, P. Donner 55.5 (53.6 sf); 4, D. Finch 55.5 (54.3 sf); 5, M. Cowell 55.8 (54.1 sf); 6, R. Kemp 56.3 (54.4 sf); 7, A. Rivett 56.4 (54.4 sf); 8, M. Blastland 57.6 (54.4 sf). Elim: M. Bardsley 54.7; J. Walton 54.8; A. Bulpin 54.9; S. Woodard 55.0.

800: 1, T. Varman 2:01.9; 2, P. Squires 2:03.7; 3, C. Wills 2:06.0; 4, A. Breeze 2:06.5; 5, M. Dickinson 2:08.4 (2:06.7 sf); 6, B. Martin 2:08.5 (2:07.5 sf); 7, A. Gay 2:09.5 (2:07.7 sf); 8, C. Barber 2:17.3; (2:08.5 sf). Elim: T. Ottley 2:08.5; M. Smith 2:09.0; R. Bradbury 2:09.1; G. Green 2:09.3; G. Morse 2:09.4; S. Burrows 2:09.6.

1500: 1, P. Wynn 4:24.6 (4:23.6 ht); 2, D. Brockwell 4:25.0 (4:18.5 ht); 3, M. Coleman 4:26.2 (4:19.1 ht); 4, D. Stones 4:26.5 (4:22.2 ht); 5, J. Richards 4:26.6 (4:19.2 ht); 6, P. Chester 4:26.6 (4:24.0 ht). Elim: P. Tanner 4:22.1; T. Raynorth 4:22.4; M. Raymond 4:24.0; T. Cable 4:24.6.

80H: 1, T. Leeson 11.3; 2, K. Moore 11.3; 3, N. Evan 11.6; 4, J. Purvis 11.7 (11.6 ht); 5, S. Bone 12.3 (11.7 ht); 6, M. Partridge 12.5 (11.7 ht); 7, R. Hanson 13.0 (11.8 ht); 8, S. Moran 15.1 (12.1 ht).

HJ: 1, N. York 1.79; 2, K. Doyle 1.79; 3, S. Chant 1.79; 4, R. Sawyer, D. Galpin 1.76; 5, D. Spencer 1.76; 6, A. Sheed, R. Knibbs 1.76.

PV: 1, P. Mascoll 3.50; 2, W. Davey 3.32; 3, S.

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A Singular Olympic Champion

70 years ago next week Wyndham Halswelle became the first Scot to win an Olympic athletics title — in bizarre circumstances

By John W. Keddle

THERE is little doubt who was the loneliest person in the "Great Stadium", Shepherd's Bush, at noon on Saturday, July 25th, 1908. A solitary runner strode gracefully round the inside lane of the long bend of the athletics track, in what was in fact the only "stringed" lane. In his hands the runner held tightly little "grips", so popular with athletes in those days. The reaction of the crowd was mixed, to say the least. Cheers resounded from some quarters; from others there were countering jeers. It was altogether an unhappy occasion for the rangy Army officer. But in the 50 seconds it took him to complete the 400m unopposed, he was making history as the only man to win an Olympic track event on a walk-over. In the event justice was probably done, though it wasn't the sort of "justice" the young Army Lieutenant found tasteful. However, it was in these circumstances that Wyndham Halswelle gained the Olympic gold medal for the 400m on that overcast Saturday afternoon just seventy years ago, in what was to be a "re-run" of a dramatic and controversial "final" two days earlier. We shall deal with the details of these events in their proper place below.

It is arguable that two athletes stand out above all others in the annals of Scottish athletics history: Eric H. Liddell, surprise winner of the 400m at Paris in 1924, of whom we have written earlier*, and Lieut. Wyndham Halswelle, H.L.I., controversial winner over the same distance 16 years previously. It is with the latter that we are concerned in this article, in which we shall give both the background to the above event and also an outline of his track record over the years in which he competed.

Wyndham Halswelle was born on May 30th, 1882, at the house of his parents Keeley and Helen Halswelle, 4 Albemarle Street, Piccadilly. This was in the centre of a very "arty" area of London, which is understandable in view of the fact that Keeley Halswelle was by profession an artist. Indeed he was an illustrator of some prominence, an Associate of the Royal Scottish Academy. Keeley had in fact for a time been resident in Scotland (circa 1863-1871) at a place

called Bellfield, Duddingston, then a little village outside Edinburgh. There, we believe, he found a Scottish wife, Helen Marianna Elizabeth Gordon. Seeking new spheres in which to develop his artistic talents, he moved from Duddingston to Richmond in 1871, before taking up residence in Piccadilly.

In due time Wyndham was sent up to Charterhouse School where, amongst other things, he attracted some attention as a runner of speed and stamina. About 1898, desiring a career in the army, he went up to Sandhurst Military Academy, from where he received his commission in 1901. Immediately he was gazetted into the 2nd Battalion, Highland Light Infantry as a 2nd Lieutenant. It is noteworthy that he continued the track running he had so impressively pursued at school and distinguished himself in Services competitions. However, in 1902 he was drafted to South Africa to serve with the British Forces in the South African War. He was with the mounted infantry and took part in operations in the Transvaal from February to May 1902, during which time he received the Queens medal for his services.

It was while he was stationed in South Africa that his prominent running in regimental sports first attracted the attention of the astute Jimmy Curran, a man of not inconsiderable discernment so far as detecting running talent was concerned. In his own day he had been a runner of some distinction both as an amateur and as a "ped"; furthermore, he was destined later to become one of America's leading coaches and guided J. E. Meredith to Olympic honours (800m, 1912) and world records over 440 and 880y. Thus, when the Battalion returned to Britain in 1904 and was garrisoned at Edinburgh Castle, Curran prevailed upon Halswelle to take his running more seriously, which he duly did, training regularly at Powderhall, then the "Palladium" of the sport in the East of Scotland. It was in 1904 that he achieved his first important result, in winning the Army 880y championship at Aldershot in a record time of 2:00.2. This, however, anticipates our discussion of his athletic career. In 1905 Halswelle was promoted to Lieutenant, and in 1911 to Captain. At the outbreak of the War he went to France with his regiment (1st Battalion,

* see "Athletics Weekly," January 15th & 22nd and February 5th, 1977.

H.L.I.) and was engaged in confrontation with the enemy in the front line. On March 12th 1915, he was wounded during the fighting around Neuve Chappelle. As soon as doctors would allow, he returned to his company. However, just 19 days later he was mortally wounded by a sniper's bullet. Here is how the bulletin described the scene:

Everything was quiet and peaceful as the dawn broke on the morning of March 31st when Captain Halswelle, passing a part of the trench that had suffered from the shelling of the previous night, dropped from a bullet wound in the head. Four men carried his body back some 300 yards behind the line for burial near a farm.

He was just 32 years of age.

So far as his character is concerned, next to nothing is known. Halswelle was a somewhat remote figure but there is little doubt that he was a man of high honour and integrity. He never really attracted the same popular acclaim that those other great Scots athletes, A. R. Downer and E. H. Liddell did in their day. However, his track record, as we shall see, speaks for itself and surely establishes him as one of the greatest runners this country has produced. In some respects he was an oddity as a runner, for as a 400m runner he doesn't easily fit into any category. He was neither a sprinter-type nor a middle-distance type. It is a remarkable fact that his performances over the sprint distances and over the half-mile never rose above the mediocre. But in between — all against logic — he was a devastating 400m/440y runner. It just seemed to be his event, and over that distance he was without peer in his own generation. We now turn to his athletic record.

1905 Season

Although Halswelle had made his presence felt in Army competitions previously, it was in June 1905 that he first broke in upon the Scottish track scene. At the Scottish Championships held at Ibrox Park, Glasgow, on the 24th, he placed third in a quality 880, in which a close duel

between W. D. Anderson and J. McGough (both of Bellahouston Harriers) produced a fine new Scottish record of 1:58.8, and in the 440y, the last event of the day, Halswelle faced tough opposition in the holder for the previous three years and current AAA champion, R. L. Watson (WSH), and the Scottish record-holder (at 50.6), W. H. Welsh (EH). In an exciting race Halswelle just beat Watson on the tape in a new championship best of 51.0, improving by a fifth J. M. Cowie's long standing record of 1884. Welsh finished third. Just the following week Halswelle was at Stamford Bridge, London, for the AAA meeting. Here he tackled only the 440y, and won a great final by 2y from the French champion G. D. Malfait with E. H. Montague (SLH) third. The time of 51.8 was good in view of the heavy condition of the track. A fortnight later at the Scoto-Irish International at Powderhall, Edinburgh, he had a decisive victory in 50.8. The following week (July 22nd) he was back at Powderhall for the Edinburgh Northern Harriers meeting and it was here that he perhaps first showed some of his considerable potential over the quarter-mile distance. In a relay race he was timed at 50.2. A great double followed at the West of Scotland Harriers meeting at Ibrox Park on July 29th. In fairly inclement conditions he turned out first in the 880y (scratch) the result of which, officially, was a dead-heat with the reigning AAA champion B. J. Blunden (WSH) in 2:01.2. In a 440y (handicap) race which followed he won convincingly in 51.6. The last event of the year for Halswelle was the Army Championships at Aldershot on August 1st and 2nd. Here he swept all before him in winning the 100y (Officers) the 440y (Officers) in 53.8 and the 880y (all ranks) in 2:03.2. Emphatically an impressive athletic talent had appeared upon the British athletic scene.

1906 Season

The 1906 season was especially notable on account of the anticipated Olympic Games to be held at Athens during April. This celebration, called the Intercalated or Interim Games, has not been taken too seriously by commentators.

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However, it was a meeting with considerable international flavour, and every bit as representative as any of the previous three celebrations. It arose because of the desire and hope of the Greeks that the Games might be staged at Athens on every occasion. When this desire was not realised they did, however, obtain a sanction to hold a meeting on the tenth anniversary of the initial Olympiad of the modern cycle. Thus, the 1906 Games were organised.

For Wyndham Halswelle the season naturally opened early. On April 14th, less than a fortnight before the Games were due to commence at Athens, he took part in the South London Harriers Sports at the Kennington Oval. Entered for the 100m and 250y, he proceeded to win both, the former in 11.2 and the latter (off 5y) in 25.4. This was his only real try-out prior to the Games, for within a week the British athletes had left for Athens. Halswelle was down to run in both the 400m and 800m and it was on April 25th that he

had his first race — a heat of the 800m in which he qualified for the final by finishing second. A couple of days later the heats of the 400m were run off. Here Halswelle won his heat in a slow 54.0. It should be noted that the slowness of the times recorded at this meeting is indicative of the difficult nature of the track, both from the point of view of design — it was 300m round and had extremely tight bends — and the softness of the surface cinders. The 400m final was run on April 30th, for which seven runners lined up, including the 1904 champion Harry Hillman (USA), Paul Pilgrim (USA), who had paid his own fare to Greece, Nigel Barker (Australia), the Australasian 440y record holder with 48.5 secs (1905), Charles Bacon (USA), and Fay Moulton (USA), as well as Halswelle. As they lined up — all in a line as there were no lane demarcations, lane staggers, or starting blocks! — Halswelle was fourth from the inside with Pilgrim in the pole position (in those days track events were run right hand in). The race was a thriller. At one point it looked as if it was to be decided between Halswelle and Barker, only for the unknown “unofficial” American Pilgrim to take them in the final 60m with a fine turn of speed. He won in 53.2 from Halswelle (53.8) with Barker a further foot or so in arrears. The following day Pilgrim sprung another surprise by taking the 800m also, this time just getting the better of his compatriot and 1904 winner, J. D. Lightbody, in 2:01.5. In this race Halswelle, who was “shut out”, finished third four yards back. It is important to note at this point that the defeat Halswelle sustained at the hands of Pilgrim in the 400m was the **only** occasion he was ever beaten in a (scratch) 400m/440y race.

On May 26th, Halswelle was back in Scotland competing in the Clydesdale Harriers Sports at Parkhead, Glasgow. Here he won handicap races over 600y (72.8) and 220y (24.2), both from the scratch mark. The 600y time was in fact a Scottish record, though 0.4 short of Edgar Bredin's all-comers' record of 1894. However, Bredin's record was not destined to stand for much longer! To be precise, just two weeks, for on June 9th at the West of Scotland Harriers Sports at Ibrox Park, Halswelle recorded a scintillating 71.8. This was just 0.8 short of T. E. Burke's world best set in 1896 and, it was said, this might have been eclipsed if Halswelle had not had to run so wide throughout the race. Sometimes even handicap races — which had their advantages, especially in pace-setting — had their disadvantages as well. In general, however, such handicap events were great training for the back-markers, who were always drawn out, irrespective of the mediocrity of the opposition. In this meeting, too, Halswelle made another “break-through” by dipping under 50sec for the first time over 440y; in a relay race he was clocked at 49.6. The next big event was the Scottish AAA Championships at Powderhall on



Wyndham Halswelle, in glorious isolation wins the 1908 Olympic 400m title.



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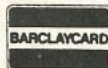
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4 MILES YOUTHS 3.00 p.m.
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ENTRIES CLOSE 10th AUGUST, 1978

June 23rd. At this meeting Halswelle wrote his name indelibly upon the annals of Scottish athletics history by winning in one afternoon all events from 100y to half-mile! It would be easy to presume that the opposition must have been pretty weak that day. Nothing could be further from the truth. In the short sprint Halswelle was confronted by two fine Glasgow sprinters in J. P. Stark (WSH) and R. Kitson (BH), as well as the Cambridge University star K. G. MacLeod; in the 440y he had the Scottish 880y record holder W. D. Anderson to contend with, and in the half-mile, Johnny McGough, a previous champion and silver medallist over 1500m at the Athenian Games earlier in the year. However, it was Halswelle's day, and he achieved a feat unparalleled in the history of the Championships, winning the 100y in 10.4, 220y in 23.2, 440y in 51.4 and 880y in 2:00.4.

Two weeks later (July 7th) Halswelle was down at Stamford Bridge to defend his AAA title. He was also entered for the 100y, in which he narrowly lost the final by a yard to the holder J. W. Morton (SLH), whose time was 10.4. In the longer event, however, he was supreme, taking the final in a superb 48.8, a mere 0.3 outside the legendary championship best shared by H. C. L. Tindall (1889) and E. C. Bredin (1895). More brilliant running was forthcoming from Halswelle the following week. At the Scoto-Irish International at Belfast, he won the 220y (23.2) and 440y in an Irish record time of 50.4. In the short sprint Halswelle was defeated by J. P. Stark (10.2) and the Irishman Dennis Murray.

On August 11th, Halswelle had his last competition of the season at the Celtic FC Sports before a crowd of 30,000. The previous Saturday at the Rangers FC Sports a crowd of 13,000 had seen him run 50.2 in finishing 3rd in a 440y handicap event. This time there was also a 440y handicap, and the crowd were to witness a dazzling display of quarter-miling, despite a heavy track. Off scratch, he was up against stiff opposition, most notably the Olympic double bronze medallist (in 100m and 400m), Nigel Barker, to whom he was conceding no fewer than 7 yards. After his usual slow start, Halswelle soon had the crowd at fever-pitch as he made his way through the field and with his long raking stride — so distinctive of his style — crossed the line a full 5y ahead of A. Astley (10y) the AAA 880y champion, with Barker 3rd close behind. The time was 49 sec flat — a new Scottish record. As if to emphasise his recuperative powers he later competed in a scratch 880y event in which he was only just edged by AAA mile champion George Butterfield (Darlington) who won in 2 min.

At this point there is a rather unhappy "interlude" in Halswelle's running career, for in the following season (1907) he competed in just one meeting — the SAAA Championships. Held at Powderhall on June 22nd, Halswelle was down

Halswelle "got away at once off his mark, a rather unusual thing for him" and "moved with greater freedom than usual"

to defend the four titles he had gained the previous year. He did succeed in winning the 100y (10.2) and 220y (23.5), but in the 440y he broke down at half-way as a result of a muscle strain sustained in the furlong, and could only hobble the remainder of the distance. This injury put Halswelle out for the rest of the season and therefore we now pass to 1908, the year of the IVth Olympiad.

1908 Season

If 1907 was a whitewash for Halswelle, 1908 started off very promisingly by contrast. This was an important year in view of the forthcoming Olympic Games, due to be held in London during July. The early season running was therefore all the more significant. In his opening track meet — the Clydesdale Harriers Sports at Ibrox on May 30th — Halswelle ran two very impressive races. In a 600y handicap he outstripped the field to win in 72.2, and in a special SAAA "Olympic Trial" over 400m he also produced some strong running to win in 50.4. On June 8th he competed at Guildford Sports, where, significantly, he "walked-over" a 440y leg of a relay unopposed in 51.2, shortly before completing a speedy 300y handicap (off scratch) in 32 sec. His next important "quarter" was on June 18th, at Parkhead on the occasion of the WSH Sports. Here he won the invitation handicap event from scratch in 49.8. Two days later he ran a brilliant 300y at the Queen's Park FC Sports at Hampden Park. In ideal weather he ran with rare verve to clock 31.2, 0.2 better than A. R. Downer's previous record (1895). This was also the 2nd best on record behind Bernie Wefers' 30.6 in 1896. As a Scottish native record it withstood all assaults until finally bettered 41 years later. The following Saturday he successfully defended the 220y (23.0) and regained the 440y (51.0) titles at the SAAA Championships, also finishing 3rd in the 100y behind R. C. Duncan and J. P. Stark (both WSH), the winner's time being 10 1/4 sec.

It was on July 1st that Halswelle gave notice that he would clearly be a strong contender for the Olympic 400m title later in the month. In a small meeting at Ibrox Park, arranged by the St. John's Young Men's Catholic Union, he was down to run in a special invitation handicap 440y event. Such was the expectation, or at least optimism, of the organisers that they ensured that there were adequate qualified SAAA officials and timekeepers on hand! In ideal weather conditions, it is recorded, Halswelle "got away at once off his mark, a rather unusual thing for him" and "moved with greater freedom than

usual" to outstrip the field and break the tape in just 48.4 — a new British record and the second fastest "quarter" ever by an amateur (behind Maxie Long's 47.8 in 1900). As a British record this stood until 1934 and as a Scottish native record until 1958! This was just three days before the AAA meeting to be held in the very stadium which was later to stage the Olympic track events. For the AAA meeting the track was heavy after a storm in the morning. However, Halswelle's 440y final was scheduled for the last event of the day. In this race he lined up with Edwin Montague (Surrey AC), who had won the event the previous year in Halswelle's absence, and E. H. Ryle, the fine Cambridge University runner. After his usual slow start, it looked at one point as if Halswelle was badly boxed in. However, he rounded his rivals brilliantly coming into the home straight and pulled away to win by 4y in 49.4. Montague and Ryle actually "dead-heating" for second place. At this point it may be observed that in those days the "quarter" was not run in lanes. It was a "free-for-all" in much the same way as an 880. In the shorter, faster,

Continued on page 28

**STRETFORD A.C. &
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ON SATURDAY, AUGUST 5th
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S.A.E. for full programme

UK National Championships

At Meadowbank, July 14th-16th

THE FLYING SCOTSMAN IMPROVES TO 10.15!

ANYONE who might have thought that Allan Wells' UK record-equalling 100m time of 10.29 was a fluke should have seen him at Meadowbank last Saturday — writes *Mel Watman*. Competing in the Kraft-sponsored UK National Championships, Wells moved into the upper echelons of world class sprinting by clocking a sensational 10.15... fastest by a European this year (and fourth fastest ever by a European) and quicker than any Commonwealth athlete this season other than a still to be confirmed 10.12 timing by Peter Okodogbo of Nigeria. In a devastating display of power sprinting, the 1.83/6'0", 76kg/168lb Scot won the title by a clear four metre margin over Drew McMaster and Steve Green. Every aspect of his run was faultless and Wells felt the 1½ metre improvement over his Gateshead time was due to his feeling more aggressive.

Some of that aggression might have been channelled into his running as a result of splitting with his coach, Wilson Young, a couple of days earlier. "It's a clash of personalities," he explained. "We're both highly strung." Despite their differences and the bitterness of their parting of the ways, Wells was quick to attribute full credit to Wilson Young: "My coach has given me that 10.15." As a sprinter he has come from nowhere to the verge of international stardom in three years, and much of that swift progress has come about because of his coach's unorthodox training methods — and particularly the use of a speedball (a sort of punchball much favoured by leading professional sprinters). Another unusual aspect of Allan Wells' sprinting is that he has not used starting blocks for three years! "I get a great start without them on all-weather tracks," he explains, adding: "I can get eight inches closer to the line without blocks, which could decide whether you get a medal or not. My front foot is about six inches from the line, and it's a comfortable position for me."

Next day Allan was deprived of a new UK record for 200m only by the presence of a strong headwind (—4.0m/sec) along the straight. The record of 20.66 is shared by Dick Steane and David Jenkins (and equalled in South Africa this year by Greg Colin if conditions were in order), whereas Wells was clocked at 20.70 — a breath-taking run which could well have been in the 20.3/20.4 region had he enjoyed the benefit of the 1.3m/sec tail wind he had in the 100m. His winning margin here was quite extraordinary... a good seven metres over Jenkins.

In addition to Wells, Sonia Lannaman (100/200) and Jane Colebrook (400/800) also scored double victories, while other important

occurrences included Brendan Foster's first ever 5000m defeat by a British athlete (Mike McLeod uncorking a 25.0 final 200 to win in 13:25.2), UK junior records by Graham Fell (8:48.4 3000SC) Ruth Smeeth (4:14.6 1500) and Sue Hearnshaw (6.39m long jump), and near-UK records by Keith Connor (16.66m triple jump with a 2.2m/sec wind), Paula Fudge (8:53.6 3000) and Gillian Hitchen (again attempting 1.88m after clearing 1.85). Detailed report next week.

UK CHAMPIONSHIP RESULTS

(a) July 14th; (b) July 15th; (c) July 16th
100 METRES (b)

Heats (1st 4 to final) — Ht 1: (+2.6m) 1, A. Wells (ESH) 10.3; 2, D. Baptiste (Ex B) 10.7; 3, T. Hoyte (TVH) 10.7; 4, M. Morris (H'gey) 10.7; 5, D. Halliday (RAF) 10.7; 6, E. Tulloch (Sale) 10.9; 7, P. Little (EAC) 11.4. Ht 2: (+1.8m) 1, A. McMaster (EAC) 10.5; 2, S. Green (TVH) 10.5; 3, L. Hoyte (TVH) 10.5; 4, D. Thompson (Ex B) 10.6; 5, D. Roberts (Card) 10.6; 6, A. Pitts (Harlow) 10.7; 7, C. Monk (Leic) 10.9. Final: (+1.3m) 1, WELLS 10.15 (UK all-comers & national rec); 2, McMASTER 10.55; 3, S. GREEN 10.57; 4, Baptiste 10.66; 5, L. Hoyte 10.69; 6, Thompson 10.70; 7, T. Hoyte 10.70; 8, Morris 10.84.

200 METRES (c)

Heats (1st 4 to final) — Ht 1: (—0.2m) 1, Wells 21.55; 2, C. Sharp (J'hill) 21.73; 3, S. Green 21.73; 4, T. Whitehead (Chelm) 21.74; 5, Baptiste 21.86; 6, P. Cooke (C of Hull) 21.86; 7, Pitts 22.04. Ht 2: (Nil) 1, McMaster 21.43; 2, D. Jenkins (Gates) 21.44; 3, T. Hoyte 21.56; 4, Monk 21.66; 5, Morris 21.85; 6, Roberts 21.91. Final: (—4.0m) 1, WELLS 20.70; 2, D. JENKINS 21.43; 3, McMASTER 21.56; 4, S. Green 21.57; 5, T. Hoyte 21.69; 6, Sharp 21.70; 7, Whitehead 21.75; 8, Monk 21.89.

400 METRES (c)

Heats (b) (1st 4 to final) — Ht 1: 1, G. Cohen (W&B) 47.3; 2, D. Laing (SLH) 47.5; 3, R. Ashton (Poly) 47.5; 4, W. Taylor (W. Gn) 47.7; 5, J. Chivers (W&B) 48.1; 6, D. Joseph (W'stow) 49.5. Ht 2: 1, C. Hamilton (Sale) 48.5; 2, R. Jenkins (RCF) 48.6; 3, N. Jackson (W&B) 49.5; 4, A. Bell (Wake) 49.6; 5, J. Houston (Ayr) 50.1; 6, A. Harley (Pit) 50.4. Final: 1, ASHTON 46.35; 2, LAING 46.97; 3, COHEN 47.09; 4, Hamilton 47.20; 5, R. Jenkins 47.26; 6, A. Bell 47.35; 7, Taylor 47.90; 8, Jackson 48.67.

KARIN ROSSLEY: FROM RAGS TO RICHES

Ivan Berenyi writes about the world's fastest female 400m hurdler

THE European Cup Final in Helsinki last year marked the big-trophy debut of the women's 400m hurdles and the fact that the spanking new event already had a trio of world-class pacemakers was in itself universally seen as proof of just how fast the powers that be in the world of women's track events — primarily the GDR, USSR and Poland — rise to the challenge when a chance presents itself in the international medal stakes these days.

The trio included Tatyana Storosheva of the USSR, the clear favourite, who broke the first official world mark for the event by Poland's Krystyna Kacperczyk (56.51 in 1974) in the GDR-Poland-USSR meet on June 26th, 1977. Tatyana won in Karl-Marx-Stadt with a whopping 55.74. Kacperczyk herself, who ruled the roost unchallenged until 1977 and was No 2 on the interim world list for the year with 56.78 came next, followed by a cute and lithe East German sports student from Leipzig, Karin Rossley-Regel (20). Karin had been a total stranger to hurdling two months earlier, but already had a personal best of 56.84, chalked up in her very first public participation in the event — in the 1977 GDR championships in Dresden.

However, scanty chance was accorded to young Karin in the Helsinki final even for a bronze medal, for apart from lacking in experience and — as reckoned prior to the race, on the basis of her past record — finishing speed, she was marooned by the draw to run from lane No 8, and thus to compete on her own. But she was to baffle the 'experts'. Having started at a brisk pace, she stayed ahead of the field throughout, and walked away with the title in a new world record of 55.63! With this result, she became an international sporting celebrity overnight.

Her victory, and even more her time, represented a dual surprise even for the East Germans, which was reflected by a quite unusual series of congratulations, celebrations, and radio and TV exposure for Karin. No wonder though, because as Karin Regel she had showed just very moderate athletic promise: in 1976, she improved her personal best to 52.21 for the flat 400, with which she placed 11th on the year's GDR domestic list. In the ensuing winter, Karin married Knut Rossley (a one-time Spartakiad winner at 400 himself and now a PE instructor), trained with new-found dedication, and was

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67th ANNUAL

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

CRYSTAL PALACE N.S.C., LONDON S.E.19

WEDNESDAY, 6th SEPTEMBER, 1978

Commencing 6.30 p.m.

INVITATION EVENTS

Men's — 1000m, 3000m Team and Individual, High Jump, Pole Vault, Long Jump.

Ladies — 100m, 100m Hurdles, 400m Hurdles, 1500m, Long Jump, Shot Put.

OPEN EVENTS

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3 x 800m Relay.

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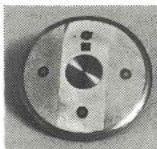
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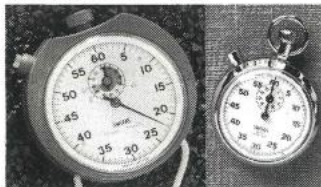
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Mike Street

"Running a flat lap is an uphill struggle for me"

decidedly a much-improved performer by the start of the 1977 season. But few would bet on her becoming a world-beater in any event, let alone in such a short space of time.

But this is how Karin herself explained her transformation in the wake of her Helsinki win. "The Helsinki final was only my third 400m hurdles race, and thus my result was an utter surprise to myself, too. After all, it was only this July that we simultaneously decided with my coach at the SC Cottbus club, Martin Berg, that my progress in training had been showing promise and I should convert to the hurdles. In my first race, in the national championships in Dresden, I won with a new domestic record, though I ran badly, taking virtually every hurdle far too high. Here in Helsinki, I was lucky to have got lane eight. It's great, I guess, when one can concentrate on what the opposition is doing because one's own capabilities are a standard variable. But this is far from being the case with me. Being a novice as a hurdler, I am as yet unable to safely control my hurdling technique, co-ordination, rhythm and tempo, and measure my reserves against what others are doing at the same time. Yet running from up front, dictating my own race, I could steer clear of distractions and concentrate on my own performance."

This had not been the case in her second hurdles competition, in the European Cup semi-finals in Dublin, where she achieved only a modest 58.74 — a race which made Karin Rossley very much aware of her limitations.

"There is a lot of work ahead of me now, if I am to improve my hurdling technique sufficiently to be able to compete free of worry. That's my No 1 priority. And then I'll have to improve my one-lap flat form, and my speed, competing in 200m flat races a fair amount. Luckily, the hurdles suit my temperament very much better than the flat. Running a flat lap is an uphill struggle for me. But with the hurdles spaced just 35m away from one another, they kind of pull me on: I feel I have achieved something every time I successfully negotiate one of them, and take heart from this. I was told a lot about the problems of hurdling before my conversion, but this personal quirk made things easier for me than I and my coach anticipated."

Karin Regel's athletic career started in 1968, when she gained a measure of recognition by winning a local youth cross-country race in Cottbus. As a follow-up to this win, she came under the direction of school sports master Rainer Thies, and campaigned at all distances between 60m and 800m and in the high jump. In due course, she joined the KSJ Forst club to work

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out with coach Werner Birnbaum and ran 2:30 for 800m — an event in which she was to represent the Cottbus district at junior level. She became schools 'A' champion for 400m with 57.7, crowning her junior career by winning the 1970 Spartakiad (a national event) 400. But then she failed to improve fast enough at her best distance, the 400, to get anywhere near the top domestic opponents, let alone challenge them.

WORLD ALL-TIME LIST

(as at July 6th 1978)

55.63	Karin Rossley (GDR)	1977
55.74	Tatyana Storosheva (USSR)	1977
55.84	Silvia Hollmann (Ger)	1978
55.96	Krystyna Kacperczyk (Pol)	1978
56.39	Anita Weiss (GDR)	1978
56.60	Erika Weinstein (Ger)	1978
56.61	Mary Ayers (USA)	1977
56.62	Irena Szewinska (Pol)	1977

What finally triggered off her long-considered conversion was finishing sixth in the 400m at the 'Olympic Day' in East Berlin in June 1977, which meant that she did not make it into the national relay squad. But success feeds on success, especially for a competitor who has to will herself constantly, and following that conversion she improved her best on the flat, too, to 51.81 and 5th place on the 1977 national ranking list.

Now Karin is a second-year sports student at the Institute for Physical Culture, in Leipzig, but lives and trains at Cottbus, where coach Berg together with one-time hurdling ace Christian Rudolph and Bedo Heinemann keep her well-supplied with advice. And more of this commodity, which is so plentiful since she became a star, is coming from the direction of GDR national hurdling coach Hans Hirt, Volker Beck's mentor.

"Karin's improvement is a near-miracle," Hirt says, "within such a short space of time. It has to do with it though, that while Tatyana Storosheva runs 17 strides between hurdles throughout, Karin starts off with 16 and switches to 17 at the halfway mark, changing her lead-leg from left to right. There are others experimenting with 15 to 16 combinations and with the 15-stride rhythm throughout, trying to come up with an equivalent to Edwin Moses' 13-stride in the men's event, but so far not too successfully."

The present crop of pacemakers in this young event are mainly refugees from the 800m and flat 400m who were unable to make out in their original events. The fact that the three-seconds gap between flat and hurdle results, which is by now a traditional yardstick in the men's events, has not even been approached yet in the women's case, suggests that the women's 400m hurdles is still only at first base.

Karin Rossley herself was to admit this much, in one of her post-Helsinki interviews. "My

result is just one sign of how young this event is, really. It's early days yet, when everything seems possible. But I don't see my record lasting into 1978: the world mark will be below 55 seconds in no time at all, I am sure. Take Szewinska. How could she fail, with the speed and hurdling experience she has at her disposal?"

Happy that her record had survived, but wary of 1978, Karin had this to say at the end of 1977: "In Prague, the winner will certainly have to run below 55 seconds. And there are likely to be many who may be capable of this, including of course Irena, because a whole host of flat runners capable of sub-51 times are preparing to make the transition. I am now of course a hurdler for good, and expect to be still there, at or near the top, when the event matures into a specialised discipline into which forays by flat runners are no longer on, as happened with the men's 400m hurdles some time ago."

Tony Simmons took over 2 minutes off Bill Adcocks' course record when winning the Welwyn Half Marathon in 62:47 on June 25th, with Ian Thompson 2nd in 64:50 and John King 3rd in 64:57.

Third in the Midland WAAA Junior 200m Championship at Perry Park on April 29th was J. Tomlinson of Corby AC and not Notts AC as printed.

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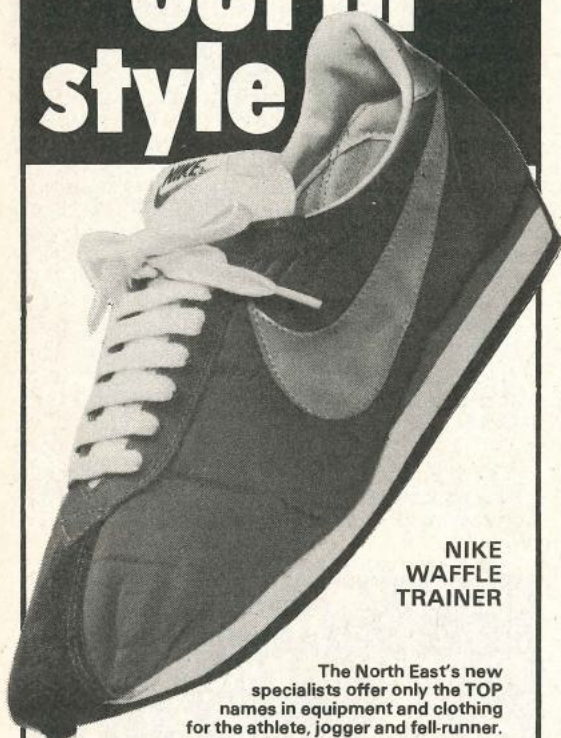
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ENGLISH SCHOOLS Cont'd. from page 10

Lyons 3.32; 4, C. Edwards 3.20; 5, R. Hooper 3.20; 6, J. Lewis 3.20; 7, N. Simms 3.00.

LJ: 1, D. Conway 6.54 (CBP); 2, A. Boutom 6.52; 3, M. Gillingham 6.45; 4, A. Bradshaw 6.35; 5, D. Kelf 6.29; 6, P. Bowman 6.22.

TJ: 1, E. Hechevarria 13.92 (CBP); 2, K. O'Shaughnessy 13.92; 3, A. Ajose 13.47; 4, I. Timbers 13.27 (13.04); 5, S. Lawrence 13.15 (13.01); 6, G. West 13.00; 7, J. Patterson 12.84; 8, M. Conway 12.50.

SP: 1, M. Tubbs 14.57; 2, C. Harrison 13.66; 3, C. Gubbins 13.58; 4, R. Pructok 13.40; 5, S. Butcher 13.30; 6, C. Laycock 12.90.

DT: 1, A. Ward 39.62 (40.18); 2, P. Weir 39.10; 3, I. Smith 38.54; 4, J. Pincher 38.10 (38.10); 5, S. Ouphant 37.44 (37.64); 6, A. Partridge 36.92; 7, J. Izatt 36.80 (39.36). Elim: A. Upton 39.34; T. Woodcock 37.72.

HT: 1, A. Kenneally 59.30 (CBP); 2, A. Simpkins 52.16; 3, A. Bewley 45.22; 4, C. Burdett 44.20; 5, P. Cooper 39.60; 6, I. Bate 39.14; 7, J. Hodgkinson 38.30.

JT: 1, S. Barnett 51.00; 2, J. Pickering 50.14; 3, P. Hill 47.98; 4, P. Lewis 47.88; 5, S. Simpson 47.24; 6, C. Hanson 45.40.

4x100: 1, Herts 46.8; 2, London 47.6 (47.5 ht); 3, Middx 47.9 (47.3 ht); 4, Northumberland 48.4; 5, Cambs 48.9 (48.5 ht); 6, Durham 49.1 (47.6 ht); 7, Cornwall 50.1 (49.0 ht). Elim: Shropshire 49.3.

GIRLS

Sandy French kept an enthusiastic audience on tenter-hooks as she jumped 5.99 not once, not twice, but three times in the course of the junior long jump competition. Everybody was willing Sandy to find that extra centimetre to make her the first six metre jumper of her age but it was not to be. The strong winds invalidated the performances for record purposes, but she had already eclipsed Sue Reeve's 12 year old mark by clearing 5.91 at Aldershot on July 2nd. Three successive English Schools junior titles must be rare, if not unique but that is what Sandy has now achieved.

Tony Miller Reports

Jane Parry will equal this if she wins again next year at Nottingham and the manner of her victory in the 200 metres suggests only the margin of victory will be in doubt. Drawn on the outside lane, Jane powered away from her rivals, most of whom will be glad to move up an age group in 1979 to avoid meeting her!

Another to win her third successive title was Sue Hearnshaw, this time in the senior long jump. Sue notched up the following brilliant series; 6.58, 6.42, NJ, 6.43, 6.59, 6.58. Wind-

assisted perhaps, but Sue could surprise a few people in Edmonton. She had to be at her best because Janet Frank-Lynch and Jill Davies each leapt 6.34, with the judges having to go to their third best jumps, 6.25 against nil, to decide the final placings.

Sandy, Jane and Sue are models of consistency as are Janine McGregor and Pippa Baker who also made it a hat-trick of wins, but they've a long way to go to match the record of Fiona Condon. Unbeaten in these championships, Fiona won her fifth successive title, two junior, two intermediate and now one senior. She left it desperately late on this occasion, waiting until the final round before overtaking leader Denise Sturman. This completed a training double for Bracknell coach Charles Forsythe for the previous day, another of his prodigies Janette Picton had won the intermediate event with the six longest throws of the competition.

There was a national record for Cynthia Gregory in the junior girls shot. Her second round effort of 12.95 beat her own six week old mark by 6cms, while Paula Webber, who has improved the UK 13 year old mark to 12.48 this year, made it a 1-2 for Birchfield Harriers.

The story of the weekend was one of exceptionally strong winds which flattered sprint times, made middle distance running and high jumping difficult and the javelin throwing positively dangerous. Wind readings of 4.5-4.6 metres/sec should be taken with a pinch of salt because it was impossible for many of the wind gauges present to register any higher!

Elaine Hickey moved to joint third on the all-time list by clearing 1.73 in the junior high jump. Her first time clearances at all eight heights were most impressive, but she couldn't bring herself mentally to attempt Anne Gilson's UK record of 1.75. Gillian Blount and Claire Summerfield also performed well, but the remainder of the field plus all the intermediates, except Barbara Simmonds, were unable to cope with the conditions. Barbara retired from the competition when she became the only one to master 1.68.

The seniors seemed to have rather more luck the following day in a different jumping area and it was Sheila Southern who came out on top with a personal best 1.74 metres. Sara Fry's first round effort of 47.70 killed the intermediate javelin competition and moved her to number two in the all-time rankings.

Switching to the track and after being fastest throughout the preliminaries, Lynda Playel raced away to win the junior hurdles title in 11 seconds flat, only the extra strong following wind preventing it from equalling Wendy McDonnell's UK record.

Kathy Smallwood celebrated her unofficial news that she would be replacing Donna Hartley in the Commonwealth 200 metres with a comfortable victory. The track was an unusual shape with four straights and four bends, and

many athletes, particularly the taller ones like Kathy and Ruth Richards, seemed to have trouble negotiating the first half of the 200 metres. The South dominated the shorter sprint with Lynda Stewart and Sharon Clark each recording times that could help them get invitations to important races in the near future.

There were fast times too in the intermediate 100 metres with Pippa Baker quickest in all three rounds at 11.6, 11.8 and 11.7 respectively.

In contrast, the two fastest girls in the opening round of the junior 100 metres, ended up last in the final. Claire Haslam entered the event as the Middlesex second string but a 12.0 semi-final victory stamped her as a likely winner.

400 metres proved a most difficult event in the conditions and it wasn't helped by an unfortunate seeding mix-up in the intermediate competition when 5 of the seven fastest qualifiers from the first round were put in the same semi-final. With only three to automatically go through to the final, even the fourth finisher was 0.9 faster than the winner of the second semi-final. Not surprisingly, the eventual winner came from the second semi-final.

Sally Ludlam led all the way in the senior 800 metres and then had the strength to pull away from Susan Parker in the straight. Once Alison Clifford took over with 300m remaining of the intermediate event, this also developed into a two girl duel between Alison and Judith Croasdale

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Jane Parry storming towards victory in the junior 200 metres at the Esso-sponsored English Schools Championships at Chesterfield. One week later, Jane (13) reached the 200 final in the UK National Championships!

Sportview

and again it was the leader who proved the stronger.

Mandy Alford and Paula Matheson had built up a 30 metres lead by half distance in the 1500 metres. Shortly afterwards, the taller Merseysider, who had trimmed her best to 4:37.0 the previous weekend, assumed command and went right away to win easily.

Sandra Arthurton and Denise Kiernan who fought a great duel in the Under 21 International at Middlesbrough, went their separate ways to score wins in the older age groups. Karen Timson came from a distant fifth place to get within a second of the winner at the line in the intermediate event and possibly misjudged her race a little.

When local favourite Debbie Baker fell in the first round of the intermediate hurdles, Heather Ross had lost her main rival and she needed no second invitation. Mention should be made of the next three who all have a further year in this age group.

Wendy McDonnell prevailed in the senior hurdles, although it looked for a while as if Judy Livermore was going to cause an upset.

To those who say that junior girl champions don't last, of the nine 1976 winners still at school, five won again and two were second. In addition, four 1975 title holders scored victories. Perhaps the trend is now for them to stay in the sport and maintain their standard.

100: 1, L. Stewart 11.6 (CBP); 2, S. Clark 11.7; 3, K. Sait 11.9; 4, E. Aggett 12.0; 5, S. McLean 12.0; 6, M. Ross 12.0; 7, N. Meecham 12.1; 8, E. Harley 12.2.

200: 1, K. Smallwood 23.4 (23.3 ht); 2, A. Foster 24.0; 3, W. Barnes 25.0 (24.9 ht); 4, S. Dixon 25.3 (25.1 ht); 5, J. Davies 25.5 (25.3 ht);

6, J. Messer 25.6 (25.3 ht); 7, A. Worral 25.7 (25.8 (25.5 ht)).

400: 1, J. MacGregor 57.3 (56.0); 2, H. Waterhouse 59.6 (58.5); 3, A. Dunn 59.6 (59.3); 4, P. Whitter 60.4 (58.8); 5, L. Reeve 60.4 (60.2); 6, K. Bissell 60.4 (58.1); 7, S. Fowler 61.5 (59.2); 8, K. Davies 61.5 (58.8).

800: 1, S. Ludlam 2:15.3; 2, S. Parker 2:17.0; 3, A. Scar 2:17.6; 4, D. Miles 2:19.2 (2:18.9); 5, S. Johnson 2:19.8; 6, C. Edwards 2:19.8 (2:19.1); 7, J. Haywood 2:21.0 (2:19.9); 8, C. Monaghan 2:25.8 (2:19.5).

1500: 1, D. Kiernan 4:29.9; 2, C. Brace 4:34.3; 3, B. Madigan 4:39.9; 4, R. Bowers 4:41.5; 5, J. Smith 4:43.7; 6, E. Harding 4:48.1; 7, J. Honeysett 4:50.7; 8, S. Little 4:51.0.

100H: 1, W. McDonnell 13.8 (13.7 = CBP); 2, J. Livermore 13.9; 3, T. Chipp 14.1; 4, S. Dalgoutte 14.1; 5, S. Morley 14.3; 6, M. Prendergast 14.3; 7, H. Brown 14.8. Elim: A. Hodge 14.5, C. Castle 14.7, J. Duffield 14.8, E. Stewart 15.0, S. Page 15.2, M. Ferris 15.3, S. Smith & T. Allen 15.5, D. Fisher 15.7.

HJ: 1, S. Southern 1.74; 2, V. Kelly 1.71; 3, D. Friar 1.68; 4eq Y. Baldeo, T. Philpotts & D. Austin 1.63; 7, D. Grant 1.63; 8, S. Hunt 1.63.

LJ: 1, S. Hearnshaw 6.59 (CBP); 2, J. Frank-Lynch 6.34; 3, J. Davies 6.34; 4, J. Arscott 6.08; 5, H. Rodgers 5.96; 6, L. Pears 5.84; 7, N. McGee 5.74; 8, L. Rushbrook 5.68; 9, G. Morton 5.65; 10, D. Fenn 5.61; 11, C. Stone 5.59; 12, J. Browning 5.55.

SP: 1, S. Tudor 12.96; 2, J. Jackson 12.23; 3, H. Clarke 12.15; 4, C. Pryce 11.84; 5, M. Tree 11.46; 6, M. Lynch 11.40.

DT: 1, F. Condon 44.48 (CBP); 2, D. Sturman 44.16; 3, J. Curtis 38.80; 4, J. Parry 33.14; 5, J.

Continued on page 32

TRAINERS



PUMA TRAINING SHOES

Top Runner. Full and half sizes 6-12 £22.50
 Sizes 5 and 5½ £21.25

A lightweight road and cross-country shoe in nylon. Built on a spike last with a new good-gripping Puma pimpled sole. Padded tongue, sole and heel section.



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 A fabulous, lightweight racing training shoe in nylon. Wide studded rubber soles give a fantastic grip with excellent stability. Well padded with raised sole and heel. A very comfortable trainer.

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Nike type Sole. Super low price 4-5½ £9.50
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Gola large size Training Shoe—special
 clearance—

Viper blue, Medalist Marathon, Pacer.
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Any 2 of above for £10, or 1 pr. for £6, or
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BS3 New lightweight Road Racing
 Shoe, de-luxe model, blue nylon
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Only available at Bourne Sports.
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Race Walker. Sizes 6, 6½, 7, 7½, 8,
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Tracksuits (bri/nylon, ideal for
 runners) with sleeve and trouser
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 42" £10.00

Running Hose. Super Cushion
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 2 pairs for £1.50

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 Sizes 26/28 Only £1.65 pr.

Self colours, white, royal,
 scarlet, green. With trim, green
 /white, royal/white (26/28 only)



New Umbro
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 Only £2.80 pr.
 Waist sizes 28,
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Super new colour range—gold-
 emerald trim, gold-scarlet trim,
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 scarlet trim, scarlet-black trim,
 black-white trim, emerald-black
 trim, black-emerald trim,
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 Sizes Prices

Med Childrens 26/28 £5.95 £3.25 £9.00
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Fashionable Hooded Rain Jackets
 at very competitive prices.
 Colours navy/white stripes,
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HOODED JACKETS.
 Nylon/Cotton Mix Fabric
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 £2.95

Organised by Burton Athletic Club in
 conjunction with East Staffordshire District
 Council (Under AAA Laws)

uttometer cross country races

SUNDAY 17th SEPTEMBER 1978

Events start: Male-Senior 3.00pm distance 5miles
 Boys under 15 2.00pm distance 3miles
 Colts under 13 1.00pm distance 1½miles

Female-Senior Ladies 2.30pm distance 3miles
 Junior Ladies under 15 1.30pm distance 1½miles

Fees: Senior mens & ladies 30p each Junior ladies, colts
 & boys 20p each No Team Fees first 3 finishers from
 each club to score, A team etc.

Special Family Prizes Free sweatshirt, vest or T-Shirt
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Entries close Sept 9th 1978

Entries to: Mr. J. White,
 East Staffordshire District Council,
 'Kingsley', 44 Rolleston Road,
 Burton-on-Trent

(Monies payable ESDC)
 Entry Forms, Poster for Clubhouse, Full
 Programme (including maps of area and
 course) available on request from
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WYNDHAM HALSWELLE Cont'd. from 17

race this often led to problems, especially of a tactical nature — it was more difficult to rectify a bad tactical position. Unfortunately, Halswelle was never very adept at positioning himself wisely in scratch races, partly because he was not a fast starter. This is a relevant factor in assessing the circumstances surrounding the Olympic 400m final later in the month. The Saturday following was the last one prior to the Olympics themselves, and it saw the annual Scotland v Ireland International, held this year at the Scottish National Exhibition Grounds in Edinburgh. In this match Halswelle ran only in the 440y, which he won comfortably in 51.2.

Just 10 days later, on July 21st, Halswelle lined up in the 15th heat of the first round ties of the 400m at the "Great Stadium", Shepherd's Bush (later called the White City Stadium). He had already seen his compatriot Montague win the 1st heat decisively in 50.2 from none other than 1906 'Champion' Paul Pilgrim. The more favoured Americans had also shown their paces. In heat 4 J. B. Taylor won in 50.8, in heat 7 W. C. Robbins won in 50.4, and in the heat immediately preceding Halswelle's, J. C. Carpenter won comfortably in the fastest time of the day thus far, 49.6. Now it was Halswelle's turn, and he didn't let the partisan crowd down as he won by about 10m in 49.4 — fastest time of the first round. The second round heats were run off the

following day. There were four heats, the winners only of which would go forward to the final. Heat 1 was won by Carpenter in 49.4. Halswelle and his compatriot Montague were in the next heat, finishing in that order, with Halswelle winning by the staggering margin of 12y in an Olympic record time of 48.4. He was clearly at the very peak of his form. This is perhaps put in clear perspective by observing that at Stamford Bridge on September 19th Montague equalled the world best for 600y with 71 sec. The 3rd heat was won by J. B. Taylor in 49.8 and the final heat was won in splendid style by Robbins in a fast 49.0. Thus, the line-up for the final the following day was three Americans versus a sole British representative.

Olympic Title

For the 400m final at 5.30 on Thursday, July 23rd, the athletes lined up as follows: lane 1, Carpenter; lane 2, Halswelle; lane 3, Robbins; and on the outside, Taylor. Although they crouched at the start, there was no staggered start or any lane demarcation. The track, being one-third of a mile round (approx. 537m), the athletes were required to negotiate just one bend, with two long straights of about 165m each. This race also seemed to bring to a head the friction which had been evident between Britons and Americans, and which had resulted in feeling running high as this UK/US direct confrontation dawned. Thus there was intense excitement as the

BARNET & DISTRICT ATHLETIC CLUB**OPEN & TROPHY
TRACK & FIELD MEETING**

New River Track, Wood Green

SATURDAY, 12th AUGUST, 1978

(Under A.A.A. Laws)

HELMS TROPHY — 600 metres

Heats 3.00, Final 4.30

BARNET DISCUS TROPHY 3.00**VETERANS TRIATHLON**

Long Jump, Shot, 400m — 1st Event 2.15

Medals — First three in each event

Entries for the above, by **August 8th**, to Steve Allen,
15 Westbury Road, London N12 7NY. 25p per event.
S.A.E. for acknowledgement.

OPEN EVENTS

- 2.00 **400m Hurdles** (Yths — 2'9")
- 2.15 **400m Hurdles** (Sen, Jun — 3'0")
- 2.30 **100m** (ALL — Seniors to Colts)
- 3.20 **800m** (Yths, Boys, Colts)
- 3.45 **300m** (ALL)
- 4.35 **2000m** (Colts)
- 4.50 **3000m** (Boys, Yths, Jun, Sen)
- 2.00 **Pole Vault** (ALL)
- 3.00 **Triple Jump** (Yths, Boys)
- 4.00 **Triple Jump** (Sen, Jun)

Open Events: Entry 20p per event (20p covers two events for Yths, Boys and Colts). Enter on the day (at least 45 mins before event).

Further details: Steve Allen (as above).

**NORWICH UNION
ROAD RELAY**

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

SUNDAY, OCTOBER 15th, 1978

LADIES 3 × 2.5 Miles,
starting at 2.45 p.m.

SENIORS 4 × 2.8 Miles and
YOUTHS 3 × 2.8 Miles
starting at 3.45 p.m.

NOTE The Ladies event has been reduced to laps of only 2.5 miles each to allow Intermediates to compete and qualify.

Team Trophy for Seniors. Prizes to a value of almost £150 (Seniors and Ladies), and **Trophies** (Youths), to the first 3 teams and fastest individual lap in each section.

Free refreshments will be provided after the event.

FEES (by cheque or postal order payable to Norwich Union Athletic Club) Seniors — 'A' team £1.20, all others 75p. Ladies & Youths — 'A' team 75p, all others 50p.

Details from, and entries to, D. K. Johnson, Secretary Norwich Union Road Relay, 146 Unthank Road, NORWICH, Norfolk, NR2 2RS.

N.B. The first claim rule will be strictly applied.

CLOSING DATE — OCTOBER 7th, 1978

athletes crouched down at the starting line. Clearly away, it soon became evident that Halswelle, as was his wont, was holding back in the early stages, letting the Americans make the running. Before the end of the back straight Robbins had cut in to the inside in front of Carpenter. Round the bend Halswelle, who was pinning his hopes on his strong finishing powers, began to move wide to take the Americans coming off the bend into the home straight. However, at this point Carpenter also moved out and steadily forced Halswelle across the track. He was very close to him, so close that it would not have been possible for Halswelle to cut inside, at least without completely stopping his running and frustrating his possibility of winning. Neither could he hope to pass on the outside as Carpenter's right elbow was right in front of his chest, impeding his progress in that direction. As the runners entered the straight Halswelle had been forced right to the outside of the track, little more than a foot from the concrete edge. His running was all but stopped. At this point shouts of "foul" went up from spectators and officials alike. The umpires at the corner signalled thus to

the judges and one official ran on to the track and broke the tape. By this time there were several officials on the track and the runners finished amidst pandemonium. In fact Carpenter was the only runner to finish all-out, crossing the finishing line in an unofficial 48.6 (49.0 at 440y). Robbins actually crossed the line next, and Halswelle, who had slowed right down, finished five or six metres behind Carpenter. Taylor never actually crossed the line, being caught up amidst the milling officials at the finish.

The confusion at the finish was reflected also in the crowd until a "No Race" notice was put up on the results board after some discussion among officials. It also became clear later that Carpenter had in fact been disqualified for his tactics and that there would be a re-run involving the other athletes, in a stringed course, the following Saturday July 25th at noon. What are we to make of this incident? It appears that some of the confusion and disputation over this matter can be clarified by observing that at that time the AAA Rule clearly stated that "any competitor wilfully jostling, or running across, or obstructing another competitor, so as to impede his progress,



Start of the 400m final in Athens in 1906: Halswelle is fourth from the left, with the winner, Paul Pilgrim (USA) on the extreme left.

shall forfeit his right to be in the competition, and shall not be awarded any position or prize that he would otherwise have been entitled to." Not only does this seem just, but also by such a criterion Carpenter's tactics must be indicated. Carpenter's position can best be explained, but not condoned, by the Americans' understanding of "fouling" at that time. It appears that they held that only the runner positioned behind another can be guilty of an infringement. This certainly explains the tactics of the American athletes, though Halswelle ought really to have known this and taken sufficient account of it in deciding his own tactics. However, it certainly seems inevitable that Carpenter should be disqualified and a re-run, in lanes, be ordered. This unhappy incident, for Halswelle, was further soured by the subsequent withdrawal of Robbins and Taylor as a mark of protest, and consequently the somewhat melancholy spectacle of the solitary Halswelle walking over the 400m on that Saturday afternoon, July 25th, as described earlier. Of course it must be said that Halswelle was at the very peak of his powers — as, indeed, his 50.0 "walk-over" indicates — and it is highly possible that he would have come on top in any "straight" competition, though now, alas, we can only speculate on that matter.

As a result of this "distasteful" event, Halswelle was put under pressure by his senior officers to withdraw entirely from the athletics arena. They felt he was being exploited. At this

point, generally, biographical articles on this great athlete bring the curtain down on his athletics career. However, this is not strictly accurate. In fact the Saturday following the Olympic event saw him at Ibrox Park, Glasgow, on the occasion of the Rangers FC Sports August 1st. There, before a crowd of 15,000, he bade farewell to competitive running. He finished third in the 300y invitation race off scratch, timed at 31.6. In fact his last race appears to have been a heat of the 220y handicap later in the afternoon, in which he was defeated and therefore eliminated. Thus, Wyndham Halswelle finally bowed out of the track running scene, at the very height of his powers and success. An athlete of immense stature and ability was no more to be seen in the athletics arena.

How are we to assess, briefly, Halswelle's performances? In the first place it is probably true to say that the events of the Olympic 400m have somewhat tarnished the gold! Perhaps full appreciation of Halswelle's prodigious talent has been mitigated by his eventual "hollow" victory on that occasion. However, the long-striding stylish runner was in many ways head and shoulders above his contemporaries. In a day when a 51 sec "quarter" was considered first class, and usually sufficient to win most national championship events, Halswelle was consistently running under this standard for the distance. Of the 25 races he had over the distance (ie as adjusted to 400m times and excluding merely

SHAFTESBURY 10 MILES

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ROAD RACE

Under AAA & WAAA Laws Team & Individual

SATURDAY, 12th AUGUST, 1978

FROM COPTHALL STADIUM, HENDON

Entry Fee: 35p (45p if also entering the Southern). Entries close August 2nd to H. J. Ashton, 18 Selkirk House, Defoe Road, Stoke Newington N16 0EL.

LOWESTOFT ATHLETIC CLUB

4 MILES CARNIVAL ROAD RACE

(Under A.A.A. Laws)

SUNDAY, AUGUST 6th, 1978

Starts 2.40 p.m. (prompt)

PRIZES for first ten Individuals and first Veteran outside first ten.

MEDALS for first three Teams (3 to score).

ENTRY FEE: 30p (no team fee).

ENTRIES TO: B. R. Boardley,
191 St. Peters Street,
Lowestoft,
Suffolk NR32 2LT.
Tel: 63591

CLOSING DATE FOR ENTRIES
31st JULY, 1978

preliminary heats, except in the case of the 1908 Olympics) he recorded times of 49 sec and under 4 times, 50 sec and under 10 times and 51 sec and under 19 times in all. This is simply staggering consistency for those days, exceeding even the record of Eric Liddell on paper. Such consistency is further awe inspiring when one considers the nature of the tracks common in those days. If Halswelle had an "achilles heel" it was undoubtedly a certain naivety in racing tactics. But, after all, this adds to our sense of admiration of his actual track record. Unquestionably one of the most outstanding and impressive athletes this country has produced.

THE QUEEN'S RELAY

At 10.30 a.m. next Wednesday (July 26th) Her Majesty the Queen will send off from Buckingham Palace the Relay carrying the text of the address she will deliver at the Opening Ceremony at Edmonton on August 3rd.

As is customary, the first stage of the Relay will be used to link one series of the Commonwealth Games to the next. The Queen will hand the baton containing the address to Ben Jipcho of Kenya, 5000m and steeplechase gold medalist at Christchurch in 1974, who will be escorted by Charlene Rendina of Australia, the 800m gold medalist, and Janette Roscoe, a member of England's winning 4x400m team at Christchurch. They will run up Constitution Hill and across Hyde Park to the north end of the Broad Walk. There the baton will be given to the High Commissioner for New Zealand; he hands it to the Mayor of Kensington and Chelsea who then sends off Simon Catchpole of London AC and this representative of the oldest athletic club in the world may be said to inaugurate the XI Games.

Athletic clubs in the London area provide runners for the ten stages to Heathrow and each of them is escorted by six boys or girls from London schools or Voluntary Youth Organisations.

DELANEY ADDED TO WELSH TEAM

Results at Welsh Games at Cwmbran on July 8th included — 400: 2, M. Delaney 46.92 (added to Edmonton squad); 4x400: 1, Wales 3:08.4 (Delaney 46.0 anchor); 5000: 1, E. Coghlan (RoI) 13:39.3; 2, A. Simmons 13:41.0; LJ: K. Cocks 7.63. At Lausanne on July 14th Simmons clocked 13:25.7 behind Australia's Dave Fitzsimons (13:24.7).

DAVE COTTON WINS TITLE

Dave Cotton, only 21, won the RWA National 50km walk title at Stretford on July 15th in 4:14:25 ahead of Ian Richards (4:18:32) and Brian Adams (4:19:22).

UK YOUTH 800 RECORD

Chris McGeorge (16) set a UK Youth record of 1:51.0 when winning the Northern Youths 800 title at Stretford on July 1st.



Games-Brolli

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OFFICIALS and SPECTATORS

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A three sided shelter to provide maximum weather protection for participants, organisers, officials and spectators at all outdoor meetings — sports, fetes, galas etc.

Standard unit in proofed nylon.

£35.00 — Ref: G-8 11

Super unit in PVC coated nylon.

£41.50 — Ref: G-812

Portastand

A shelter with top and back which can be joined together side by side, with the connector kit to form a stand for spectators or a larger covered area for officials.

Standard unit in proofed nylon.

£29.50 — Ref: G-821

Super unit in PVC coated nylon.

£32.00 — Ref: G-822

Multi-purpose Unit

A three sided shelter with zipped in sides. With both sides in place it serves as a Portashelta. With one side removed it makes an end unit for a Portastand or a shelter for officials who need a wide field of vision.

Two connected together with the adjacent sides removed will make a First Aid Post, which is large enough to accommodate a stretcher or camp bed.

Standard unit in proofed nylon.

£37.00 — Ref: G-831

Super unit in PVC coated nylon.

£43.50 — Ref: G-832

Connector Kit

Portastands and multi-purpose units can be joined together by a kit comprising six double ended spring clips and a sealing strip attached by press studs to bridge the gap between the frames.

Connector Kit complete.

£4.00 — Ref: G-841

Changer Kit

Portashelters and multi-purpose units can be rapidly converted into changing tents. Each changer kit comprises a front screen 5' high, a hanger rail which clips into the back of the shelter and up to twelve 18" x 14 1/2" numbered, draw-string clothes bags which can be hooked on to the hanger rail.

Proofed nylon door complete with fixings.

£4.00 — Ref: G-851

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£1.00 — Ref: G-853

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SOUTHERN COUNTIES AMATEUR ATHLETIC ASSOCIATION

OPEN MEETING

(Under A.A.A. Laws)

at

CRYSTAL PALACE

on

**WEDNESDAY, 9th AUGUST,
1978**

EVENTS FIELD

6.30 pm	Pole Vault
6.30 pm	Long Jump (Seniors and Juniors)
6.30 pm	Javelin (Seniors and Juniors)

TRACK

6.30 pm	110m Hurdles (Seniors and Juniors)
6.40 pm	800 metres (Seniors, Juniors, Youths, Boys and Colts)
8.00 pm	200 metres (Seniors, Juniors and Youths)
8.30 pm	5000 metres (Seniors and Juniors)

ENTRY FEES: Seniors 25p, Juniors, Youths, Boys and Colts 20p.

If acknowledgement of entry is required, please enclose S.A.E. with entry/entries.

ENTRIES CLOSE FRIDAY 4th AUGUST, 1978.

Entries to: **The Hon. Secretary, S.C.A.A.A., 70 Brompton Road, London SW3 1EE.**

NAME:

ADDRESS:

.....

.....

Event:

Age Group:

Club:

Best Performance:

I enclose entry fee of:

WEDNESDAY, 9th AUGUST, 1978.

ENGLISH SCHOOLS Cont'd. from page 26

Pepper 32.32; 6, K. Doyle 31.58; 7, S. Faulkner 31.36; 8, M. Russell 31.12.

JT: 1, M. Jervis 44.06; 2, J. Rose 43.32; 3, J. Cross 39.38; 4, D. Payne 38.14; 5, D. Rimmington 36.50; 6, C. Whitmore 35.46; 7, S. Hills 33.02; 8, L. Robinson 32.54.

4x100: 1, Cleveland 48.8 (48.4); 2, Hants 49.1; 3, Devon 50.3 (49.3); 4, West Midlands 51.8 (50.5); 5, Essex 52.0 (51.0); 6, Gt Manchester 52.1 (51.3); 7, Surrey 52.1 (50.8); 8, Kent 62.5 (51.5).

Intermediates

100: 1, P. Baker 11.7 (11.6=CBP); 2, V. Mullings 11.8; 3, D. Walker 11.8; 4, J. Miller 12.0; 5, D. Warner 12.0; 6, M. O'Brien 12.0; 7, M. Lewis 12.0; 8, S. Shipley 12.1. **Elim:** D. Taylor, J. Christian & D. Lewis 12.1, K. Smallman & C. Tavernier 12.2, E. Richards & K. Smith 12.3, R. Waterman, L. Mitchell 12.4, T. Claxton 12.5.

200: 1, D. Bunn 24.1; 2, R. Richards 24.4; 3, C. Kelly 24.6; 4, C. Reaney 24.9; 5, L. Scott 25.0 (24.9); 6, W. Vollmer 25.1; 7, M. Van-Frederici 25.1; 8, T. Hamilton 25.3. **Elim:** C. Kelly 25.4, P. Hunte, A. Piggford & S. Thomas 25.6, M. Howard 25.7.

400: 1, L. Callow 59.8 (58.6); 2, P. Mullins 60.3 (57.1); 3, C. Pendleton 60.8 (57.7); 4, S. Guise 60.9 (57.6); 5, J. McBeze 61.6 (57.6); 6, S. Perrin 61.6 (58.9); 7, S. Lowe 62.0 (59.0); 8, T. Hoyle 62.6 (59.1). **Elim:** L. Thompson 59.2, J. Doyle 59.4, G. Thornton-Smith & J. Charlton 59.6.

800: 1, A. Clifford 2:16.5; 2, J. Croasdale 2:19.0; 3, K. Almond 2:19.6 (2:18.0); 4, C. Jarman 2:19.8; 5, E. Sinclair 2:20.3; 6, A. Walker 2:20.4; 7, D. Ball 2:21.7 (2:18.5); 8, L. Parker 2:31.1 (2:18.0).

1500: 1, S. Arthurton 4:41.5; 2, K. Timson 4:42.4; 3, S. Jones 4:42.9; 4, J. Perry 4:43.9; 5, S. Harris 4:44.9 (4:44.1); 6, S. Andrews 4:47.0 (4:46.9); 7, S. Clarke 4:47.7 (4:45.9); 8, S. Lonsdale 4:47.8 (4:47.4); 9, S. Richardson 4:57.7 (4:54.2). **Elim:** L. Holdsworth 4:51.0, W. Lodge 4:51.6, L. Driver 4:52.9, A. Edwards 4:53.8, A. Pattinson 4:54.3.

80H: 1, H. Ross 11.2; 2, C. St John 11.4; 3, D. Church 11.5; 4, D. Leek 11.7; 5, E. Little 11.7; 6, J. Hindley 11.8; 7, P. Nadin 12.0 (11.8); 8, S. Trickett 12.5 (11.9). **Elim:** J. Lee 11.8, A. Long & C. Plummer 11.9, D. Wright & L. Beeley 12.0, J. Lee 12.1, J. Beardmore, K. May, D. Marson, T. Gale, S. Needham 12.2.

HJ: 1, B. Simmonds 1.68; 2, eq L. Matthews & S. Grady 1.63; 4, S. Rowe 1.63; 5, A. Scott 1.63; 6, H. Spencer 1.63; 7, W. Laing 1.63; 8, J. Frost 1.63.

LJ: 1, C. Henley 5.86; 2, K. Hagger 5.82; 3, M. Smallwood 5.64 (5.77); 4, C. Neal 5.63 (5.71);

5, H. Smiddy 5.62; 6, S. Lynch 5.58; 7, A. Reed 5.57; 8, J. Pyper 5.52; 9, K. Todd 5.51 (5.60); 10, N. Griffiths 5.51 (5.57); 11, C. James 5.50; 12, J. McDonald 5.45; 13, D. Helme 5.43; 14, C. Burkham 5.43 (5.46); 15, K. Terrett 5.41; 16, C. McGowan 5.39; 17, K. Almond 5.37 (5.47); 18, T. Collier 5.36 (5.40); 19, L. Strutt 5.31 (5.47); 20, S. Clayton 5.31 (5.41). Elim: N. Milne 5.32, J. Milton 5.29, C. Rose 5.23.

SP: 1, B. Wright 12.33; 2, S. Bracey 11.24; 3, E. Bernard 11.23; 4, E. Tinkler 10.87; 5, K. Lowe 10.70; 6, V. Watson 10.31; 7, A. Hanson 9.87; 8, J. Mullings 9.75; 9, W. Bulmer 9.68; 10, E. Gray-Beardmore 9.58.

DT: 1, J. Picton 41.74; 2, A. Franks 38.42; 3, J. Wilderspin 37.06; 4, V. Simpson 36.44; 5, L. Hatton 33.92; 6, S. Holwell 33.08.

JT 1, S. Fry 47.70 (CBP); 2, J. Bolham 38.64; 3, C. Jenkins 36.34 (38.28); 4, D. Stewart 36.10; 5, J. Bunnage 35.82 (37.22); 6, J. Marsh 35.02; 7, G. Brister 35.00; 8, C. Cook 33.90 (34.08).

4x100: 1, West Midlands 49.1; 2, Avon 49.2; 3, Derby 49.3; 4, Lancs 49.5; 5, Essex 49.6; 6, Middlesex 49.7; 7, Staffs 49.7; 8, Surrey 50.1. Elim: West Yorkshire 50.5, Devon 50.7.

Junior Girls

100: 1, C. Haslam 12.0; 2, P. Walsh 12.0; 3, K. Barraclough 12.0; 4, A. Close 12.1; 5, E. Mitchell 12.1; 6, D. Webb 12.1; 7, K. Ball 12.2 (12.0); 8, K. Rist 12.3 (12.0). Elim: A. Keegan & G. Hayes 12.3, A. Roberts, D. Greenwood, T. Power, 12.4, S. Croker 12.5, L. Frazer, J. Tunstall, H. Kessebeh 12.6, M. Summerbell, H. Miles 12.7.

200: 1, J. Parry 24.2; 2, J. Boggert 25.2 (25.0); 3, H. Thorpe 25.6; 4, P. Beckford 25.9 (25.7); 5, P. Jones 25.9; 6, M. Cox 26.0; 7, J. Bent 26.2 (26.0); 8, G. Fletcher 26.3 (25.8). Elim: E. Castle 26.0, D. Cookson, P. Parker, P. Bell 26.2, D. Omoni, A. M. O'Kelly, S. Peake, D. Billinghamurst 26.3.

800: 1, L. Baker 2:20.9 (2:19.7); 2, C. Wells 2:21.2 (2:19.2); 3, J. Windgrove 2:21.7 (2:19.6); 4, G. Oughton 2:22.0 (2:20.5); 5, S. Lanza 2:22.9 (2:19.6); 6, N. Parsons 2:23.2 (2:19.7); 7, L. Smith 2:23.2 (2:20.6); 8, K. Hall 2:30.7 (2:21.2). Elim: D. Robinson 2:21.5.

1500: 1, P. Matheson 4:46.2; 2, A. Alford 4:57.0; 3, B. Sanderson 5:00.1 (4:53.4); 4, J. Rose 5:00.6 (4:58.4); 5, D. Ridings 5:01.0 (4:58.8); 6, P. Maylia 5:01.7 (4:59.9); 7, K. Fairbrass 5:01.8 (4:59.8); 8, K. Hughes 5:03.6 (4:56.6); 9, T. Davidson 5:01.6 (4:59.9). Elim: A. Tindall 4:59.9.

75H: 1, L. Playel 11.0 (=CBP); 2, M. Lewis 11.3; 3, D. Lake 11.4; 4, S. Dean 11.5; 5, D. Emery 11.5; 6, C. Roe 11.7 (11.4); 7, K. Nethercote 11.8 (11.7); 8, D. Phipps 12.3 (11.3). Elim: D. Warnett 11.7, C. Sewell-Alger, B. Booth, L. Parry, E. Green, J. Langstone, D.

Marshall 11.8, A. Lamb 11.9, J. McNichol, M. Millen, Foster, S. Haigh 12.0.

HJ: 1, E. Hickley 1.73 (=CBP); 2, G. Blount 1.67; 3, C. Summerfield 1.64; 4, D. Butler 1.53; 5, K. Bachtiger 1.53; 6, J. Taylor 1.53.

LJ: 1, S. French 5.99 (CBP); 2, K. Glen 5.85; 3, K. Martin 5.50; 4, S. Nelson 5.50; 5, C. Cleaver 5.45 (5.70); 6, L. Ghent 5.42; 7, L. Lloyd 5.37; 8, A. Wallace 5.31 (5.37); 9, H. Carter 5.30 (5.54); 10, C. O'Rourke 5.25 (5.34); 11, V. Walsh 5.24; 12, K. Studzinski 5.20 (5.36); 13, J. Slater 5.14 (5.23); 14, K. Mortimer 5.10 (5.20); 15, S. Mallender 5.08 (5.26); 16, P. Wellington 5.08 (5.13); 17, R. Brennan 5.06 (5.10). Elim: D. Johns 5.09, J. Tombling & L. Blurton 5.06.

SP: 1, C. Gregory 12.95 (CBP); 2, P. Webber 12.05; 3, S. King 11.21; 4, J. Brewster 11.15; 5, V. Lewis 10.13; 6, B. Hill 10.09.

DT: 1, A. Roat 30.14; 2, K. Allday 30.10; 3, A. Holleborn 28.88; 4, D. Bushnell 28.14; 5, A. Davies 27.10; 6, J. Heron 25.56; 7, C. Harvey 24.66; 8, N. Gray 24.16.

JT: 1, K. Miller 33.56; 2, H. Johnstone 32.20; 3, A. Hempstead 29.72; 4, A. Hardy 29.12; 5, J. Caldwell 29.02; 6, H. Mitchell 27.80; 7, J. Harding 27.52; 8, J. Shaw 26.72.

4x100: 1, South Yorks 51.0; 2, Staffs 51.1; 3, Oxon 51.1; 4, Gt Manchester 51.5; 5, Notts 52.0; 6, Avon 52.3 (52.0); 7, North Yorks 53.0 (52.0). Warwicks disq (52.2).

LEICESTER CORITANIAN A.C.

'PACE' 7th ANNUAL ROAD RELAYS

(Under A.A.A. Laws)

At Ashfordby Hill, Nr Melton Mowbray
ON SATURDAY, 16th SEPTEMBER

Sponsored once again by
PACE CONSULTANTS LTD., LEICESTER

BOYS RELAY 3x2 MILES, 1.45 pm

For 'The Payne Trophy' (Holders: Holbeach AC)

THEN at 2.30 p.m.

OPEN & MIDLAND A.A.A.

SENIOR 6 STAGE RELAY

CHAMPIONSHIP (6x3¼ Miles)

(Holders of both titles: Tipton Harriers)

Open Relay for 'The Petfoods' Trophy'. Best Youth performance receives 'The Pace Trophy'. Excellent prizes again to first 3 Teams in Open Relays, and Championship medals to first 3 Teams in Midland event.

Entries: Championships £3.00 'A' Team, £1.00 'B' Team. Open Relays £1.50 'A' Team, 75p 'B', 'C' and 'D' Teams.

To: Pace Consultants Ltd., 91 London Road, Leicester.
(Tel: 28582).

BY 4th SEPTEMBER, MONDAY—LATEST
(No late entries accepted)

UK CHAMPS Continued from page 18

800 METRES (b)

Heats (a) (1st 4 to final) — Ht 1: (57.3) 1, S. Coe (Hallam) 1:51.0; 2, P. Forbes (EAC) 1:51.1; 3, J. Goodacre (Notts) 1:51.4; 4, D. Rafferty (Harlow) 1:51.5; 5, D. Joseph (W'stow) 1:51.5; 6, P. Lewis (Bir) 1:51.7; 7, J. Scott (EAC) 1:52.8; 8, T. Young (C. Reg) 1:53.5. **Ht 2:** (56.3) 1, P. Hoffmann (EAC) 1:50.7; 2, L. Nicholson (S. Shields) 1:50.7; 3, R. Harrison (Liv) 1:50.8; 4, P. Browne (TVH) 1:50.8; 5, P. Chimes (Felt) 1:50.9; 6, P. McGrath (Bris) 1:51.1; 7, C. Szwed (Cov) 1:51.4; 8, G. Long (Bog) 1:53.3. **Final:** (51.9) 1, COE 1:47.1; 2, HOFFMANN 1:48.3; 3, FORBES 1:49.1; 4, Browne 1:49.1; 5, Harrison 1:49.5; 6, Goodacre 1:49.8; 7, Nicholson 1:51.5; 8, Rafferty 1:56.0.

1500 METRES (c)

Heats (b) (1st 6 to final) — Ht 1: (61.1, 2:04.0, 3:02.3) 1, G. Grant (Army) 3:43.5; 2, N. Rose (Bris) 3:43.8; 3, F. Clement (Bella) 3:44.1; 4, R. Smedley (Bir) 3:44.3; 5, N. Black (Morp) 3:44.4; 6, J. McGuinness (Dunc) 3:44.7; 7, S. Markley (M'bro) 3:45.3; 8, P. Monk (Bris) 3:47.5; 9, I. Orton (ESH) 3:47.9; 10, L. Reilly (Sale) 3:48.0; 11, T. Colton (W&B) 3:48.8; 12, M. Wilson (Ex B) 3:54.1. **Ht 2:** (60.5, 2:02.3, 3:01.9) 1, G. Williamson (Spring) 3:43.1; 2, C. Sly (Felt) 3:43.3; 3, J. Robson (ESH) 3:43.5; 4, A. Mottershead (Stret) 3:43.6; 5, S. Emson (Tip) 3:43.7; 6, P. Lawther (Anna) 3:44.1; 7, A. Leonard (Blay) 3:44.6; 8, A. Blackwell (W&B) 3:46.3; 9, N. Leach (Camb U) 3:47.7; 10, A. Amos (Gates) 3:47.8; 11, P. Baker (Bris) 3:49.1; 12, D. Knowles (EAC) 3:56.9. **Final:** 1, ROBSON 3:43.9; 2, CLEMENT 3:44.4; 3, WILLIAMSON 3:44.9; 4, Rose 3:45.2; 5, Grant 3:45.7; 6, Mottershead 3:46.1; 7, Smedley 3:46.1; 8, N. Black 3:46.4; 9, Sly 3:46.4; 10, Lawther 3:46.7; 11, McGuinness 3:46.7; 12, Emson 3:47.7.

5000 METRES (c)

1, M. McLEOD (Elswick) 13:25.2; 2, B. FOSTER (Gates) 13:25.4; 3, M. PRINCE (C of Hull) 13:36.6; 4, C. Spedding (Gates) 13:37.5; 5, K. Penny (Camb H) 13:37.8; 6, A. Hutton (ESH) 13:41.6; 7, J. Goater (Shaft) 13:44.1; 8, S. Jones (RAF) 13:59.9; 9, K. Newton (Sheff) 14:01.3; 10, L. Spence (Shett) 14:07.2; N. Muir (Shett) dnf.

10,000 METRES (b)

1, D. BLACK (S. Hth) 28:34.8; 2, G. SMITH (Liv) 28:37.3; 3, B. FORD (AFD) 28:40.5; 4, J. Dingwall (Falk) 28:45.3; 5, Gren Tuck (C&C) 28:46.6; 6, P. Standing (WSE) 28:48.0; 7, J. Wigley (Inv) 28:53.8; 8, J. Odlin (N. Lon) 28:56.3; 9, G. Helme (Leigh) 29:10.6; 10, P. Venmore (Tip) 30:16.0; 11, J. Brown (Clyde V) 30:25.7; 12, P. Banks (Cov) 30:33.7. Non-finishers: D. Long (B'mth), A. Catton (Ilf) & P. Clark (Poly).

3000 METRES STEEPLECHASE (c)

1, D. COATES (Gates) 8:26.0; 2, J. DAVIES (TVH) 8:26.6; 3, I. GILMOUR (Clyde V) 8:31.1 (**Scottish national rec**); 4, A. Staynings (Bris) 8:38.5; 5, J. Graham (Clyde V) 8:39.3 (**Scottish native rec**); 6, M. Morris (Card) 8:47.5; 7, G. Fell (Ex B) 8:48.4 (**UK junior rec**); 8, R. Harris (Ox) 8:48.8; 9, R. Hackney (AFD) 8:53.7; 10, R. McKim (E. Kil) 8:55.8; 11, Graham Tuck (C&C) 8:58.2; 12, B. Moss (Notts) 9:00.3; 13, P. Griffiths (Tip) 9:04.3; 14, J. Bicourt (Bel) 9:07.3; 15, J. Evans (Shett) 9:07.7; 16, C. Thomas (TVH) 9:24.8.

110 METRES HURDLES (b)

Heats (1st 4 to final) — Ht 1: (+1.5m) 1, B. Price (Card) 14.4; 2, D. Wilson (EAC) 14.5; 3, T. Clifton (W. Gn) 15.2; 4, R. Simpson (Bir) 16.6. **Ht 2:** (+2.6m) 1, M. Holtom (Madeley C) 14.26; 2, I. Ratcliffe (W&B) 14.72; 3, A. Sumner (Edin Un) 15.09; 4, M. Morgan (Army) 15.28; 5, M. Kindon (Stret) 15.38. **Final:** (+4.1m) 1, PRICE 13.93; 2, HOLTOM 14.10; 3, WILSON 14.43; 4, Ratcliffe 14.84; 5, Sumner 14.90; 6, Simpson 15.01; 7, Morgan 15.17; Clifton dnf.

400 METRES HURDLES (b)

Heats (a) (1st 4 to final) — Ht 1: 1, G. Oakes (H'gey) 52.52; 2, M. Whittingham (HHH) 53.07; 3, D. West (TVH) 53.66; 4, R. Danville (W&B) 53.85; 5, H. Robinson (Stret) 53.93; 6, A. Shiret (S'end) 56.73. **Ht 2:** 1, W. Hartley (Liv) 52.89; 2, C. Beattie (Shorts) 53.38; 3, S. James (W&B) 53.43; 4, A. Tarquini (Pit) 53.43; 5, R. Bell (Wake) 53.55; 6, E. Shirley (Poly) 55.95. **Final:** 1, HARTLEY 51.03; 2, OAKES 51.09; 3, S. JAMES 51.83; 4, West 52.09; 5, Whittingham 52.71; 6, Beattie 53.30; 7, Danville 53.46; 8, Tarquini 54.82.

HIGH JUMP (b)

1, M. NAYLOR (Hill) 2.15 (2.05-1, 2.10-1, 2.15-2, 2.18-fail); 2, B. BURGESS (EAC) 2.15 (2.05-2, 2.10-1, 2.15-2, 2.18-fail); 3, V. CLEMMENS (Steve & NH) 2.10 (1.90-1, 2.00-3, 2.05-1, 2.10-1, 2.15-fail); 4, T. Foulger (B'ht) 2.05; 5, C. Harris (TVH) 2.05; 6, A. Dainton (Harlow) 2.05; 7, R. Hepburn (EAC) 2.00; 8, M. Palmer (W&B) 2.00; 9, D. Hendry (Fife) 1.95; M. Butterfield (Card) no height (2.15).

POLE VAULT (b)

1, K. Stock (Croy) 5.25 (5.00-1, 5.10-2, 5.20-1 failure, 5.25-1, 5.33-fail); 2, J. GUTTERIDGE (WSE) 5.20 (5.00-3, 5.20-1, 5.25-1 failure, 5.30-2 failures); 3, A. WILLIAMS (Camb H) 5.10 (4.80-1, 5.00-1, 5.10-3, 5.20-fail); 4, R. Goodall (Stret) 4.60; 5, T. Gardner (Hill) 4.60; 6, R. Williamson (EAC) 4.60. M. Bull (W&B) no height (4.80).

LONG JUMP (c)

1, K. COCKS (W. Corn) 7.56 (7.46, 7.13, 7.56,

6.98, 7.47, 7.16); 2, T. HENRY (Shaft) 7.47; 3, C. MITCHELL (H'gey) 7.30; 4, P. Brugnani (H'gey) 7.21; 5, J. Gloag (EAC) 7.12. D. Thompson (Ex B) retired after 3 fouts.

TRIPLE JUMP (b)

1, K. CONNOR (W&B) 16.66w (legal 16.28) (16.28, 16.66, —, —, —, —); 2, A. MOORE (Bir) 16.48w (—, 16.12, 16.48, —, 16.22, —); 3, C. COLMAN (Camb H) 16.17w (legal 15.82) (15.48, 15.82, —, 16.17, 15.64, —); 4, D. Johnson (Sheff) 16.16w (legal 15.89) (15.46, 16.16, 15.77, 15.80, 15.82, 15.89); 5, F. Attoh (Shaft) 15.87; 6, M. Effiong (Herc W) 15.58; 7, E. McCalla (Bir) 15.19; 8, N. Stoppard (Sheff) 14.69; 9, W. Clark (ESH) 14.23; R. Philips (Old Gayt) 3 fouts.

SHOT (b)

1, G. CAPES (Enf) 19.80 (19.29, 19.80, —, —, 19.25, 19.41); 2, M. WINCH (B'htth) 17.76; 3, R. DALE (Stoke) 16.93; 4, A. Satchwell (Jersey) 16.60; 5, I. Lindley (Leeds) 16.07; 6, S. Rodhouse (S&E) 15.98.

DISCUS (b)

1, P. GORDON (Met Police) 54.66 (45.94, 50.50, 53.52, 54.66, 53.48, 54.24); 2, R. SLANEY (Craw) 54.24 (51.12, 47.54, 54.24, 50.32, —, —); 3, CAPES 54.20 (51.36, 54.20, 52.36, —, 48.90, —); 4, Winch 53.64; 5, D. Roscoe (Stret) 52.72; 6, Satchwell 49.22.

HAMMER (c)

1, C. BLACK (ESH) 69.10 (66.72, 69.10, 68.98, 68.04, 68.12, 67.68); 2, P. DICKENSON (Enf) 68.28 (—, 68.28, 65.84, 66.98, 65.30, 66.64); 3, J. WHITEHEAD (W&B) 65.30; 4, I. Chipchase (NSP) 63.96; 5, M. Mileham (W. Gn) 62.04; 6, A. Woods (Bir) 56.86.

JAVELIN (c)

1, D. OTTLEY (Thur) 76.62 (74.24, 73.98, 73.24, 73.18, —, 76.62); 2, J. TROWER (B&H) 69.16; 3, G. BROOKS (Card) 66.66; 4, S. Osborne (W&B) 61.20; P. de Kremer (B'mth) withdrew injured after 1st round (no throw).

WOMEN'S EVENTS

(Complete results next week)

100: (+4.3m) 1, S. Lannaman 11.24; 2, B. Goddard 11.30; 3, W. Clarke 11.38. **200:** (—0.7m) 1, Lannaman 23.16; 2, Goddard 23.27; 3, K. Smallwood 23.36. **400:** 1, J. Colebrook 53.80; 2, J. Hoyte 54.03; 3, E. Eddy 54.10. **800:** 1, Colebrook 2:03.3; 2, J. Prictoe 2:04.8; 3, L. Kiernan 2:05.1. **1500:** 1, H. Hollick 4:14.1; 2, R. Smeeth 4:14.6 (UK jnr rec); 3, S. Artherton 4:17.1. (UK age-15 best). **3000:** 1, P. Fudge 8:53.6; 2, G. Penny 9:06.4; 3, K. Binns 9:15.9. **100H:** (—2.8m) 1, S. Colyear 13.67; 2, S. Strong 13.97; 3, B. Caines 14.00. **400H:** 1, E. Sutherland 58.12 (58.11 ht); 2, S. Smith 59.32; 3, D. Heath 59.64. **HJ:** 1, G. Hitchen 1.85; 2, T. Philpotts 1.75; 3, V. Rutter 1.75. **LJ:** 1, S. Reeve 6.43w (legal 6.41); 2, S. Hearnshaw 6.39 (eq UK jnr rec); 3, B. Clarke 6.22. **SP:** 1, J. Oakes 15.96; 2, A. Littlewood 15.71; 3, V. Redford 14.81. **DT:** 1, M. Ritchie 57.20; 2, J. Thompson 52.38; 3, L. Mallin 50.28. **JT:** 1, T. Sanderson 59.52; 2, F. Whitbread 52.52; 3, A. Farquhar 49.48.

LAST CHANCE FOR PRAGUE

David Dryer Sports Travel Ltd have ten seats left for the Athletics Weekly trip to Prague. Anyone interested in going should ring Jose Sykes at 01-242-1141 or write to David Dryer Sports Travel Ltd., 242 Oxford Street, London, WIN 0BN. Early application is essential.

CANNOCK CHASE YOUNG ATHLETES MEETING

The address of Mr D. G. Bushnell, secretary of the Cannock Chase Young Athletes Meeting on August 27th is 3 Brendon Close, Weeping Cross, Stafford, Staffs, ST7 0BJ (Stafford S9754) and not No. 30.

London AC officers: President, H. C. Lowen; treasurer, E. D. Webb; secretary, G. Sagar, 123 Norbiton Hall, Birkenhead Avenue, Kingston, Surrey KT2 6RS; fixtures sec, G. A. Davis, 40 Broom Close, Teddington, Middlesex.



Look astute in a VIGA suit!



Walking

Mills Splashes To Championship Best

USING his customary tactics of leading from gun to tape, Roger Mills won his seventh AAA 3000m title at Crystal Palace on June 23rd and put on yet another superb display of world class sprint walking to break the championship record by 2.6s despite the partly flooded track. Fortunately, the rain did cease for the duration of the race and many of the competitors took full advantage of a fast track to record pb's and season bests. Mills contained himself on the first circuit and still had Brian Adams on his heels during the next 800m the Ilford man drew away convincingly and by 1600m (6:18.6) had the race well won and but for the underwater inside lane would have undoubtedly again gone inside 12 minutes. Brian Adams was an isolated second, looking very sharp as he has all year over distances from 1 mile to 50kms, and trimmed his best for the year. In a close and exciting battle for third Ian Richards, Peter Fox, and Ken Carter disputed the place in the first half and they were superseded by Carl Lawton and Graham Morris who were repeating their Southern Championship tussle. Cutting down the field in impressive fashion Graham Seatter in his first race since March, strung together six 1:42's in succession to catch Lawton and Morris on the last lap and very nearly edge Lawton from third in a thrilling sprint finish down the home straight. Carl was rewarded with a pb by 0.3s while Graham Morris knocked 5.7s off his, and has improved from 13:02.0 this year! To emphasise the depth of performance displayed there were pb's for Peter Fox, Ken Carter, John Hall, Brian Armstrong, and Ian Richards. In difficult conditions the technique displayed was very good with only three or four competitors needing close scrutiny. The New Zealand Quartet walked very well and are an asset to the home scene and will obviously make their presence felt in the coming months.

Carl Lawton and Carol Tyson senior winners at well supported Basildon walk festival. (June 25th). Walking his third race in less than 48

hours, Carl Lawton won the senior 15kms after a hard tussle with Bob Dobson with Steyning squad sub par, it was Ken Carter who took third from a very sharp Peter Hodgkinson whose form augers well for the National 50kms. In the Senior Ladies 3kms Carol Tyson was given an excellent race by local Irene Bateman and highly promising Karen Eden who looks set for International Honours very soon. The current strength of female walking in this country is extremely high with outstanding talent such as Jane Harvey and strong squads from Solihull, Harbourne, and Havering augering well for Senior Walks in the coming years. The Harbourne duo, Mike Miley and Niall Troy, were out on their own in the Youths/Junior 5kms and should make their mark in the forthcoming AAA Championships and, hopefully, bring their club into prominence in the male side of the sport. Stylish Richard Dormany continued his improvement by taking third from the more experienced Nigel Stone and Roy Sheppard. Simon Mortimer and Grant Ringshaw were outstanding winners of the U/15 and U/13 races respectively and both led their club teams to victory. Altogether, an excellent, well supported event, with plenty of talent and enthusiasm on view. For any item of lost property left in the dressing rooms contact — John Sales, 78 Orchard Rd., South Ockenden, Essex.

(15kms): 1, C. Lawton (Bel) 69:43; 2, R. Dobson (S'end) 70:04; 3, K. Carter (S'end) 71:36; 4, P. Hodgkinson (Camb) 71:54; 5, G. Morris (Stey) 72:11; 6, G. Nibre (Ilf) 72:52; 7, B. Armstrong (Ilf) 72:58; 8, D. Stevens (Stey) 74:11; 9, R. Wallwork (Met Pol) 74:22; 10, A. King (Leics) 74:49; 11, P. Fox (Stey) 77:08; 12, D. Salter (Enf) 77:09; 13, S. Holliday (Med) 77:24; 14, D. Sheppard (Met Pol) 79:03; 15, J. Sales (Bas) 79:26; 16, J. Bromley (Bel) 79:52; 17, P. Worth (Enf) 80:16; 18, J. Robinson (Tend) 80:49; 19, D. Hay (Hav) 81:14; 20, S. Whitmore (Leics) 81:35. 37 finished. **Teams:** Steyning 17; Ilford 19; Met. Police 27. **(Youth/Junior):** 1, M. Miley

BERWICK-UPON-TWEED WALLS RACE COMMITTEE

present the sixth annual

"RUNNING OF THE WALLS ROAD RACES"

Sponsored by Bourne Leisure Group Ltd., and North Eastern Co-op

SUNDAY, 24th SEPTEMBER, 1978

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

Maximum prizes as usual, 8 Challenge Trophies with 4 replicas for each winning team and 4 medals for each second team.

Senior Men 6½ Miles, including Veterans over 40, 50, 60

Youths 4 Miles • Boys 2½ Miles

Senior Ladies 4 Miles, including Veterans over 35, 40, 50

Intermediate Ladies 2½ Miles • Junior Ladies 1½ Miles

Entry Fees: 70p per Team, 25p per Individual.

Entries close Saturday, 2nd September, 1978 to:

Mrs. Norma Campbell, 19 Ladywell Road, Tweedmouth, Berwick-upon-Tweed.

(Har-J) 23:18; 2, N. Troy (Har-Y) 23:31; 3, R. Dormay (Bel-J) 24:02; 4, N. Stone (N'ham-J) 24:17; 5, R. Sheppard (Ilf-J) 24:26; 6, S. Mendham (Hav-J) 25:07; 7, M. Nicholls (Bel-Y) 25:13; 8, P. Blagg (Met. Pol) 25:20; 9, D. Ellis (Met. Pol-J) 25:20; 10, M. Peters (Met. Pol-J) 25:45. 25 finished. **Teams:** Harborne 10; 2, Met. Police 15. **(Boys U/13):** 1, G. Ringshaw (Stey) 10:29; 2, A. Bell (Har) 11:06; 3, G. Brown (Stey) 11:09; 4, G. Gates (Sy) 11:18; 5, D. Bearman (Stey) 11:26; 6, B. Gahagan (Hav) 11:44. 15 finished. **Team:** Steyning. **(Women):** 1, C. Tyson (L'land) 14:27; 2, J. Bateman (Bas) 14:34; 3, K. Eden (Sol) 14:51; 4, B. Francis (B'ton) 15:07; 5, E. Cox (Sol) 15:29; 6, S. McAuley (Met. Pol) 15:40; 7, J. Wickham (Har) 16:05; 8, M. Vetterli (Switz) 16:30; 9, S. Till (B'ton) 16:46; 10, S. Rook (Bel) 16:53. 25 finished. **Teams:** Solihull 12; Brighton 20. **(Junior Girls):** 1, J. Harvey (Sy) 9:45; 2, J. Mullins (Stey) 10:18; 3, M. Goode (Sy) 10:36; 4, S. Brown (Sol) 10:37; 5, L. Rabone (Sol) 10:39; 6, P. Jeffcott (Sy) 10:42; 7, S. Connelly (Hav) 10:45; 8, Y. Eden (Sol) 10:46; 9, L. McCarthy (Hav) 10:50; 10, H. Downie (Ep) 11:15. 20 finished. **Teams:** Surrey 9; Solihull 13. **(Girls):** 1, M. Prince (Sol) 11:02; 2, H. Ringshaw (Stey) 11:10; 3, C. Rawlings (Har) 11:17; 4, K. Todd (S'ton) 11:31; 5, K. Williams (Sol) 11:35; 6, M. Dautt (Camb) 11:37. 16 finished. **Teams:** Solihull 10; Steyning 17.

85:36 for Roger Mills in Essex short distance 20kms at Clacton (June 10th). Comfortably depositing of Ross Pilkington and Bob Dobson in the early stages Roger Mills had one of his best road races since last year's National 20 kms when he powered home well clear. Though the course was obviously short of the official distance, Mills would surely have been comfortably inside 90 minutes. Ross Pilkington had his best race since arriving here in beating Bob Dobson for second while Geoff Hunwicks, Ron Wallwork, and Brian Armstrong all confirmed their excellent early season showing. A great pity the distance was incorrect because the first six men home probably would have recorded their best time so far this year. Obviously this course is to the winners liking as it was here last September that he beat Olly Flynn over 10kms. 1, R. Mills (Ilf) 85:36; 2, R. Pilkington (NZ-G) 89:59; 3, R. Dobson (S'end) 90:57; 4, G. Hunwicks (Ilf) 93:12; 5, R. Wallwork (Met Pol) 93:38; 6, B. Armstrong (Ilf) 93:47; 7, M. Scamell (Bel) 95:08; 8, J. Robinson (Tend) 95:20; 9, K. Carter (S'end) 96:06; 10, R. Sheppard (Unatt) 96:25; 11, D. Sheppard (Met Pol) 98:25; 12, D. Dorey (Sarnia-G) 101:01.9. 22 finished. **Teams:** Ilford 14; Southend 26.

Veterans AC 5 miles at Battersea. (June 20th). 1, G. Meadows (H'gate) 42:00; 2, R. Powell (Enf) 43:16; 3, D. Fotheringham (Bel) 44:00; 4, K. Read (Sy) 44:18; 5, H. Jacquest (Wat) 44:52; 6, H. O'Neill (Enf) 46:20. 12 finished.

Excellent standard overall in Essex 3kms Championship with Mills and Dobson under 13 minutes at Hornchurch (June 21st). With Roger Mills cruising home, Bob Dobson and Ken Carter showing excellent sprint form, and six others inside 13:50 the race provided very good competition. Brian Armstrong set a best ever clocking and splitting the visiting kiwi duo as did the highly promising Junior, Steve Mendham. 1, R. Mills (Ilf) 12:45.0; 2, R. Dobson (S'end) 12:55.8; 3, K. Carter (S'end) 13:03.4; 4, R. Pilkington (NZ) 13:08.6; 5, B. Armstrong (Ilf) 13:10.8; 6, M. Parker (NZ) 13:18.0; 7, D. Sheppard (Met Pol) 13:38.0; 8, J. Robinson (Tend) 13:41.8; 9, M. Scamell (Bel) 13:48.0; 10, S. Mendham (Hav) 13:52.0. **(Juniors):** 1, S. Mendham; 2, R. Sheppard (Ilf) 13:59; 3, V. Smith (Walt) 14:50.0. 25 started, 20 finished. **(Youths 2km Championship):** 1, S. Marchant (Hav) 9:35.0; 2, I. Robery (Hav) 9:39.0; 3, I. Cole (Et Man) 9:43.2; 4, A. Davies (W'ford) 9:44.8; 5, N. Woods (Hav) 9:44.8; 6, S. Griffiths (Walt) 10:37.8. 8 finished.

Irish Champs 20kms walking championship at Tuam, (June 25th). 1, J. O'Leary (Clon) 96:21; 2, T. Griffin (Clon) 96:50; 3, J. Sheehan (Dun) 97:25; 4, P. Furey (Tuam/Enf) 101:27; 5, J. Dowling (Sheff) 102:59; 6, T. Hayes (Tuam/Med) 106:27; 7, J. McGowan (Calry) 108:42; 8, M. Barber (Kil) 108:46; 9, B. O'Callaghan (St And) 109:35; 10, R. Davies (Clon) 114:25; 11, R. Nicholson (Col) 118:45; 12, M. Guilfoyce (May) 121:17; 13, T. Lardner (Tuam) 133:03; 14, T. McGovern (Calry) 133:03. **Teams:** 1, Clonliffe 9; 2, Tuam 15.

Colin Young

Lambeth Festival of Race Walking in Brockwell Park, London. (July 1st). Three Edmonton bound walkers headed the field of the 10km round an undulating five lap circuit, Brighton's New Zealander Mike Parker finished strongly to comfortably beat national team mate Graham Seatter in the Belgrave colours with England's Amos Seddon closing fast at the finish. To further emphasise the Kiwi presence on our walking scene, Ross Pilkington, who has not been selected for the Commonwealth Games, placed 4th. Allan Callow (Belgrave), who will be in Edmonton in the Isle of Man team and has recently returned from 3 years in New Zealand, was not so fortunate, being pulled in the first kilometre. Stuart Maidment made a welcome return to form heading Steyning to an easy team victory. There was special attention on the Juniors trying for selection for the International Italy v Poland in Hove Park on August 6th, Mick Miley and Ian McCombie were the first to finish in the absence of Mark Wordsworth with 18 year old Paul Blagg having a fine race. Peter Fawkes also had reason to be satisfied with his 5th place but the disqualification of his wife Marion in the first 200m of the Women's Race dampened his

elation. Karen Eden (15) then took up the lead in the women's 10km and when she learns to pace herself better, this girl will take some beating. Experienced Internationals Judy Farr and Ginny Lovell had to pull out all the stops to beat her. The first five clocked excellent times on a difficult circuit. The standard was also high in the Junior Women's race where English Schools Champion Jane Harvey suffered an early disqualification. With Gorden Vale opting for the 10km, Niall Troy had an easy passage in the Youth's 5km but English Schools Champion Simon Mortimer, who unaccountably fell over a park bench in mid race, was hard pressed by Steyning's John Bean in the Boy's 3km. (10km): 1, M. Parker (B&H/NZ) 44:37; 2, G. Seatter (Bel/NZ) 45:12; 3, A. Seddon (Enf) 45:23; 4, R. Pilkington (NZ) 46:04; 5, P. Fawkes (York POs) 46:37; 6, S. Maidment (Stey) 46:59; 7, G. Morris (Stey) 46:59; 8, D. Stevens (Stey) 47:32; 9, A. James (Enf) 47:38; 10, M. Miley (Har-J) 47:39; 11, P. Ryan (Sheff) 47:50; 12, D. Jones (Wey) 48:13; 13, P. Hodgkinson (Camb) 48:21; 14, I. McCombie (Nth Sh) 48:28; 15, P. Blagg (MP Cad) 48:40; 16, R. Sheppard (Ilf) 48:47; 17, G. Vale (Sy-Y) 49:00; 18, J. Lees (B&H) 49:04; 19, D. O'Shea (B&H) 49:19; 20, D. Salter (Enf) 49:29. **Teams:** Steyning 15; Enfield 24; Brighton & Hove 26; Belgrave 35. (Handicap: J. Lees (10 min). (Youths 5km): 1, N. Troy (Har) 23:03; 2, D. Jones (Sy) 24:22; 3, G. Maynard (Camb) 24:25; 4, N. Perry (B&H) 25:16; 5, M. Wilkes

(Harb) 25:26; 6, M. Easton (Sy) 25:31. **Team:** Surrey 15. (Boys 3km): 1, S. Mortimer (Sy) 14:58; 2, J. Bean (Stey) 15:04; 3, C. Blundell (B&H) 15:40; 4, P. Innes (Sy) 16:07; 5, S. Gates (Sy) 16:21; 6, N. Pentecost (Sy) 16:40. **Team:** Surrey 10. (Colt's 3km): 1, G. Ringshaw (Stey) 15:44; 2, J. Buchanan (B&H) 16:04; 3, C. Gates (Sy) 16:43; 4, M. Hesketh (Stey) 16:53; 5, P. Saunders (Walt) 17:26; 6, D. Bearman (Stey) 17:32. **Team:** Steyning 11. (Women's 10km): 1, J. Farr (Trow) 51:38; 2, V. Lovell (B'field) 52:13; 3, K. Eden (Sol) 53:00; 4, B. Francis (B&H) 53:58; 5, E. Cox (Sol) 54:06; 6, M. Vetterly (Switz) 55:06; 7, C. Coleman (Lowe) 55:38; 8, P. Reynolds (Clon) 59:07; 9, S. Till (B&H) 60:58; 10, C. Brooke (Sol) 61:35. **Teams:** Solihull 9; Brighton & Hove 15; Belgrave 23. (Junior 3km): 1, J. Mullins (Sol) 15:56; 2, F. Rider (Camb) 16:07; 3, M. Goode (Sy) 16:12; 4, Y. Eden (Sol) 16:15; 5, S. Brown (Stey) 16:20; 6, P. Jeffcott (Sy) 16:53. **Team:** Solihull. (Girls 2½km): 1, K. Todd (S&C) 13:51; 2, H. Ringshaw (Stey) 13:56; 3, M. Prince (Sol) 14:33; 4, E. Ryan (E&E) 14:46; 5, M. Davitt (Camb) 14:53; 6, M. Small (Worc) 15:04.

Open Boy's 3,000m track at Withdean (Sponsored by Brighton Co-op) (June 24th). 1, C. Blundell (B&H) 15:55.6; 2, G. Ringshaw (Stey) 16:29.6; 3, J. Buchanan (B&H) 17:03.0.

3,000m track races at Withdean. (June 27th). 1, D. O'Shea (B&H) 13:55.0; 2, K. Dale (B&H) 14:17.0; 3, N. Perry (B&H) 15:08. (Boys): 1, C. Blundell (B&H) 15:45.0; 2, J. Bean (Stey) 16:07.0; 3, J. Buchanan (B&H) 16:19.0. (Women): S. Till (B&H) 16:43.0. (Junior): S. Brown (Stey) 16:43.0.

Alan Buchanan

LONDON BOROUGH OF ENFIELD

in conjunction with
ENFIELD HARRIERS
invite entries for

OPEN CROSS COUNTRY RELAY MEETING

(Under AAA, WAAA & ECCU Rules)

on
SATURDAY, 16th SEPTEMBER, 1978

From 4 p.m. to 6 p.m.

at
TOWN PARK, ESSEX ROAD, ENFIELD

Groups:

Girls aged 11-13 years	3×1 Mile
Boys aged 11-13 years	3×1 Mile
Girls aged 13-15 years	3×1½ Miles
Boys aged 13-15 years	3×1½ Miles

Entrants must be of qualifying age on 1st September, 1978.

Entry fee 50p for 1st Team and 25p for each subsequent Team. Cheques made payable to London Borough of Enfield.

Prizes for 1st, 2nd and 3rd in each race.

Entries on AAA or WAAA team entry forms, to: Parks Department, Civic Centre, Silver Street, Enfield. (Tel: 01-366 6565 Ext. 2344/5).

CLOSING DATE FOR ENTRIES
MONDAY, 4th SEPTEMBER

SCOTTISH WEST DISTRICT CHAMPS

At Coatbridge, May 27th

200: J. Roberts (Glas Univ) 22.3. **400:** 1, I. Houston (Ayr-J) 49.3; 2, A. Cord (E Kil) 49.7; 3, G. Thomson (Strath Univ) 50.5. **800:** 1, G. Williamson (Spring) 1:51.1; 2, K. McCartney (Law) 1:52.2; 3, D. Kirk (Dumb-J) 1:52.4. **1500:** 1, N. Muir (Shett) 3:46.6; 2, J. Graham (Clyde Univ) 3:47.6; 3, D. Leitch (Lark) 3:53.9. **5000:** 1, W. Sheridan (Vic Park) 14:33.5; 2, I. Campbell (E-Kil-J) 14:35.1. **10,000:** 1, A. Hutton (ESH) 29:07.8; 2, J. Brown (Clyde Univ) 29:33.4; 3, D. Gunstone (EAC) 30:48.0. **110H:** R. McEwan (Shett) 15.7. **400H:** 1, H. Smith (RAF) 55.6; 2, D. Whyte (Fife) 57.0. **3000SC:** J. Burns (Shett) 9:16.9. **TJ:** T. Black (Shett) 13.95. **4×100:** Bellahouston 43.8. (Youths): **200:** 1, R. Nelson (Bella) 22.2; 2, G. McLeman (Hutch) 22.5; 3, J. Gillies (E Kil) 22.8. **800:** 1, D. McIlraith (Pais) 1:55.6; 2, G. Millar (St Cob) 1:56.3. **3000:** W. Smith (Pais) 8:56.0. (Boys): **100/200:** S. Gold (Ayr) 12.0/24.1. **800:** 1, S. McPherson (Spring) 2:02.8; 2, A. Anderson (Vic Park) 2:04.4.

YES, EVEN WE DO IT!

Our apologies to any customers who were inconvenienced because of an error in our advertisement last week. Largely due to the fact that shop manager Eric Wood was away on holiday, we advertised the wrong hooded top. For a long time we have been trying to obtain further supplies of the pouched, pull-over hooded top by Millington which sold like hot cakes some 18 months ago, and we have only just managed to get a reasonable range of this model to make it worth advertising. It is 90% cotton, of real quality and at **£5.35** one of the best bargains we have had in the clothing line for a long time. Colours and sizes are as given last week:

In red (M, L, Ex. L), Royal (S, L, Ex. L), Green (S, M, L), Gold (S, M, L), Navy (M, L, Ex. L) and Light Blue (S, M, Ex. L). All at **£5.35**.

SUPER BUY IN ROAD SHOES

Metric "Stride". A real bargain buy for anyone who wants a comfortable, well-made road/training shoe almost identical to the popular "Country" but about half the price. Blue nylon uppers reinforced with leather to give plenty of support. Built-up heel. Well-cushioned with towelling-faced sponge insert and arch support. Rounded heel and toe, hard-wearing gristle sole. Sizes 4, 5, 5½ **£6.45**, 6 to 11 in half sizes **£6.95** (regret no 10½).

AND A SIMILAR SHOE WITH WAFFLE SOLE

Also in blue nylon with the popular waffle sole which is suitable for any terrain and any conditions. The ideal training shoe. Whole sizes from 3 to 11. Sizes 3, 4, 5 **£8.10**, 6 to 11 **£8.75**.

NIKE WAFFLE TRAINER

Once a runner has tried the Nike "Waffle Trainer" — the top seller in the Nike range — he/she seldom looks at any other shoe, they are so comfortable, are light enough for racing, yet sturdy enough in construction to wear and wear. Sizes: 5, 5½ **£16.20**, 6 to 11½ in half sizes (regret no 9, 9½, 10½ at the moment). **£17.50**.

GREAT VALUE IN SPIKES

Reebok "Orbit". The most popular of the Reebok shoes, ideal for any track event and used by many jumpers because of its fine wedge heel. Particularly suitable for the middle distance runner. Blue nylon mesh upper and improved six spike sole plate. Sizes 5, 5½ **£12.90**, 6 to 11 in half sizes **£13.90**.

NOTE: Will customers please write name and address in block letters when ordering and remember to state size required.

Any goods exchanged or money refunded if returned in new condition within seven days.

Full postage must be enclosed when exchanging goods.

ALL SENT POST FREE
ACCESS OR BARCLAYCARD ACCEPTED

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone Medway (0634) 47055

THE FIFTEENTH ANNUAL

NUNEATON '10'

Saturday, September 16th at 3 p.m.

Inc. The Warwickshire 10 Mile Road Championship

Prizes for the first 20, and first 3 Veterans not in the first 20. Medals for the first 3 in the Warwickshire Championship. No team race.

Entry Fee: 30p. **Entries** to E. Rowland, 85 Watling Street, Nuneaton, Warwickshire.

Please state whether County qualification by Birth/Residence/Service with HM Forces.

ENTRIES CLOSE SEPTEMBER 13th

CLASSIFIED ADVERTISEMENTS

6p per word. Box-No. 20p extra. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word—prepaid.

WE SPECIALISE in printing club Teeshirts (£1.75) and Singlets (£1.25). Minimum order 10. Send S.A.E. — **Mr Print-it, 64 Portland Drive, Forsbrook, Stoke-on-Trent.**

AMUSING STICKERS! S.A.E.: **Arena Publications, London SW16 3NS.**

CLUB STICKERS: Exciting new money-spinners! S.A.E. **Arena (Above).**

BAAB APPROVED TRAINING DIARY 80p. Starts anytime! All events! **Arena (Above).**

CANADIAN T & F 1977 £2.75. All-Time Rankings etc; **ATHLETIC INJURIES 50p;** **TEACHING ATHLETICS IN SCHOOL, CLUB** (Dorothy Tyler) 60p. **Arena (Above).**

POLE BUNGS — 140/160 poles, £3.25 for four, **01-857 3810.**

DISTRIBUTORS WANTED, to handle our new range of Shorts, Hooded Tops, Tracksuits and Wet Suits. Apply: **In-Shape Sports, 81 Currier Lane, Ashton-under-Lyne, Lancashire.**

FOR SALE: Adidas Apollo spikes, size 8½, worn once. **£7.50. Phone Derby 672566.**

TWO COMPLETE SETS of Commonwealth Games Athletics Tickets for sale, plus accommodation. **Bristol 500351.**

CLUB BADGES, Medals and Awards of every description. Send for full details — **Greens' of 'Olympic Trophies', Astley Lane, Bedworth, Warks.** Phone 0203 312183.

WANTED — Complete collection or smaller sets Track and Field News, Runners World and Track Technique. Will pay excellent prices. **Mr. B. W. Cranny, 73 Blake Road, Bounds Green, London N11 2AJ. 01-889 0836 after 6 p.m.**

ATHLETIC EVENTS

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

UXBRIDGE & DIST. LADIES A.C.

Open Graded Meeting For Ladies

(Under A.A.A. Laws)

Uxbridge Track, Park Road, Uxbridge, Middx

SATURDAY, JULY 29th, 2.00 p.m.

100m, 200m, 400m, 800m, 1500m, 3000m, 75mH, 80mH, 100mH, 400mH, 2500m Walk, 3000m Walk, HJ, LJ, DT, JT & Shot.

All subject to sufficient demand.

Entry on day 25p per athlete. Further details and information from G. Cope, 61 Thornhill Road, Ickenham, Uxbridge, Middx. Tel: Ruislip 72385.

Monday, August 14th CRANHAM BOUNDARY CHASE

6 MILES ROAD

Start 7.00 p.m.

AND

LADIES BOUNDARY CHASE

2½ MILES ROAD

Start 7.02 p.m.

Entries (30p) to F. Lee, 5 Valley Cottages, Golden Vale, Staverton, Glos., by Thursday, August 10th. Enclose SAE for travel details.

N.B. Cranham is 5 miles from Gloucester.

ROAD RUNNERS CLUB (CORNWALL)

Take your holiday from work and run in
Cornwall's PREMIER Road Race
the 10th

CORNWALL '10'

(Under A.A.A. Laws)

SUNDAY, SEPTEMBER 3rd, 1978

Start at Penryn R.F.C. at 2.30 p.m.

Includes the Cornwall Area Championship with awards to first 6 with County qualifications. Entry Fee: 30p.

Open Race: Awards to first 5 places, special vests from 6th to 17th, plus first 2 Vets. Also awards to first 3 Teams (4 run, 3 score), 1st Services or Colleges Team and 1st Vet. Entry Fee: 35p.

Entries to Mr. R. Retter, Trewonnal Farm, Probus, Nr. Truro.

ENTRIES CLOSE 29th AUGUST

LUTON UNITED ATHLETIC CLUB

17th Annual

CROSS COUNTRY RACES

For Boys U/11, U/13, U/15, U/17

SATURDAY, 11th NOVEMBER, 1978

Details in this magazine later

CLAYTON-LE-MOORS HARRIERS 8th BARNOLD SWICK WEETS

FELL RACE

(Under AAA Laws)

Sunday, 13th August, 1978, at 11 am
Rolls Royce Welfare Centre, Skipton Rd.

6 MILES — MIXED COURSE

USUAL VALUABLE PRIZE LIST

Entries (30p) to H. Smith, "Marton Way",

Coates Lane, Barnoldswick, Colne, Lancs.

(Tel: Barnoldswick 812024).

DEFINITELY NO ENTRIES ON THE DAY

SWANAGE REGATTA & CARNIVAL present

THE 5th ANNUAL "SWANAGE 12" ROAD RACE

Saturday, 5th August, Start 2.30 p.m.

Individual prize — The Russell Person
Perpetual Rose Bowl.

Team Prize — Challenge Shield.

PLUS prizes 1st to 6th

Entry fee: Ind. 30p, Team 30p.

Entries to: Mrs. J. Brown, 27 Osborne Road,
Swanage, Dorset. Tel: Swanage 4189.

THAMES VALLEY HARRIERS

OPEN GRADED MEETING

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

**AT WEST LONDON STADIUM
WEDNESDAY, 2nd AUGUST**

6.50 p.m. 400 metres; Discus

7.30 p.m. 400 metres — SENIOR LADIES

7.45 p.m. 1 Mile; Shot; High Jump

8.45 p.m. 1500 metres — SENIOR LADIES
(approx)

Entries: Vets, Seniors & Ladies 25p per event, others 20p per event to John Sexton, 35 Riverside Avenue, Lightwater, Surrey, stating name, age, address, club, event and best recent performance. Fee must accompany entry.

**Entries NOT accepted on the night
CLOSING DATE 29th JULY**